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SWWC
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The Matchup: Standing vs Movement

By: Leigh Pomnitz

Do you spend hours sitting at work, driving to and from work or relaxing with television at home? Have you heard sitting is the new smoking? Our bodies were meant to move and extended periods of inactivity is detrimental to our health. Since the average office employee sits about 10 hours a day, standing desks are the new trend. However, is standing enough for the body or do we need more movement to counteract sitting?

Stand every 30 Minutes!

Standing is better for your overall health compared to sitting. Standing burns more calories than sitting, reduces strain on your

lower back and increases muscle activity. Here are four ways to stand more throughout your day:

1. Every time you talk on the phone, stand up!
2. Stand while waiting for an appointment or watching a sporting event
3. Set an alert to remind you to stand up
4. Stand at the back of the room during meetings

Moving is Better!

Daily physical activity of 30 to 60 minutes is NOT enough to combat the health risks associated with prolonged sitting. Adding more movement to your day can lower blood pressure, reduce risk of chronic disease, help with weight management and improve bone health. Here are four ways to add more movement to your day:

1. Walk to a bathroom across the building.
2. Uptake water breaks to fill up your water bottle.
3. Stand up and stretch periodically.
4. Hold a walking meeting.

Standing at your desk decreases the risks associated with sitting too much but adding more movement to your daily routine can improve your overall wellbeing. Next time you are walking into work, take the stairs instead of the elevator or park in a further parking spot. Adding a couple steps here and there is an easy way to move more and sit less!

Daily physical activity of 30-60 minutes is NOT enough to combat the health risks associated with prolonged sitting.



DID YOU KNOW?

Did you know that the human skeleton completely renews itself every 10 years? Whether it is shedding skin, renewing the lungs or growing new hair, the human body is constantly changing. For example, the cells in your throat are under constant wear and tear, they are replaced every 10 days! It only takes your outer layer of skin 2-4 weeks to renew itself. Whether you try or not, you really are a new person each decade!

By: Hayley Jones

Q: WHAT ARE THE BENEFITS OF KOMBUCHA?

A: Kombucha sales in the US are increasing due to its reputation as a health and energy drink and its many potential health benefits. Kombucha is a fermented tea drink made from green or black tea, sugar, yeast and bacteria. It is believed to have originated in China about 2,000 years ago.

Kombucha contains B vitamins, antioxidants and probiotics. B Vitamins play a vital role in maintaining energy levels, brain function and fighting off infection. Antioxidants help us fight off free radical



cells such as: air pollution, toxins and radiation. Probiotics are living, healthy bacteria that help your digestive system. Being a gut-friendly drink is what kombucha is best known for. Kombucha has also been linked to preventing the growth and spread of cancerous cells due to its high concentration of antioxidants.

Although human studies are still to be completed, a study done on rats showed that kombucha can decrease your chance of heart disease with progress seen in as few as 30 days. Another animal study found that kombucha slowed the digestion of carbohydrates, reduced blood sugar levels and improved liver and kidney functions.

Many people are enjoying making their own kombucha at home. However, over-fermentation or contamination may cause health risks, so the FDA recommends sticking to store-bought kombucha.

While more research is needed on kombucha's impact on disease, its B vitamin, antioxidant and probiotic content alone have benefits to your health. Teas and waters are typically more nutritious choices than sodas and juices so go ahead and replace a soda or juice with a tea drink this week to try something new!

TARGET TRAINING

ELBOW/KNEE LATERAL CRUNCH

TARGETED MUSCLES: Latissimus Dorsi and Obliques

START

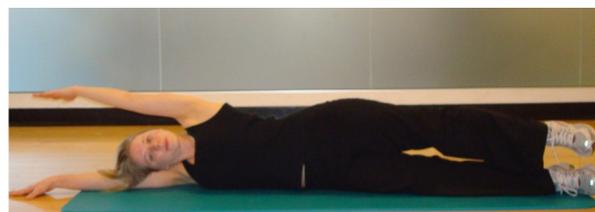
- Lay on your side with your shoulders, hips and legs stacked.
- Lay your head on your upper arm closest to the floor and extend your other arm overhead, palm facing the floor.
- Lift your top leg slightly away from your other leg and hold.
- Keep your core engaged by drawing the navel in toward the spine to maintain neutral back alignment.

MOVEMENT

1. Leading with the elbow, lift your head and torso up by crunching to the side and bringing your top knee and top elbow toward each other.
2. Slowly return to the starting position.

VARIATIONS

- **Intermediate:** Perform the exercise standing. Balance on your left leg and extend your left arm out for balance. Your right toe should just be slightly touching the floor. Extend your right arm overhead. Leading with your elbow, bring your right elbow and right knee toward each other by crunching the rib and hip bones toward each other, keeping your knee pointed on a forward diagonal. Slowly return to the starting position.



BALANCE YOUR LIFE

By: Kim Aanestad

HEALTHY GUT, HEALTHY MIND



A lesser-known way to improve your mental wellbeing is through your gut. Research suggests your mood, emotions and stress levels are all tied to your digestive system. Your gut contains a microbiome; millions of microorganisms that help keep you healthy. High stress, lack of sleep, antibiotics and processed foods can damage your microbiome. When the gut is off balance this directly affects your mental health.

Your gut has its own nervous system which sends information to the brain. This helps to explain why you might feel uneasy when you are stressed. The gut also produces feel good hormones which play a role in mood regulation. A healthy gut will boost your immunity, help your body resist disease and positively affect your wellbeing.

What you put in your gut can also impact how your brain works. Make sure you are feeding good bacteria in your gut. Incorporate fresh, whole foods into your diet. Try adding in foods rich in probiotics such as yogurt, pickles and sauerkraut. By adding probiotics to your diet, you are helping to improve your gut balance.

Thank your gut by reducing stress levels, getting enough sleep, staying hydrated and consuming proper nutrients. Activate your gut microbiome today with healthy lifestyle choices and notice how your mind and body feel tomorrow.

By: Kim Aanestad

QUICK CLICK

TRAILLINK

Looking for a new trail, but not sure where to start? Traillink.com is a hub for a variety of trails: geocaching, biking, dog walking, hiking, mountain biking and horseback riding to name a few. Traillink is a free service and offers trail guides with descriptions, photos and reviews to help make your next adventure perfect!

CHALLENGE OF THE MONTH

By: Leigh Pomnitz

GET MOVIN'

Adding moments of movement throughout your day can not only improve your physical wellbeing but your mental wellbeing too. This month, challenge yourself to get up from your desk at least once an hour. Walk to the water fountain, use a restroom that is far away, opt for a walking meeting or visit a coworker instead of emailing. Set a timer or calendar reminder to reoccur throughout the day, even use a coworker or buddy to help hold you accountable to your moments of movement!

THE POWER IN PUMPKINS

It is finally pumpkin season and there are many reasons to celebrate! Not only is fall's popular squash delicious and decorative, it is also packed with a range of powerful health benefits. Eating pumpkin can boost immune health, prevent degenerative damage to the eyes, improve skin health, aid in weight management and help regulate blood pressure.

Boosts immune health

Pumpkin flesh and seeds are high in vitamin C and antioxidants, including beta-carotene and other carotenoids. Pumpkin is one of the best sources of beta-carotene. Beta-carotene is great for your immune system. It is converted into vitamin A, which triggers the creation of white blood cells to fight off infection and keep you well.



Improves vision

Vitamin A is also important for eye health. According to the National Institute of Health, one cup of mashed pumpkin contains 200 percent of the recommended intake of Vitamin A.

Supports weight management

Pumpkins are low in calories and loaded with fiber, helping you feel full and more satisfied. The recommended daily fiber intake is between 25 and 30 grams. There are about 3 grams of fiber in a serving of cooked, fresh pumpkin and over 7 grams in canned pumpkin. Fiber slows the rate of sugar absorption into the blood and is beneficial for digestion. A healthful fiber intake can also help reduce the risk of colon cancer.

Good for your heart

Pumpkin is packed with fiber, potassium and vitamin C that all support a healthy heart. Consuming enough potassium can have a positive effect on blood pressure. Pumpkin seeds are naturally rich in plant-based chemicals called phytosterols that have been shown to reduce LDLs – your bad cholesterol.

FEATURED RECIPE

INGREDIENTS:

- 1 can chickpeas
- 1 cup fresh or pureed pumpkin
- ½ tsp. cumin
- ½ tsp. chili powder
- 1 tsp. salt
- 1 tbsp. olive oil
- 2 tbsp. tahini
- 2 tbsp. lemon juice
- 3 cloves garlic

DIRECTIONS:

1. Place all of the ingredients in a food processor.
2. Process until smooth and creamy.
3. Enjoy!

Ways to use hummus:

Appetizer dip:

- Pita bread
- Pretzels
- Vegetable sticks

Condiments:

- Burger
- Wrap
- Toast

Flavorful spread:

- Salad
- Pizza
- Pasta

PUMPKIN HUMMUS



Nutritional Info

Calories	101
Fat (g)	7
Carbohydrates (g)	7
Fiber (g)	2
Protein (g)	2

PREP TIME: 10 MINUTES

SERVES: 4