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SWWC
LIVE WELL

RETHINK MUSCLE RECOVERY

By: Kim Aanestad

Is your fitness routine leaving you sore the next day? When you work hard during a workout your muscles form microscopic tears. The small tears can result in inflammation, muscle soreness, tightness and cramping. When your body heals, the result is stronger muscles. Read on to learn about post-workout muscle recovery treatments to ease the pain after a tough workout.

Sauna

The heat felt in saunas can help your muscles fully relax. Your body secretes endorphins (the feel-good hormone) when exposed to the dry heat in saunas. The rush of this hormone can help ease sore muscles and reduce pain. The temperature of the sauna also increases body temperature, causing dilation of blood vessels and increasing circulation.

Massage

By massaging your body, you can increase your flexibility and circulation while reducing pain associated with exercise. When you apply pressure, fresh blood and oxygen rush into your muscles. This allows for more circulation and helps replenish your body.



Cupping

Cupping is when a cup is placed on your skin over your sore muscles, squeezed, and then released to form a vacuum. This vacuum seal sucks up the skin into the cup, causing small blood vessels to burst. Bleeding starts to occur around the sore muscles and redness will begin to appear. By causing damage to your skin, your body's response is to send blood to that area. An increase in blood flow to the damaged area can help decrease soreness.

Cryotherapy

Cryotherapy, or cold therapy, is when you cool your body to near-freezing temperatures to help muscle and joint stiffness. Icing your muscles or ice baths are forms of cryotherapy. Cryosaunas or Cryochambers are a quicker and less painful form of cryotherapy where

vaporized liquid nitrogen is used to lower your skin's surface temperature by 30 to 50 degrees in 30 seconds or less and for a duration of only 2 to 3 minutes.

Acupuncture

The needles used in acupuncture create small injuries under your skin. Your body responds by sending white blood cells to that area to heal the injury. When healing that small area your body is healing all the surrounding muscles, nerves and skin. By inserting the small needles into your skin, acupuncturists help your body's healing process. Acupuncture is also found to improve sleep quality, which lets muscle tissues rebuild in a more effective way.



DID YOU KNOW?

Did you know water can dramatically affect your energy level? As you become dehydrated, your blood volume and oxygen flow decrease. This forces your heart to work harder to pump blood and oxygen to the body's organs. This uses more energy and leaves you feeling fatigued. At just 1-2% water loss in terms of body weight, you start to feel lethargic and have difficulty performing physically and mentally. If you are feeling low on energy, try drinking water!

By: Maggie Arndt

Q: HOW CAN YOU ENERGIZE YOUR MIND AND BODY NATURALLY?

A: Many supplements out there promise to increase energy levels, but are they effective and safe? As winter is upon us, use these tips to boost your mind and body naturally!

Manage stress: Stress uses up energy and leaves you feeling drained. Use yoga, meditation or other relaxation techniques to ease your stress.

Clear your load: If you are tackling too much, it can cause stress and drain your energy. Prioritize your list to the “have to do’s”.

Manage sleep: Getting too little or too much sleep can disrupt your energy levels. Aim to get the recommended seven to nine hours and create a healthy sleeping schedule.

Focus on nutrition: What you eat can directly affect your energy levels. Add whole foods high in fiber and avoid sugary, processed foods as they get digested much faster and leave that “crash” feeling.

Drink water: When your body is dehydrated, it will leave you feeling fatigued and exhausted. Aim for at least half your body weight in ounces.

Exercise: Exercise will release epinephrine and norepinephrine hormones, giving you an energy boost and can help improve sleep quality.

It can be challenging to stay energized with busy schedules and full to-do lists. Try to focus on one or two of the above and make small changes from there.



TARGET TRAINING

CALF RAISE

TARGETED MUSCLES: Calves

START

- Sit on the ball with your hands resting next to your hips.
- Keep your core engaged by drawing the naval in toward the spine to maintain neutral back alignment.

MOVEMENT

1. Press up onto your toes by squeezing your calves and lifting your heels off of the floor.
2. Slowly lower and return to the starting position.

VARIATIONS

- Intermediate: Add a weighted bar over thighs (not knees).



BALANCE YOUR LIFE

LAUGH A LITTLE MORE

Laughter is contagious! It draws people together and is great for your health. Laughing triggers physical and emotional changes in the body. This priceless medicine is fun, free and easy to use. Try out a few of these tips to bring more laughter into your life.

Smile

Just like laughter, smiling is contagious. Next time you look at someone practice smiling instead of looking down or away. Odds are they will smile back. The effects of a smile are tremendous and can block passing judgement onto others.

Bring on the laughs

Catch a comedian live, on television or on the radio. Watch a funny movie. Have a game night with friends. Watch funny YouTube videos. Think about what really makes you laugh and seek it out.



Befriend a funny person

Some people are just funny. Maybe they have a way with words or a whacky outlook on life. Either way, these people are a gem to find. Befriend them and you might find yourself laughing a bit more often.

Learn to laugh at yourself

Sometimes, taking yourself too seriously can limit the ability to find humor in difficult situations. Give yourself permission to let go and be silly. Humor is a great way to turn a negative into a positive.

Why not laugh more and often? Not only do you feel better after a good laugh, you are more likely to release anger and forgive sooner. When you laugh, you are releasing much more than noise. You are letting go of the negative energy and bringing in the positive.

LAUGH MY APP OFF

QUICK CLICK

“Laugh My App Off- Funny Jokes” is a free app with daily jokes, memes and riddles. You can set the app to send you notifications throughout the day to laugh more and boost your mood. This app is an excellent, on the go way of getting your daily giggles in!

CHALLENGE OF THE MONTH

ROLL BREATHING

This month's challenge is to try roll breathing. Roll breathing is a way to develop full use of your lungs. If this is your first time using this type of breath, consider lying on your back with your knees bent.

- Put your left hand on your belly and right hand on your chest.
- Breathe in through your nose and out through your mouth.
- As you inhale expand your breath into your belly and notice your left hand rise and right hand and chest stay still.
- Try this breath eight times.
- Next, breathe into your belly, but do not stop, continue breathing in, filling your chest.
- Your right hand and chest should rise as your left hand and belly fall slightly.
- As you exhale, make a whooshing sound as both your right and left hands fall.
- Think about this breath as a motion of rolling waves for three to five minutes.

CURIOUS ABOUT CABBAGE

This round shaped layer of leaves is a family member of cruciferous (mustard family) vegetables. Cabbage comes in green and red ranging from light to dark. The health benefits of cabbage include cardiovascular protection, decreased risk of type 2 diabetes and cancer prevention. From nutritional value, to choosing the right one and preparing it, read on for how to incorporate cabbage into your next meal!



Nutritional value

Cabbage is a great source of vitamin K, vitamin C and vitamin B6. One cup of raw cabbage contains 22 calories, 5 grams of carbohydrates, 2.2 grams of fiber and less than 2.8 grams of carbohydrates. Cabbage is a heart-healthy food choice!

Selecting cabbage

Choose one that has a firm head with crisp and colorful leaves. Leaves with severe damage suggest decay inside the inner core. A good rule of thumb is to buy cabbage as a whole. Chopped or cut in half cabbage loses its vitamin C content and starts to degrade faster. It is always a good idea to store cabbage in your refrigerator to keep fresh.

Preparing cabbage

The inside of the cabbage is clean due to the protection from the leaves. To prepare the cabbage, wash the whole head under running water. To help decrease deterioration, wash just before eating or cooking.

Cooking cabbage

Cabbage can be cooked or eaten raw. One way to cook cabbage is to sauté it for great flavor and retention of nutrients. To sauté, heat five tablespoons of vegetable broth, chicken broth or water in a skillet. Once bubbles form, add the shredded cabbage, cover and let sauté for 5 minutes. You can use raw cabbage in a salad, coleslaw or stew.

FEATURED RECIPE

INGREDIENTS:

- 4 tbsp. butter
- 1lb. Andouille sausage, sliced into thin rounds
- 1 yellow onion, chopped
- 1 carrot, thinly sliced
- 1 celery stalk, thinly sliced
- Kosher salt
- Freshly ground black pepper
- 3 tbsp. all-purpose flour
- 4 cups chicken broth
- 4 cups chopped green cabbage
- 3 large Russet potatoes, peeled and cut into 1 inch cubes
- 1/3 cup heavy cream
- 3 tbsp. chopped fresh dill

DIRECTIONS:

1. In a large pot, melt 1 tbsp. butter over medium heat.
2. Add sausage and cook, tossing a few times until golden. Remove sausage from pot to a plate.
3. Add the remaining 3 tbsp. butter, onion, carrot and celery. Season with salt and pepper. Cook and stir occasionally, about 7 minutes.
4. Add flour and stir for about 1 minute.
5. Pour in broth, stirring to combine. Add cabbage and potato, bring to a boil Reduce heat to a simmer, about 8-10 minutes.
6. Stir cooked sausage into pot.
7. Gently stir in heavy cream and 2 tbsp dill. Season with salt and pepper.
8. Serve topped with more dill and pepper.

CABBAGE CHOWDER



Nutritional Info

Calories	290
Fat (g)	17.5
Carbohydrates (g)	27
Fiber (g)	4
Protein (g)	9.2

PREP TIME: 20 MIN SERVES: 5