

# WELLNESS MINUTE

January 2023

THE IMPORTANCE OF MINDFUL EATING

THE ABC'S OF MINDFUL EATING

RECIPE OF THE MONTH

10 BENEFITS OF  
STRENGTH TRAINING





# ***THE IMPORTANCE OF MINDFUL EATING***



Instead of starting a diet this New year, resolve to eat mindfully. Mindfulness is about bringing your awareness into the present moment. When applied to eating, it means to eat with conscious intention and attention.

## ***THERE ARE SEVERAL ASPECTS TO MINDFUL EATING, INCLUDING:***

- Noticing your body's signs of hunger and fullness.
- Being present to your food and your surroundings as you eat.
- Making conscious choices about what, when, where, why and how much to eat.
- Paying attention to the taste and texture of your food.
- Taking the time to savor your food by chewing thoroughly and eating slowly.

## ***WHY IS MINDFUL EATING IMPORTANT?***

Eating while you are distracted or stressed out can inhibit digestion and nutrient absorption. We've all heard the saying, "You are what you eat." A more accurate saying would be, "You are what you eat, digest, and absorb."

If you're eating at your desk while rushing to meet a deadline or eating your breakfast in your car as you're stuck in traffic, your body is likely in the fight or flight response. This means that your blood and energy are going to your extremities rather than your digestive system and you may not benefit fully from the nutrients in the food you eat because they may not be digested or absorbed as well.

Additionally, if you're eating quickly, you may finish your food before your brain and body have caught up with each other. It takes about 20 minutes for the brain to get the signal of fullness. People who eat very quickly are more likely to overeat, which can contribute to weight gain.

So, taking the time to savor and enjoy your food without stress or distractions can go a long way toward fully nourishing your body and managing your weight!

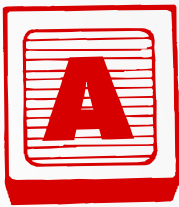
Source:

<https://www.healthline.com/nutrition/mindful-eating-guide#section2>



# ***THE*** ***'S OF MINDFUL EATING***

The main article highlighted the reasons mindful eating is important. Here we focus on how to put it into practice. Remember, like any practice, it can take time to change this habit so be gentle with yourself as you work on making the shift.



## ***A = AWARENESS***

- Notice whether or not you're truly hungry. We sometimes eat for reasons other than hunger, such as stress or other emotions. Pay attention to your body and ask yourself, "Am I hungry or eating to meet another need?"
- Tune into your body and stop eating when you notice signs of fullness.



## ***B = BE PRESENT WITH YOUR FOOD***

- Sit down to eat at a table and eat without distractions (this includes your cell phone).



## ***C = CHEW***

- Chew your food thoroughly to allow the enzymes in your saliva to begin the digestive process.
- Eat slowly to avoid overeating.
- Pause between bites (it can help to put your fork down between each bite).

Making healthy choices is also important, but whatever you're choosing to eat, take the time to savor and fully enjoy your food!

Source:

<https://www.healthline.com/nutrition/mindful-eating-guide#section2>



# DIJON-MAPLE CHICKEN WITH BRUSSELS SPROUTS & BUTTERNUT SQUASH

4 servings

This easy sheet pan meal is low-calorie, tastes yummy, looks fancy, and makes a great winter meal.

## INGREDIENTS:

- Olive oil spray
- 2 tbsp. reduced-sodium soy sauce
- 4 tbsp. Dijon mustard, divided
- 3 tbsp. pure maple syrup, divided
- 4 large bone-in chicken thighs, skin removed and fat trimmed
- 4 skinless chicken drumsticks
- Salt and pepper to taste
- 12 ounces Brussels sprouts, trimmed and halved
- 12 ounces butternut squash, peeled, seeded, and cut into  $\frac{3}{4}$ " cubes
- 6 sprigs of fresh thyme
- 1  $\frac{1}{2}$  tbsp. olive oil

## INSTRUCTIONS:

1. Preheat oven to 450 degrees. Line a sheet pan with parchment paper and spray with olive oil.
2. In a small bowl combine the soy sauce, 3 tablespoons of mustard, and 2 tablespoons of maple syrup.
3. Season the chicken with salt and pepper and arrange it on the pan.
4. In a large bowl, combine Brussels sprouts, butternut squash, thyme, and olive oil; season with salt and pepper. Arrange the vegetables on the baking sheet in a single layer around the chicken.
5. Pour the Dijon-maple sauce over the chicken, turning to coat completely, and pour any remaining sauce on the vegetables.
6. Bake until the chicken is cooked through and the vegetables are tender about 40 minutes. Meanwhile, in a small bowl, whisk together the remaining mustard and maple syrup.
7. Brush the mixture over the chicken and bake for 5 more minutes until browned.

Reference:

<https://www.purewow.com/recipes/dijon-maple-chicken-brussels-sprouts-butternut-squash>



# 10 BENEFITS OF STRENGTH TRAINING

It's that time of the year when many people feel motivated to start exercising or get back on track with their previous routines. Even if you're someone who enjoys running, Zumba, or other forms of cardio, it's also important to include strength training in your routine at least twice per week.

## **WHAT EXACTLY IS STRENGTH TRAINING?**

Strength training is also called weight training or resistance training and is the use of resistance to build muscle and strength. It can be done with free weights, weight machines, resistance bands, or your own weight. Free weights can be as light as 3, 5, or 10 lbs. if you're a beginner. Examples of bodyweight exercises are squats, push-ups, pull-ups, planks, etc.

## **WHY IS STRENGTH TRAINING SO IMPORTANT?**

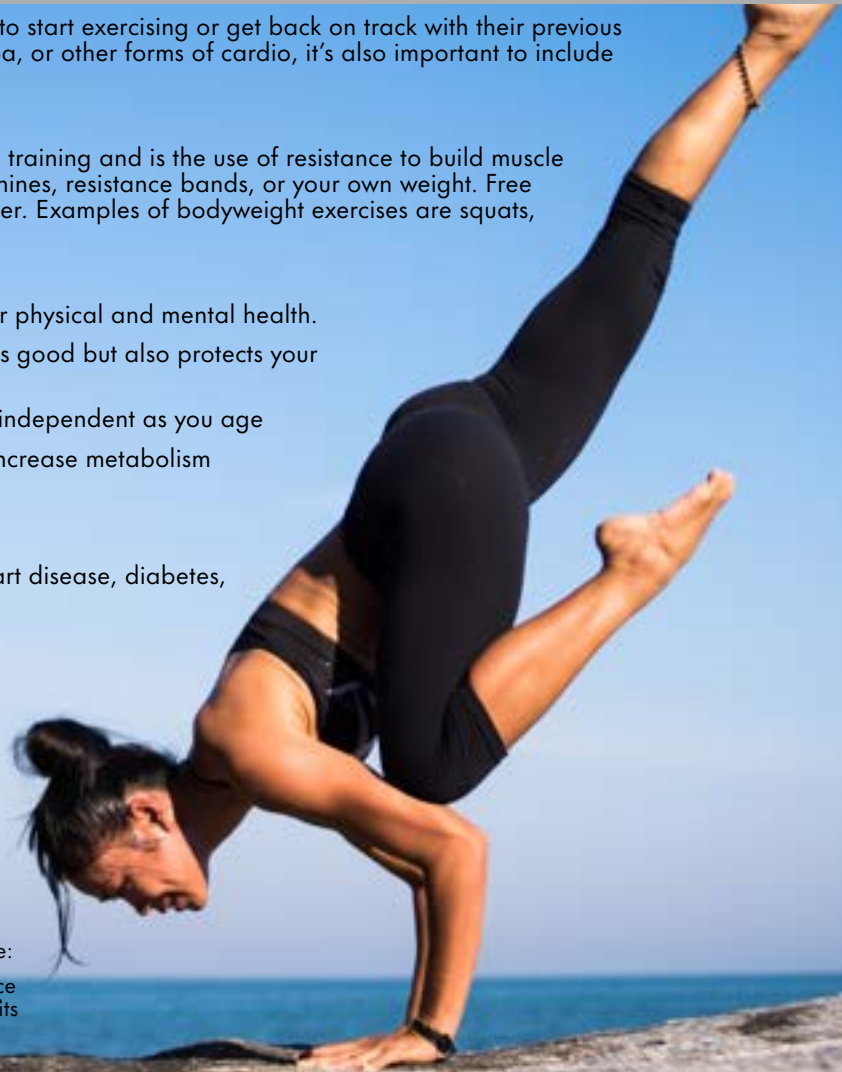
Here are the top 10 ways that strength training benefits your physical and mental health.

1. Improves muscle strength and tone, which not only looks good but also protects your joints from injury
2. Improves flexibility and balance, which helps you stay independent as you age
3. Helps manage weight since it burns calories and can increase metabolism
4. Prevents cognitive decline as you age
5. Improves stamina so you don't feel tired as easily
6. Prevents the development of chronic conditions like heart disease, diabetes, arthritis, etc.
7. Helps prevent depression
8. Improves posture
9. Increases or maintains bone density
10. Strengthens tendons and ligaments

If you're not already doing some form of strength training, it's worth your while to start. It doesn't have to be a long workout. Even 10-15 minutes sessions can offer benefits and you can always build up from there.

Source:

<https://www.betterhealth.vic.gov.au/health/healthyliving/resistance-training-health-benefits>



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## **National Birth Defects Prevention Month**

The NBDPN Education and Outreach Committee has developed materials and resources to assist state program staff and others interested in raising awareness during National Birth Defects Prevention Month.  
[www.nbdpn.org](http://www.nbdpn.org)