

.....
WELLNESS NEWSLETTER | MARCH 2022
.....

Effect of Shame on the Brain and Body

There is no separation of the brain and the body. If something affects the body, it affects the brain and if something affects the brain, it affects the body. This is why it is important to address the physical implications of shame in regard to weight gain and weight loss.

It is well known that there is an obesity bias in many different parts of society, including healthcare. Individuals with higher body weight also can carry an obesity bias which means they have negative feelings towards themselves because of their body weight. When a person receives feedback from many different sources, including themselves, saying they aren't good enough, it can make matters worse.

Studies have looked at brain MRIs of people experiencing shame with findings that shame causes activation of a specific area of the brain that initiates certain responses in the body. When we experience shame it causes physical responses of stress. When the stress from shame is added to the high amounts of stress that are already in our lives, it will actually contribute to even more weight gain.

Obesity bias is linked to depression, anxiety, low self-esteem, eating disorders, and exercise avoidance. This means that acceptance love of one's self is imperative to health. *Melissa Kruskamp*, RN touches on this with participants in the Weight & Wellness Program at SCH. She tries to help guide participants to awareness of their feelings towards themselves and techniques to overcome those feelings. This is a hurdle that must be overcome for a truly successful weight loss journey.

It also means that people must be in an environment that is welcoming and accepting no matter what to be successful with weight loss. This is the goal of the Weight & Wellness program at SCH. We want participants to feel comfortable sharing their feelings and thoughts, but also to be accepting of the recommendations provided by us as well as the responsibility held by all involved.



Charlotte Lane, FNP-C



McHaley Hoffman FNP-BC



Mark Rugarber FNP-C



Jodi Cooper, RN



Melissa Kruskamp RN

Health Halos:

Not all foods labeled Healthy are Really Healthy

Many packaged foods are given labels that attract our attention making them sound like they will be beneficial in our strive to be as healthy as possible. Phrases like “Low Carb”, “No Added Sugar”, “Organic”, and “All Natural” are called Health Halos. They make a product look better than what it really is, and we should be very aware of them. Protein and nutrition bars are the most commonly seen Health Halos but there are some simple steps that we can take to know if something is a good choice or not. And it does not require a nutrition degree. First, we need to be aware of ingredients that may cause aller-

gies or irritation. One of the most common ingredients is whey protein which comes from dairy sources. Some people do not tolerate dairy and should avoid pre-packaged food with whey protein. The second, and most important thing to look for in a nutrition or protein bar, is the ratio of carbohydrates to protein. These should be equal or just a gram or two off. If it is off if something has 20 grams of carbs, it should also have 20 grams of protein. This helps to prevent the blood sugar spikes that are common with processed foods. It also helps to absorb the carbohydrates slower while utilizing more energy to do so, and that helps to use more calories. Questions can always be addressed to a health educator at Shenandoah Community Health.

Pinto Bean and Roasted Vegetable Tacos Recipe

Jazz up taco night with this recipe featuring roasted vegetables for a delicious melody of color, taste and nutrition!

<https://www.eatright.org/food/planning-and-prep/recipes/pinto-bean-and-roasted-vegetable-tacos-recipe>

Ingredients

- 1 16-ounce can pinto beans, drained and rinsed
- 2 tablespoons chicken or vegetable broth
- 1 teaspoon extra virgin olive oil
- 2 tablespoons yellow onion, chopped
- 1 small jalapeño pepper, seeded and minced
- ½ teaspoon garlic, minced
- Cooking spray
- 1 medium yellow squash, sliced into coins
- 1 medium zucchini squash, sliced into coins
- 1 small yellow onion, sliced
- Salt and pepper, to taste
- 8 6-inch corn tortillas
- ½ cup prepared green salsa
- ½ cup (2 ounces) crumbled queso fresco cheese
- 1 medium tomato, chopped

Directions

1. Heat oven to 400°F (204°C).
2. Puree beans and broth in food processor until smooth. Heat olive oil in a small skillet over medium-high heat. Sauté chopped onion and jalapeño pepper 4 to 5 minutes or until tender. Add garlic and cook 1 minute more. Add bean puree and stir until well combined. Cook 4 to 5 minutes or until heated.
3. Line baking sheet with aluminum foil. Cut the coins of squash and zucchini into quarters. Spray yellow squash, zucchini and sliced onion with cooking spray. Sprinkle with salt and pepper. Bake approximately 20 minutes, flipping sliced vegetables half-way through cooking time.
4. Heat tortillas. Spread approximately ¼ cup bean mixture onto each tortilla. Top with approximately ¼ cup squash and onions. Finish each taco with 1 tablespoon salsa, 1 tablespoon cheese and chopped tomatoes.

Nutrition Information

Serving size: 2 Tacos | Serves 4

Calories: 309; Total fat: 7g; Saturated fat: 2g; Trans fat: 0g; Cholesterol: 5mg; Sodium: 444mg; Total carbohydrate: 53g; Dietary fiber: 11g; Sugars: 9g; Protein: 13g



30-Minute Workouts for Any Schedule

<https://www.eatright.org/fitness/exercise/workout-ideas/30-minute-workouts-for-any-schedule>

Even with the best intentions, it's easy to let a busy weekly routine crowd out regular physical activity. Yet, the beneficial effects of exercise are undeniable. Current recommendations suggest that in a week, adults get at least 150 minutes of moderate-intensity aerobic exercise such as such as brisk walking or cycling, and two to three days of muscle-strengthening activities.

It doesn't have to be done all at one time. The 150 minutes can be spread out throughout during the week, and even broken into smaller chunks of time throughout the day. Research suggests that small bouts of exercise throughout the day compared to one prolonged bout can be equally beneficial to one's health. In addition, smaller bouts may be easier for people to implement and maintain. So, if you can't seem to find 30 consecutive minutes in a day for your workout, you can still fit it in by splitting up the time.

To help keep exercise a priority, schedule it into your calendar like any other appointment or task. Scheduling is a straightforward way of converting an intention or activity into a long-lasting habit.



"Start where you are. Use what you have. Do what you can."
—Arthur Ashe



10-Minute Mini-Workouts

Try taking 10 minutes in the morning, afternoon and evening to do some form of activity. This can include 10 minutes of body weight exercises (push-ups, crunches, lunges, squats, etc.) in the morning, a 10-minute brisk walk during your lunch break at work and 10 minutes of yoga-inspired stretching in the evening.

Involve the Family in Daily Fitness

Thirty minutes will fly by if you get the kids engaged in something that they, too, can enjoy. Grab the family and head out for a walk, game of tag or bike ride.

Clean with Purpose

Don't just sweep the floor, scrub the floor. Don't just unload the dishwasher, dance with the dishes. Minutes add up fast when you move more during your clean-up time.

Look for Opportunities to Walk

Suggest work meetings on the go when you're in person or move around when meetings are by phone. Moving while meeting can foster creativity and communication. Outdoor air also improves mood and enhancing collaboration.

Thirty minutes of activity accumulates quickly when you seek out opportunities, such as taking the stairs, parking far away or doing yard work.

