

# Wellness News

January 2023

## This issue

Boost Your Metabolism

Five Second Rule

Movement Your Way

White Bean, Turkey, Kale Soup

Vitamin D



Sydney Health



**“Eat Like You Love Yourself. Move Like You Love Yourself. Speak Like You Love Yourself. Act Like You Love Yourself.”** – Tara Stiles

**Anthem members:** You can view your benefits, access wellness tools and resources to improve your overall wellbeing.

Simply scan this QR code with your smartphone’s camera to download the Sydney Health app. **TIP!** You use the same username and password for Anthem.com

# Healthy Choices

Each new day is a new opportunity to improve yourself. Take it. And make the best of it”

~ Unknown

## Boost Your Metabolism

Metabolism is a term that describes all the chemical reactions in your body that keep your body alive and functioning. Your metabolism is also responsible for converting nutrients from the foods you eat into fuel. This provides your body with the energy it needs to breathe, move, digest food, circulate blood, and repair damaged tissues and cells.

### Here are some healthy habits to try that may boost your metabolism!

**Exercise more.** Add interval training to your cardio routine and burn more calories in less time. For example, run for a minute, then walk for two minutes. Repeat this pattern for 20 to 30 minutes.

**Weight train.** Add muscle mass to your body and you can burn more calories at rest. Make sure you choose a total body strength routine.

**Don't skip meals, especially breakfast.** You need to keep the furnace burning and you burn calories as you digest food.

**Eat fat-burning foods.** Fat-burning ingredients like protein, spicy peppers and green tea have been proven to bump up metabolism. Eat some form of these foods, especially protein, at every meal. Protein is especially important: It takes more calories to digest than other foods and also helps the body build fat-burning lean muscle tissue.

**Get a good night's sleep.** Studies have shown that lack of sleep affects activity in the brain's frontal lobe, which may decrease your impulse control and decision-making ability.

**Try to de-stress.** De-stressing is easier said than done. Research suggests that when you're stressed out, your metabolism stalls. There are a few possible reasons for this, but one is that chronic stress stimulates the production of betatrophin, a protein that inhibits an enzyme needed to break down fat, per a 2015 study.



## 5 Second Rule

Mel Robbins 5 second rule states “If you have an instinct to act on a goal, you must physically move within 5 seconds, or your brain will kill it.” Robbins explains that when you feel an urge to work on a goal, your heart is trying to tell you that there's something you need to do. You then have a 5 second window to get started on that goal before your brain talks you out of it.

Use that 5 second window to do the following

- Start counting backwards to yourself from 5 to 1: 5-4-3-2-1.
- As soon as you hit “1”, push yourself to move. You have to take physical action!

As you count down from 5 to 1 you'll be distracting your brain from coming up with reasons why you should do something else instead.

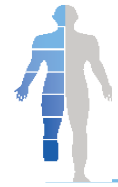
Robbins explains that when you have an instinct to work on a goal, in 5 seconds the following can happen:

- Doubt can take over.
- Fear can take over.
- Overanalyzing can take over.

Give it a try!

Source:  
1. <https://www.health.com/weight-loss/the-best-ways-to-boost-your-metabolism>  
2. <https://www.piedmont.org/living-better/5-ways-to-boost-metabolism>

Source: <https://daringtolivefully.com/the-5-second-rule>



# Move Your Own Way: How to stick to a workout routine at home or the office:

It's no surprise that the mental and physical benefits of regular exercise are [practically endless](#) — it's one of the most important things you can do for your [whole health](#). If you find that exercise sometimes slips to the bottom of a long to-do list, you're not alone — but help is here. With many convenient and creative ways to work out at home or in the office these days, you don't need a gym membership or any special equipment to squeeze in time to sweat. Set yourself up for success sticking to a home or office workout routine with these useful tips..

## Build a routine

Like your morning shower or afternoon lunch break, exercise can become a part of your day that feels like second nature. Find where workouts fit in best: Are you a morning person? Consider heading to bed a bit sooner so you can start your day 30 minutes earlier with an at-home workout. If you're looking to build exercise into the workday, block it off on your calendar ahead of time to avoid distractions. You could try taking a longer lunch break, or if short breaks work better, book a few 10-minute time slots. Committing to a routine is the first and most important step in making fitness a priority, so don't be afraid to experiment and see what works best with your schedule.

## Dress the part

One of the simplest ways to find extra motivation to move is probably already in your closet: your workout clothes. If you work from home or have a flexible dress code at the office, starting the day with the right gear can have big benefits. When you put on comfortable gym shoes or walking pants first thing in the morning, you're kicking things off with the mindset that you're ready to work out — and you'll be geared up to go anytime.

## Embrace multitasking

It's no secret that a great playlist can keep you motivated during a workout, but you don't have to stick to only music. Try combining your sweat sessions with work or entertainment to make you productive or keep you focused:

**Go mobile at work:** If your workday is full of meetings, try taking any that don't require you to be in front of a computer on a wireless headset. Use the time away from the screen to do some simple stretches or take a walk around the block or the office. Combining two tasks will give you more free time later.

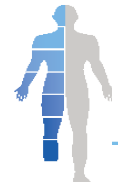
**Dive into a new podcast or TV series:** Set aside a good show to stream only while you're exercising. When you have something to look forward to besides the workout itself, the time might fly by.

## Find a workout buddy

Chances are you have a neighbor or colleague who is interested in finding creative ways to exercise, too. Ask around! Finding the right workout buddy can be a powerful motivator. You can take turns picking walking routes or exercise types, which can be a healthy way to step outside your comfort zone and try something new. Look for someone who makes you feel positive and uplifted, and has a similar schedule, commitment, and goals.

*Continued on next page...*





# Move Your Own Way: How to stick to a workout routine at home or the office:

## Set realistic goals

Everyone's workout habits and goals look different, and that's okay. Be kind to yourself and start by reaching for small, achievable goals, like exercising a certain number of times a week or walking an extra block instead of watching numbers on the scale. As long as you're consistently moving your body, know you're doing your physical and mental health a huge favor. Chances are, you'll start noticing the benefits before you know it, and you might find a new favorite hobby along the way.

## Do something you enjoy





It's much easier to make exercise a regular part of your life when it doesn't feel like a chore. Don't be discouraged if you try a few different types of exercise before you land on something you truly like. Whether you're looking for at-home workouts or exercises you can do at the office, there are plenty of ways to get your heart pumping:

- Bike or walk around your workplace or neighborhood
- Do simple strength and stretching exercises (see below for examples)
- Stream online workout classes, like yoga, kickboxing, or high-intensity interval training (HIIT)
- Dance to your favorite music
- Make a few trips up and down the stairs

Whatever you choose, you should aim for about 30 minutes of moderate exercise a day, five days a week, for a total of around two and a half hours of exercise a week.

**Anthem members:** Please visit **Anthem.com** or our **Sydney Health** app to find programs, tools and resources available to you. Take advantage of our

## Four simple exercises you can do at work or home

Tricep dips	Instructions
	<ol style="list-style-type: none"><li>1. Stand with your back to the front of a chair that doesn't have wheels. Sit down on the edge of the seat and grab the edges of the seat so your fingers wrap underneath.</li><li>2. Now slide off the seat and extend your legs straight in front of you, with your heels on the ground and toes pointing up.</li><li>3. Slowly bend your elbows and lower your body as close to the ground as you can. Pause and push yourself back up into starting position.</li></ol>
	<ol style="list-style-type: none"><li>1. Stand a few feet away from your desk. Carefully place your palms on the desk and lean against it, with your hands on the desk positioned slightly wider than your shoulders and your arms stretched out straight.</li><li>2. Lower yourself until your chest almost reaches your desk. Then return to the starting position, like you would with a regular pushup.</li></ol>
	<ol style="list-style-type: none"><li>1. Stand tall, with your feet shoulder-width apart and your hands stretched out in front of you.</li><li>2. Lower your body down by bending your knees and hips, as if you're sitting down in a chair. Keep your back straight and arms out.</li><li>3. Return to the starting position.</li></ol>
	<ol style="list-style-type: none"><li>1. Lie faceup on the floor, with your knees bent and your feet about hip-width apart. Your head and neck should both be touching the ground.</li><li>2. Squeeze your glutes and your abs while you lift your hips toward the ceiling. Lift your hips as high as you can go without arching your back.</li><li>3. Hold the position for a few breaths. Then slowly lower back to the ground.</li></ol>

# White Bean, Turkey, and Kale Soup

*This nutrient dense white bean, turkey kale soup will soothe your soul!*

Serves: 6

## Ingredients:

- 2 tablespoons avocado oil
- 1 pound ground organic turkey (or 1 pound cooked, shredded leftover turkey)
- 1 large onion, diced
- 3 cloves garlic, diced
- 2 celery stalks, diced
- 3 carrots, diced
- 6 cups vegetable or organic chicken stock
- 28 ounces crushed organic tomatoes
- 2 cups cooked white beans, such as cannelloni
- 1 bunch dinosaur kale, roughly chopped
- Chopped sage or oregano, to garnish
- Shaved parmesan cheese, to garnish
- Salt and pepper, to taste



## Directions:

1. Place a large pot over medium-high heat and add the avocado oil. Add ground turkey (skip this step if using precooked turkey) and sauté for 3-5 minutes, or until turkey begins to turn white. Add the onions, garlic, celery stalks, and carrots, and sauté for ten minutes.
2. Add the white beans, diced tomatoes, and stock. Bring the soup to a boil, and then reduce to a simmer and cook over medium to low heat for about 20-25 minutes, adding in cooked shredded turkey (if using) with about 15 minutes left to cook. Add chopped kale at the end and allow to cook for five minutes.
3. Garnish the soup with salt and pepper, herbs, or Parmesan cheese.

## Vitamin D

Vitamin D is essential for maintaining healthy bones and teeth. It also plays many other important roles in the body, including regulating inflammation and immune function. Vitamin D, like all vitamins, is a nutrient that's essential for life. Our bodies produce active vitamin D after exposure to sunlight, and we get some vitamin D from food.

Vitamin D is also a hormone. Hormones help control how cells and organ's function. However, we do not call vitamin D "hormone D" because without it we cannot live.

Vitamin D makes our bodies better at absorbing other nutrients, namely calcium and phosphorus, both important for bone health. Vitamin D also helps to restore and maintain the calcium in our bones, where 99% of it resides..

Some studies show a possible connection between vitamin D and protection against cancer, heart disease, bacterial and viral infections. But more research is needed to substantiate these links.

## Food Sources

- Fatty fish, such as salmon, mackerel, and tuna
- Egg yolks
- Cheese
- Beef liver
- Mushrooms
- Fortified milk cereals and juices

Source:  
1. <https://www.hsph.harvard.edu/nutritionsource/vitamin-d/>  
2. <https://www.cuimc.columbia.edu/news/whats-deal-vitamin-d>

Source: <https://www.organicauthority.com/organic-food-recipes/its-soup-weather-warm-up-with-white-bean-turkey-and-kale-soup>