

WELCOA\* | DECEMBER 2018

# WELL BALANCED

**CELEBRATE  
& SPLURGE**  
YOUR INVITATION  
TO INDULGE

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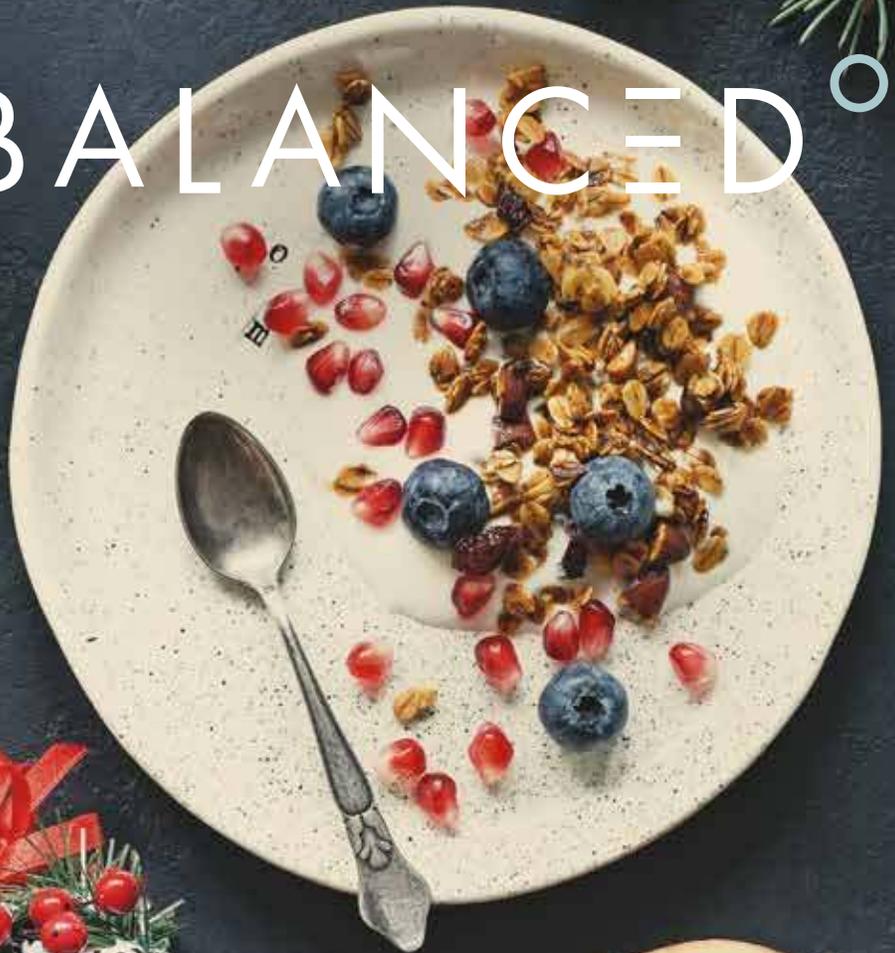
**CASTING  
YOUR VISION**  
HOW TO FIGURE OUT  
WHAT YOU WANT  
IN 2019

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**MERRY  
MEATLESS  
MEALS**  
SAVORY STUFFED  
SQUASH

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**SAVE YOUR  
PENNIES**  
BALANCE YOUR BODY  
AND YOUR CHECKBOOK



1 small acorn squash (approx. 4 inches diameter)

½ package firm tofu

1 Tbsp garlic powder

1 tsp onion powder

2 tsp Italian seasoning (rosemary, basil, parsley mixture)

½ juiced lemon

#### DIRECTIONS

Preheat oven to 425°. Wash skin of squash, pierce outside with fork or knife before cutting in half. Remove squash seeds with a spoon and place halves face down in a microwave safe casserole dish containing 1 inch of water. Microwave for 10-15 minutes on high. Meanwhile, in a food processor, add tofu, onion powder, garlic powder, Italian seasoning and lemon juice. Blend until smooth. Remove squash halves from microwave, drain water and turn squash face up. Add ½ tofu mixture to each squash half and place in preheated oven for 5-10 minutes or until tofu "ricotta" is slightly browned. Let cool, sprinkle with red pepper powder (optional) and serve on a garnish of your choice.

SERVES: 2

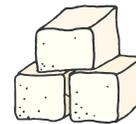
#### NUTRITION INFO:

Calories 185, Fat 4.5g,  
Carbs 27g, Protein 12g,  
Sodium ~10mg

# Tofu "Ricotta"

## STUFFED ACORN SQUASH

This delicious six-ingredient meal takes under 30 minutes to prepare making it perfect for the busy holiday season.



#### Did You Know?

Tofu is a versatile soy-based protein option that has a variety of health benefits. Not only is it low in cholesterol and sodium, it's also packed with calcium, magnesium, potassium and folate. Rich in isoflavones, tofu intake has also been associated with reduced risk for certain cancers and cardiovascular diseases.<sup>1</sup> Since tofu takes on the flavors of what it's cooked with, its versatility in the kitchen is supreme.



#### From the Kitchen of

**KAITLYN PAULY, MS, RD, LMNT**

Kaitlyn Pauly is a Registered Dietitian at the Omaha VA Medical Center. Through her experiences as a Weight Management Dietitian, a college Nutrition Instructor, a Foodservice Dietitian and at the Wellness Council of America, she has gained a diverse perspective and passion for using nutrition to promote optimal health and maintain wellbeing in the individuals and populations she serves.

<sup>1</sup> *Evolution of the Health Benefits of Soy Isoflavones.* Stephen Barnes. *Experimental Biology and Medicine* Vol 217, Issue 3, pp. 386 – 396. First Published March 1, 1998. <http://journals.sagepub.com/doi/abs/10.3181/100379727-217-44249>

# Celebrate YOUR REASON TO CELEBRATE



by MAGGIE GOUGH, RD

I have two parents, three siblings, one husband, three kids, two sister-in-laws, three nieces and two nephews. My husband's family is a robust nine people in total. So that equates to 25 people in my immediate family. That's 25 birthdays a year in addition to ten solid holidays each year that we celebrate with a seasonally appropriate, decadent meal. I can count on at least 35 family-filled, food-filled celebrations... per year! I bet you are counting yours right now. I'll wait while you count...

Maybe it's left over from our days of hunting and gathering—when food was much more scarce—but, we tend to approach the party food table with a mentality of gluttony. Now you might think that this is the part where the dietitian is going to tell you to stay away from Aunt Betty's cannoli recipe one time a year.

As it turns out, if your Aunt Betty has a really good cannoli recipe she only makes once a year, I would like an invite. Food is meant to be enjoyed. Please do indulge a little when you are at your next family gathering.

Just try not to let family gatherings become times of mindless consumption by overeating festive treats this season. Donuts, cookies, and other sugary desserts dance in our heads and we lose sight of the REAL reasons to celebrate.

All of that yummy stuff that you get at a party is called "party food" for reason,

and it should stay that way! Sometimes I wonder if we feel obligated to eat these party foods because they are laid out in front of us, and we miss out on the joy of all the other wonderful food that should fill the days in between the holidays and parties we celebrate.

Here is what I want to leave you with. By all means, do indulge in the joy that comes with great food and great people for your 35 or more events each year. Find joy in the abundance and worldly variety of the massive produce section at your local grocer, and let that fill the other days in your year. Because with so many people and holidays to celebrate, your next indulgence is likely just around the corner.

## YOUR INVITATION TO INDULGE

- 1. Home(made) is where the heart is.** It's okay to have or even share a slice of your Grandma's passed-down-through-the-generations-apple-crisp—just don't eat the whole pie! Plus—homemade recipes typically have real food ingredients like butter and eggs and aren't processed like the yummy cakes we find in the sweets aisle at the grocery store.
- 2. Peruse the produce.** Explore a variety of squash, turnips, beets, and Brussels sprouts or fruits like oranges, grapefruits and pomegranates.

Buy an array of fruits and vegetables to make a colorful arrangement.

- 3. Swap and splurge.** Get creative with your before-meal-snacks. Experiment with cottage cheese and Greek yogurt instead of cream cheese and sour cream when making your famous dip. Add celery, carrots, and radishes in place of chips and crackers with made-from-scratch guacamole or hummus!

## Alternative Accolades

It is a long time tradition in the United States—and many other countries—for families to celebrate holidays and parties with food. We gather around a table and feast on homemade dishes and the wealth of each others company. Try these alternative ways to count your blessings and spare some calories.

- **Hop to the basketball hoop.** Play a game of hoops and spell out H-O-L-I-D-A-Y. The first player attempts to make a basket. If his/her basket is made, the second player must try to make the same shot. If the second player misses, he/she receives the first letter, "H." If the second player makes it, the first player must select a new tricky shot. Play until someone spells holiday!
- **Gather for a game.** Pull out a deck of cards or start a round of charades. Laughter is a great way to put people in a jubilant mood.
- **Move your meals.** Create a 'progressive dinner' and move throughout your home or neighborhood for appetizers/snacks, dinner, and dessert!



### About MAGGIE GOUGH, RD

Maggie Gough has developed consumer-facing health and wellness platforms, created and implemented wellness programs and provided consulting to clients about how to create more meaningful wellness initiatives. Her mission is to create workplaces that allow people to live fully into their divine human experience. Maggie lives in Kentucky with her husband Brad and their three kids. For more information on Maggie and her holistic approach to healthy eating, visit her Facebook page—[www.facebook.com/realizewellbeing](https://www.facebook.com/realizewellbeing)

# HAPPY FOR THE HOLIDAYS



## Get Happy & Healthy This Holiday Season

The holidays are meant to be times of joy and celebration—yet for so many of us, the festivities of the season tend to drag us down. From the financial burden of gift buying, to overloaded work and social schedules, to family obligations, there are several reasons the season brings on stress. The good news is that **you're in control of how you deal with the holidays**. There's a lot you can do to manage stress, enhance your mood, stay healthy and fully enjoy the holiday season. Here are some easy ways to get started...

**1. MAKE A LIST OF WHAT YOU WANT TO AVOID THIS HOLIDAY SEASON.** Maybe it's not using your credit card or gaining a single pound. Write down what you don't want to happen this holiday season—it's a simple act that can help guide you in the right direction.



**2. MAKE A LIST OF WHAT YOU WANT TO ACHIEVE THIS HOLIDAY SEASON.** What would make you feel happy? Seeing family? Volunteering your time at a local charity? Document what would bring true meaning, peace and happiness to you.

**3. ASK A FRIEND TO BE YOUR "HOLIDAY WELLNESS ENFORCER".** Ask a friend to act as your "enforcer" during the holiday season. Give them authority to check in on your choices (eating, exercise, social engagements, etc.), give advice and keep you accountable. We all seem to have friends who like to do this!



**4. BALANCE INDULGENCES.**

You shouldn't deprive yourself of your favorite holiday foods or traditions. You should enjoy the season, but just aim for moderation and other healthy choices. For example, if you have cookies for dessert, make sure you had veggies at dinner and that you're exercising every day to help burn those extra calories.

**5. PICK THE GATHERINGS AND PARTIES THAT ARE MOST IMPORTANT TO YOU, AND GRACIOUSLY DECLINE THE REST.** Just be sure you don't accept an invitation and then pull a no-show—this is inconsiderate and can make your next encounter with the host uncomfortable and stressful. Also, leave parties early if they're cutting into your sleep. Research reveals that sleep deprivation enhances appetite and increases cravings for diet-sabotaging foods like sweets, chips, breads and pasta. Late-night partying is a risk for expanding waist lines!



*Holiday weight gain is real!*

Research from Cornell University shows that Americans do indeed tend to gain weight over the holidays. They also cite that the extra pounds you put on between Halloween and Christmas can take more than five months to lose.

**6. RATE YOUR HOLIDAY STRESS.** Everyone gets stressed. The key is to identify the stress before you "explode." So, on a one to 10 scale, rate your stress level. If you're at an 8 or higher, you need to set some time aside and take a breather—this will help prevent lashing out at someone or doing something irrational or unhealthy.

7. FIND A WAY TO LAUGH. Laughter may be the best gift of all during the holiday season. According to researchers at Loma Linda University in California, just the anticipation of laughing significantly decreases levels of the stress hormones. Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins (a natural feel-good chemical). Take a few minutes to watch a funny clip on YouTube or watch a comedy flick in your downtime.



8. UNPLUG FROM GADGETS AND DEVICES EVERY DAY—EVEN IF IT’S FOR 15 MINUTES.

It’s impossible to escape stress when it follows you everywhere. Set aside time every day when you can unplug from emails, texts, IMs, etc. Use that time to “escape.” Read, do some deep breathing or take a walk.

9. AVOID SETTING UNATTAINABLE OR UNREALISTIC HOLIDAY GOALS. You’re setting yourself up for disappointment if you set goals like “this is going to be the best, most magical holiday ever” or “this will be the season where we all get together and have the best time!” Moreover, trying to achieve such lofty and often undefinable goals can create a lot of unnecessary stress.



10. MAKE TIME TO RELAX AND FOR YOUR FAVORITE ACTIVITIES.

If the only holiday spirit you’re feeling is a lot of pressure, remember to take a break (even if it’s just 10-15 minutes) from the madness every day. Get outside, explore local festivals and fairs, or build a fort with your family. If you’re taking steps to take care of yourself you’ll be better equipped to enjoy the season.



Stress Stat

Sixty-two percent of Americans describe their stress level as “very or somewhat” elevated during the holidays, while only 10 percent report no stress during the season. Among the holiday stressors listed by respondents are the financial demands of the season, negotiating the interpersonal dynamics of family, and maintaining personal health habits such as an exercise regimen.

*“The holiday season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us.”*

- TERRI MARSHALL



Question of the Month



Shopping, parties, gift wrapping...ah! How do I prioritize?

It’s easy to feel pressured and overwhelmed by all the holiday obligations and events hosted by family, friends, work, and school (just to name a few!). You can make it easier on yourself by listing what events and obligations mean the most to you. Stick to those commitments and play the rest “by ear.” This way you won’t feel as much pressure to make everything that’s on your calendar.

WELL BALANCED™ has an impeccable reputation for providing trustworthy information to improve your well-being and create healthier work cultures. Our network of physicians, dietitians, wellness professionals, and more are here to answer your crucial health questions.

*Have a question?* Ask our experts by going to [welcoa.org/expert](http://welcoa.org/expert). If your question is selected we will contact you directly with your answer and it will be featured in an upcoming issue\*.

\*All questions are handled in confidence and will not, without prior consent, be disclosed or used by WELL BALANCED™ or its contributors.

# HOW TO FIGURE OUT *What You Want in 2019*

by STELLA GRIZONT, MAPP

*I love this time of year.*

It's the perfect opportunity to let go and reset. Of course, most of us associate "resolutions" with the New Year, and for a lot of people, resolutions have a bad connotation. Most folks see them as an opportunity for failure instead of success.

If that sounds familiar, let me help you reframe the way you view resolutions with these three attitude-altering tips:

## **1. Avoid starting with a list of goals. Get clear on how you want to FEEL instead.**

For many people, resolutions end up being a list of goals or to-do's. For example, you might increase your workouts to four times a week, or make it a priority to call a relative regularly, or finally book that trip to Iceland! What most folks don't realize is that setting goals that sound good doesn't always lead to a happy New Year. That's because we naturally assume that achieving our goals will fulfill us, but instead it can leave us feeling quite empty.

Have you ever achieved a big goal and found yourself say, "wait, is this all there is?" That's why, before you choose a goal, you must examine first how you want to be and feel. For example, if you make a resolution to "go to the gym four times a week" without focusing on why you want to go and how you want to feel, that's a recipe for disappointment, if not disaster. Let's face it, feeling obligated to go to the gym just because you said so is a sure set-up for failure.

By starting with the qualities you want to feel—such as, more energized and vital—rather than focusing on the activity itself, you'll easily turn an obligation into a choice that has a higher purpose. Not only that, but it also opens you up to more creative ideas for fulfilling your intention. For example, if

your desire is to feel more energized and vital, you may recognize new choices that you weren't considering before, such as: switching from coffee to green tea, doing a yoga class, or resting more during the weekends. Focusing on the experience you want to have enables you to choose better goals that will more likely lead you towards being who you want to be. What are examples of states of being or sensations that you might want to experience? How about being inspired, respected, challenged, peaceful, kind, energized, organized, or authentic.

*The value of setting specific goals is extremely important—but starting with the quality of experience you want to achieve and working backwards will further aid your success. Grab Stella's Vision Generator to get clear on what you really want and to set yourself up for success in 2019. Download the free exercise at [workhappinesmethod.com/vision](http://workhappinesmethod.com/vision).*

**2. Avoid "shoulds."** It's so easy to fall into the trap of, "I shoulds." Oh, I should be more this or do more that. Know what I mean? It's a not-so-subtle way of self-criticism. So before committing to anything, first try it out in your imagination. Ask yourself, "If I experienced just 10% more (fill in the blank), how would I feel?" Pay close attention to how your body and spirit respond. What would be different? Does it make you feel dragged down, freed up or nothing much at all?

To avoid a continuing case of the "I shoulds," go with what makes you feel lighter, freer, energized and hopeful. Choosing what feels difficult doesn't necessarily make you stronger, but it most likely creates unnecessary resistance. Choosing something because it sounds good doesn't do you any good either, which leads me to my next tip.

## **3. Avoid fear-driven resolutions and be aware of your motivation.**

Examine what drives your desires. Is it fear? Obligation? Expectation? Your friend's Instagram feed? Or is it your heart? Consider what type of motivation is urging you. Intrinsic motivation is when the cause to do something comes from within; it's your own organic interest and desire. You do it because you want to! Extrinsic motivation is when the desire is driven by external reward, such as money, promotion, merit or approval. You do it because you want to get something out of it. External rewards aren't bad; they're just not as motivating long term. You're more likely to stick with intrinsically motivated desires.

*Remember* that your resolutions are YOURS! You get to choose! It's your year, so you get to decide what to make of it. And know that you can be whoever you want to be, no matter the circumstance. Give yourself permission to go towards what feels most energizing—choosing what excites you versus what you think is right for you. Explore the most loving experience you can create for yourself and then go accomplish it!



*About* STELLA GRIZONT, MAPP

As a speaker and executive coach, Stella Grizont works with over achievers who are seeking deeper career fulfillment and with organizations who are dedicated to elevating the well-being of their employees. Her unique approach to being happier and more engaged on the job has been featured on MNSBC, The Today Show, ABC, Entrepreneur and Vanity Fair. She now lives in New Jersey with her husband and toddler, who continues to teach her what life is all about. To learn more about Stella visit [workhappinesmethod.com](http://workhappinesmethod.com).

# GET FIT FOR FINANCIAL WELLNESS

by SEAN FOY, MA



**W**hat is your greatest asset? Is it your savings accounts? Your house? While these are all significant assets and have the ability to increase your financial worth now and potentially in the future—none of these items would qualify as your greatest asset for producing greater financial well-being. Your greatest asset is YOU!

*The greatest asset you bring to a rich, secure, and satisfying life—is a healthy and fit YOU!*

If you were a millionaire, suffering from a terminal disease, how much of your fortune would you spend to find a cure? While it's impossible to put a price tag on the value of our health, we can estimate the toll that poor health takes on our future. Presenteeism costs your organization and more importantly your family a lot of money.

*Presenteeism (noun): the practice of coming to work despite illness, injury, anxiety, and more—often resulting in reduced productivity.*

When flying on an airplane, flight attendants give instructions about flying with children. In the event of an emergency, the oxygen masks will drop down and you should immediately take one and put it on yourself before your child. If you're a parent this advice is counter-intuitive. The first person you want to protect is your child. However, you won't be able to help your child if you're out of the picture—so you've got to take

care of yourself first. To take care of others, provide for your family, be marketable, creative, and successful at work or any endeavor—you need to be strong and rested. Your contribution is important to the lives and destinies of many others. But when you're tired, anxious, and stressed you're in no shape to build a successful future for yourself or anyone else.

*When you don't feel your best...*

- **physically**, you're limited in how much you can move.
- **mentally**, you can't think straight or make good decisions.
- **emotionally**, your well is dry.
- **spiritually**, you feel empty instead of full.

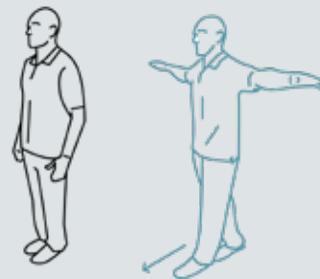
*Could simple movement boost your earning potential?*

According to research presented in the *Harvard Business Review*, employees work best when they take brief, regular renewing energy breaks. Taking a quick walk or stretch break for a few minutes every 1-2 hours throughout your day will help you feel more resilient, focused, and alert. In one study of bank employees, participants who took regular renewing energy breaks to walk or stretch produced 13 percentage points greater year-after-year in revenues from loans than the control group who did nothing. Here are some other ways moving more could help you reach your financial goals.

## ➔ Try this move

### BALANCE (SHEET) BEAM

**Try this move to help you visualize your financial well-being and improve your balance. You can perform this move walking down the hall to visit a co-worker, in a conference room, your kitchen at home or while you are outside. All you'll need is a flat, non-slip surface to walk on.**



**Stand tall away from your desk with your feet close together and arms raised out to the side at shoulder level. Looking straight ahead, place one foot in front of the other, heel to toe. When you are ready, lean slightly forward and raise the back foot behind you off the ground, extending your leg and tightening your buttocks.**



**Having trouble balancing? No problem! Use a doorway, desk, chair, or a partner to help you balance with this modification.**



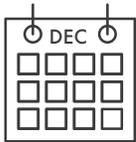
**About SEAN FOY, MA** | President & Founder, Personal Wellness Corporation

Sean Foy is an internationally renowned authority on fitness, weight management and healthy living. As an author, exercise physiologist, personal trainer, behavioral coach and motivational speaker, Sean has earned the reputation as "America's Fast Fitness Expert". His upbeat and sensible "simple moves" message—even with the busiest of schedules—has inspired many people all over the world. Sean has helped thousands of individuals with their wellness needs and is committed to encouraging everyone to attain optimal well-being for body, mind and spirit! Sean is a husband, father of two, and President & Founder of Personal Wellness Corporation.

*Wishing you and your family a happy, healthy,*  
**WELL BALANCED™**  
*holiday season!*

WANT TO BE A PART OF  
*#wellbalanced*

Share your well balanced moments by tagging us on social @WELCOA using *#wellbalanced* with a chance to be featured in an upcoming issue of WELL BALANCED™.



**SET HEALTHY**  
*New Year's Goals*

Every year, millions of adults promise to better themselves in one way or another. And millions will fail. Keep these tips in mind for healthy and successful New Year's resolutions!



**STAY FOCUSED**  
ON WHAT'S IMPORTANT

Focus on the meaningful, long-term benefits. Focus on how you will feel or how your quality of life will improve if you achieve your goal.

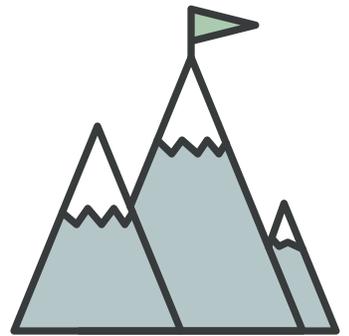


**BABY STEPS**

Break large goals into small steps and changes. Over time small changes really add up.

**FOCUS ON YOUR OWN GOALS**

Determine the goals that are important to you. Don't try to match what a friend or co-worker is doing.



**CELEBRATE MILESTONES**

Treat yourself (to something healthy, like a new pair of running shoes) after you reach a milestone.

**ENLIST THE HELP OF OTHERS**

Surround yourself with people who encourage and motivate you to achieve your goals.



**TRACK YOUR PROGRESS**

Seeing improvements and/or setbacks can help boost motivation and keep you on track.

