

WELCOA* | FEBRUARY 2019

WELL BALANCED^o

*The Happy
Heart Issue!*

GET BETTER ZZZs

THE CONNECTION
BETWEEN
SNACKS & SLUMBER

HEARTY
ARTICHOKES
MENDING MORSELS

CHANGE
YOUR
LIFESTYLE
CHANGE YOUR
OUTLOOK ON LIFE



This versatile seafood-inspired dish can be served in its traditional form as a chip dip or elevated to fill whole grain pita pockets, spread on top of greens or alongside grains such as barley, brown rice or quinoa.

1 can artichoke hearts

1 tomato, diced

1 jalapeño, diced

½ red onion, diced

1 clove garlic, minced

1 cup black eyed peas

Juice of 2 limes

Juice of 1 lemon

1 medium avocado, diced

¼ cup cilantro

Salt and pepper to taste

DIRECTIONS:

Drain and rinse canned artichokes and add to serving bowl. Chop and add tomato, jalapeño, red onion, and garlic. Add black-eyed peas, lemon and lime juice, stir and let sit 15 minutes. Before serving add avocado, cilantro, salt and pepper to taste, stir gently and serve.

SERVES: 6

NUTRITION INFO:

Calories 114kcal, Fat 5g,
Protein 4g, Carbs 13g,
Sodium 285mg

ARTICHOKE Ceviche



Hearty Artichokes

Though they often come canned or jarred, artichoke hearts are surprisingly packed full of antioxidants that protect you from cell damage and degenerative diseases such as heart disease and Alzheimer's. A half-cup serving has a substantial 4 grams of fiber and is completely free of fat and cholesterol, making it an ideal food for maintaining a healthy heart. Aside from using these savory morsels in dips, consider adding them to pizzas, salads, sauces, soups and sandwiches.



From the Kitchen of

KAITLYN PAULY, MS, RD, LMNT

Kaitlyn Pauly brings her experience as a Registered Dietitian Nutritionist to her role as a committee liaison with the American College of Lifestyle Medicine (ACLM). She combines her clinical background in weight management and integrated nutrition with her non-clinical experiences as a college Nutrition Instructor, a freelance writer, a foodservice dietitian and with the Wellness Council of America to bring a diverse perspective to the field of Lifestyle Medicine.

EATING & SLEEPING

— What's the Connection —



by MALLORY UBBELOHDE, MPH, RDN, CD

A poor night of sleep can disrupt your whole week, from a bad attitude with your partner, to decreased productivity at work, and increased irritability with friends or family. Strategies to improve sleep are publicized widely which often include messages such as turning off screens well in advance of bedtime, avoiding afternoon caffeine and limiting evening alcohol. But what about nutrition? As the relationship between sleep and dietary habits becomes better understood, a relatively large body of research has been emerging to help clear up the connection.

Melatonin

The hormone melatonin plays a significant role in the body when it comes to sleep. Produced in the brain, melatonin use is affected by the diet. Tryptophan, an amino acid that must be consumed through food as the body cannot

produce it, helps to produce melatonin. When eaten regularly, foods high in tryptophan may lead to a better night of rest. Protein foods are your highest sources of tryptophan so try a snack of walnuts and grapes in the evening or a peanut butter sandwich with milk. Consider the timing as well; any tryptophan consumed will take about an hour to reach the brain and have any effect.

Fish

Seafood is another excellent source of tryptophan which also comes with other beneficial nutrients when trying to encourage sleep. Vitamin D and omega-3 fatty acids found in fatty fish are important for the regulation of serotonin and have been associated with better quality of sleep. Furthermore, fish with bones, such as sardines or anchovies, contain magnesium which may help promote improved slumber.

Caffeine

In healthy adults, 400 mg per day of caffeine or less is considered safe, however, negative effects such as anxiety have been seen with intakes of 300 mg. To put it in perspective, a single cup of coffee can include 100+ mg depending upon size and strength of brew. Keeping a close eye on caffeine intake is a simple step toward improving sleep.

Other than avoiding caffeine and powering down devices before bedtime, review your food choices if you are looking for a better night of rest. The recommendations of many research articles on this topic ultimately come back to the general guidelines for all adults: increased fruit and vegetable intake, choosing whole grains with fiber, limiting saturated fats, and selecting lean sources of quality proteins.

Eating seafood regularly is recommended by the American Dietary Guidelines—specifically twice a week for adults. This will easily have you on your way to meeting vitamin D and omega-3 goals while also hopefully getting a great night of sleep.

Many supplements exist on the market that promote better sleep but unfortunately little research exists to back up their efficacy. Taking a 'food first' approach and aiming to get these sleep-enhancing nutrients through food before turning to supplements is usually best.



About MALLORY UBBELOHDE, MPH, RDN, CD

Based in Salt Lake City, Utah, Mallory Ubbelohde is a registered dietitian nutritionist, nutrition communicator, recipe developer, food photographer, and home-cooked meal advocate. You can connect with Mallory on Instagram (@Mallory.RDN) where she shares daily meal inspiration.

WHAT CHILDREN CAN TEACH US ABOUT LOVE AT WORK

by SAMANTHA THOMAS

The Kids Are All Right!

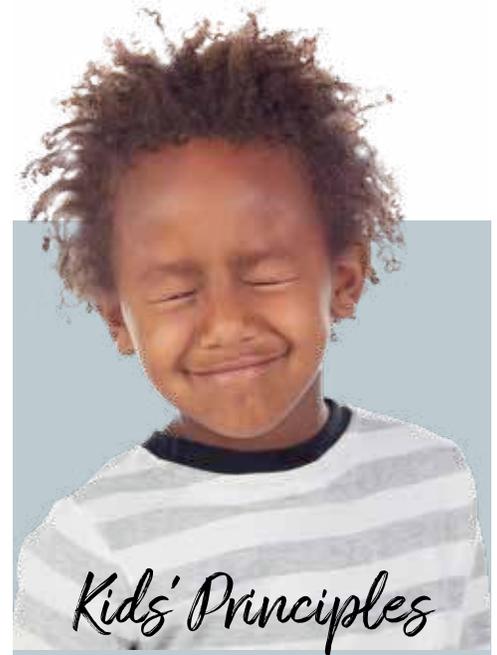
As children, we are taught to be kind and to treat others as we would like to be treated. These qualities come relatively naturally to us. We want to play with others, have fun and we quickly learn that doing so requires exercising the principles of love.

But as we grow older and experience the trials and tribulations of life that lend themselves to pain, we take that pain and we harden, creating a shield to protect us from the outside world. We subconsciously go on this way, not realizing that our callousness and armor are inhibiting us from the ability to feel, connect, and relate. These elements are needed to propel us to exercise the principles of love and are the most fundamental human experiences that each of us desire.

Dr. Brené Brown, a research professor at the University of Houston, has spent the last two decades studying which qualities define one's sense of worthiness, belonging, connection and joy. When we experience these feelings together over a continued period of time they create, what Brené explains as, wholehearted living. Through her research, she has discovered that courage, shame, empathy, and vulnerability are the primary qualities that either contribute to or retract from cultivating a wholehearted life. By better understand-

ing these qualities, we can learn how to use them to create a wholehearted life at home and at work. We can notice them in our partner, in our coworker, in ourselves, and – perhaps most obvious of all – in young children who have yet to learn to shield themselves with armor.

Dr. Brown's findings are mirrored in research on love in the workplace, including in the longitudinal study out of Wharton School of the University of Pennsylvania and George Mason University School of Business: "What's Love Got to Do With It?: The Influence of a Culture of Companionate Love in the Long-term Care Setting". The study – conducted at two points in time 16 months apart – surveyed 185 employees, 108 patients, and 42 patient family members at a long-term healthcare facility and hospital in the Northeast. Using a variety of raters and methods, researchers Sigal Barsade (Wharton) and Olivia A. O'Neill (George Mason) explored the influence that emotional culture has on employee, patient, and family outcomes.



Children are courageous because fear has yet to be instilled in them, shameless because they know who they are and what they love, empathetic because it is their instinct, and vulnerable because they know no other way. And children are inherently aware that courage, empathy, vulnerability, and absence of shame are principles of love that lead to wholehearted living.



About SAMANTHA THOMAS, FOUNDER/DIRECTOR, LOVE SUMMIT BUSINESS AND LEADERSHIP CONFERENCE, JUST CHOOSE LOVE

Samantha Thomas is founder and director of the Love Summit Business & Leadership Conference and the Just Choose Love movement. Previously she spent six years working as executive director of Dream Change and as publicist for New York Times bestselling author and economist John Perkins. You can connect with Samantha on social media @justchooselove.



What Sigal and Olivia discovered was that employees who experienced a culture of companionate love in the workplace – a sense of warmth, affection, and connection – had higher levels of satisfaction and teamwork, and showed up to work more often. They also found that a culture of companionate love related directly to patient outcomes, including improved mood, quality of life, satisfaction, and fewer trips to the emergency room.

Sigal and Olivia were curious whether these findings held true across industries so they conducted a second study surveying 3,201 employees in seven different industries from finance to real estate. The outcomes were the same, demonstrating that people who worked in a companionate culture – one of affection, tenderness, caring, and compassion – were more satisfied with their jobs, committed to the organization and accountable for their performance.

The studies of Dr. Brené Brown and Wharton and George Mason demonstrate the importance of emotional culture both at home and in the workplace. There are many ways in which love can show up at work, from including a colleague who feels left out to kindly advocating for what you believe in, even if your voice shakes. The most important thing to remember, though, is that the way to a culture of love is through each one of us, not through some outside source. While a top-down approach is not entirely necessary, a lead-by-example approach is essential.



Teach Your Children Well

So many of us are terrified of employing the principles of love because they require being courageous, vulnerable, and unashamed. But we can start slowly, by practicing what we teach to our children. We can be kind. We can treat others as we would like to be treated. Even better, we can treat others as they would like to be treated. While many things in life can often seem out of our control, the one thing that remains in our control is how we think and how we act. We can lead by example. We can choose love, even when it feels easier to choose fear.

Ask the Expert

How can I show appreciation at work?

Start by increasing interactions with people who can energize you—maybe people who can take care of you a little. Simply find a couple of people a day that you can connect with, even in small ways. A phone call or text, a small valentine card of appreciation, get a hot drink or lunch together, or take a short walk with them. Seek people that can hold you accountable and help you regain perspective.



Sarah Emanuel, MPE, MS, CHES
Project Coordinator, WELCOA

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. 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.



Syncing Up

GENETICS, LIFESTYLE AND YOUR HEART

by CATE COLLINGS, MD

February is Heart Disease Awareness Month and of course... love month! What better time to focus on a healthy lifestyle in support of preventing heart disease and to bring our attention to how our body, mind and spirit are affected by love and social connection!

Does your family have a history of heart disease or other health risks? Or did your grandpa live to be 100 and still cut the lawn with a push mower? While either of these scenarios could make you feel a little nervous about the future or make you feel like a superhero, neither of these facts necessarily determine your lifespan. These factors can be confusing when trying to make smart decisions about your overall wellbeing.

Mainframe Makeup

One approach to simplify the science of genetics is to think of our bodies as personal computers. Your genetics are the characteristics that are passed down from your grandparents. As it relates to computers, your genetics are your hard drive or the primary storage of information. This data contains special instructions that form your genetic makeup.

Your lifestyle choices are the various software platforms you utilize to make things work. The choices you make affect your myokines. These little messengers, induced by your muscle activity or your microbiome (bacteria in the gut), are regulated by whether you regularly choose a slice of cheesy pizza or a salad, rich in greens and beans for lunch. As we make certain decisions through our lifetime, our genes turn on (are expressed) or off (are silenced). This science is called epigenetics and helps us understand the connection between our genes plus our lifestyle behaviors and ultimately the impact they both have on disease.

Epigenetics Epiphany

Epigenetics is the study of biological mechanisms that will switch genes on and off. Your lifestyle choices epigenetically modify your gene (and disease) expression. To learn more about epigenetics and the relationship with chronic disease, check out the work of Dr. Kent Thornburg at <https://www.voicetube.com/videos/49487>.

Now let's take this one step (or one whole generation) further. The interesting thing about epigenetics is that it impacts our health far before we are born—even before our parents are born! The lifestyle choices that your grandparents made as it relates to nutrition, fitness and overall health laid the foundation for your genetic makeup and influenced your family's offspring for generations! This means that your grandparents' lifestyle choices start to impact YOU from the moment your parents were born! Lifestyle choices are far greater than determinants of your own longevity and quality of life, and extend to disease expression of your generations to follow.

Change Your Lifestyle, Change Your Outlook

While your 100-year-old grandpa's amazing health status is a feat to celebrate, your destiny (and your grandchildren's) is more about your lifestyle choices. Make a software update this month with these four choices.

- **Meaningful Movement.** Regular, daily physical activity like walking or gardening plays an important part in our overall health.
- **Plant-based Preferences.** Select whole, plant-based foods that are filled with fiber and quality nutrients. Consider veggies, fruits, beans, lentils, whole grains, nuts and seeds.
- **Supportive Social Connections.** Studies show that isolation and loneliness are associated with increased depression and mortality.
- **Scheduled Sleep.** Lack of, or even poor, sleep can decrease our ability to recover from illness. Make time to snooze!

Whether it's pushing your athletic performance to a new level, controlling anxiety, or feeling connected to your loved ones and our world, go deep. "Sync" up your heart this month!



About CATE COLLINGS, MD

Dr. Cate Collings is a board-certified practicing cardiologist in Silicon Valley. She established and provides ongoing medical directorship to the El Camino Hospital Cardiopulmonary Wellness Center targeting lifestyle measures to improve the health of cardiac patients. She is the newly-elected, president-elect of the American College of Lifestyle Medicine.

Move for Heart Health

by CARIE MAGUIRE

Every Little Bit Counts!

When it comes to heart health, any physical activity is better than none, at least that's what mounting research is telling us. Being physically active is indeed a critical component toward good heart health. It's one of the most effective tools for strengthening the heart muscle, keeping your weight under control and warding off the artery damage from high cholesterol, high blood sugar and high blood pressure, which can all lead to heart attack or stroke. However, there's a mistaken belief that benefits will only be reaped with a strenuous daily run or an intense aerobics class. While that level of effort can certainly yield benefits, it's simply not required if your main concern is staying healthy.

Experts note that if you're exercising for health, it takes very little effort to see enormous benefits. In an analysis recently published in *The American Journal of Medicine*, experts have cited that modest activity, even as little as one hour of walking or gardening per week, has been linked to lower rates of heart attack, stroke, and death from all causes. One study even found that people who did moderate exercise just 15 minutes a day lived an average of three years longer than their inactive peers.

What Counts?

Physical activity is any type of body movement that raises your heart rate and burns calories. There are different types of physical activity and they play an important role in heart health:

- **Aerobic exercise** improves circulation, which results in lowered blood pressure and heart rate. Aerobic exercise includes walking, jogging, swimming and biking.
- **Resistance training** includes working out with free weights, with resistance bands or through body-resistance exercises, such as push-ups and squats. Research shows that a combination of aerobic exercise and resistance work may help raise HDL (good) cholesterol and lower LDL (bad) cholesterol.

Don't get discouraged if you've been sedentary for a long time. All that matters is that you can start moving more and making small changes today that will result in a healthier, stronger heart. Focus on activity that you enjoy and that you can realistically fit into your day. Simply walking every day could prove to be an easy way to improve your heart health. It's great exercise that's free, convenient, and you can also enjoy it with friends!

Expert Recommendations

Although any type of activity is better than none, the American Heart Association has published the following activity guidelines for optimal heart health:

At least 30 minutes of moderate-intensity aerobic activity (like walking) at least five days per week for a total of 150 minutes a week or at least 25 minutes of vigorous aerobic activity at least three days per week for a total of 75 minutes; or a combination of moderate- and vigorous-intensity aerobic activity.

The AHA also recommends moderate- to high-intensity muscle-strengthening activity at least two days per week for additional health benefits.

Set Reasonable Goals

Don't let all-or-nothing thinking sabotage your exercise routine. If you don't think you can exercise for 30 minutes, set a reasonable goal, and then stick to it. You can work toward your overall goal over time.



About **CARIE MAGUIRE**, CONTRIBUTING EDITOR, WELCOA

Carie Maguire is a health writer who has a long history with WELCOA. Having written and edited hundreds of articles and various pieces of health information, Carie is one of the most respected health writers in the U.S.

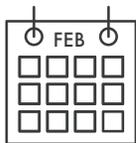
Creating Connection: Being Kind is Easy

Being kind to others doesn't require any real effort, and you can start right away. We spend around 2,000 hours a year with our coworkers and given how much time we spend with them, a little bit of kindness can really go a long way.

Start today by committing yourself to sharing kindness.
As a bonus, you will feel happier instantly.

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™.



Heart Health Awareness MONTH

February is National Heart Health Month. Heart disease can often be prevented when people make healthy choices and manage their health conditions.

ALL YOU NEED IS LOVE

Companionate love is one of affection, tenderness, caring, and compassion. Practicing this kind of love at work, by being more inclusive, caring and empathetic, could lead to a more trustworthy, more supportive, happier work environment.

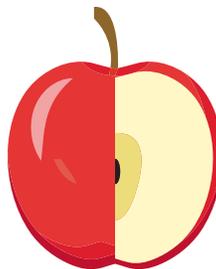


"No act of kindness, no matter how small, is ever wasted."

AESOP

CHOOSE YOUR FOOD WISELY

Review your food choices if you are looking for a better night of rest—increase fruit and vegetable intake, choose whole grains with fiber, limit saturated fats, and select lean sources of quality proteins.



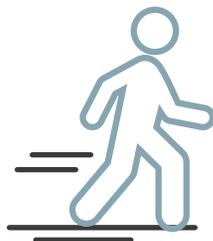
100 YEAR EFFECT

Your genes were influenced by your parents' parents lifestyle.



HEARTY ARTICHOKE

Artichoke hearts are full of antioxidants that protect you from diseases such as heart disease and Alzheimer's.



MAKE YOUR MOVE

Strive for any level of physical activity daily to delay the onset of chronic disease—Make it a goal to get 150 minutes per week.

SUPPORTIVE SOCIAL CONNECTIONS

Make fitness fun by exercising with a friend.

