



WELLNESS NEWS

JANUARY, 2023



Health and wellness resources for you and your family

If you have any questions or would like to make any suggestions about programs or content,
feel free to email me at **Marcy@Scantichealth.org**

I would love to hear from you!

(Please note that this is my new email address)

Health & Wellness

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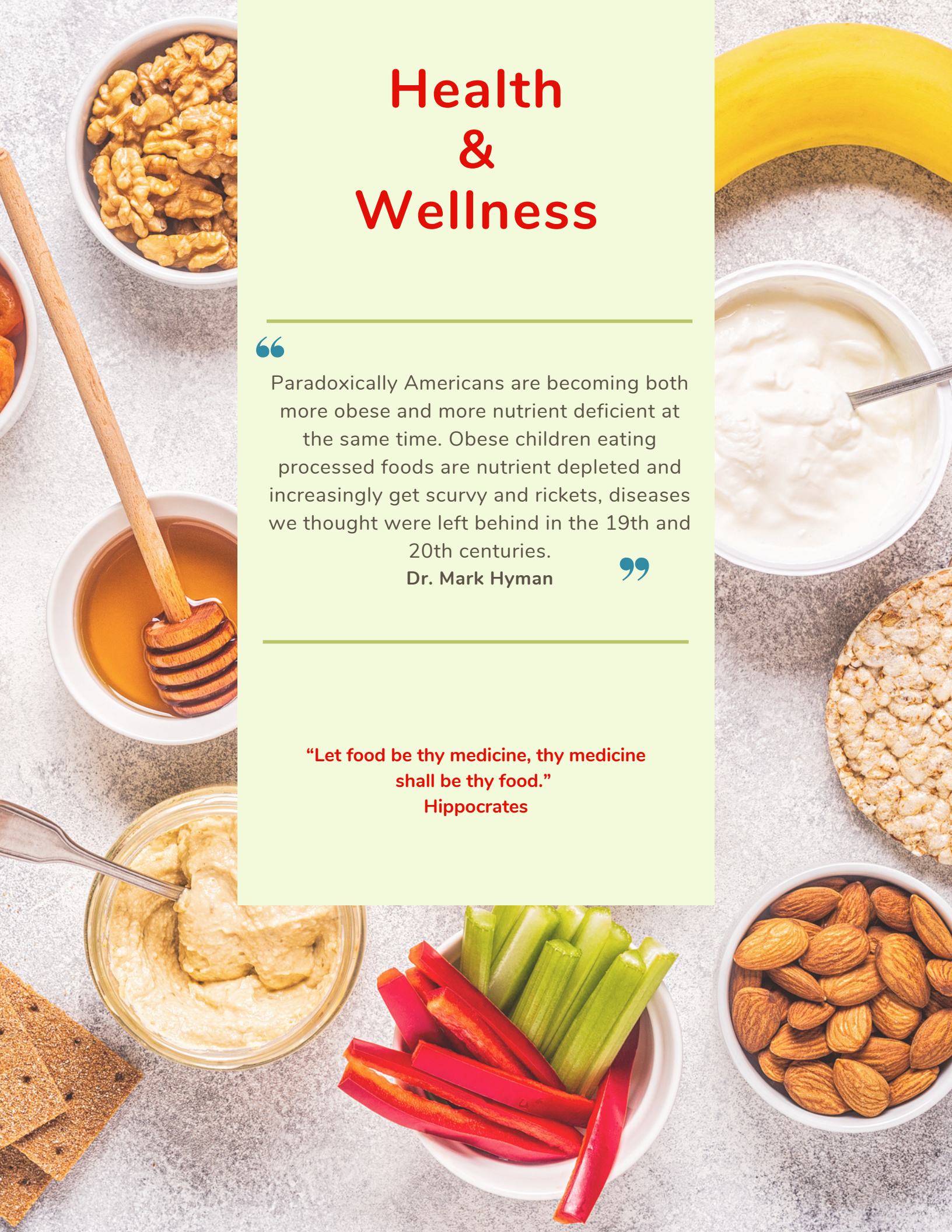
Paradoxically Americans are becoming both more obese and more nutrient deficient at the same time. Obese children eating processed foods are nutrient depleted and increasingly get scurvy and rickets, diseases we thought were left behind in the 19th and 20th centuries.

Dr. Mark Hyman

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“Let food be thy medicine, thy medicine
shall be thy food.”

Hippocrates



Dr. Ann Videos

In case you missed any of Dr. Ann's videos, here they are

[Spirituality and Your Health](#)

[Information about How Plastics can Damage Your Health](#)

[Improve GERD \(aka heartburn\)](#)



Colonoscopy

Did you know that getting a colonoscopy is covered 100% by your health insurance?
And, did you know that if you get your regular colonoscopy, you can get a \$100 gift card from the Scantic Valley Regional Health Trust Wellness Program?
All you have to do is send your paperwork showing that you had your colonoscopy to Marcy@eastlongmeadowma.gov and choose which gift card you would like to receive - it's that simple!

Getting a preventative screening like a colonoscopy could save your life so don't put it off.

Fitness Programs Near You

Longmeadow Parks and Recreation Classes

Did you know that all benefit-eligible employees receive a 40% discount for any P&R activity class? Please call to register and receive a discount?

Tai Chi - Yang Style ages 14+. This class involves traditional warm-ups and gentle stretching, breathing exercises, stances, and an introduction to the traditional Yang Style Form.

Karate - Shotokan Style, Ages 14 & Up. The study of karate is an inner search for growth and self-discipline, which encompasses many ideals.

[Click here to check out the programs.](#)

Join Arlene McLean for a 5 week program **Mindful Movers Meditation and Yoga Flow**

This program is a fun way to unwind and de-stress after a long day. All levels are welcome so bring a yoga mat and a water bottle and end your day on a positive, healthy note!

When: Wednesdays 3:30-4:30

Dates: January 18, 25

February 1, 8, 15

Where: Center School Gymnasium
837 Longmeadow St. Longmeadow, MA

\$50.00, \$12. drop-ins



If you have questions, please contact Arlene:
amclean@longmeadow.k12.ma.us
413-246-6783



learntolive

January Webinars

Habit Change: Building the Good, Breaking the Bad:

We live much of our lives without even thinking. Exciting new findings show that we can build new healthy habits and break old ones with less effort to improve our lives. Join The Learn to Live Clinical Team to learn how to take your next big step toward a better life.

[Thursday, January 19th: 12-12:30pm CST/1-1:30pm](#). (Click the blue text to Register)

Good News About the Winter Blues:

For many of us, the winter months can feel awfully long with colder temperatures and far less sunshine. Motivation and mood can drop, either subtly or so significantly that even usual day-to-day activities feel impossible. But, in this 15-minute webinar, we will share the good news: that there are research-supported steps we can take to live fully, even through wintertime challenges.

[Tuesday, January 24th: 9am-9:15am CST/10-10:30am EST](#) (Click the blue text to Register)

Mindful Eating:

The Learn to Live Clinical Team explains how certain triggers can lead to mindless eating, what mindful eating can look like and its advantages, and some next steps to consider for success when thinking about food and eating.

[Friday, January 27th: 12-12:30pm CST/1-1:30pm EST](#) (Click the blue text to Register)

Use Access Code SCANTIC

Fitness Tip

Get an exercise buddy

If you want to keep your fitness goals, try recruiting a workout buddy. Studies show that you are much more likely to stick to exercise if you have a friend (or a few friends) who can act as an accountability partner.

Choose a friend who wants to achieve a similar goal and make a plan. Accountability might mean meeting each other regularly for a walking date. Or it could be a daily text check-in to see how you're doing on your nutrition and exercise plan or a Zoom call to exercise together.

While the presence of an accountability buddy adds some gentle peer pressure, the key is to focus on the behavior, not success or failure.

Remember, fitness is a lifelong endeavor, not a race to the finish line. If you miss a few days, don't beat yourself up. Hopefully, you and your friends won't feel unmotivated at the same time so you will have a cheerleader available when you need a gentle nudge!



If you want to try a fun at-home cardio workout , check out this one. It's for beginners with modifications for almost any level and it takes only 15 minutes .

[15 minute beginner cardio workout](#)

"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health." —

Hippocrates

Recipe of the Month



Lentil Stuffed Grilled Peppers

4 servings

30 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 2 cups Portobello Mushroom (chopped)
- 1 cup Cherry Tomatoes (halved)
- 1 tbs Tamari
- 2 Garlic (cloves, minced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/4 tsp Cayenne Pepper (optional)
- 1/4 cup Basil Leaves (chopped)
- 2 cups Baby Spinach (chopped)
- 4 Red Bell Pepper
- 1/2 cup Feta Cheese (crumbled)
- 2 cups Green Lentils (cooked, drained and rinsed)

Nutrition

Calories	255
Fat	7g
Saturated	3g
Trans	0g
Polyunsaturated	1g
Monounsaturated	2g
Carbs	36g
Fiber	13g
Sugar	12g
Protein	16g
Cholesterol	17mg
Sodium	641mg
Vitamin A	5657IU
Vitamin C	167mg

Directions

- 1 Heat olive oil in a skillet over medium heat. Add onion, mushrooms, cherry tomatoes and tamari. Saute for 5 minutes or until onion is translucent. Add in minced garlic, sea salt, black pepper and cayenne and saute for another minute. Stir in basil and spinach just until wilted and then remove from heat. Set aside to cool while you prep the red peppers.
- 2 Chop the stem and top off of the peppers and carve out the seeds.
- 3 Add the lentils and feta cheese into the skillet with the vegetables and stir well to evenly distribute. Use a spoon to pack this vegetable mix into the red peppers. Place the peppers on a baking sheet.
- 4 Heat the oven to 425. Bake stuffed peppers in the oven for 20 minutes. For the barbecue, preheat the grill over medium heat. Grill the stuffed peppers for 20 minutes. Remove, drizzle with a bit of olive oil and serve. Enjoy!

Notes

Vegan, Leave out the feta and use chopped cashews instead.

No Feta, Use crumbled goat cheese instead.

Mindfulness and Meditation



Meditation 101

Sit and find your breath. Sitting in an upright relaxed position, please drop your gaze or close your eyes.

Take three deep breaths. Breathing in, breathing out. Breathing in positivity, breathing out and letting go of old stale air and stale stories.

Repeat these affirmations to yourself, taking a deep breath at the end of each sentence. I am a human being full of life and possibility. No one else is like me.

Return your attention to the breath. If your mind wanders off, come back to the home base of the breath.

Return to consciousness Gently and easily, on the next breath, open your eyes and return your attention to the space.



Sometimes (and I will say, especially after the holidays) we just need to remember that we are enough! The pressure of doing it all and making everyone else our priority takes a toll.

Try this meditation to remind yourself that you are enough!

[You are enough meditation](#)

"He who has health has hope, and he who has hope has everything."

Thomas Carlyle