



Words of Wellness

April 2013

A part of the NCAH Employee Wellness



Wellness Works

Wellness Works is a student-led outreach group affiliated with the Kinesiology Department and the Nutrition and Wellness Research Center at Iowa State University. Student interns staff the fitness center, working with the Work Life Wellness team, and are available to answer questions you may have about exercise, fitness, and wellness. The current student leader is Tianna Allen.

You may come and visit her Wednesday from 12:20-2:20 in room 1071 right outside of the fitness center or email her with your questions at:

tsallen@iastate.edu

Have you ever considered yoga?

For many people the answer is a flat no, or no way. I am not flexible, I never have been, I never will be. Or others might think I'm too old to give something like that a try. Before we start to list out all of the reasons that yoga seems like a bad idea, although, the list may already be starting, let's consider some of the benefits.

1. Yoga can be a relaxing way to de-stress and have a little "me" time
2. You can work at your own pace according to your own breathing. Focusing on your breathing can help you achieve a deeper level of relaxation than you might be accustomed to.
3. There are several different types of yoga to choose from. Just because one type is not for you doesn't mean that you won't like another style. Some types such as Hatha focus more on breathing and relaxation and can be an excellent starting point for someone just starting out. Others such as Ashtanga are for those that look for power and strength in their practice, combined with the flexibility and balance components essential to yoga. Keep in mind that not all yoga is for everyone and you should consult your physician before beginning any exercise program to explore what is right for you. To learn more about the different types of yoga and their benefits visit: <http://tinyurl.com/yoga4you>



4. Flexibility and balance can be improved upon and developed through regular yoga practice.
5. Posture may be enhanced with the release of tension from common problem areas such as the neck and shoulders.
6. Muscle strengthening work can be achieved through yoga. You might not like lifting weights, but you may still want to be stronger, and yoga can be a great way to work on your strength without ever picking up a dumbbell. According to the Physical Activity Guidelines for Americans, everyone should try to engage in resistance training twice every week.

Clearly there are some benefits to this practice that has been around for centuries. Check out the details below for an opportunity in Ames to give yoga a try for free.

What: Free Yoga practice (sponsored by University Museums and Recreation Services).

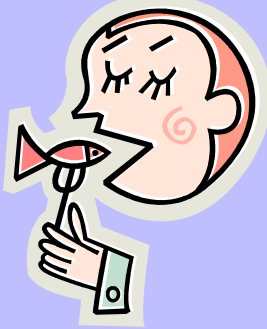
Location: Christian Petersen Art Museum, 1017 Morrill Hall, ISU, Ames

Date: Wednesday, April 3, 2013

Time: 5:20 p.m.

Contact Information: visit www.museums.iastate.edu.

Question: What are the benefits of eating fish?



Answer: Fish can be a delicious way to spice up your diet and add protein. Just like anything else you choose to eat, fish can serve as an important energy source to fill your everyday need of calories. Only instead of just acting as a source of calories, fish, especially fatty fish contains healthy fats.

Healthy fats, such as the high level of omega 3s found in tuna, salmon, and sardines assist in lowering triglycerides. Triglycerides are fat in the blood that can cause problems to over all health. Due to the benefit of these omega 3s the FDA has come out with an official statement that foods, such as fish, high in omega 3s reduce the risk of coronary heart disease.

You can attend a \$5 salmon cooking demonstration right here in Ames on April 6th. For more information visit:

<http://tinyurl.com/salmoncooking>

Other health benefits that are believe to be associated with the consumptions of fish include:

- Associations with inflammation prevention
- Links to decreased dementia and Alzheimer's
- Optimal heart and brain health

The science is clear. Fish can be a healthy addition to the diet. However, when buying your fish do be an informed consumer. Some fish has higher risks associated with it as the fish may be contaminated with mercury. For more information about the contamination risks of different fish visit:

<http://www.doh.wa.gov/CommunityandEnvironment/Food/Fish/HealthyFishGuide.aspx>



Recipe Corner

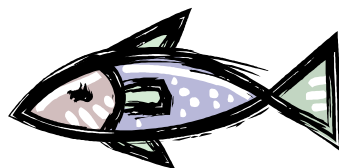
Delicious Salmon
Baked to Perfection



Baked Salmon

Ingredients

- 12 ounce salmon fillet
- Coarse-grained salt
- Ground black pepper



Directions

1. Preheat oven to 450 degrees Fahrenheit
2. Divide fillet into 4 pieces
3. Season salmon with salt and pepper
4. Place salmon on non-stick baking sheet
5. Cook for 12-15 minutes until baked through, at which time the salmon should easily flake apart. To be sure the salmon is finished cooking test the internal temperature of the salmon with a thermometer and make sure it has reached a temperature of: 145 degrees Fahrenheit.

Recipe Adapted From: www.foodnetwork.com