



Words of Wellness

March 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

I Swear I Watch Everything That I Eat!

Watching and recording, is there really that much of a difference? It may seem like watching what is consumed at every meal is enough work, but actually writing it down may have some unforeseen benefits.

According to a recent study in the American Journal of Sports Medicine, food logging may actually help with weight loss. In this study the amount of weight lost was directly related to the number of days of completing a food diary. Clearly, there is just something about a food diary that works.

FOOD DIARY		
Date		
Time	Food	Feelings

Food diaries, when we are honest, can help us identify our own eating patterns. Maybe we have a tendency to starve ourselves in the afternoon, and then overindulge in our evening meal. If we simply watched what we were eating at the evening meal, we might be completely unaware of this pattern. However, a food diary could point out to us the long period of time between the two feedings, and perhaps offer us a solution of eating a little more in the afternoon to prevent that evening starvation from setting in.

On the other hand food diaries can even help us identify our eating patterns. For instance lets say a snack is consumed every evening while watching the television. There may not even be hunger acting as guiding factor in this old habit; it may just be something that has been done for so long that it is routine. An option to reducing calories may very well be cutting this snack. After all if you were not hungry in the first place, why continue to have that snack?

Now that we can see a few benefits of a food diary, let's discuss the "how to". Keeping a food diary could be as simple as keeping a notecard in your back pocket and recording what you consume. If you want to identify your meal patterns, you might consider writing down the time you consumed the meal as well. For those that are more technology savvy, keeping a log on your phone or computer might be a more desirable choice. In addition to simply identifying food consumed and mealtime spacing the log could also be used to identify the reason of eating. After recording what you are eating, you might consider writing why you are eating. For instance, are you eating because you are: bored, hungry, the snacks at that gathering looked too appetizing to turn down? You may even surprise yourself with some of the conclusion you reach. Whatever depth you decide to record to, there is some benefit.

Question: What are some little ways to incorporate more physical activity into my daily routine?

Answer: Everyone is extremely busy, and getting one more thing in, even if it is important may seem like a chore. With a little creativity, physical activity might not have to fit into this category. We all know we should exercise, now lets explore some strategies to sneak just a little more in.



Every minute of exercise counts, and it can be easy to throw in a few extra minutes here and there. In the morning after rolling out of bed, a few push-ups could be thrown in. Mid-morning, taking a brisk walk to a bathroom that is farther away than the one you usually use at work could give you a little more activity. When at the store, parking further away from door could give your legs the chance they have been asking for in terms of getting a few more steps in.

In addition to the little things, there may also be interest in making time for some activities that involve more than a few minutes of time. Some schedules might have small breaks in them, say 10 minute breaks, and this is a perfect opportunity! With 10 minutes you have the chance to get a brisk walk in and clear you head. On a different note, you might decide that evening television time could also be exercise time, who says you have to sit down and watch TV? While watching TV you could always do some jumping jacks, jog in place, march in place, or even throw in a few crunches. At first this might seem silly or uncomfortable, which gives all the more reason to pull in a friend or partner to do it with you. To start and get used to this, you could even agree to only get up and move during the commercials.



Outside of the regular week, you might find that you have a little more time. Using that time to be physically active can be a great way to entertain yourself, and it can be free too! Taking a drive to a close state park, or even a local neighborhood park for an afternoon of hiking, walking, frisbee, or even tag with the kids can leave anyone feeling invigorated and ready to start another week.

Recipe Corner

Lets Talk About Snacks



SNACKS

Fruits and Veggies can be hard to incorporate into the diet, but with a little extra planning they can make a great snack!

- Pre-cut and put fruits and veggies in small containers so they can be grabbed on the go
- Add a healthy fat such as a nut butter or hummus as a dipping sauce to make veggies extra delicious
- Prepare fruit kabobs by layering your favorite fruits on a stick