



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 1:00-3:00 in room 1071 right outside of the fitness center or email her with your questions at:

tsallen@iastate.edu

Words of Wellness

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A part of the NCAH Employee Wellness



Find a Fitness Buddy

Working out alone can be hard. There are just some days where it feels like doing anything else at all would be a better idea than working out. Sometimes these days run together and before you know it, it has been weeks since you worked out. Now the question stands, how do you get out of this vicious cycle? Consider the workout buddy solution. Having a workout buddy can assist with accountability, motivation, and safety.

When you are having a day that seems like it would be easier to take off than workout on, having a workout buddy may just be the motivation you need to get going. It is hard to skip a workout when people are counting on you being there for them. In addition, setting up a time to meet and workout automatically puts the workout on your calendar. Sometimes, something as little as writing down that you plan to workout can be a great motivator, especially if a friend is keeping you accountable.

Once working out a friend can help push you to new levels. Sometimes a little friendly competition is all you need to bust through that next plateau. When debating on whether you want to have a harder workout, having a friend with you may just motivate you to decide on a more challenging option.



As workouts become more complex and physically demanding it can be beneficial to have a friend workout with you as well. That way you have an automatic spotter for any lifting activities that might require it, or someone to help you get ice should a fluke accident occur. It's always safer to have someone looking out for you!

Tis the Season of Eating

As Thanksgiving approaches thoughts of all that we are thankful for likely flood our minds. Next in line to these thoughts are probably reflections of past amazing thanksgiving meals we have had, or favorite dishes that we are looking forward to again. Although we may anticipate these things with eagerness, there may also be a slight dread that creeps into our minds regarding weight gain that might occur with their consumption. There are a few simple things we can all do to fight against this potential unwanted weight gain:

- 1) Be mindful of portion sizes. By using smaller plates, a smaller portion of everything will be consumed.
- 2) Take less originally and don't be afraid to go back for more if you are still hungry. Now we don't run into the problem of having to finish that huge plate we started with.
- 3) Attend to your hunger needs. Although you might be thinking, "I'm going to eat a huge meal later, I don't need to eat now" this can lead to eating in extreme excess later when you have let yourself become ravenous.
- 4) Savor all that you eat. It may seem tempting to chow down the delicious food before you, but I would like to challenge all of us to slow down a little. Perhaps, if we enjoy every bite, we won't feel the need to have seconds or thirds.



Recipe Corner

Ingredients:

1. 1/4 cup water
2. 2 tablespoons brown sugar
3. 2 tablespoons honey
4. 1 tablespoon olive oil
5. 4 large sweet potatoes

Prep Work

Combine ingredients 1-4 in small bowl and whisk to create glaze.

Peel sweet potatoes and cut them into wedges

Pre-heat oven to 375° F

Honey Glazed Sweet Potatoes

Directions

1. Place single layer of sweet potatoes on baking pan, and coat with glaze
2. Cover pan and bake 45 minutes or until tender, recoating glaze every 10 to 15 minutes
3. Once tender remove cover and allow for 15 additional minutes of baking

Recipe adapted from: mayo clinic healthy recipes