



DAVID DOUGLAS WELLNESS

David Douglas School District
— WELLNESS —

HAPPY Newsletter

February 2018

Thinking on Your Feet

Health experts widely agree that most of us should sit less, especially at work. Prolonged sitting has been linked with higher risks for diabetes and heart disease, among other conditions. While treadmill and standing desks have grown in popularity, they provide a clear impact on our health but perhaps not on our work itself. We know that most people type better when they sit still than when they stand up or move about. But do they also think better?

Most studies of prolonged sitting have looked at the benefits from breaking up sitting time on blood sugar and blood pressure. For an innovative new study published recently in *The Journal of Science and Medicine in Sport*, researchers at Arizona State University in Phoenix recruited nine sedentary, overweight men and women and asked them to show up at a simulated office space at the university.

During one visit, the volunteers sat continuously for eight hours (apart from bathroom breaks), while using a computer and talking on the phone, as if it were any workday. Twice during the day, they also completed computerized measures of many thinking skills, including working memory and decision making.

Then, during three other faux workdays, the volunteers broke up their sitting time by variously standing, walking at a treadmill desk or pedaling a modified stationary bicycle placed beneath their desks for at least 10 minutes once an hour. The exercise was gentle — a walking pace of one mile per hour or comparable effort while pedaling — and the volunteers typed and chatted during these breaks. They also repeated the tests of thinking twice each day, immediately after standing or exercising.

The researchers had wondered whether standing or exercising might impair the ability to concentrate and think, much as it did with typing proficiency, says Glenn Gaesser, a professor of exercise and health promotion at Arizona State who oversaw the study.

Instead, the exercise breaks substantially improved scores on the tests of the kinds of thinking skills that help people perform their jobs well. Immediately after standing or moving for 10 minutes or more, the volunteers performed better on all the tests of thinking, compared with when they were sitting all day — and the gains were greatest after they pedaled their under-desk bikes.

Gaesser says that “the physical and mental arousal” that occurs when people end their seated stillness and stroll, pedal or stand up improves attention, memory and other cognitive skills. He also speculates that because the volunteers had never before cycled at work, the novelty of that activity amplified its stimulative effects and impact on thinking.

But given that the study was small and limited in duration — it can’t tell us whether, over a longer period of time, an under-desk pedal machine would remain more potent for brainpower than strolling or standing — Gaesser suggests popping upright for even a minute or two. It will most likely be good for our minds, and shouldn’t do too much harm to our typing.

<https://www.nytimes.com/2017/10/26/well/move/thinking-brain-exercise.html>

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Healthy Eating

One Pot Greek Meatballs with Lemon Dill Rice

This recipe for one pot greek meatballs with lemon dill rice includes savory greek spiced beef meatballs, creamy Arborio rice and vegetables, all cooked together in a single pot!

Prep Time 15 minutes
Cook Time 25 minutes
Total Time 40 minutes
Servings 4 servings
Calories 721 kcal
Author Dinner at the Zoo

Ingredients

- For the meatballs:
- 1 1/4 pounds ground beef (90% lean is best for this recipe)
- 1/4 cup breadcrumbs
- 1 teaspoon dried oregano
- 1/2 teaspoon lemon zest
- 1 clove of garlic , minced
- 1 egg
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 tablespoon olive oil
- 1 1/2 cups Village Harvest Arborio Rice
- 3 1/2 cups chicken broth
- kosher salt and pepper to taste
- 2 zucchini , quartered lengthwise and cut into 1/2 inch thick slices
- 1/2 cup cherry tomatoes , halved
- 1/4 cup fresh dill , minced
- 1 tablespoon of lemon juice

Instructions

1. For the meatballs: Combine all of the meatball ingredients along with 1 tablespoon of water in a bowl. Mix until thoroughly combined. Shape the meat mixture into balls that are 2-3 inches in diameter.
 2. Preheat the oven to 350 degrees.
 3. Heat the olive oil in a large skillet over high heat. Place the meatballs in the pan and cook for 3-4 minutes on each side or until browned.
 4. Pour the chicken broth and rice into the pan, along with 1/2 teaspoon of kosher salt and 1/4 teaspoon black pepper. Bring the mixture to a boil, cover the pan and place it in the oven.
 5. Bake for 25 minutes or until the rice has absorbed all the liquid.
 6. Place the zucchini into the pan, cover and return to the oven for an additional 5 minutes or until zucchini has cooked through.
- Remove the pan from the oven. Stir the lemon juice and dill into the rice and place the cherry tomatoes on top. Serve immediately.

<https://www.dinneratthezoo.com/one-pot-greek-meatballs-with-lemon-dill-rice/>



App of the Month



HEALTHY OUT

We don't cook at home all the time and it can be challenging to stick to your goals when eating out. Well, Healthy Out is here to help!

HEALTHYOUT HELPS YOU

- Find healthy meals from local restaurants in your area
- HealthyOut dishes have 1/2 the calories, 1/2 the fat compared to the average restaurant meal
- Use filters like Low Calorie, Low Carb, Low Fat, High Protein and Heart Healthy to narrow down your search results
- Dietary restrictions like Vegetarian, Vegan, Lactose and Gluten Sensitive
- Popular diets like Paleo, Atkins, South Beach, Zone and more
- Our unique Calorie and Points filters to find a meal in your target range
- Filter by Cuisine, Ingredients and even the Type of Dish
- Tired of salads? You can find dishes by our most popular filter - "Not a Salad"
- See detailed nutrition information for dishes including calories and points
- Eat out confident that you made a healthy choice!



Start your New Years resolution with 24 Hour Fitness.

Don't forget about DDSD's special rates. If you would like a three day pass to try it out, email joanne_maki@ddsd40.org.

Bedtimes! Why they're not just for kids!

Dena Henry - Floyd Light

"Ok, we can do that, but we have to be done by 7 so we can get the kids to bed by 7:30". This is a phrase my family has heard often enough, they can recite it to me now. Bedtime is something we stick to. And it's **not** just for our kids. We have a bedtime too. Read on to learn how I've gone from an insomniac, to someone who looks forward to bedtime!

I used to have such a hard time falling asleep, and often when I finally did it wasn't good sleep because I kept thinking. Or, the other thing would happen, I would read with my kiddos in their bed and get sleepy, then have to get up and do something else and now I'm wide awake! Ever fall asleep on the couch watching TV and wake up an hour or two later and not be able to go back to sleep??

Two words: Bedtime Routine.

I'm sure you have heard how important sleep is. Getting good sleep (where your body cycles through 2 basic states: REM and non-REM sleep and you do that cycle several times) on a regular basis is shown to help with the following:

- **Better Health** (helps combat obesity, diabetes, heart disease, heart attacks)
- **Less Pain** (Sleep helps your body recover and heal)
- **Better Mood** (this one's pretty obvious!)
- **Better weight control** (The hormone Leptin - which is what helps you feel full, actually *drops* when you don't get enough sleep! Thereby causing you to feel hungry and often for things that are high-fat and high-calorie) WHOA!!
- **Clearer thinking**
- **Lower risk of injury**
- **Better Memory** (Who doesn't want this?!)
- **Stronger Immunity** (Yes please!)

So, how about that bedtime routine? Try establishing one tonight.

Give yourself the time to unwind before bed.... But try it without TV or electronics. And set a bedtime for yourself.

My suggestion: Start an hour before you should be asleep. Read a book and drink a cup of chamomile tea (maybe even with some honey and milk). When you start to feel sleepy, go straight to bed. Try to keep to this routine each night and your body will thank you!

Wellness Activities around the district:

Strength and Cardio Fitness

Wednesdays 3:25—4:10 in the upper gym at RRMS

Yoga with Erica Bartleson

Wednesdays 4:00—5:00 in Boardroom B at SP

Wellness Trends

2017 is the past and 2018 is going to be a great year. Here are some trends in wellness that are looking to be huge hits!

Wabi-Sabi

Wabi-Sabi is the newest thing to rock the wellness world. Wabi (meaning 'transient beauty') and sabi (meaning 'to see through appreciative eyes') is basically all about embracing imperfection and taking appreciation and gratitude from the simple pleasures in life. So for example, a cup you've had for years that's got a chip in it...that's wabi-sabi. That vase with the cracked glaze that your nan passed down to you that used to belong to her mum, and her mum before that...that's wabi-sabi. And a single daisy your child picked for you from the garden and placed in an egg cup filled with water...also wabi-sabi.

Silence

They say that silence is golden, and as the digital noise around us continues to grow, our need for that golden silence is becoming ever greater.

Can you even remember the last time you experienced complete and utter silence? I certainly can't. Even in the dead of night when the rest of the family are asleep, there's still the ticking of the clock, the churning of the boiler and the guttural snoring from the husband. Noise is everywhere!

Now whilst some noises are absolutely delightful, the rush of wind across water or the early morning birdsong, it's those social media pings, the text message alerts and email bleeps that have us on that stress precipice. Because of this, we're seeing the emergence of a new kind of wellness retreat, the silent spa, which helps people to switch off and allow their brains to wallow in silent indulgence. The emphasis is again on nature, so expect to see silent spas cropping up in caves, ancient monasteries and ruins, or even in crypts and former bank vaults.

So what can you expect to do at a silent spa other than sitting contemplatively in silence? Well, there's silent eating (which is literally the dream for those of you who can't abide the sound of people chewing), there's silent bathing, silent spa treatments, there's even silent hair salons (no more 'where are you going on holiday this year?' chats). The benefits of taking time out to be silent are immense and it's something that taps into all areas of wellness. So do yourself a favor in 2018 and keep it zipped! Shhhhhh...

Mind Trackers

Move over fitness trackers, because 2018 is all about the mind trackers. Mental health has been at the forefront of the health world over the last couple of years, with greater understanding, acceptance and admission that so many of us have varying degrees of mental health problems. Whether it's work related stress, anxiety, depression or any other issue, most importantly it's now being spoken about. And of course companies are starting to cash in on this.

We've already seen apps as Headspace and Buddhify capture the market, but now trackers are being developed to help monitor our breathing patterns with a view to working out exactly when and what causes you stress. It's thought that these devices will also pay attention to the way in which we sleep, recording different levels of sleep and again relating it to how stressed.

Digital Detox

Relating to the silence trend mentioned above, digital detoxes are also becoming more and more necessary in our constantly switched on society. And having taken the odd digital detox or two myself in the past, I can vouch for the positive mental health benefits.

The phrase 'disconnect to reconnect' is going to be massive in 2018, as more and more of us start to notice the impact that social media has on our health. So whereas before we would choose a cafe based on whether it had WiFi or not, soon we'll be opting for ones who advertise themselves as *not* having it.

Kindfulness is the new Mindfulness

Mindfulness has long been on our radar, in fact we've been told to be mindful of pretty much everything in our lives. Mindful eating, mindful coloring, mindful breathing, mindful exercise, there is seriously nothing that escapes the mindfulness mantra. But watch out, because here comes the 'B' word again...balance...because the moment something verges on obsession, and let's face it we're totally heading towards being mindful of our mindfulness, that's when we need to start readjusting that balance.

Something needs to give, something new is needed, so some clever so-and-so has come up with the concept of kindness (can you see what they did there!?!). Yep, turns out many of us have lost the ability to be kind, both to ourselves and to others. Think about it, when was the last time you remember someone saying thank you to you for holding the door open for them, or how about the last time someone you pass on the street smiled at you. It seems as a generation we've lost the simple skill of giving a damn, and what a shame that is.

And then there's being kind to others, something that genuinely should be so simple, yet we find ourselves forgetting, or not prioritizing, or even believing we don't have the time. It's not difficult to smile, it's not difficult to send someone a letter, pick up the phone and give someone a call rather than a cop out text, and it's not difficult to help someone out if they need it. Plus from a purely selfish point of view, which I am sure kindness is not about but is definitely an added benefit, being kind to people gives you that warm and fuzzy feeling inside doesn't it, and anything that makes you feel good has got to be good for you!

HAPPY NEW YEAR!!

<https://artofhealthyliving.com/wellness-trends-2018/>