

# R&W Newsletter

August 2013



## Wellness Blurb: Being Mindful

### Fact or Myth?

*"If I skip meals, I can lose weight."*

This is a myth! Skipping meals may make you feel hungrier and lead you to eat more than you normally would at your next meal. Studies show a link between skipping breakfast and obesity.

The concept of mindfulness is simple, but becoming a more mindful person requires commitment and practice. Here are some tips to help you get started:

- Take some deep breaths. Breathe in through your nose to a count of 4, hold for 1 second and then exhale through the mouth to a count of 5. Repeat often.
- Enjoy a stroll. As you walk, notice your breath and the sights and sounds around you. As thoughts and worries enter your mind, note them but then return to the present.
- Practice mindful eating. Be aware of taste, textures and flavors in each bite, and listen to your body when you are hungry and full.

Chicken and Avocado  
Salad with Lime  
and Cilantro



## Chicken and Avocado Salad with Lime and Cilantro

# Recipe of the Month!

### Instructions:

Shred the chicken apart until you have 2 cups of chicken shredded into fairly large chunks. Dice the avocados into medium-sized pieces, mix with 1 T of the lime juice, and season avocado with salt to taste. Thinly slice the green onion and finely chop the cilantro. Mix mayo and 1 T lime juice to make the dressing.

Put the chicken into a bowl large enough to hold all the salad ingredients. Add the sliced green onions and dressing and toss until all the chicken is coated with dressing. Add the avocado and any lime juice in the bottom of the bowl and gently combine with the chicken. Then add the chopped cilantro and gently mix into the salad, just until it is barely combined.

Serve right away or chill for a while before serving. This could be served inside pita bread or sandwich bread, or inside crisp lettuce cups, atop a bed of spinach, or as is!

*from kaylynskitchen.com*

(Makes 4 servings)

### Ingredients:

- 2 cups cooked chicken, shredded into large pieces
- 2 medium avocados, diced
- 1 T + 1 T fresh squeezed lime juice
- salt, to taste
- 1/4 cup thinly sliced green onion
- 1/2 cup finely chopped fresh cilantro (or chop it more coarsely if you prefer)
- 2 T mayo or light mayo



# Workout of the Month!

From Men's and Women's Health Magazine

## The Spartacus Workout

To create the Spartacus Workout, we chose 10 exercises that collectively work every part of your body. Then we made each exercise a 60-second station so you can challenge your heart and lungs as well as your muscles. The final product is a high-intensity circuit designed to torch fat, define your chest, abs, and arms, and send your fitness level soaring.

### Directions:

Do this circuit 3 days a week. Perform 1 set of each exercise (or "station") in succession. Each station lasts 60 seconds. Do as many reps as you can (with perfect form) in that time, and then move on to the next station. Give yourself 15 seconds to move between stations, and rest for 2 minutes after you've completed 1 circuit of all 10 exercises. Then repeat twice. If you can't go the entire minute, rest a few seconds and then resume until your time at that station is up. Use a weight that's challenging for 15 to 20 reps.

### Exercises/Stations:

1. Goblet squat
2. Mountain climber
3. Single arm DB swing
4. T-pushup
5. Split jump
6. DB row
7. DB slide lunge and touch
8. Push up position row

## Fitness Tip of the Month!

### Try This!

#### Find the best fitness friend!

- A workout buddy is hugely helpful for keeping motivated, but it's important to find someone who will inspire—not discourage.

#### Set goals!

- Start with simple goals and then progress to longer-range goals. Remember to make your goals realistic and achievable. It's easy to get frustrated and give up if your goals are too ambitious.

#### Schedule it in!

- If it's hard to find time for exercise, don't fall back on excuses. Schedule workouts as you would any other important activity.



## Beware of Portion Distortion!

What is a portion?

A portion is the amount of food one chooses to eat at a given meal or snack.

Portions have been getting bigger and bigger over the last 20 years. These growing portion sizes are changing the portion sizes that Americans eat at home as well as out at restaurants. This is what is called **portion distortion**.

Check nutrition labels and be aware of how many servings of food you are actually consuming while eating. This allows you to know how many calories, grams of sugar and fat you eat, and helps you keep track of your daily intake to maintain a healthy diet.

For more information on portion distortion and serving size, check out the We Can! campaign at <http://www.nhlbi.nih.gov/health/public/heart/obesity>

## Nutrition Tip of the Month!

