

Ivy Be Well & Fit



WHAT'S IN THIS MONTH'S ISSUE:

It's National Nutrition Month:

- Emotional Eating Tips
- March Madness Nutrition Challenge
- Group Exercise Schedule

Are You an Emotional Eater?

Negative emotions and stress can trigger emotional eating, but there are ways to help tame this. Here are several suggestions to try:

- **Tame your stress.** If stress contributes to your emotional eating, try a stress management technique, such as yoga, meditation or relaxation.
- **Have a hunger reality check.** Is your hunger physical or emotional? If you ate just a few hours ago and don't have a rumbling stomach, you're probably not really hungry. Give it time to pass.
- **Keep a food diary.** Write down what you eat and how you're feeling when you eat. Over time, you may see patterns emerge that reveal the connection between mood and food.
- **Get support.** You're more likely to give in to emotional eating if you lack a good support network. Lean on family and friends or consider joining a support group.
- **Fight boredom.** Instead of snacking when you're not truly hungry, distract yourself. Take a walk, clean or organize, play with your dog or call a friend.
- **Take away temptation.** Don't keep supplies of comfort foods in your home if they're hard for you to resist. And if you feel angry or blue, postpone your trip to the grocery store until you're sure that you have your emotions in check.
- **Don't deprive yourself.** When you're trying to achieve a weight-loss goal, you may limit your calories too much, eat the same foods frequently and banish the treats you enjoy. This could increase your food cravings. Let yourself enjoy an occasional treat and get plenty of variety to help curb cravings.
- **Snack healthy.** If you feel the urge to eat between meals, choose something like fresh fruit and yogurt, vegetables with hummus, air-popped popcorn, or trail mix with nuts.
- **Get enough sleep.** If you're constantly tired, you might snack to try to give yourself an energy boost. Take a nap or go to bed earlier instead.
- **Be gentle with yourself.** If food makes you feel good, then sometimes you must do what makes you feel better. If it gets too out of hand, you can always seek therapy to help find other ways to cope.



Welborn Foundation
Wellness & Fitness Center

March Madness Nutrition Challenge



March Madness and National Nutrition Month are joining forces so you can score points for your health.

Practice incorporating healthy eating habits into your daily life with this calendar as your guide. Keep track of your points on the calendar and turn it in by the first of April to win prizes. It's that simple.

Taking charge of your health is a priority. Don't wait until health issues arise. We want you to make a slam dunk now when it comes to your health.

[Click here](#)

Group Exercise Schedule March 21 - May 4

Work It Circuit

Tuesdays: 12:00 - 12:30

You will get a full-body workout by moving around to different stations.

ChiChi Fit

Wednesdays: 12:00 - 12:30

Dance to your favorite musical show tunes. So much fun, it doesn't seem like exercise.

AB-undantly Abs

Thursdays, 12:00 - 12:15

Work on building up your core muscles.

Yoga

Thursdays: 12:30 - 1:00

Relax, breathe, and unwind.



Eat these Superstar Foods

If you want to achieve nutritional excellence and really "feel the power" of food, be sure to eat the following foods regularly:

- Berries, any variety
- Apples - any variety
- Oranges/any whole citrus
- Red/Purple Grapes
- Pomegranates
- Plums
- Cherries
- Tomatoes
- Avocados
- Kiwi
- Pears
- Peaches
- Cantaloupe
- Watermelon
- Carrots
- Cauliflower
- Mushrooms - any variety
- Broccoli
- Brussels Sprouts
- Cabbage - any variety
- Asparagus
- Sweet Potatoes
- Red/Orange/Yellow Bell Peppers
- Canned 100% pumpkin
- Onions, especially red
- Winter Squash - any variety
- Any dark leafy greens (kale, collards, swiss chard, etc.)
- Any dark lettuce greens (spinach, romaine, arugula, etc.)
- Whole oats (steel cut or "old-fashioned" are best)
- Any fresh or dried herbs/spices - especially ginger, rosemary, turmeric, curry, garlic
- Dark Chocolate - prudent portion
- Organic plain, unsweetened soy milk
- Fresh or canned salmon, especially wild
- Skinless Poultry (turkey/chicken)
- Low-fat or non-fat plain yogurt
- Edamame
- Tofu
- Tempeh
- Extra Virgin Olive Oil
- Nuts - any variety
- Seeds - any variety
- Lentils
- Quinoa



Add these foods to your grocery list



Be like Popeye, eat your spinach!

Spinach Oatmeal Pancakes

Think Green!

Spinach Oatmeal Pancakes for St. Patty's Day!

Ingredients:

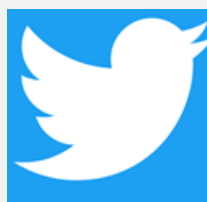
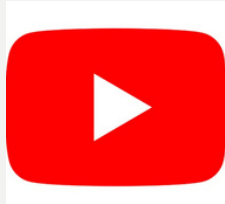
- 1 ¼ cups old-fashioned oats
- 2 TBS ground flaxseed
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp sea salt
- 2 TBS coconut sugar
- ½ tsp ground cinnamon
- ¾ cup unsweetened almond milk
- ¼ cup plain Greek yogurt
- 3 TBS unsweetened applesauce
- 1 cup spinach
- 1 teaspoon pure vanilla extract
- 1 large egg
- 1-2 TBS coconut oil for greasing the skillet



Instructions:

- Place the old-fashioned oats in a blender and blend starting on low speed and increasing to high. Blend for 30-60 seconds or until oats have become a fine powder.

- Remove oats from blender and place into a large mixing bowl.
- Add flaxseed, baking powder, baking soda, salt, coconut sugar and cinnamon to the oat flour and stir to combine. Set aside.
- Add milk, Greek yogurt, applesauce and spinach to the container of your blender.
- Blend starting on low speed and increasing to high. Blend on high speed for 30-60 seconds until mixture is smooth.
- Add vanilla extract and egg and pulse until just combined.
- Pour wet ingredients into dry ingredients and mix until just combined.
- Grease your skillet with coconut oil or cooking spray.
- Carefully place 1/3 to 1/2- cup portions of pancake batter into the skillet.
- Cook on the first side until the edges become firm and the batter begins to bubble slightly (3-4 minutes).



Workout of the Month

Simple Healthy Eating Tips

Healthy Recipes

FOR MORE INFO VISIT:



Welborn Foundation
Wellness & Fitness Center