



Kindra's KORNER

OUR GOAL

TO PROVIDE A POSITIVE AND SAFE ENVIRONMENT WHILE CREATING HEALTHY LIFESTYLE HABITS.

MEET THE FITNESS STAFF

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NUTRITION COACH

TWYLA KOCH, TIVITY CERTIFIED
INSTRUCTOR

MARY GILMER
INSTRUCTOR

CELEBRATE

HAPPY BIRTHDAY TO STAFF MEMBERS:

APRIL: Terra

JUNE: Jen, Robin

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WHAT IS WELLNESS?

BY KINDRA BREWER

Some may simply say that wellness is the absence of illness. I would have to say that while that is not false, there might be a bit more to it. The Global Wellness Institute defines wellness as the active pursuit of activities, choices, and lifestyles that lead to a state of holistic health. Wellness is multidimensional, and each dimension affects the others. The simplest model of the dimensions that I have found include:

- **Physical:** Nourishing a healthy body through exercise, nutrition, sleep, etc.
- **Mental:** Engaging the world through learning, problem solving, creativity, etc.
- **Emotional:** Being aware of, accepting, and expressing our feelings, and understanding the feelings of others.
- **Spiritual:** Searching for meaning and higher purpose in human existence.
- **Social:** Connecting and engaging with others and our communities in meaningful ways.
- **Environmental:** Fostering positive interrelationships between planetary health and human actions, choices, and wellbeing.

Things that affect wellness include specific medical conditions/illnesses/limitations (including medications to treat said conditions), level of physical activity, sleep quality/sleep hygiene, nutrition/hydration, recreational and pharmaceutical substances/dependencies, stress level, mental health, and relationships.

Since my knowledge exists mainly in the dimension of physical wellness, I would like to discuss that a little further in the aspects of physical activity, nutrition, and sleep. How does physical wellness affect overall wellness? Physical activity is great prevention for chronic illness. There are over thirty chronic illnesses associated with lack of physical activity. Exercise is statistically proven more effective for depression than medication. Exercise also empowers the mind by helping a person to know that they are accomplishing something, making progress, and even helps them to feel better about their appearance. Physical activity can be a great way to engage with members of the community. Exercise is also a great stress reliever, especially when done outdoors. You do not have to join a gym to be physically active. Walking, hiking, skiing, biking, and recreational sports are great ways to get moving. Find something you enjoy and go do it!

How about nutrition? That can be a daunting topic. There is a lot of misinformation and influence out there on how we should eat. Eating healthy is beneficial for many reasons. A nutrient-dense diet will provide the body and brain with sources to function more optimally and provide the body with macro-nutrients and micro-nutrients. Proper nutrition also helps us with sleep quality. I have always considered diet a "four letter word" because it comes with some negative and restrictive paradigms. When we "go on a diet", it ends up meaning that we cut out whole food groups or even take macro-nutrients to extremes. In addition, diets are most often temporary and unsustainable, not to mention stressful. It is important to understand that, like physical activity, how we eat influences our overall wellness. Becoming educated on what proper nutrition looks like and how it will benefit you will be highly beneficial in improving your wellness.

Sleep has been an underrated component of health for a long time. Next to water and food, it is the most important component. You can actually last longer without food than without sleep. It is a non-negotiable biological necessity, not a luxury. "Sleep affects almost every tissue in our bodies, including growth and stress hormones, immune system, appetite, breathing, blood pressure, and cardiovascular health," according to Dr. Michael Twery, a sleep expert. Lack of sleep increases the risk of obesity, heart disease, and infections. The body releases hormones during sleep, which help repair cells and control the body's energy use and appetite, which can affect body weight, and lack of sleep can produce diabetic-like conditions in otherwise healthy people. A review of studies in 2012 found that sleeping too little at night increases the risk of early death. A few practices, known as sleep hygiene, that can improve your sleep include: prioritizing sleep, consistent sleep schedule, relaxing bedroom environment with an optimal temperature between 60-70 degrees F, exercise, proper nutrition, and avoiding things like smoking, caffeine, and alcohol within a few hours of bed time, and dining late at night.

If you are looking for some guidance, specifically with exercise and nutrition, please call and ask about what coaching we offer. Be well.

What's Happening

NUTRITION COACHING

The Fitness Department is now offering nutrition coaching. Three-month commitment required. This can be combined with personal training. Please call or email Kindra for details.

WESTERN SKY AIR BALLOON FESTIVAL

Join us for the festivities July 4-6. There will be fun for everyone. The BHRC fitness department is also collaborating with West Slope Fit to put on a challenge course honoring military and first responders. Stay tuned for details. Check the website for an itinerary of events for this festival.

TRX

Check out our New TRX classes! We have three ongoing classes with three different styles. The class fee is \$8 per class or a 10-punch card for \$70. Reserving your spot the day before is highly recommended.

LEISURE PROGRAMS

Be sure to check out the itinerary of leisure trips and activities with Gary's department. There are too many to list here! Biking, bowling, wine tours, shows, and so much more!

BALLET

Look for details for a Ballet camp offered this summer.

NUTRITION: NAVIGATING LIFE'S 14ER

BY AMBER RUNDLE

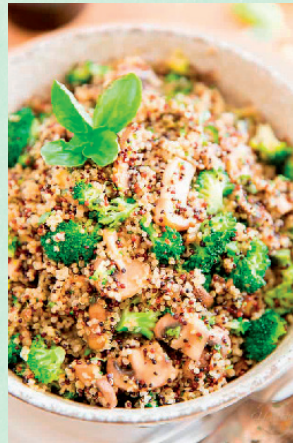
Did you know that our “Colorful” Colorado is home to 58 gorgeous mountain peaks that reach 14,000 feet and above, placing us first for the most 14ers to hike, with Mt. Elbert ranked #1 (14ers.com)? Climbing a 14er takes a lot of planning; physical preparation, like getting acclimated to higher elevations with a loaded pack, as well as educating yourself on the trail are a must! Without proper directions, you can find yourself at a fork in the trail, looking for signage or a clearly marked path, knowing that your best guess could get you lost.

Navigating the world of nutrition is much like planning for a hiking a 14er! It takes a lot of mental fortitude just trying to understand all the “maps” out there, and to know which path is going to suit your body’s individual needs best. Are you tired of trying to figure out which way is up on the “map”? Maybe you have tried many different trails in hopes of improving your health, only leaving your frustrated and exhausted, staring at your nutrition peak from a far off distance. That’s where we com in! Bill Heddles has a team of four trained nutrition coaches that are passionate about nutrition education, and are excited to launch our new nutrition program! Come meet the coaches Wednesday, April 10th at 12:00 pm or at 6:00 in the Activity Room. It would be a privilege to help you carry the load on your journey up the nutrition peak!

BROCCOLI AND MUSHROOM QUINOA

SUBMITTED BY TERRA RALEY

- 1-½ cups dry tri-color quinoa
- 2 tbsp extra virgin olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- ½ tsp salt (I used Himalayan salt)
- ½ tsp ground black pepper
- 2 dry pints mushrooms, sliced
- 2 small broccoli crowns, chopped finely
- 3-4 tbsp finely chopped fresh basil leaves



Cook the quinoa according to the instructions on the package.

When the quinoa is cooked, heat the olive oil in a large skillet over medium heat. Add the onions, garlic, salt, and pepper and cook until softened and slightly golden, about 2-3 minutes.

Add the mushrooms and continue cooking until they are nice and golden, about 2-3 minutes.

Add the broccoli and cook for about 30 seconds until it is vibrant green and slightly softened but still has a nice crunch to it.

Remove the pan from the heat source and add the cooked quinoa and chopped basil.

Stir delicately to combine and serve.

EXERCISE TIP OF THE QUARTER

SUBMITTED BY
TERRA RALEY

This exercise focuses on working your triceps while also engaging your glutes and lower back.

STEP 1: Start by lying on your back with your knees bent and your feet flat on the floor.

STEP 2: Slowly press your hips toward the ceiling until you form a straight line from your shoulders to your knees.



STEP 3: Squeeze your glutes and draw your belly button toward your spine, keeping your core engaged throughout.

STEP 4: Next, grab a dumbbell and hold the heads of the dumbbell with your hands.

STEP 5: Extend your arms above your chest. Slowly bend your elbows and bring the dumbbell toward your forehead.



STEP 6: Straighten our your arms and concentrate on squeezing your triceps.

STEP 7: Repeat this movement for approximately 10-20 repetitions or until your triceps feel fatigued.

STEP 8: Rest.

STEP 9: Repeat.