



○ E-Newsletter | ○ SPRING

Wellness *focus*

TAKING COUNTY WELLNESS TO A WHOLE NEW LEVEL...
1180 S. Main Street, Suite 378 | Akron, Ohio 44301 | (330) 434-1FIT

Do what you have to do until you can do what you want to do.
Oprah Winfrey

MASK UP *WH Mag 3/2021*

While working out, think twice about taking off your mask. Not only does wearing a mask stop the spread of “you-know-what”, but according to new research, the masks also allow for a solid sweat sesh. Studies from the International Journal of Environmental Research and Public Health noted that wearing a mask had no effect on power or endurance in a cycling test. It does force your respiratory system to work harder whether using a surgical or cloth face mask says Francis Adams, MD, a pulmonologist at NYU Langone Health. So, when all things are said and done, “you’ll be a cardio beast”. Dr. Adams suggests carrying extra masks, so you have a dry one to ease airflow and breath through your nose, creating fewer water droplets.



INTERMITTENT FASTING FOR REAL PEOPLE: PRACTICE TIPS TO EAT ON SCHEDULE *Healthline 2/2021*

Intermittent fasting (IF) has been around for a while. It took a big leap in popularity back in 2013 with “The 8-Hour Diet” by David Zinczenko and Peter Moore.

Zinczenko and Moore claimed that eating all your daily food within an 8-hour period would result in dramatic weight loss.

Soon enough, *celebrities* like Hugh Jackman, Beyoncé, Nicole Kidman, Miranda Kerr, and Benedict Cumberbatch all reportedly adopted some form of the IF diet.



The diet consists of restricting the time period in which you eat food. In other words, you go through alternating cycles of fasting and eating. Unlike most other diets, it’s about limiting *when* you eat rather than *what* you eat.

Currently, IF is one of the most popular eating styles out there.

[Continue Healthline Article](#)



Click on the Wellbeats image to learn more about Wellbeats or get started now through the [Virgin Pulse](#) platform.

EARN 200 VIRGIN PULSE POINTS FOR RECEIVING THE COVID-19 VACCINE
Submit proof directly through the Virgin Pulse platform under [Benefits > COVID-19 Vaccination](#).

EASE@WORK

HEALTHY TIP OF THE WEEK

SIMPLE MINDFULNESS ACTIVITIES

What is Mindfulness?

“Being fully present in the moment, aware of where we are and what we are doing.”

Easy Ways to Practice Mindfulness:

- ▶ Try paying attention to your surroundings by using your sense of smell, sight, sound, taste and touch.
- ▶ Bring attention to everything you do by living in the moment.
- ▶ Respect and accept yourself.
- ▶ When a negative thought occurs, focus on your breath.

Simple Mindfulness Exercises:

Belly Breathing... Use your belly to breathe, not your chest. Train yourself by sitting in a chair, leaning forward with your elbows on your knees. If you breathe naturally in this position it forces you to use your belly. The process stimulates the vagus nerve, which activates your relaxation response, helping reduce your heart rate and blood pressure, lowering your stress levels.

Starting the Day with Purpose... In a seated position, focus on your body then take three slow belly breaths. While doing this, set your intentions for the day (example: Today, I will be patient, enjoy the day, workout). Throughout the day, be sure to always check in with yourself.

Body Scan Meditation... Slowly bring attention to your body by lying on your back with palms facing up. Working from head to

toe, being aware of any sensations, emotions or thoughts associated with each part of your body.

Walking Meditation... In a quiet place, begin walking slowly, focusing on your walking experience. Be aware of your balance and sensations as you are standing, along with your subtle walking movements.



HEALTH & WELLNESS SAVETHE DATES

RECEIVE VIRGIN PULSE POINTS FOR ATTENDING LUNCH & LEARN WEBINARS. JOIN US VIRTUALLY AT THE HEALTH FAIR...CHECK THE INTRANET SCENE FOR MORE HEALTH & WELLNESS INFORMATION.

DATE	ACTIVITY
March 2 nd	Lunch & Learn Summit Metro Parks
March 3 rd & 4 th	Virtual Health Fair
March 8 th – 14 th	Virgin Pulse Monthly Challenge
March 17 th	Lunch & Learn PNC
March 25 th	Lunch & Learn Akron-Summit Public Library
April 5 th – 19 th	Virgin Pulse Corporate Challenge
April 7 th & 8 th	Lunch & Learn Mini-Series
April 12 th – 18 th	Virgin Pulse Monthly Challenge
April 21 st	Lunch & Learn YMCA
April 27 th	Lunch & Learn Autism Society of Greater Akron
May 4 th	Lunch & Learn Liberty Mutual
May 10 th – 16 th	Virgin Pulse Monthly Challenge
May 12 th	Lunch & Learn HRD
May 17 th – August 3 rd	The Weight Loss Program YMCA
May 26 th	Lunch & Learn EASE@Work
June 2 nd	Lunch & Learn Summit Metro Parks
June 14 th – 20 th	Virgin Pulse Monthly Challenge
June 17 th	Lunch & Learn Nationwide

Stay connected: *Health & Wellness Google Calendar.*

Healthy RECIPE Honey-Broiled Orange Toast *-Women's Health (Jan-Feb 2021)*



Servings: 2; Prep Time: 10-Minutes;

- 2 Oranges
- 1 Tbsp Honey
- ½ Cup Ricotta Cheese
- 4 Thick Sliced Toast
- Lemon Zest
- Cracked Pepper
- Flaked Salt
- Olive Oil

Peel and pith the oranges and cut 1/4 -inch thick and place on an olive oil rubbed baking sheet. Drizzle the 1 Tbsp of honey over oranges. Broil for 4-8 minutes until beginning to char. In mini food processor, whip ½ cup of ricotta and spread on 4 thick slices of toast. Top it with the broiled oranges, grated lemon zest, cracked pepper, and flaked salt.

8 STRETCHES TO DO BEFORE BED

Healthline 2/2021

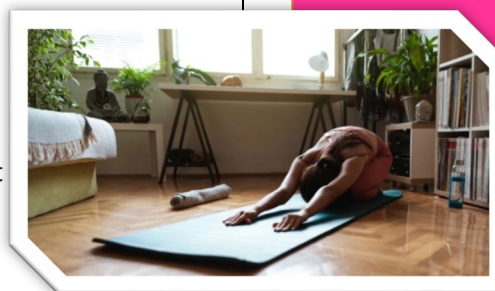
Amongst [natural sleep remedies](#) like drinking chamomile tea and diffusing essential oils, the simple act of stretching may be the key to helping you fall asleep faster and improve the quality of your sleep.

A review from [2016 studies](#) found a link between the use of meditative movements (such as [tai chi](#) and [yoga](#)) and improved sleep quality, which creates a better quality of life.

Stretching helps to draw attention to your breath and body and not the stressors of the day. The awareness aids your development of [mindfulness](#), which [Trusted Source](#) has shown to help promote better sleep.

The other physical benefits of stretching before bedtime, it helps to relieve muscle tension and prevent cramping during sleep. A big workout before bed can have the opposite effect, so be sure to take it easy.

[Click here to get your 8 Stretches](#)



LOCAL ACTIVITIES

Find activities to do around town from virtual Balloflex with Summit Metro Parks to Story Time with the Akron-Summit Public Library.

Visit their websites to get more information:

Akron-Summit Public Library
services.akronlibrary.org/events

Akron/Summit Convention & Visitors Bureau
www.visitakron-summit.org/visitors/what-to-do/attractions-points-of-interest

Downtown Akron Partnership
www.downtownakron.com/calendar

Summit Metro Parks
www.summitmetroparks.org/ProgramsAndEvents.aspx

