



E-Newsletter | SPRING 2022

Wellness focus

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

Life begins at the end of your comfort zone.
Unknown



The first VIRGIN PULSE QUARTER of 2022 is about to expire, be sure to get those points rolling.
For more ways to earn, visit the intranet SCENE.

REASONS BEHIND SUGAR CRAVINGS

Why Am I Craving Sweets?

Researchers from a 2018 research review wonder if our society has developed a habit forming sugar craving. Sugar is readily available almost everywhere, advertised on all media platforms and included in our casual and holiday meals.

What causes sugar cravings?

The physiological and psychological are some of the reasons for our sugar cravings...Conditioning our bodies with the what, when, how and why, can turn into a behavioural pattern. In a 2018 research review, the cravings we have are a part of classical conditioning, behaviors adopted over time because of a rewarding feeling. Our minds and bodies were trained to crave it. It is like an addiction, the intense craving feels like a compulsion or a habit-forming experience.

The 2016 research analysis, the researchers discovered the processed foods we eat, especially those with added sugar, can cause these habit-forming behaviors in people, along with rats and mice tested in the laboratory.

Is sugar habit-forming behaviors? The science behind knowing if sugar is habit-forming in the same way as a drug addiction is unknown. The sugary, processed foods may trigger the "feel good" neurochemical dopamine into your brain...The more dopamine, could mean the more cravings you get.

How about artificial sweeteners? Artificial sweeteners have a much sweeter taste, which in turn, could change a person's taste preference over time. It is said, some researchers found people who use artificial sweeteners have heightened desire for sweeter foods.

To continue the Healthline article, click here.



WARM-UP TO WORKOUT

Women's Health 2/2/2022

Warming up can feel a bit boring and time consuming, however, doing a couple low-key exercises before your big workout makes a huge difference.

What are the benefits of warming up prior to a workout?

Whether you are going through a cardio or strength training session, it is essential to warm-up to help prevent injury per Janeil Mason, head trainer at New York's Brrrn.



The pre-workout will not only help to get your muscles and joints going, but it will also help prime your brain, says physical therapist, Dr. Jen Fraboni.

How to warm-up properly?

Dr. Fraboni suggests dynamic or moving stretches are the way to go, helping prepare your muscles for a peak performance. Studies show, static stretching alone can sometime inhibit muscle activity, she says. We need to stimulate the body, rather than constrain it.

The best approach is moving into slow, controlled, active movements...know your limits. Pushing your body into a position it is not ready for can hurt you more than help you.

Complete the suggested moves for 30 to 60 seconds. These work well with any workout from jumping rope to Pilates. Fraboni says, focus on the moves that will best serve your workout (i.e. lower body, upper body, etc.).

To read the full article on the importance of a warming-up and get the recommended exercises, [click here](#).

WORKING TO BE **SKINNY** IS
DISCOURAGING.
WORKING TO BE **HEALTHY** IS
EMPOWERING.

-Unknown

Rowing its way into SummitFit

We are excited to announce the latest addition to our SummitFit Fitness Facilities, the BodyCraft VR500 Rowing Machine. The machine uses air and magnetic resistance, allowing for a smooth, high-performance workout. You can hop onto the rower, log into the Wellbeats application and get your workout on.

For more information on the rower, visit the *intranet SCENE* (under Health & Fitness > SummitFit Equipment).



Cauliflower Hack for your Recipe

EatingWell.com 1/2022

One of Instagram and TikToks known food guru, Yumna Jawad (@feelgoodfoodie), shares her secret on cutting cauliflower, crediting Rachel Gurk (@rachelcooksblog) for the simple trick. Grab the cauliflower without unwrapping it from the grocery store wrapper, whack it on the counter a few times until it comes apart in the plastic. Once it breaks apart, take the plastic off and remove the loose leaves and stem pieces. Now you are ready to create the recipe provided on page 3.



HEALTH & WELLNESS SAVE THE 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 31 st	Lunch & Learn YMCA
April 5 th – 19 th	Virgin Pulse County Challenge
April 11 th – 17 th	Virgin Pulse Health Habit Challenge
April 12 th	Lunch & Learn Autism Society of Greater Akron
April 28 th	Lunch & Learn PNC
May 4 th – 5 th	Lunch & Learn Mini-Series Prepare for Retirement
May 9 th – 15 th	Virgin Pulse Health Habit Challenge
May 11 th	Lunch & Learn OPERS
May 22 nd – 31 st	Virgin Pulse Journeys Challenge
May 26 th	Lunch & Learn CCAO
June 5 th – 11 th	Virgin Pulse Health Habit Challenge
June 7 th	Lunch & Learn Public Health
June 13 th – 19 th	Virgin Pulse Health Habit Challenge
June 15 th	Lunch & Learn Medicare

Stay connected: **Health & Wellness Google Calendar.**

Healthy RECIPE

Cauliflower Mac & Cheese

-Source: EatingWell.com



Servings: 8; Total Time: 30-Minutes;

Ingredients and measurements

8 cups coarsely chopped cauliflower florets

1 ½ cups reduced-fat milk, divided

2 tbsp cornstarch

1 tsp dry mustard

½ tsp ground pepper

¼ tsp salt

1 ¾ cups shredded extra-sharp Cheddar cheese

4 ounces cream cheese, cut into ½-inch pieces

¼ cup grated Parmesan cheese

Snipped chives for garnish

Directions

Adjust the oven rack to upper third portion. Preheat broiler to high.

Boil a large pot of water then add cauliflower and cook until tender, approximately 5-minutes and drain.

While waiting on the boiling water, add the 1 ¼ cups of milk in a large ovenproof skillet on medium heat until steaming. In a small bowl, whisk the remaining ¼ cup of milk, cornstarch and dry mustard together until smooth. Add the hot milk and cook while whisking until the sauce bubbles and thickens, which normally takes about 2-minutes. Remove from heat and whisk in pepper and salt then the Cheddar and cream cheese until melted and smooth. Add the drained cauliflower and stir to coat. To finish the Cauliflower and cheese off, sprinkle the Parmesan evenly over the top and broil until browned in spots, normally for about 3 to 5-minutes. Add the garnish and serve.

[Click here](#) for online recipe details.



LOCAL ACTIVITIES

Find activities to do around town from the exploring the Summit Metro Parks to creating projects in the TechZone 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