



E-Newsletter | SUMMER

Wellness focus

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

If you want something you've never had, you must be willing to do something you've never done.
- Thomas Jefferson



The second
VIRGIN PULSE QUARTER
last day is on June 30th,
find new ways to get points.

Visit the *intranet SCENE*
for more details.

BEGINNERS GUIDE TO EXERCISING

Healthline 2/2021

Exercising consistently is one of the best things you can do for your health and you can quickly see and feel the benefits it has on your body and well-being. This article can help guide you on preparing your routine and sticking to it.

"Exercise can help to improve mental function, reduce your risk for chronic disease and manage your weight, says Arlene Semeco, MS, RD.

COMMON TYPES OF EXERCISE

- **Aerobic:** Continuous movement, i.e. swimming, running and dancing.
- **Strength:** Increases muscle power and strength, i.e. resistance training, plyometrics, weightlifting, and sprinting.
- **Calisthenics:** Medium aerobic pace without gym equipment, focus on large muscle groups, i.e. lunges, situps, and pushups.
- **High-Intensity Interval Training (HIIT):** Short bursts of repetitive high-intensity exercise, followed by low-intensity exercises or rest periods.
- **Boot Camps:** Time based, high-intensity circuits combining aerobic and resistance exercises.
- **Balance or Stability:** Designed to strengthen muscles and improve body coordination, i.e. Pilates, and tai chi poses.
- **Flexibility:** Help muscle recovery, maintain range of motion and prevent injuries, i.e. yoga.

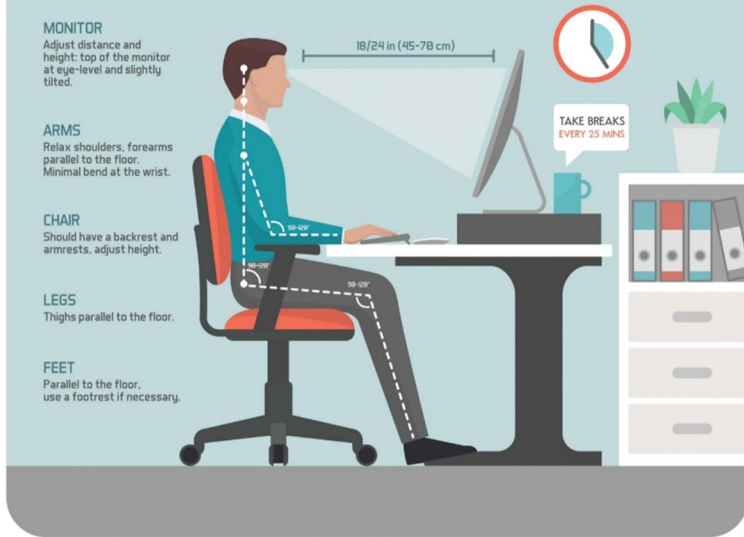
GETTING STARTED

Check your health, consult with a provider and get a physical before starting. Make a plan and set realistic goals - a step by step plan you can build on. Make it a habit by sticking to your routine. A few beginners tips - stay hydrated, consume a balanced diet to support your fitness program, warm up, cool down, and listen to your body.

To continue the Healthline article, click here.

CORRECT SITTING POSTURE

COMPUTER WORKSTATION ERGONOMICS



BODY POSITION WHILE WORKING

Studies show a happy medium of standing one hour for every 1-2 hours sitting is good throughout the day (*Total Wellness Health*). The diagram to the left shows the best way to position your body when at your desk, sitting in front of a computer (*Visually*). Keep a neutral posture with eyes slightly looking downward. Adjust your table height, allowing your elbows to be bent at a 90-120 degree angle. Your feet should rest comfortably on the floor.

CLEAN YOUR MIND

healthline 11/2020

If you are feeling stressed or stuck, giving your brain a quick reboot by clearing out the backlog of daily thoughts, leaving you with a tidier mental workspace.

A visual example of this would be if you had a stack of papers piled high on your desk of different projects, memos, to-do's and other important paperwork. When you are looking for something specific, it can make the process a lot more difficult than it should be.

Likewise, when these piles of papers are unnecessary or troubling thoughts in your brain, you may cycle through the same unwanted mental data.

These cluttered thoughts can cause you to feel overwhelmed and foggy. There are eight tips to help guide you in the right direction.

Practice mindfulness, write it out, get musical, sleep it off, take a walk, keep your space tidy, focus on unfocusing, and talk about it.

For the full article and details on the "8 Tips", [click here](#).



2022 Dirty Dozen & Clean Fifteen

Eat This, Not That 4/12/2022

DIRTY DOZEN

Fruits and Vegetables with potential harmful pesticides you want to watch out for:

- | | |
|------------------------------------|-----------------------|
| 1. Strawberries | 7. Bell & Hot Peppers |
| 2. Spinach | 8. Cherries |
| 3. Kale, Mustard, & Collard Greens | 9. Peaches |
| 4. Nectarines | 10. Pears |
| 5. Apples | 11. Celery |
| 6. Grapes | 12. Tomatoes |



CLEAN FIFTEEN

Those known to not have these harmful pesticides:

- | | |
|-------------------------|--------------------|
| 1. Avocados | 8. Kiwi |
| 2. Sweet Corn | 9. Cabbage |
| 3. Pineapple | 10. Mushrooms |
| 4. Onions | 11. Cantaloupe |
| 5. Papaya | 12. Mangoes |
| 6. Sweet Pears (Frozen) | 13. Watermelon |
| 7. Asparagus | 14. Sweet Potatoes |

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
June 29 th	Lunch & Learn Summit Federal Credit Union
July 7 th	Lunch & Learn EASE@Work
July 11 th – 17 th	Virgin Pulse Health Habit Challenge
July 13 th	Lunch & Learn Akron-Summit Public Library
July 24 th – 30 th	Virgin Pulse Health Habits County Challenge
July 28 th	Lunch & Learn Fifth-Third Bank
August 8 th – 14 th	Virgin Pulse Health Habit Challenge
August 14 th – September 30 th	Virgin Pulse County Challenge
August 14 th – 29 th	Virgin Pulse Journeys Challenge
August 18 th	Lunch & Learn Davis Vision
September 8 th	Lunch & Learn Summit Metro Parks
September 12 th – 18 th	Virgin Pulse Health Habit Challenge
September 14 th	Lunch & Learn National Historical Society
September 22 nd	Lunch & Learn Insight Financial Associates
September 15 th	Mammovan Russell M. Pry Building
September 20 th	Mammovan Juvenile Court

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

Healthy RECIPE

Chicken Shawarma

-Source: American Heart Association



Servings: 4; Total Time: 15-Minutes;

Ingredients and measurements

- 2 tsp Olive Oil
- 1 small chopped onion
- 1 lb boneless chicken breast, discard visible fat
- ½ cup fat-free, low-sodium chicken broth
- 4 medium minced garlic cloves
- 1 tsp ground cumin
- 1 tsp paprika
- ½ tsp ground turmeric
- ½ tsp coarsely ground black pepper
- ¼ tsp salt
- ½ medium sliced unpeeled cucumber
- ½ medium chopped unpeeled cucumber
- 1 medium sliced tomato
- 1 medium chopped tomato
- 2 cups torn romaine lettuce
- 2 tbsp minced, fresh Italian flat-leaf parsley
- 2 tbsp crumbled, low-fat feta cheese

Directions

Heat the oil in the pressure cooker on sauté. The onion should be cooked for 3 minutes or until soft, stirring frequently. Cut chicken into ½ x 2 inch strips and cook for 4 to 6 minutes, or until lightly browned, stirring frequently. After, you will want to turn off the cooker.

Stir in the broth, along with garlic, cumin, paprika, pepper, and salt. Secure the lid and cook on high pressure for 4-minutes then quickly release the pressure.

Time for arranging the platter...the sliced cucumber, sliced tomato, and romaine. Grab a slotted spoon, placing the chicken on the romaine. Top it off with the remaining chopped cucumber and chopped tomato. Sprinkle with the parsley and feta.

[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