

Friendly Reminder:

Open Enrollment Benefits

Nov 1-15

LANCER

WELLNESS



WELL AT WORK

MEDICAL WELLNESS

It might be cold outside, but it's "cold" in here, now, too—so to speak. With germs bombarding your living space from everywhere, your family is coming home with more than you bargained for: germs.

Whether post nasal drip is finding its way to sleeves, backpacks or door handles, or the bacteria and molds found practically everywhere, the evidence of potential illness is prevalent. In fact, a 2012 report shows that as many as an estimated 7.5 million students miss a month of school each year—all due to illness.

1. Scrub Those Mitts; for at least twenty seconds
2. Cough or Sneeze into your elbow; this prevents germs from being sprayed everywhere
3. Get plenty of vitamin C and D; whether from fruits like oranges or from fish
4. Rest easy; get at least 6-8 hours of sleep.
5. Blow off some steam; literally, steam cleaners clean more efficiently than most household cleaners will!

- YourLighterSide.com

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5 Health Benefits of Kale

Kale is as dark green leafy nutritional powerhouse! It contains vitamins A,C, E, K as well as calcium, magnesium, B6, potassium, iron, omega 3 fatty acids and many more. It truly is one of the healthiest vegetables on Earth! What are the best ways to consume kale?

You can make juice, kale chips, steam it, sauté it or eat it raw in salads.



Here are 5 health benefits of Kale:

1. Anti-inflammatory

Omega 3 fatty acids are essential fatty acids. Essential fatty acids are not produced in your body therefore you need to get them from your diet. Research shows that omega-3 fatty acids reduce inflammation and lower the risk of chronic diseases such as heart disease, arthritis, and autoimmune disorders

2. Cancer Prevention

Kale provides antioxidants including carotenoids and flavonoids. Big words that mean good stuff! Antioxidants pro-

tect our cells from unstable molecules called free radicals. Antioxidants are associated with many of the anti-cancer health benefits. Kale has been shown to ward off breast, colon, ovarian, prostate, and bladder cancer.

3. Lowers Cholesterol

Kale contains dietary fiber, which has been shown to help reduce cholesterol. Fiber reduces the absorption of the bad "LDL" cholesterol into your bloodstream.

4. Prevents Bone Loss

One cup of kale contains more than 90 mg of calcium. Studies have shown that calcium helps prevent osteoporosis, osteomalacia, and rickets. Vitamin D is required to absorb calcium, so enjoy a delicious kale salad with salmon.

5. Reduces the Risk of Macular Degeneration

Kale is rich in lutein which is a carotenoid that protects against macular degeneration. Macular degeneration is the leading cause of vision loss in people over 60.

- Rhonda Hardey: FitLife.TV

READY, SET, PACE!

Endurance athletes know that pacing themselves is key to sustaining high performance without fatiguing too soon. When athletes wrongly pace themselves, they can fail before the finish line (this is common enough that we use words like "tanking" or "bonking" to describe these failures.)

Christians pace themselves by practicing wellness in community. To put it simply, we stick with the things we do together. The fellowship of "working out" together, and encouraging each other toward healthy eating and lifestyles, gives the focus, support, and meaning to our activities that will help us finish well. There are good theological and practical reasons to "pace" ourselves by making healthy choices in community with others.

God made us for community. Christ calls us to be one with Him and with each other. Even science gives practical support to this theological truth and has found that "relatedness" increases and sustains healthy behaviors. The next time you're close to "tanking" on your wellness goals, look around to make sure you're not alone. If you are, then pace yourself by getting into community.

-Allied Health-Department of Kinesiology

Get Your Grain On!

In the ADC we feature a variety of grains including brown rice, quinoa, and barley to meet the desire for more healthy plant-based protein options. Many people know that brown rice is more nutritious than white rice, but did you know that brown rice has 10 times the vitamin



B6, is higher in manganese and selenium, is an excellent source of fiber, contains a slow-release sugar

(making brown rice a better option for diabetics), AND is gluten free? Throughout the month, keep your eyes open for exotic grains,

try something new and delicious and, "Get Your Grain On!"



What is your relationship with food? Do you see food as fuel for your body or do you see it as a means of comfort, entertainment, and pleasure? Your answer could indicate that your relationship with food is a form of emotional eating. Emotional eating is often done to fill a need other than hunger. For example, your strongest cravings for food may arise when you are feeling bored, sad, lonely, happy, or stressed. Think about a time you ran to your favorite chocolate bar after a break-up or snacked on French fries while studying for finals. Emotional eating can lead to the consumption of unwanted calories and demonstrate a need for new coping techniques.

There are three ways you can combat emotional eating. First, take

Eating Your Emotions

some time before each meal to be mindful of what you may be feeling and your reasons for eating. Second, reduce the amount of time spent eating in front of the television, playing video games, or reading a book. These are often the times that you are eating because of boredom instead of hunger. Third, brainstorm activities that could act as an alternative source of comfort or stress relief and keep them handy when your emotions are on hiatus. Some great alternatives might include going for a walk, listening to music, or journaling. Emotional eating is like putting a band-aid on a leaky pipe—it may offer temporary relief but will not provide a lasting solution.

-Allison Guthrie, MFT Intern
CBU Counseling Center

Spiritual Wellness

There's a short book on sharing the gospel entitled "One Thing You Can't Do in Heaven." The premise is that while we will be able to continue doing many things in heaven we do here, (worship, fellowship, learn about God, etc) we will not be able to talk to people who don't follow Jesus about the gospel. In a recent survey 19% of CBU students openly admit they don't follow Jesus at all. Around 40% responded in such a vague way it would be very possible to

assume many of them do not have a real relationship with Christ. When Jesus spoke to religious people he didn't assume they knew God. We encourage you to learn how to share the Gospel and look for opportunities to share with others. The Challenge ministry with the Office of Spiritual life is designed to help people learn to share their faith effectively and intentionally. -Brian Zunigha

CHALLENGE

Healthy Output

Sleeping soundly can be a problem for many people, but did you know that regular physical activity at the right times may help you sleep better? People who exercise 4 days a week report improved sleep quality, longer sleep, and less time falling asleep. Get to the Rec Center and finish your workout at least 3 hours before you plan on going to bed. Failing to exercise at least 4 days a week and getting enough sleep, between 6-8 hrs. a night, could lead to chronic stress. When you have chronic stress, your body increases its production of Insulin, which increases your appetite and your chance of engaging in poor

eating choices (high calorie sweets and fats). Now that mid-terms are over, get in to the Rec Center to burn some excess stress and calories and remember to make healthy eating choices!

1 Corinthians 6:19-20 "Do you not know that your body is a sanctuary of the Holy Spirit who is in you, whom you have from God? You are not your own, for you were bought with a price, therefore glorify God with your body."

-Joe Fix, Fitness Program Coordinator