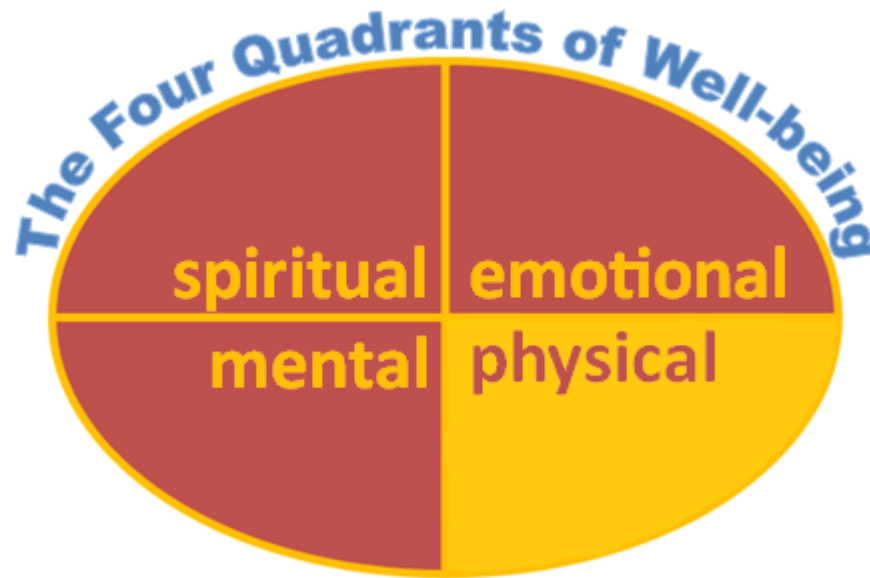


Wellness Watch: May 2017
Monthly Topic: Physical Well-Being



Many experts divide well-being into four quadrants: emotional, physical, mental and spiritual. The first 4 issues of Wellness Watch will explore these areas, with this issue focusing on physical well-being.

Physical well-being is the most common focus for many people because it is easy to measure: weight, blood pressure, glucose, Calories, etc. To achieve maximal physical well-being we must have a balance between activity/exercise and healthy eating habits.

Activity/Exercise

Optimal activity should include muscular strength and endurance, cardiovascular strength and endurance and flexibility. What this means is when exercising we should be sure to vary our frequency, intensity, duration and type.

“Routine is the enemy.” -Greg Glassman, founder of CrossFit

Healthy Eating

We all have a good idea of foods that are good for us and foods that are not. We have heard to count Calories, balance Carbs, Fats and Proteins. Ensure that we are consuming proper amounts of macro- and micro-nutrients. While these things are scientifically accurate, we can all agree that this approach is not working. Fat and sugar consumption is at an all-time high in this country. So its time for us to try something new.

Connect with the food you are eating. That connection could be by growing/raising your own food, buying local, eating whats in season, fair trade products from another country or even a meaningful recipe. Making a connection with your food is a great step toward healthy eating habits.

Savor your food. This will bring a new level of pleasure and satisfaction to your eating. Experience your food in your mouth, not just in your belly. Some tricks for savoring are pausing between bites, chewing more, setting down your utensils between bites or even taking a drink between bites. If the result is slowing down your meal, you are doing well.

When you connect and savor with your food, the last piece is to **eat with purpose**. Consider the fuel and nutrients your body needs and allow that to drive your food choices. This area will mean doing some homework, but it is time well spent. It means learning more about our bodies as well as learning more about what our food is offering us. When those things are balanced, our bodies are very happy.