


BALANCE MY CHOICE

Wellness Pointers

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"For as the earth bringeth forth her bud,
and as the garden causeth the things that are
sown in it to spring forth; so the Lord God will
cause righteousness and praise to spring forth."
- Isaiah 61:11



EMPLOYEE WELLNESS
Southern Adventist University

ENVIRONMENTAL

Emotional | Environmental | Financial | Mental | Occupational | Physical | Social | Spiritual

God, the Faithful Gardener

"Their soul shall be as a watered garden..."

-Jeremiah 31:12

God is the faithful gardener of your heart. He has not only planted the seeds of His kingdom there, but He daily tends it with care.

One day you may feel His loving hand pulling weeds, on another day He may be securing a tender new plant to a firm stake of His truth, and on another day you may sense new ground being tilled and prepared for new seed.

Always, there will be the sunshine of His presence, and the nourishment that comes from the living waters that keep you flourishing and fruitful.

"And the Lord shall guide thee continually and thou shalt be like a watered garden, and like a spring of water, whose waters fail not." - Isaiah 58:11

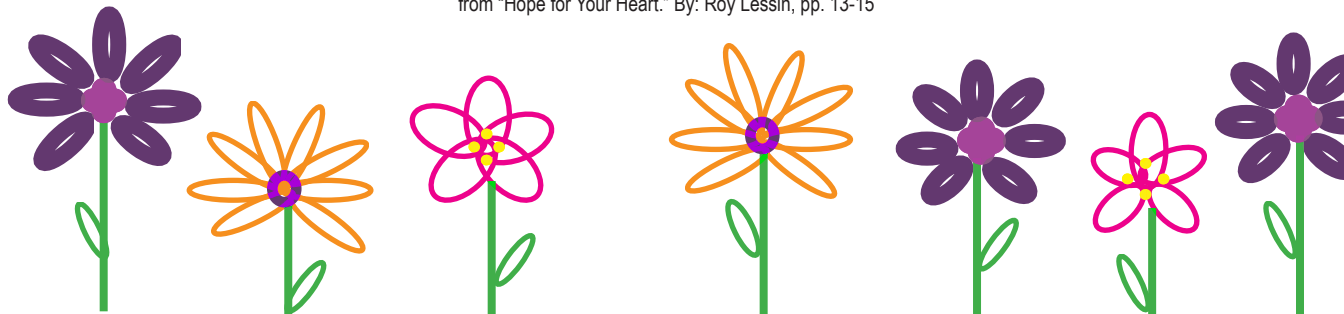
New Every Day

Flowing out of His faithfulness, love, and compassion

God has something new for you every day.

It may be a fresh provision to meet a need,
a timely word of encouragement to strengthen you,
a needed promise to help build your faith,
a new understanding of His goodness,
or an answered prayer that assures you
of His special care for your life.

from "Hope for Your Heart." By: Roy Lessin, pp. 13-15



GREEN STUDY

You may want to head for verdant forests and lush, grassy settings to boost your mood and energy levels. Being exposed to the color green may be one reason why exercising in nature, also referred to as green exercise, produces physical and mental rewards beyond those that come from exercise alone. Studies have shown that green exercise improves mood, self-esteem, enjoyment and motivation. Researchers from the University of Essex, in England, wanted to tease out the extent to which the color green, as a primitive visual characteristic of natural settings, contributes to those benefits. Fourteen subjects participated in three moderate-intensity cycling tasks while watching videos of a rural cycling course out in nature. The footage of each video had different coloring: achromatic gray, red or the normal predominantly green image. At the cycling trails, scientists took physical measure of workload, rating of perceived exertion (RPE) and state of mood. Data analysis showed that subjects experienced less mood disturbance and had a lower RPE while watching the natural green video. During the red video, subjects experienced stronger feelings of anger.

Study authors concluded that the color green contributed to the benefits gained from green exercise. Author Dominic Micklewright, PhD, associate dean of the University of Essex Online in the school of biological sciences, said, “There is lots of evidence now that exercising in natural environments has positive physiological and psychological therapeutic effects, but what our most recent study has begun to explore are the cognitive mechanisms responsible for such effects. We are hoping that through further studies we will be able to gain a much better understanding of how people perceive and respond to natural environments, which will enable us to capitalize on the therapeutic potential that such environments offer.”

Limitations of the study included the small sample size. Other research has shown that color affects psychological feelings. For example, exposure to red or yellow heightens arousal, while green and blue evoke calm and tranquility. This stimulating quality of certain colors may explain the current popularity of neon-bright training apparel. More research is needed regarding the cognitive mechanisms between color perception and mood.

The green study is available at:
Environmental Science & Technology (2012; 46, 8661-66).

taken from Fitness Journal, By: Shirley Archer JD MA

Employee Wellness Mission Statement:

Cultivating a sense of community, Southern Adventist University Wellness promotes balanced living, provides risk assessment, rewards and empowers employees for pursuing optimum health in a caring, Christian environment.

What is Wellness?

“Wellness is an intentional choice of a lifestyle characterized by personal responsibility, balance, and maximum personal enhancement of physical, mental, and spiritual health.”

-Dr. Garver

Southern Adventist University Employee Wellness

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Dragonfly on Kaitlyn's Finger

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Vegan Spinach Stuffed Manicotti

Ingredients:

- 1 lb. firm or extra firm tofu
- 1 bunch fresh spinach, chopped
- 1-2 cloves garlic, minced
- 1 tbsp. lemon juice
- 1 tbsp. yeast flakes
- ½ tsp. salt
- 6 cooked manicotti shells
- 2 cups or more spaghetti sauce



Instructions:

1. Drain tofu well.
2. Mash until the texture of cottage cheese.
3. Simmer spinach and garlic in a small amount of water. Do not overcook.
4. Chop spinach until fine and drain.
5. Combine with tofu and mix well.
6. Add seasoning and adjust to taste.
7. Stuff the manicotti with filling and place in a baking dish.
8. Pour spaghetti sauce over the top and bake at 350• F until heated through.



Whole Foods

A leaf-to-root strategy that gets every last nutrient out of fruits and vegetables.

Whole Foods are Packed with Nutrients

The closer a food is to its natural state, or the less it's been processed, the more nutrient-dense it is. Nutrient-dense foods and beverages give you the best ratio of calories to nutrients because the calories are accompanied by a high amount of vitamins, minerals and other substances that may have positive health effects. Foods that are low in nutrient density supply calories but have very little health benefit. Whole foods give you the best bang for your caloric buck since you are eating the entire food with all its vitamins, minerals and fiber, and the food has not been subjected to potentially damaging processing.

When a food is refined, or even cut into edible parts, its nutrient profile changes. With grains, removing only the inedible husks keeps their nutrient content intact along with their whole-grain status. On the other hand, removing parts of a grain, such as the outer bran layer or the interior germ, extracts important nutrients like fiber and healthy fats and reduces nutrient density. The same applies to fruits and vegetables. Removing skins and peels with all their roughage is like removing the fiber-filled bran layer from a grain. Keeping fruits and vegetables as close to their natural state as possible preserves their vitamins, minerals, and fiber.

Whole Foods Keep You Feeling Full Longer

Consuming whole plants is not just about providing vital nutrients and important phytochemicals. It can also help with weight loss and maintenance. Whole foods with their skins, rinds, and edible seeds intact are naturally high sources of fiber, which studies have shown to deliver a feeling of fullness with fewer calories.