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- Did you know there are many mental health and emotional health benefits to volunteering? Read the Mind Matters article to learn more!

SWWC
LIVE WELL

O-Mega Benefits

By: Hayley Jones

You may have heard that nutrients called ‘omegas’ are important to include in your diet, but what exactly are omegas and why should you eat them? Essential fatty acids, more commonly known as ‘omegas’, are fats that play a role in regulating normal bodily functioning. Consuming them may also prevent certain diseases and conditions.

Omegas are polyunsaturated fats, a type of fat your body cannot create on its own. Since the human body cannot produce these fats, you must get them from your diet. Omegas are categorized into two groups: omega 3s and omega 6s.

Omega 3 function:

Omega 3 fats are crucial for maintaining and repairing cells as well as regulating bodily functions. These fatty acids are best known for fighting chronic inflammation in your body. Chronic inflammation places constant stress on the body that can lead to heart disease, stroke, rheumatoid arthritis and more.



Omega 3s can also increase ‘good’ HDL cholesterol, which may help improve heart health, promote bone health and have the power to slow decline in brain function. A deficiency in omega 3 may contribute to some chronic metabolic diseases like obesity, diabetes and heart disease.

Omega 3 sources:

Foods such as salmon, shrimp, mackerel, sardines, walnuts, chia seeds and flaxseeds are all high in omega 3s. The American Heart Association recommends eating two servings of fatty fish per week. If you are concerned about high mercury levels in your seafood, choose shrimp, canned light tuna, salmon, pollock or catfish and avoid shark, swordfish, king Mackerel and tilefish.

Omega 6 function:

Omega 6s are also necessary for brain health and normal body functioning, but they do have pro-inflammatory properties. These inflammatory properties can aid in healing the body when injured, however, there is conflicting research on whether too much omega 6s can lead to chronic inflammation and a risk for certain diseases.

Omega 6 sources:

Foods such as vegetable oils, mayonnaise, walnuts, sunflower seeds, almonds and cashew nuts are all high in omega 6s. Many processed, packaged and fast foods are made with vegetable oils and that is why most Americans get more than enough Omega 6s. The American Heart Association recommends that adults 19-50 years of age should eat 17 grams for men and 12 grams for women per day.

Fats are often thought to be bad for your health, however, omega 6s and 3s work together to support good health when consumed in moderation. Most Americans get plenty of omega 6s in their diet, so that is why health professions promote increasing omega 3s. The recommended ratio of omega 6s to omega 3s is 2:1 up to 4:1.



DID YOU KNOW?

One organ and tissue donor can save up to eight lives and help more than 75 people. Regardless of age or medical history, anyone can be an organ donor. It only takes about 30 seconds to register to be a donor. You can sign up at donatelife.org or at the DMV when getting a driver's license.

By: Kim Aanestad

QUESTION & ANSWER

Q: WHY DO FAD DIETS NOT WORK?

A: Fad diets are easy to get sucked into because they typically promise a large amount of weight-loss in a short amount of time. Fad diets are not a standard dietary recommendation and often promise results that seem too good to be true. These diets are extreme, the results are difficult to achieve and they are most often not sustainable. You may be wondering how you can spot a fad diet. Here are some common characteristics of fad diets:

They promise a quick fix:

You may lose 10-15 pounds quickly, but it will likely be due to water weight loss or even the loss of lean muscle, not body fat. Weight loss requires patience as it can be a slow process. A decrease of 1-2 pounds per week is a healthy, sustainable amount to aim for. To lose 1-2 pounds a week, reduce your calories by 500-750 per day.

They exclude or severely restrict certain foods or nutrients like carbohydrates:

Your body needs a balance of carbohydrates, fats and proteins to function properly. Restricting nutrients, often referred to as elimination diets, can leave you feeling groggy, tired and unfocused and in the long-term can lead to vitamin and mineral deficiencies.

They work temporarily:

15-day cleanses or 30-day whole foods diets are extreme and although you may lose quite a few pounds, they are not designed to be a long-term weight-loss solution. The best way to lose weight and keep it off is by making small sustainable changes such as: eating more fruits and vegetables, reducing your added sugar intake, limiting alcohol, being mindful of portion sizes, moving your body regularly and getting 7 to 9 hours of sleep every night.



EXERCISE ANYWHERE

Regular movement is fundamental to good health. Moving or changing postures every 30 minutes is recommended. Exercise Anywhere provides you with basic stretching and strengthening exercises to incorporate throughout your day.

Hamstring Curl



*Maintaining a neutral pelvis, bring heel toward buttocks.
Use wall for balance.*

VOLUNTEERING AND MENTAL HEALTH BENEFITS

By: Kristy Bendzick

Finding time to volunteer in your life can be challenging. However, maybe if you knew about the mental and emotional health benefits of volunteering you would add it to your routine more often! Multiple scientific research studies have shown the positive effects volunteering may have on your health.

Decrease risk of depression:

Volunteering can help create a support system for you. The meaningful social interaction with the people you are serving *with* and serving *for* expands your social network, which has been shown to decrease the risk of depression.

Increased brain functioning:

Volunteering gets you moving and thinking at the same time, in turn increasing your brain functioning. This helps keep you mentally active!

The 'Happiness Effect':

You know the good feeling you get after a hard workout or after listening to your favorite song? That is the effect of dopamine acting on your brain. Researchers have discovered that being helpful to others releases dopamine, a neurochemical released by the brain that gives you the feeling of 'pleasure'. The more you volunteer, the happier you will feel!

Counteracts feelings of anger and anxiety:

If you are an animal lover and decide to work with animals as your volunteer service, there is good news: research has shown that volunteering with pets and animals reduces feelings of anger and anxiety.

Aids in physical health:

Many studies have shown lower mortality rates and better physical health in volunteers. Older volunteers tend to walk more, find it easier to cope with daily tasks and are less likely to develop high blood pressure.

What are you waiting for?! Grab a friend, a family member, a co-worker and start volunteering at hospitals, food shelters, sporting events, local schools, animal shelters or nursing homes. The infinite difference in the lives of others you make through volunteering is just the start of the snowballing of happiness and health benefits.



According to the Mayo Clinic, an analysis of data from the Longitudinal Study of Aging found that individuals who volunteer have lower mortality rates than those who do not, even when controlling for age, gender and physical health.

QUICK CLICK

APPLE HEALTH

Apple iPhone has a built in *Health* application. This app allows you to create a health profile that includes health and medical information like your Medical ID, organ donation, health records, allergies and medications. You may also sign up on the Health app to be an organ, eye, or tissue donor through Donate Life America. Your decision to donate as well as critical medical and contact information can be accessed by emergency responders and others who have physical access to your phone.

By: Kristy Bendzick

CHALLENGE OF THE MONTH

MORE OMEGAS

By: Hayley Jones

This month try improving your omega 6 to omega 3 ratio by adding foods into your diet that are rich in omega 3s, such as salmon, tuna, flax seeds, walnuts, chia seeds and edamame. For more information about omega 6s and 3s, check out the main article!

NUTRIENTS FROM FOOD VS FROM SUPPLEMENTS

Is it better to get nutrients from food or supplements? Although you can buy both at your local grocery store, consuming whole foods and consuming supplements is not the same. Supplements are called “supplements” for a reason. They should not replace a healthy, well-balanced diet. However, there are times when taking supplements may be a helpful option.

Food nutrient benefit:

Whole foods contain nutrients and other substances like fiber, antioxidants and phytochemicals that help with growth, repair and can also reduce your risk of disease. Fiber keeps you feeling full, which can prevent you from overeating and help with weight maintenance. Whole foods also contain essential macronutrients: carbohydrates, protein and fat. These are your body’s main energy source and getting enough of them throughout the day is necessary for normal functioning.

Food nutrient drawback:

There are times when you cannot get all the nutrients you need from food alone. This many include individuals who have certain dietary restrictions, are sick, cannot eat solid food, or cannot obtain enough nutrients from food. Some examples include:

- Women who are pregnant or breast feeding
- Older adults
- Vegans
- Cancer patients
- People in recovery from surgery

- People with autoimmune diseases
- People with nutrient deficiencies or conditions that reduce nutrient absorption, like anemia

If you fall into any of these categories, you should talk to your doctor and a dietitian to help determine the correct supplements and doses for your needs.

Supplement benefits:

Supplements can help make up for nutrients that you lack or miss in your diet. They are often necessary when someone is experiencing digestive issues or are extremely sick. However, supplements can also be used for people needing an extra boost of a vitamin or mineral that they are not able to get from their diet.

Supplement drawback:

The manufacturing of supplements is not currently monitored by the government like the manufacturing of pharmaceuticals. Contents listed on the label may not match the actual contents of the product because nutritional supplements are unregulated by the FDA.

Another risk of consuming certain supplements regularly is that they can cause toxicity if you consume too much. For example, too much vitamin A can cause liver damage or birth defects, and excess vitamin D can damage your kidneys. Although you need to consume a lot of these supplements for them to become toxic, it is a risk that needs to be considered.

FEATURED RECIPE

HONEY, SOY AND GINGER GLAZED SALMON

INGREDIENTS:

- 1/2 c. Pineapple Juice
- 1/3 c. Soy Sauce
- 1/4 c. Honey (melted)
- 2 tsp. Fresh ground ginger (or 1 tsp. Ginger powder)
- 1 tsp. Garlic Powder
- 1/3 c. Leeks or Green onions (chopped)
- 1 1/2 lbs. Fresh Salmon Fillets
- Sesame seeds (optional)

DIRECTIONS:

1. Preheat oven to 350°.
2. Combine all ingredients (except salmon) in a flat dish with lid. Mix well. Reserve 2 tablespoons marinade.
3. Add salmon. Refrigerate for 1-3 hours max.
4. Spray sheet pan with olive oil cooking spray.
5. Place salmon onto pan; lightly drizzle some of the marinade mixture on top of fillets.
6. Optional: sprinkle sesame seeds over salmon for added flavor.
7. Place in oven for 12-15 minutes or until salmon flakes easily with fork.
8. Drizzle with reserved marinade up until the last 5 minutes of cooking time.
9. Serve hot and enjoy!



Nutritional Info

Calories	325
Fat (g)	10
Carbohydrates (g)	26
Protein (g)	32

PREP TIME: 15MINS

SERVES: 4