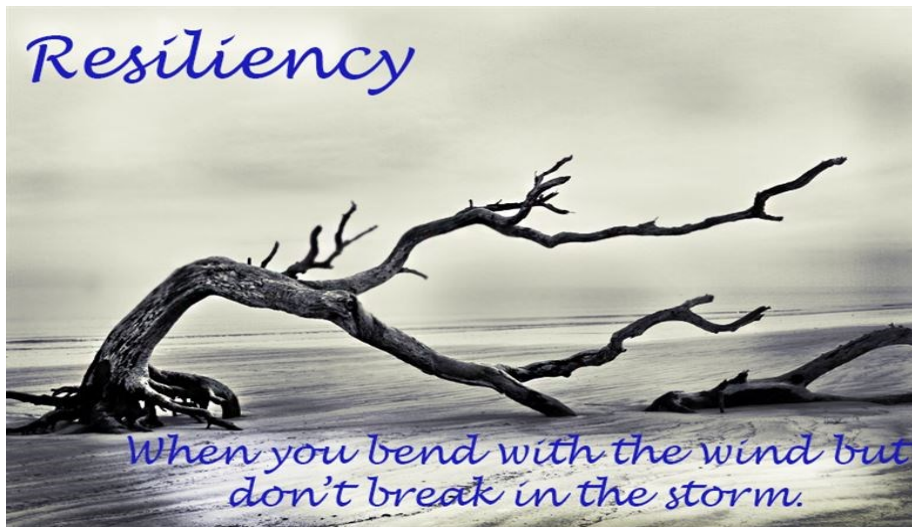


# BE HEALTHY

LCIC Health and Wellness Newsletter

May 2019



## Are you Resilient?

Truly a loaded question right? In teaching my stress management courses this year, this subject came up a couple times and mostly related to our own coping resources. I see it every day in people who achieve their goals, who stand strong in the face of adversity and pick themselves up despite failure. It's not how many times you fall, but how many times you get up after you fall! Take my 15 year old daughter who is running track for the first time. She decided to run two of the most grueling races-the 800M run (or dash as some people call it) and the 300M Hurdles. She has worked hard in the last couple weeks and her first race in the 300M Hurdles was a big hit. She hit her stride coming down the stretch and won her heat and finished 5th overall and qualified for an invitational meet. Fast forward to the next week at a home meet, she was confident and ready to run, after all her first race went great. Coming down the final stretch, her stride wasn't in step and she went around a hurdle instead of over. She jumped the last two hurdles, finished and then broke into tears. I watched all of her friends hug her and pick her up. I saw her coach encourage her that she will be better next time as everyone has their days. I walked over after a while and said I was proud that she finished and more proud that she learn how to fail. Yes I said that! I want her to learn how to fail so that she can pick herself up and do better the next time! Her family, friends and coaches are there to support her and be her resources, but in the end, she is the one that has to get back out there and try harder the next time. The more we learn to pick ourselves up, the more resilient we become. When harder times come, and they will, we have the ability to cope and rely on our own strength to get through. Read the article on page 5 for tips on being resilient.

***“Resilience isn't a single skill. It's a variety of skills and coping mechanisms. To bounce back from bumps in the road as well as failures, you should focus on emphasizing the positive.”***  
***-Jean Chatzky***

## In This Issue

- BeHIP Update 2018-19
- Health Screening Dates
- Weight Watchers
- Resilience
- Nutrition Talk-Water, Water Everywhere



## Where do I go for Information?

For more information on the wellness programs, stress management courses or other opportunities in wellness, go to

[Health.iu17.org](http://Health.iu17.org)

### News and Notes for BeHIP:

Ahh summertime is coming soon, which also means the end of the 18-19 BeHIP program on July 31st. You must be finished by that date in order to be paid. I will accept any paperwork up until August 7th so I can finish up the program. It must be in my office by that date, no exceptions.

We have re-screenings, see tab at right, if you still need to qualify for the platinum level. **The FINAL stress management course is on June 20th, from 9-10:30 at the BLaST Office to obtain the platinum level.**

Thank you all for your participation in these programs, I truly enjoy meeting and talking about health and wellness and many other subjects. I love when I get to talk to you about weddings, babies, families/friends and even sad events in your life. I have gotten to know so many wonderful people over these last seven years. So again, thank you for making my job easy and fun!!

Health coaching will continue over the summer if you would like to make time to sit down with me. You can contact me for health coaching at [cterry@iu17.org](mailto:cterry@iu17.org). We can meet wherever you would like. I love coffee so if you want to meet somewhere for coffee, let me know! Health coaching is rewarding for both client and certainly the coach as it allows me to partner with you on your goals!

### Health Re-SCREENINGS

5/4 Muncy  
Hospital 7:30-8:30am

6/19 BLaST IU 17  
8:00-10:00am

The links is up to  
register at

[health.iu17.org](http://health.iu17.org)

## Summer Walking Club



This summer we will have a summer walking club. All activity levels encouraged. Sometimes it's hard to get started on a program, but if you know you have to meet up with one person or several, it makes it easier and keeps you accountable. Walking helps to promote good health by improving your cholesterol, your blood sugar, your blood pressure, your cardiovascular health as well as stress management and much more! I will also incorporate a small amount of strength training at the end of our walk for about 10 minutes using only your body weight. We will be meeting at the Williamsport Riverwalk, across from Wegmans in the parking lot along the river. So come join us at **8:30am** on the following dates:

6/10, 6/12, 6/21, 7/1, 7/3, 7/8, 7/10, 7/15, 7/17, 7/24, 7/29, 7/31

You decide what's right for you just know I will be there, rain or shine, bring your umbrella or a hat. (Unless of course there are thunderstorms or a torrential downpour) Whether you can join us for all or just a couple, come on out and enjoy the camaraderie of the walking club!

I will also schedule some times after our walk to visit Wegmans to check out some healthy options and answer questions regarding food and nutrition.



# Weight Watchers Session!



## Weight Watchers® is on an exciting journey.

We'll always help people lose weight, but now we're embracing a new mission to become the world's partner in wellness.

We are welcoming everyone who seeks to be healthier, not just manage their weight. No matter what your goal is—to lose weight, eat better, move more, develop a more positive mindset, or all of the above—we will bring you the science-based programs, tools, and experiences that work and fit into your life.

You'll see innovation in everything from our app to our new rewards program, **WellnessWins™**.

As a reflection of our new mission, we are moving from Weight Watchers to WW—and we are introducing a new tagline that you will begin to see: Wellness that Works.

### Sign up and get access to these great features:

- 1 **Wellness Workshops series** (formerly At Work Meeting Series) gives you access to hands-on weekly guidance from a Wellness Coach in your own workplace.
- 2 **Connect**—our social platform, makes you part of our super-supportive online community.
- 3 **More than 4,000 healthy recipes** give you so many delicious ways to love what you eat.
- 4 **New expert, exclusive mindfulness content**
- 5 **Fun ways to approach fitness**

**BLaST IU 17, 2400 Reach Rd, Williamsport, PA**

**Wednesdays, 4:15-4:45pm**

**For more information or to come to a workshop for free, contact Carmen Terry, [cterry@iu17.org](mailto:cterry@iu17.org) or 570-323-8561 x1067**

**Wellness that Works™**



# The Resiliency Adventure

Resiliency is defined by Webster's dictionary as "the capacity to recover quickly from difficulties; toughness." Why is this so important? It shows your ability to problem solve, helps you determine your resources and how to "bounce back" from trauma, tragedy, personal crises. When we come through something difficult there is a growth and learning factor that makes us stronger and smarter than we were before.

Resilient people experience stress and anxiety the same as anyone else, but what puts them at an advantage is their ability to cope with the difficulties life hands them. They rely on their skills and strengths to overcome challenges and situations. They also tend to face problems head on, even through grief and loss, they rely on strategies that foster growth. Resilient people keep life in perspective and understand that mistakes, failures and setbacks happen, but a growth mindset helps them to see the positive side even in terrible circumstances.

So how do you become more resilient? The American Psychological Association has some tips for building resiliency:

1. Make connections-good relationships with family and friends and accepting help when needed.
2. Avoid seeing crises as insurmountable problems.
3. Accept that change is part of living.
4. Move toward your goals-develop realistic goals and perform smaller tasks to achieve them.
5. Take decisive actions-act on adverse situations.
6. Keep things in perspective-know that even stressful situations come to an end.
7. Take care of yourself-exercise regularly, eat healthy food, engage in activities you enjoy and find relaxing.
8. Nurture a positive view of yourself. Develop confidence in your own ability to solve problems and trust your instincts.

So next time you have a minor issue, practice being resilient, so when larger, more difficult situations arise you can rely on your resilience from other situations!

## Why Water is Important to Your Health

Many people may wonder why I would even bring this up as most people know it's important. But how many of you drink enough water? What is the correct amount of water you should be drinking? You have probably heard the phrase 8-8oz glasses of water a day. Really, have you actually counted all your water during the day; who has time for that and did you calculate the water in your food too?

The benefits of being hydrated are many, but all of your cells, organs and tissues need water to maintain their daily function. Here are a few reasons why water is important.

1. Water protects your tissues, spinal cord and joints. Staying properly hydrated retains the optimum level of moisture in the most sensitive parts of your body such as your blood, bones, brain and spinal cord, as it acts a lubricants for all of those parts!
2. It removes waste from your body through perspiration, urination and defecation. Your kidneys and liver are responsible for getting rid of waste, so drinking plenty of water helps with these processes.
3. It regulates your body temperature.
4. It helps in digestion as water is needed to make saliva to break down food and to digest soluble fiber. It also breaks down vitamins and minerals from your food and helps deliver these important nutrients to the cells of your body.
5. If you exercise or sweat a lot, water will restore normal levels of fluid within your body.
6. And most visibly, it keeps your skin hydrated.

So how much water should your drink. The answer is different for everyone, but depends on several factors such as exercise, environment (climate), overall health and if you are pregnant or breastfeeding. The short answer is when your urine is colorless or light yellow you are hydrated. Remember it's not just about drinking water because your food also contains fluids. If you drink water with each meal, before, during and after exercise and drink water if you feel hungry you should be fine. Hunger and thirst are the same signal in your body so if you think you are hungry, drink a full glass of water first!

# Your Nutrition Adventure

## What's the difference?

	Sparkling Mineral Water	Seltzer Water or Sparkling water	Club Soda	Tonic Water
	Naturally carbonated from a spring or a well. Can contain minerals like sodium, magnesium and calcium.	Water that is carbonated without minerals.  Can be enhanced with citrus flavors	Carbonated water infused with minerals.	Carbonated water with minerals, and added quinine, may also contain high fructose corn syrup or sugar to improve taste.
Calories	0	0	0	124
Protein	0	0	0	0
Fat	0	0	0	0
Carbs	0	0	0	32.2g

So no matter which **zero** calorie water you prefer, the best advice is to just get yourself a tall glass, some ice and start drinking!

ENJOY THIS REFRESHING SUMMER RECIPE!

### LEMON CUCUMBER SELTZER

#### INGREDIENTS

- 8 cups seltzer water, or substitute club soda or mineral water
- 24 slices cucumber, with or without peel, (about 1/2 of a large cucumber)
- 16 slices lemon, (about two lemons)

#### INSTRUCTIONS

1. Pour 8 cups seltzer water into a clear pitcher. Add the cucumber and lemon slices and two trays of ice cubes. Stirring occasionally, let the ingredients chill together for about 10 minutes before serving.
2. When you pour into glasses, make sure each serving gets some ice cubes, several slices of cucumber, and a couple of slices of lemon.

