

January 2014

NWP Health & Wellness Newsletter

Happy New Year!



We hope that you had a wonderful holiday season and a happy New Year celebration!

We are very much looking forward to working with you to improve your overall wellness in 2014!

Here is what's new in the NWP Wellness World:

- Check out the [Wellness Activity Forums](#) on the NWP Wellness website! They are a great place to post upcoming wellness activities of all kinds! Races, rides or social activities!
- The NWP Health & Wellness program is starting a new Wellness Wednesday group on **Jan. 22nd** to meet Wednesdays at **noon** on the **3rd floor**. This will be a chance to connect with other people about your wellness goals and to seek and give support and advice. Whatever your wellness goal, let's support each other!

A New Take on the New Year's Resolution

"I am going to lose 20 pounds...I am going to organize my closet...I am going to quit smoking...I am going to start saving money...I will exercise more"

These are all familiar and common New Year's resolutions. While creating a goal is a wonderful way to start off a new year, we may be approaching it in the wrong way. Melinda Johnson for U.S. News wrote the article "Why A New Year's Theme Works Better Than A Resolution" with a new approach in mind. She writes:

A few years ago, I learned a new approach to making New Year's resolutions. Instead of the typical resolution that identifies a concrete behavior, you assign a theme to your New Year. The theme should be a word that resonates with you and embodies something that has been missing from your daily life. Instead of defining specific behaviors that you want to do, you simply keep your theme in mind and allow your days to unfold from there.

She continues on to give examples of possible "themes" you might apply to the New Year and how they might serve to enhance your overall health:

Enjoyment: Sometimes, the quest for better health seems like total drudgery. Find a physical activity that is fun to you, or make a mundane one more fun by adding in music or a companion. Enjoy healthy food by exploring recipes, choosing quality ingredients and making your kitchen a pleasant and inviting place.

Mindfulness: Mindfulness simply means paying attention to the present moment. We can practice this in many ways -- taking time to notice the taste of our food when we eat, pausing to focus entirely on a child during conversation, or purposefully enjoying the feeling while taking a brisk walk are all acts of mindfulness.

Movement: Building in movement throughout the day may mean building new habits (such as taking the stairs instead of the elevator) or even creating new procedures (such as having a walking meeting with your staff every morning).

Nourish: Approaching meals and snacks with the nourish theme in mind helps inspire better food selection decisions. You may also want to expand the theme to include daily tasks that nourish your soul, such as adding in time for a new hobby or saving up to travel.

If you wish to read the full article, please go [here](#).

What's Happening?

Events

January 26th, 2014

What: [Fight For Air Climb](#)

Where: [US Bancorp Tower](#)

Time: 9 AM

February 1st, 2014

What: [Worst Day of the Year Run](#)

Where: [Edgefield](#)

Time: 9 AM

February 9th, 2014

What: [Worst Day of the Year Bike Ride](#)

Where: [Lucky Labrador Brew Pub](#)

Time: 8 AM

Please see the [wellness calendar](#) for more events!

MDs & Clinicians Wanted!

We are looking for MDs and Clinicians who want to get involved in an MD Wellness Program. Please send Dave McKay a note if you are interested!

Inclement Weather

Here is the [official information regarding weather closures](#) at KP locations should the weather get too bad.

Suggestions?

Send Dave McKay an email at david.j.mckay@kp.org, and it may be included in the next newsletter!

Brown Bag Recap

Our first **Brown Bag** of 2014 took place on January 9th and featured Dave McKay and Richard Odell. Dave and Richard introduced the new **2014 Rewards of Wellness Program**, which can be found on the [NWP Wellness Website](#). To serve as inspiration for your wellness journey, during the brown bag we viewed the TED Talk: **“The Happy Secret to Better Work”** by psychologist Shawn Achor. In the talk, Achor shares a brief summary of his research on happiness and gives advice on how to reach “the happiness advantage”.

While most people follow the formula that success equals happiness, Achor challenges us to rewire our brains to believe that **happiness equals success**. Training your brain to become more positive will allow you to be more productive and more creative, leading you to more success. Achor outlines positive activities that can be used to train your brain to be more positive in just 21 days:

- **3 Gratitudes** (Write down 3 new things you are grateful for)
- **Journaling** (Write down 1 positive experience from the last 24 hours)
- **Exercise** (Teaches your brain that your behavior matters)
- **Meditation** (Allows your brain to focus on the task at hand)
- **Random Acts of Kindness** (Example: Send out an e-mail to someone you know thanking them or commending them on a job well done.)

Achor explains that by training your brain in positivity, you can reverse the formula for happiness and success, and in doing so, not only create ripples of positivity, but create a real happiness revolution. That sounds like a great way to start off a new year!

If you would like to watch the TED Talk, please visit the [NWP Wellness Website](#).

Zucchini Pizza Bites

Recipe from: [skinnytaste.com](#)

Servings: 1 • **Serving Size:** 4 pieces

Calories: 124.8 • **Fat:** 5.7g

Protein: 8.2g • **Carb:** 10.4g • **Fiber:** 3.0g

Ingredients:

- 4 slices large zucchini 1/4" thick (or 1 medium zucchini cut on diagonal)
- olive oil spray
- salt and pepper
- 2 tbsp marinara sauce
- 1/4 cup shredded part skim mozzarella



Directions:

Cut zucchini about 1/4 inch thick. **Spray** both side lightly with oil and **season** with salt and pepper. **Broil** or **grill** the zucchini for about 2 minute on each side. **Top** with sauce and cheese and **broil** for an additional minute or two. (Careful not to burn cheese)

For more recipes like this, check out our recipe page on the [NWP Health & Wellness Website!](#)