



**Texas DPS  
Fitness Wellness  
Unit**

Wellness Tips  
March 2018

**March 16, 2018**

Struggling to lose weight? Feeling like you work out but see no change in your body? Our body composition is made up of approximately 80% diet and 20% exercise. Increased exercise typically cannot offset a poor diet. Another overlooked factor that influences body composition is sleep. How many hours a night are you sleeping? Research shows that 7-9 hours of sleep each night promotes hormone balance and weight loss. If you are failing to get the recommended amount of sleep, and eating a diet rich in non-nutrient dense foods (processed foods), it will be harder to lose weight and gain muscle mass. If you are interested in knowing what your body composition is (muscle and fat) the Fitness Unit will be offering free body composition analysis one day a month. The first opportunity is Friday, March 30 from 8-9am. If you are interested please email for an appointment [alex-is.schminke@dps.texas.gov](mailto:alex.is.schminke@dps.texas.gov).

**March 23, 2018**

The Dietary Guidelines for Americans suggests that we should consume 5 to 13 servings of vegetables and fruits a day (5-10 servings of vegetables alone). Many Americans do not eat one vegetable serving a day and in exchange are eating packaged foods with very few nutrients. Upping your vegetable and fruit intake to one to three servings a day can cut your death risk (cancer and heart disease) by 14%. If you consume seven or more servings per day you can decrease your death rate by 42%. Eat those colorful vegetables!! Check out next week's wellness tip for strategies on how to increase your vegetable intake.

**March 30, 2018**

If you don't like the taste of vegetables, or feel it is boring eating the same steamed vegetable every day, there are numerous ways to spice up your veggies! Use flavors you enjoy, add spices and herbs, use vinegar (balsamic or apple cider), add salsa to your meals, shred your vegetables and toss them with dressing, make a casserole with numerous veggies and other tasty ingredients, lastly you can always add spinach and greens to smoothies. Experiment with new vegetables until you find some that you like (spaghetti squash is one that you can use for anything!). Focus on eating your colors in vegetables and fruit a day, to include red, orange, yellow, green, blue, purple and white.

