



Texas DPS Fitness Wellness Unit

Wellness Tips
June 2018

June 1, 2018

Kale

Does the word kale turn you green? KEEP READING!! Kale is known to be one of the many “super foods” that is packed with vitamins and minerals. This vegetable is from the cabbage family, and one cup of raw kale has only 33 calories and 3 grams of protein. With this protein you are also getting almost 3 grams of fiber along with vitamins A, C and K. For all pregnant and nursing mamas’ out there, kale contains folate, a B vitamin that is essential for brain development along with a small amount of omega-3 fatty acid. Kale is sadly one of the greens that is hard for most people to eat raw, I feel ya! If you would like to add some kale into your diet but haven’t found a way to do it below is a recipe that is quick, simple and makes the kale taste delicious making it easier to get all the health benefits of this wonderful veggie!

1 tbsp oil of your choice (olive, coconut, butter, ghee)
1 bundle of kale, washed and leaves removed from the stem, thinly sliced
¼ tsp garlic powder
¼ tsp onion powder
½ tsp red pepper flakes (optional)
Juice of ½ lemon
Salt and pepper to taste
Cook the kale in the oil on low heat until the kale has softened and wilted (~8-10min). Add the spices and lemon and serve!

June 8, 2018

Flaxseed

Can flaxseed help reduce breast cancer risk and improve breast cancer survival? Why yes, yes it can! Recent studies are showing that consumption of flaxseed can have a 20-30% reduction in breast cancer risk along with a reduction in growth and migration. How much you ask? Only a teaspoon a day can have this positive effect. Make sure when you add this to your diet it is in the form of ground flaxseed. Some ideas for adding ground flaxseed into your diet include: putting 1 tsp flaxseed into your smoothies, or No Bake Energy Balls.

No Bake Energy Balls: 1c dry oats, 2/3 c coconut flakes, ½ c peanut butter, ½ c ground flaxseed, ½ c chocolate chips, 1/3 c honey, 1 tbsp chia seeds, 1 tsp vanilla extract. Mix all ingredients, put in the fridge for about a half hour. Roll into small balls about 1 inch in size, store in an airtight container in the fridge. Enjoy 1/day as a treat

June 15, 2018

Fit For Life

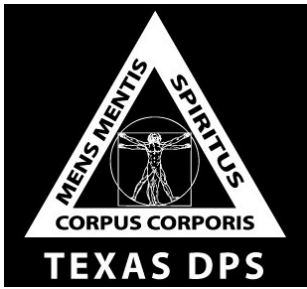
The body ages and evolves with as each year. However, no matter one’s age, a person can live their best, most active life. With that being said, it’s never too late to start to be active. Researchers believe that at any age, a person has the ability to determine their current fitness level and make decisions in order to maximize oneself potential. As individuals start up, maintain or increase an exercise program, fitness is not a sprint... it’s more like a marathon. Focusing on strength, cardiovascular fitness, coordination and flexibility is important at every age. It’s the accumulation and consistency of each of these components over time that matters. Final thought, “use it or lose it”.

June 22, 2018

Core 101

The body’s core is critical for posture, stabilizing and assisting various movements. Meanwhile, a weak core can often increase one’s chance of injuries, back pain and/or poor posture. Most often, people associate the core with the rectus abdominis, external oblique & internal oblique, transverse abdominis and erector spinae. However, our core consists of many more muscles. Interestingly, the core is actually consists of approximately twenty muscles. With that being said, it is recommended to implement a variety of core exercises. Varying exercises will than cause various muscles to contract or cause the body to perform various movements such as spinal flexion, spinal extension, spinal lateral flexion, spinal rotation, stabilization, hip flexion, and hip extension. Keeping a healthy strong core is critical to minimize back pain/injuries, improve physical performance and maintain posture.





June 29, 2018

Eggs, Eggs, Eggs

Are eggs good or bad for you? After 60 years of research, a general consensus has now been reached that dietary cholesterol, chiefly from eggs, exerts a relatively small effect on serum LDL-cholesterol and CVD risk in comparison with other diet and lifestyle factors. Accordingly, the *Dietary Guidelines for Americans 2015* removed the prior recommendation to limit consumption of dietary cholesterol to 300 mg per day. Research on moderate egg consumption in two large prospective cohort studies (nearly 40,000 men and over 80,000 women) found that up to one egg per day is not associated with increased heart disease risk in healthy individuals. Eggs are a great source of some difficult to obtain nutrients such as choline, along with biotin, vitamin A, and the antioxidants lutein and zeaxanthin. Hopefully this helps to clear up the burning question of whether eggs are good or bad for you. (Please adhere to your doctor's advice on egg consumption)

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