



## Texas DPS Fitness Wellness Unit

Wellness Tips  
March 2019

March 1, 2019

### Wellness Resources

There are some great resources for weight loss and healthy living available for free here at DPS. Many of them have all been mentioned before, but here are a few listed for your convenience.

**Naturally Slim:** Naturally Slim is focused on changing the way you eat, not what you eat. There are no foods to buy, no points to count, no guidelines on what you can and can't eat. Sound too good to be true? The secret to Naturally Slim simply involves learning some new techniques about how and when you should eat. That's it. The Naturally Slim program is a simple online program that uses informative videos and learning tools to teach you how to lose weight and improve your health. It is available via your desktop, laptop or mobile device including apps for both iPhone and Android devices. This is a yearlong program that is internet based and offered for free through HealthSelect. Want to learn more? Click [here](#) for information and if you would like to sign up go to [www.naturallyslim.com/healthselect](http://www.naturallyslim.com/healthselect).

**Real Appeal:** Real Appeal is another program that is offered to all DPS Members for free. This program is full of small doable steps—things you'll want to do—that can make a difference and work in the long run for your life, your family and your body. Real appeal focuses customizing plan that is tailored to the unique needs of the individual. After your first coaching session, you receive a box with everything you need to maintain a healthy lifestyle, including a blender, tape measure, food scales, measuring cups, portion control plates, exercise bands, workout videos and weekly coaching sessions. If you would like more information you can go to the website: <https://realappeal.com/get-started> and get signed up.

**DPS Fitness Wellness Website:** The FWU website is a great tool to help with many aspects of healthy living. First, there is a 30 minute workout posted every day. If you don't like the one posted for the day, or don't have the proper equipment, go back a month or even a year and look up a different one. There are years of workouts to choose from. Go [here](#) to view the workouts. If you are in Austin, or visiting for a class come join us at our group workouts. These are 30 minute high intensity classes that are offered in the morning and at lunch time. View the schedule [here](#). If you want to talk to a FWU member one on one to discuss goals or aspirations you can email [physicalfitness@dps.texas.gov](mailto:physicalfitness@dps.texas.gov).

March 8, 2019

### Foods that help with stress

Stress is in everyone's life and a life without stress is impossible. Plus, as a human, we actually need stress in our lives. Problems often arise when there is too much, or chronic, stress that starts to wear down the body. In stressful periods, the body works to maintain balance yet needs extra oxygen, energy, vitamins and minerals to do this.

Unfortunately, stress often causes individuals to eat high sugar and fat foods, not vegetables and fruits that deliver nutrients the body needs. This can be a hard cycle to break. Yet, with some of the suggestions below, the cycle can be broken and allow the body to deal with the stress a little easier as well as actually support the body during a stressful time.

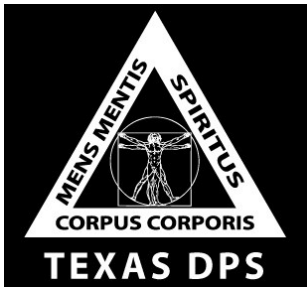
**Vitamin C:** Both emotional and physical stress may affect a person's vitamin C levels. When stress depletes vitamin C levels in the body, it reduces the body's resistance to infection and disease, increasing the likelihood of further stress. It also supports the adrenal glands and helps to recover cortisol levels. Foods that are high in vitamin C include: oranges, spinach, blueberries, bananas, broccoli, winter squash, and peppers.

**B Vitamins:** The majority of B vitamins function in the development and maintenance of the nervous system as well as helping to maintain regular blood sugar levels to keep energy and mood stable. Great sources of B vitamins are: Almonds, walnuts, pistachios, beans and legumes, eggs, asparagus, whole grains, meat, fish and poultry.

**Magnesium:** Magnesium is needed for a variety of tasks such as muscle relaxation, fatty acid formation and making new cells. Stress and magnesium are said to be interrelated. Both physical and psychological stress may stimulate the stress hormones, increasing magnesium loss from the cells. Foods that have a good amount of magnesium are: Spinach, almonds, avocados, cashews, pumpkin seeds and dark chocolate (yet, don't get carried away with this one).

Supporting the body as it deals with stress comes down to eating real foods during those times as well as other times. This will deliver nutrients to your body and make you feel better and perform at a higher level.





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### 3 Stretches to Improve Posture & Mood

“Our bodies change our minds, and our minds can change our behavior, and our behavior can change our outcomes.” - Amy Cuddy PhD

In our busy, technology driven world it is easy to forget that you have a body attached to your extremely complex brain that is constantly analyzing and processing our daily to-do lists and our high level ideas. However, a little bit of movement can go a long way to make our brains function better and to prevent neck and back pain. This short list of simple stretches can be done in the office when you start to feel tension build up, or better yet, before you feel tension build up.

[Supported Lunge \(Hip Flexor Stretch\)](#)

[Seated Hamstring Stretch](#)

[Chest Stretch](#)

If you find yourself forgetting to get up here are a few strategies:

- every hour set a timer to get up and get out of the desk for a quick 200 step walk
- get the heart rate up by walking up a few flights of stairs.
- Drink water! The more you drink the more often you will have to get up to use the restroom.

Creating a new habit of stretching a few body parts before you get back to your work area may improve productivity and reduce back pain. Taking regular breaks at work will leave you feeling refreshed and ready to tackle the next thing on the list.

Employees Retirement System (ERS) has a new Wellness Events Calendar where you can:

- register for webinars and live events
- learn more about your wellness benefits
- learn about health topics such as sleep, nutrition, physical activity, and stress

Click [here](#) to go to the calendar.

This week's wellness tip brought to you by Lacy Wolff of ERS

March 22, 2019

### Mindfulness

Mindfulness is a term that seems used quite frequently lately. However, it can be confusing to understand what mindfulness is and what effective mindfulness techniques are. Below we will cover what it is, and in the following weeks, we will discuss mindfulness techniques and benefits.

Mindfulness isn't necessarily meditation; these two terms get linked more often than not. Although, practicing meditation is a form of mindfulness. So what is mindfulness exactly? Mindfulness is purposeful attention in the present, the ability to observe your thoughts and feelings without judging them. It is a step into the moment, the here and now, to be aware of what is actually happening, without the mind's persistent evaluation and judgement.

Everyday each of us have scenarios in which mindfulness can allow us to handle situations differently in order to obtain greater understanding while often limiting stress. All day long, we have a voice in our head that chatters. We cannot change that, yet we can change what we do with the chatter. One option might be to stop and listen to the chatter to try to find out what is actually going on in your mind. Another useful option is to focus on stepping outside your mind to enjoy what is going on around you. This is mindfulness.

Mindfulness is about being in the moment and being present in what you are doing. Unfortunately, too often than not, lack of mindfulness can often occur as is evident in the following examples:

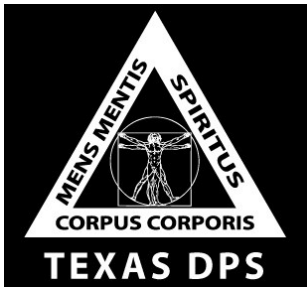
- Have you ever driven home from work, thinking anything and everything, and you do not even remember turning into the driveway?
- Have you ever shoveled your food into your mouth so fast that you do not remember eating or tasting the food?
- Talking to your significant other, you are listening but don't remember what they said?

A focus on mindfulness may be as simple as:

- Stopping in the moment and focusing on what you are doing, instead of what is going on in your head.
- Noticing your thoughts, but not letting them be the center of what you are doing.
- Noticing things around you and appreciating the good instead of being worried of what is going to happen next, or stuck thinking about how it can go bad.

Take a deep breath. Be in the moment. Be present in what you are doing. This is mindfulness.





March 29, 2019

### Hydration for Athletic Performance

Texas is starting to warm up, blazing hot days are going to be here before we know it. Hydration is always important, but even more so when the temperatures outside are high and outdoor activities are in place. Below you will find general guidelines used for hydration both for sports and daily activities. General recommendations for daily fluid intake (fluid includes total water as well as other beverages containing water and from foods), published by the Institute of Medicine for men and women above the age of 19, are as follows:

- Men: 3.7 liters (125 oz) of fluids per day
- Women: 2.7 liters (91 oz) of fluids per day
- Half your weight in oz is a good measure for water only

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General recommendations for fluid recommendations for activities and sports are as follows:

- 2-4 hours prior to exercise, 13-20 oz fluids
- 10-20 minutes prior to exercise, 7-10 oz water or sports drink
- During exercise, 7-10 oz every 10-20 minutes of water
- Exercise lasting longer than 60 minutes, 30-60g of carbohydrate per hour during exercise  
    Look for a sports drink with approximately 15g of carbohydrate per 8 oz serving
- After exercise, 16-24 oz of fluid per pound of body weight lost during exercise

Keep up on the fluid intake this summer with the above guidelines. If you would like additional information please contact the [Fitness Wellness Unit](#), or visit our [website](#). Happy drinking!!

