



# Healthy Habits

Faculty and Staff Wellness Program

## Chicken in a Pot

This classic and versatile recipe is a perfect once a week meal. Serve the tender chicken along with the root vegetables and flavorful broth. Use within a couple of days or freeze. Leftover chicken can be served cold, on sandwiches, or in salads.

- 1 whole chicken, about 3 pounds
- sea salt, to taste
- ground pepper, to taste
- 1 onion, halved and sliced
- 4 celery ribs, peeled and cut into 2-inch pieces
- 2 cloves of garlic
- 3 carrots, peeled and cut into 2-inch pieces
- 2 yellow beets, peeled, halved if small, quartered if big
- 8 small potatoes, scrubbed
- 8 cups low-sodium chicken stock
- 8 sprigs parsley
- 2 bay leaves

Sprinkle chicken with salt and pepper on all sides, including inside the cavity. Add chicken, onion, celery, garlic, carrots, beets and potatoes to a Dutch oven or stockpot large enough to hold the chicken and vegetables together. Add stock, parsley and bay leaves. Bring to a simmer and cook, making sure the chicken is submerged (add more water if needed). Cook for about 50 minutes, at a very gentle simmer, uncovered, until chicken is tender and juices run clear when pierced with a fork. Remove chicken from pot. Check that potatoes and beets are tender. When ready to serve, carve chicken into pieces. Serve with vegetables and broth.

Calvin College

January, 2008

## Physical Activity

Regular physical activity, fitness, and exercise are critically important for the health and well-being of people of all ages.<sup>1</sup> Anyone who is generally inactive can improve their health and well-being by becoming active at a moderate-intensity on a regular basis. Regular physical activity substantially reduces the risk of dying from coronary heart disease, the nation's leading cause of death, and decreases the risk for stroke, colon cancer, diabetes, and high blood pressure.<sup>2</sup> Physical activity helps control weight, contributes to healthy bones, muscles, and joints, reduces falls among older adults, helps to relieve pain of arthritis, reduces symptoms of anxiety and depression, and is associated with fewer hospitalizations, physician visits, and medications.<sup>2</sup>

### Falling in love with exercise

Have you heard it all before? Do you already know you need to be more active? Perhaps you still can't find the motivation even though you are aware of all the benefits exercise will bring. If you are an exercise hater, you're not alone. Despite the benefits of exercise, many Americans still choose a sedentary lifestyle. Over half of US adults do not get enough physical activity to provide health

benefits.<sup>2</sup> However, a growing number of people actually love to exercise and can't stand to skip a day! Do you ever wonder what their secret is? What makes a person love exercise? Exercise lovers aren't thinking about disease reduction and external benefits when they exercise. They are generally motivated from the inside out. They enjoy the movement and they like the way it

makes them feel. How do you get there? Find activities that make you feel alive and invigorated. Be involved mentally and physically in the activity; connect your mind and your body.<sup>3</sup> Clear your mind of later obligations and distractions; fill your thoughts with what you are doing and how you feel. Without internal motivation, it is extremely difficult to keep up an exercise routine.

### Tips

#### Find Something you enjoy.

If you don't like what you're doing, you won't stick with it. Explore your options. Try a few Healthy Habits classes, bike, rollerblade, find a walking partner, run, or swim. Find something that moves you mentally and physically.

#### Be a morning exerciser.

People who exercise in the

morning are more likely to stick with it. In the morning, there aren't other obligations that pop up and get in the way of your workout.

#### Have a partner.

Make exercise social and hold each other accountable.

#### Reward yourself.

Once you've reached a goal or stayed with your program

for a certain number of weeks, reward yourself with something special. Just try to avoid food as a reward!

#### Don't beat yourself up.

Don't have an hour? Go for 30 minutes. If you miss a day or fall behind, don't get down. Just get back into your routine and stop procrastinating.

There are 1440 minutes in every day. Schedule 30 of them for physical activity.

### HOLD IT FOR THE HOLIDAYS RESULTS

Last Fall, 185 of Calvin's "finest" hesitantly stepped onto a small 12" x 15" platform to obtain a number that would hopefully stick with them through the New Year...

...So here we are...the New year...and Healthy Habits is excited to announce that 80% of those who stepped onto that infamous scale in November were able to maintain their weight (and many even lost) through the holiday season!

What an accomplishment! Congratulations to all who participated!



## Healthy Habits Highlight of the Month Jennifer Holberg

### Not Huffing and Puffing Quite as Much!

Meet Jennifer Holberg. Jennifer is an English Professor who made an effort to exercise more last semester. She used to play racquetball for her physical activity, but gradually stopped as her opponents dwindled away. She soon became "blobbed out" as she adopted a very sedentary lifestyle as an English professor, book reader, paper grader and computer user. Her job does not require much movement.

So at the beginning of the fall semester Jennifer decided to adopt a more structured, deliberate, and consistent exercise routine. It was time to take care of herself and her health. She and some friends participated in the pedometer challenge and also took some group exercise classes together. Jennifer took Zumba and Bootcamp which got her moving four days a week! She loved the classes and described a comfortable, fun, and encouraging atmosphere that welcomed all fitness levels. As an English professor used to being in charge of a classroom, Jennifer welcomed the opportunity to experience what it is like to be the worst in the class! She claims to have been the least fit person there, but still had fun and worked hard! And now? Jennifer is more fit than when she started, lost a dress size, and is feeling great!

Jennifer recommends finding a couple different enjoyable activities. She loved the variety of her workouts and the different intensity level each class brought. She also stayed motivated by working out with friends. Jennifer is dedicated and consistent saying "slow and steady wins the race." Keep up the good work Jennifer!

### How Active?

According to the Center for Disease Control and Prevention, adults should engage in **moderate** physical activity for at least 30 minutes on 5 or more days of the week. Or, adults should engage in **vigorous** physical activity for 20 or more minutes on 3 or more days of the week.

#### Moderate-Intensity Activities:

- Walking briskly
- Recreational swimming
- Mowing the lawn
- Tennis, doubles
- Biking 5 to 9 mph, level terrain
- Scrubbing floors
- Weight lifting, free weights
- Line dancing, ballroom dancing
- Golf, wheeling or carrying clubs

#### Vigorous-Intensity Activities:

- Race-walking, jogging, or running
- Swimming laps
- Tennis, singles
- Biking more than 10 mph, or on steep hills.
- Moving or pushing furniture
- Circuit training
- High impact aerobic dance
- Most competitive sports
- Jumping rope
- Most competitive sports

### Overcome Barriers

#### Lack of time:

- Make exercise a priority. Schedule it into your day like any other activity.
- Add physical activity into your daily routine. Walk or ride your bike. Exercise while you watch TV. Park farther away from your destination and walk.

#### Lack of energy:

- Schedule physical activity for times in the day when you feel energetic.
- Convince yourself that physical activity will increase your energy level; test it!

#### Lack of motivation:

- Join an exercise group or Healthy Habits class.
- Invite a friend

#### Lack of Skill:

- Select activities requiring no new skills like walking, climbing stairs or jogging.
- Exercise with someone who has the same skill level as you.

#### Family obligations:

- Exercise with the kids. Go for a walk, ride bikes, or play tag.
- Hire a babysitter for an hour or two. Look at the cost as a worthwhile investment for your physical and mental health.<sup>4</sup>