



THE Healthy LIFE

LIVING YOUR VERY BEST AT GLENEAGLES

ISSUE 12 • JANUARY 2018



Nutrition Education
The Anti-Aging Diet
January 11 • 2:00pm



Healthy Lifestyle Lecture
Hormones & Weight Loss
January 16 • 4:00pm



Power Up Your Lunch
January 17 • 12:30pm

Call 561-495-2806 or email
fitness@gleneagles.cc
to register!

Looking Out for #1



KAREN MIKUS
Healthy Lifestyle Director

It's the time of year where many of us feel drawn to look at what we want to change about ourselves, usually in the form of New Year's resolutions. If you really think about it, it's pretty pointless waiting a whole year to decide on making changes. When we do start a new year with resolutions, and they don't work as planned, are we really going to wait until the start of another year to try again?

In this issue of *The Healthy Life*, we suggest looking at self-care as an alternative to New Year's resolutions and taking the emphasis off of what you should do in favor of deciding to serve yourself well right now. Self-care is more about the day-to-day mindset of allocating specific time and attention devoted to your own health and well-being. We have an article inside that

will explore the concept of self-care and why there is value in valuing yourself.

The things you do and think about in the few hours before your golf and tennis game can have a big impact on how well you play and how much you enjoy your game. We have also included in this issue pre-game self-care tips. Our dietician has advice on wise choices we can make for our comfort foods while Chef Jeff uses those items to provide a delicious, healthy and nourishing recipe.

The next issue of *The Healthy Life* will be out in March. We welcome your suggestions and feedback.

Stay Healthy,

Karen



what is Self Care?

Millennials have made self-care a buzzword over the last few years. It's reported that millennials are making more self-improvement commitments than any generation before them. They spend twice as much time as boomers on self-care essentials such as workout regimens, massages, diet plans, life coaching and apps to improve their personal well-being.

The concept of self-care, however, is not new. Socrates proposed that caring for one's soul has a moral dimension that ultimately redounds to the benefit of society. When we care for ourselves then we are better able to care for others and life itself.

We define self-care as any activity that we do deliberately in order to take care of our mental, emotional and physical self. It is not indulgent, selfish, or superficial because we are actively participating in our well-being. There is a difference between self-care

and plain ol' treating yourself. Self-care begins with intention and the consciousness that this caretaking is all part of a broader goal.

There does seem to be a generational divide in self-care practice. With boomers it has often been you can take care of your health or you can take care of your obligations – one always comes at the cost of another. We may need to take some lessons from the millennials on this one. What we should remember is that not practicing self-care has its price as well. We should treat ourselves just like we treat our children; being our own best cheerleaders, complimentary when things go well, compassionate when they don't.

When we step into the practice of self-care, we need to learn to prioritize the layers of to do, to be and to have, in order to carve out the time we need to take care of ourselves.



Incorporating Self-Care into Your Daily Routine

- Invest daily in recharge activities that help replenish energy and feed your soul. Eighty percent of doctor visits are stress related. Check-in with yourself, how are you feeling emotionally, energetically?
- Self-care is not always adding, sometimes it means eliminating. Are there emotionally toxic people, practices, and things in your life that you need to let go of? Processed foods would go under this category.
- Get plenty of sleep. National guidelines recommend at least six hours of sleep a night and eight is better. This often means you need to make the choice to turn off social media.
- Taking care of your medical needs and prioritizing prevention.
- Our bodies were made for movement – it's an absolute. Even if you take 10 or 15 minutes at a time, it will make a difference in your health.

Member Spotlight: STEPHEN WOLK

Recently, my body has been telling me that it would not keep up with the golf and pickleball I was putting it through unless I took better care of it. With the addition of a new 30-minute class on stretching, I saw this as my opportunity to start something and see where it leads. The class is foam rolling with some yoga and stretching. Chelsea, the instructor, has been very patient and informative. I am learning how to listen to my body by learning how to

breathe properly when exercising and knowing my limitations so that I do not expose myself to injury.

Being patient is also very important. I have really noticed a difference. After the class I go right to the pickleball courts and play for 2 hours – pain free. My flexibility has improved which has helped my golf game as well. Exercising has had a positive effect on my mind. I leave each class with a clearer head and a positive attitude. I am looking forward



to the opening of our new Healthy Lifestyle Center so that I can take full advantage of what we have to offer here at Gleneagles while expanding my exercise and workout regimen.



Spotlight on Joe DeMino, Director of Golf

This month's employee spotlight is Director of Golf, Joe DeMino. Joe is cool, calm and collected and is always seen with a smile on his face. We sat down with Joe to talk about living a healthy lifestyle and how he incorporates self-care into his golf routine. Joe is keen on stretching and properly warming up for golf. He knows the importance of dedicating time and energy to mentally and physically preparing himself before stepping on the course, but he doesn't stop there. Joe enjoys spending time at the gym working out while his daughter has soccer practice. By exercising in his free time, Joe takes pride in setting a good example of health and wellness for his family.

Joe is TPI (Titleist Performance Institute) certified so he is well-versed in golf-specific health, fitness and swing advice. Joe is familiar with how the human body functions in relation to the golf swing so he knows the importance of properly caring for his body.

Between stretching and warming up, spending time in the gym and always staying hydrated, Joe is a picture perfect example of a healthy lifestyle. If you have any questions about golf-specific health and fitness, Joe DeMino is your guy.



Pre-Game Routine

There are some key things we do before playing golf, but stretching is always the first thing we do before hitting a ball. Take two clubs together, usually the wedges, because they are the heaviest. Slowly swing them both together back and forth. This helps to stretch your back and arms creating better width for your swing. Then starting with the shorter clubs, hit short shots before moving into the longer clubs. Longer clubs take more to swing and generate more swing speed. By doing it this way, you stretch and work right into your warm up session.

Hydrating is also important. Before we send out the league play, we always mention to all players to be sure to get a drink to take along. A lot of players feel that they don't need one, and then it is too late. You need to keep sipping on that liquid the whole round.

When I get ready to play, I try to do the same warm up session each time. I get to the range about 45 to 60 minutes ahead of the tee time. I proceed to the range and to do my two club stretching and hitting short wedge shots. As I feel more limber, I begin to hit longer shots with the wedges and then go to the 9 iron and eventually work all the way to the driver. I then go to the putting green for at least 15 minutes to work on long putts into short putts. By the time I am ready to tee off, I feel stretched and have made a few putts to build my confidence.



Better Prep, Better Tennis



MIKE PUC
Director
of Tennis

Do you wake up with just enough time to have coffee or a banana and then head to the courts where you are 5 minutes late and the group is ready to take serves and play? If this is your routine before your tennis match, or heavens forbid, a league match, you may want to change it.

We hope everyone is participating in the Healthy Lifestyle because these people know that preparing for competition begins the night before. Not too much heavy food, easy on the alcohol and lots of water. Take time to get to the courts at least 15 minutes early. Many players ride their bikes or walk to tennis as a great way to get the circulation going. If you drive here, try walking up and down the sidewalk in front of the

tennis building, (not on the walkway to bother games in progress).

Few players practice hitting serves anymore before play even though every single point in tennis begins with this shot. We keep baskets of balls in the Pro Shop to be used on the courts available for this purpose. Once you warm up your body, do a few stretches to clear your mind. Forget about your troubles and worries and enjoy the moment of the tennis match. Make sure you have sufficient time to spend at the courts and you have not scheduled another activity too close to tennis. If you are worried about rushing off to your next appointment, it is a certainty that your focus will waver resulting in reduced results.

COMFORT FOODS

They Can Be Healthy Too!

We have all heard the expression “comfort foods,” and we may even have a few on our list of favorites, but is there really a definition, and is there any scientific evidence that shows they truly comfort and console us?

According to the International Journal of Gastronomy and Food Science*, the term “comfort food” dates back to the late 1960s and denotes food that offers emotional and psychological solace and security. Comfort foods are often associated with a fond childhood memory or a warm thought of a favorite family member. Some phrases such as “grandma’s warm apple pie,” “mom’s soothing chicken soup,” and “dad’s awesome mac n’cheese” are just a few examples of how childhood memories include food; or perhaps the memory of having popcorn at the movies, burgers at family barbeques, or ice cream with friends invokes the air of nostalgia and sentiment.

The type of food that constitutes a comfort food is personal to each individual, and consuming them is usually in times of negative

emotions or stress in order to bring back balance, happiness, and a more positive emotional state. How many times have you reached for that chocolate when you are having a stressful day? Did it make you feel better, even temporarily? There is scientific evidence that shows certain chemicals in food actually raise serotonin and dopamine in the brain. Serotonin and dopamine are neurotransmitters that contribute to a happy mood and wellbeing. Chocolate contains over 300 naturally containing chemicals, but more specifically, phenylethylamine, tryptophan, and anandamide raise serotonin and dopamine.

While comfort foods are soothing to the psyche, unfortunately, some comfort foods disrupt the waistline and tend to be high in calories, sugars, and fat. Rarely would you find someone reaching for carrot sticks over chocolate in times of stress.

Making these comfort foods less fat, sugar, and calorie laden will actually comfort you more since you will not have the accompanying guilt after eating them. Consider making cheesy foods less fatty by using low fat cheese or using a more robust and flavorful cheese like



DR. LILLIAN
CRAGGS-DINO
Dietician DHA,
RDN, LDN, CLT

TOP 10 COMFORT FOODS

1. Mashed potatoes or French fries
2. Pies (usually apple or blueberry)
3. Macaroni & cheese
4. Chocolate
5. Soup (chicken or creamy tomato)
6. Roasted chicken
7. Pizza
8. Grilled cheese sandwiches
9. Fried chicken
10. Ice cream

parmesan or feta over mozzarella so you can use less. You can even make a pizza crust out of cauliflower to add more vegetables and reduce the starchy carbohydrate. Instead of frying potatoes or chicken, try an air fryer or oven-fry to cut back on the fat. Using substitutions like egg whites over whole eggs, skim milk over whole milk, or low fat half-and-half over cream are healthier options. Using fruit to sweeten over white sugar or using a sugar substitute can cut calories.

Comfort foods make us happy and nostalgic; but do not get into the trap of emotional eating that may endanger your physical health. Practice portion control, use appropriate ingredient substitutions, and create your own warm relationship with healthier food choices. Memories are what we create from our actions, relationships, and experiences. There is no reason why a good Cobb salad with low fat dressing could not be the next comfort food!

What's In Season



CARAMBOLA:

Carambola, also called star fruit, is a sour and sweet fruit native to Southeast Asia. With only about 30 calories per 100 grams, one serving provides about 57% daily value of vitamin C. It is also high in polyphenolic flavonoids, is a natural electrolyte, and is high in minerals like potassium and phosphorus.



CABBAGE: Considered one of the healthiest vegetables, cabbage packs high amounts of vitamin K, C, and folate and contains approximately 300 mg of potassium per cup. Cabbage has also been known to help prevent stomach ulcers by keeping the digestive tract healthy.

Photo: Cooking Light



JEFF
TERENTIEFF
Executive Chef

Healthy Lifestyle Mac n' Cheese

Ingredients

- 1 lb. Whole Wheat Macaroni (Elbows or Penne)
- 1 cooked rotisserie chicken, pulled and shredded
- 1 head cauliflower cut into small pieces
- 1 pint button mushrooms cut in half
- 1 bag baby spinach
- 1 cup panko breadcrumbs
- 1 cup grated low fat parmesan cheese
- 1 ½ cups low fat shredded cheddar
- 3 cups skim milk
- Kosher salt and pepper
- 1 T extra virgin olive oil
- 2 cloves of garlic

Directions

Bring salted water to a boil, cook pasta 8-10 minutes and strain. Using same pot heat the oil and add the mushrooms and spinach and season with salt and pepper. Sauté until spinach is wilted and mushrooms are soft. Place on a plate lined with paper towels to remove excess water. Using the same pot, add the milk, garlic, and cauliflower and cook on low-medium stirring frequently. Once cauliflower is soft, carefully use a blender until smooth seasoning with S&P. It should be a velvety/bisque consistency. Pour back into the pot on low and add the cheddar, chicken, mushrooms, spinach, pasta, and half of the parmesan and mix well. Once incorporated, place into a baking dish and cover with breadcrumbs and remaining parmesan and bake 350 for 8-10 minutes until top is golden brown.



SUPPLEMENTS

WORKSHOP SERIES

Everyone wants to enjoy the benefits of optimal health, but achieving and maintaining a healthy, balanced life is easier said than done. To ensure we are getting the vital nutrients our bodies need we are presenting a Vitamin, Mineral and Supplement workshops with Dr. Lillian Craggs-Dino. **All workshops will be held at Loch Maree Satellite from 6:30 - 8:00 pm.**

January 10 Water Soluble Vitamins

Vitamins are separated into two categories based on how they are absorbed and whether or not they are stored in your body. Water-soluble vitamins are those that dissolve in water upon entering the body. Because of this, your body cannot store excess amounts of water-soluble vitamins for later use. There are a total of nine water-soluble vitamins: the B vitamins—folate, thiamine, riboflavin, niacin, pantothenic acid, biotin, vitamins B6 and vitamin B12— along with Vitamin C.

January 17 Fat Soluble Vitamins

The fat-soluble vitamins – A,D,E and K are stored in the body for long periods of time and generally pose a greater risk for toxicity when consumed in excess than water-soluble vitamins.

These vitamins are required for a wide variety of physiological functions. Over the past two decades, deficiencies of these vitamins have been associated with increased risk of cancer, type II diabetes mellitus and a number of immune system disorders. In addition, there is increasing evidence of interactions between these vitamins, especially between vitamins A and D.

January 24 Selected Minerals

We need minerals for the proper composition of body fluids, the formation of blood and bone, the maintenance of healthy nerve function, and regulation of muscle tone. Calcium, magnesium, phosphorus, potassium, selenium, chromium, copper, iron, and zinc are a few of the selected minerals we will be discussing.

January 31 Common Herbs

Herbs can do more than add flavor to a variety of ingredients. Many herbs pack a lot of health perks like aiding with indigestion, stress, anxiety, sunburn, headaches, coughs, colds and more.

Please be sure to register for these complimentary events by calling 561-495-2806 or email fitness@gleneagles.cc.