



Wellness Guide



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winter **STREAK**

WELLNESS PROGRAM



_____ * _____ * _____ * _____ * _____



“Is this book for me?”

This book can be applied to anyone, and you don't have to know what you are doing to get started! While this book does not cover all health topics, it is a starting point for any person who is ready to commit or recommit to a health and wellness journey.

“How do I use this book?”

First, you must commit to making a change. Then follow along with the weekly guide or skip around as needed. Each section contains information and activities to help guide you toward setting and meeting your wellness goal. **There is a tracker at the end of each section. These trackers will help you keep on top of your goals, progress and barriers. There is also space for you to write a reflection.**



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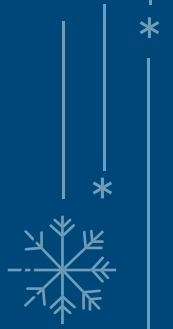
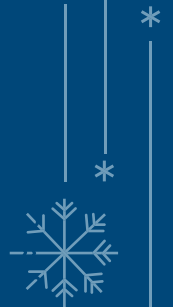
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“I really enjoyed the workshops. I already live a fairly healthy lifestyle, but you can always **gain some insight on little things that can be done to improve upon what you are already doing.** The encouragement to walk in the cold was especially helpful.”

– WINTER STREAK PARTICIPANT

“**I thought the series was GREAT!** Thank you! I liked that it was offered twice a day so if you missed one or knew you couldn’t make one – you could join the other.”

– WINTER STREAK PARTICIPANT

“**I always learn something new from these sessions** that I can incorporate into what I’m already doing. Being retired, I have time to work on my goals better than I did when I worked! Even just having reinforcement of what I already do is a good thing.”

– WINTER STREAK PARTICIPANT

“I really enjoyed being able to participate and/or watch the videos. **I liked the interaction of sending in our goals** or answers to topics of discussion and hearing back from someone – that was very kind and encouraging.”

– WINTER STREAK PARTICIPANT



Let's face it - health and wellness do not always come easy. For many of us, wellness plans seem more like a chore than a benefit. Waking up early to work out, micromanaging calorie intake, digging deep for motivation...sound familiar? Let us clue you in on a little secret: it doesn't have to be that way. Wellness – in all aspects – can change your life. It can help you feel and move better, give you more energy throughout your day, help you lose weight (if that is what you desire) and allow YOU to take control of your overall health. **The best part is, you don't have to spend hours in the gym and watch what you eat every day for that to happen!**

If you're up for a challenge, this book is for you. We want to guide you on a journey through some simple steps toward changing your mindset and building new habits around:



Goal Setting



Mindful Eating



Emotional Well-Being



Movement

Our hope is that you find yourself thinking about and experiencing wellness differently and learning something along the way! Please note that we did NOT say this would be easy – if it were, everyone would be doing it! Change is hard and takes time, but you are not alone in this. People all around you are trying to achieve the same goals that you are. Pair up with them, talk about your experiences and learn to appreciate wellness in all forms.

Be sure to visit winterstreak.org to register for workshops, browse resources and register for other health and wellness programming.

If you need any help along this journey, please contact Community Health Coordinators Jen Gastley (jgastley2@wellspan.org) and Bekah Hamner (rhamner@wellspan.org).

Sincerely,

The WellSpan Winter STREAK Team



Goal Setting

– the process of deciding what you want to achieve or what you want someone else to achieve over a particular period. *(Cambridge Dictionary)*



People with goals succeed because they know where they're going.

– Earl Nightingale





In this section, we will focus on goal setting. This first step will get you on track to a clearer wellness path. Goals are a huge part of finding success with health and wellness. This guide uses what is called a “SMART” goal, which stands for Specific, Measurable, Achievable, Relevant and Time-Based. Just as you wouldn’t take a trip without a plan, your wellness journey is no different, and setting a SMART goal is the first place to start. Use the activity on the following pages to set your goal and work toward it. Keep things simple! We suggest setting a goal that can be achieved within the next 4 weeks and then setting another 4-week goal to start creating those **Winter STREAKs**.

Throughout this section you will focus on developing your goal and finding ways to stick to it. You can also use it to explore additional barriers to your goal or ways to help boost your success. You can use this section as much or as little as you like.



SMART Goal Setting

A **SMART** goal can help you find direction and keep you focused while on your wellness journey.

SPECIFIC

What would you like to achieve? Weight loss? Going to the gym a certain number of times per week? Gain weight? Learn to eat healthier?

MEASURABLE

Make sure your goal is something that you can measure, such as “how much” or “how many.” For example, if your goal is to lose weight, how many pounds? (*Please note: The recommended amount of weight to lose per week is 1 to 2 pounds; anything over this is considered unhealthy and not something you can keep up with over time.*) If your goal is to eat healthier, how do you plan on doing that in a way that is measurable?

ACHIEVABLE

Be very honest with yourself when you make this goal, and start small. Is your goal realistic? What barriers can you see getting in your way, and how do you plan to overcome those?

RELEVANT

If you find meaning in your goal, you will likely be able to achieve it. Why is the goal special to you? What meaning do you find in this goal?

TIME-BASED

This guide is set up with a pre-set timeline for 4 weeks, but that doesn't mean your goals need to stop there. Use this book as a guide for your first 4 weeks, and then keep that **Winter STREAK** going! (*At the end of the guide, we will walk you through how to make that happen.*) For now, focus on the next 4 weeks and what you can achieve in that timeframe. Start small and build into a **STREAK!**

Weekly Tracker



Weekly Focus: _____

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Water Goal: _____ oz.



Actual: _____ oz.



Mindful Eating

–the practice of eating with the express purpose of savoring every flavor, aroma and texture of food, as usually accomplished through aesthetic appreciation of the food and slow, contemplative ingestion. (*dictionary.com*)



Mindful eating replaces self-criticism with self-nurturing. It replaces shame with respect for your own inner wisdom.

– Jan Chozen Bays





Have you heard the expression, “You are what you eat”? Silly as it sounds, this statement is mostly true! Food is important to achieving all types of health and wellness goals, so we want to help you find a new relationship with it.

This section is not about restricting your foods or telling you what to eat. If you want advice in that area, please consult a registered dietitian. Instead of tracking meals and counting calories, we want to help you develop awareness of how all types of food make you feel.

Food provides us with important nutrients that our body needs to work properly. Without these nutrients, our body starts to feel a little off. Ever found yourself at the end of a long day eating everything in sight? This might be your body’s way of telling you that it does not have the nutrients it needs.

Looking at every single nutrient in our food and drink can be overwhelming – for example, a simple banana has potassium, vitamins B6 and C, magnesium, manganese, carbohydrates, fiber, sugar, riboflavin, folate and many other nutrients. Instead, **we will focus here on the 3 macronutrients: carbohydrates, fat and protein.** Each one is needed for our bodies to work properly.



Macronutrient Basics



CARBOHYDRATES

These are starches – potatoes, pastas, breads, sweets and grains. But more than that, carbohydrates are also found in vegetables and fruits.



PROTEIN

Meats are a major protein source, but you probably already knew that. Other foods that are mainly made of protein are tofu, eggs and seafood!



FATS

These are foods like cheese, oils, nuts and avocados. Fun fact: your peanut butter and other nut butters are mostly fat, not protein! Processed meats like hot dogs and sausage also have a lot of fat.

Your goal in this section is to focus on what you put into your body and answer these 2 questions:

- 1. What is the main macronutrient in the food you are eating?**
(If you don't know, just Google it!)
- 2. How did that food make you feel as you were eating it and after?**
(Be honest with yourself on this one.)

By thinking about the types of food you are eating and how that food makes you feel, you may be able to learn more about how different foods and drinks affect your body.

How well do you know your food?

Below is a list of foods that most people are familiar with. Your job is to figure out the main macronutrient in each one. (Choose one: Carbohydrates, Fat, Protein).

Rice _____

Cake _____

Chicken _____

Almonds _____

Green Beans _____

Vanilla Greek Yogurt _____

Tofu _____

Apple _____

Hamburger _____

Black Beans _____

nutrition labels.

Almonds do offer a source of protein, flavored yogurt often has more carbohydrates than fat or protein, many hamburgers have processed meat and can have more fat than protein. When looking at macronutrients, it is always best to check the

Protein: chicken, tofu.

Fat: almonds, hamburger.

Carbohydrates: rice, cake, green beans, vanilla Greek yogurt, apple, black beans.

ANSWER KEY

How did it go?

Did some of these surprise you? Food is amazing, and it is fuel for our bodies. Take some time to think about your food a little deeper. What macronutrients are you eating a lot of? What macronutrients, if any, are you not getting enough of?

Weekly Tracker



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Actual: _____ OZ.



Emotional Well-Being

–an awareness, understanding and acceptance of your emotions, and your ability to manage effectively through challenges and change.
(National Center for Emotional Wellness)



**I've learned that people will forget what you said,
people will forget what you did, but people will never
forget how you made them feel.**

– Maya Angelou





Let's be honest: bad days happen, plain and simple. Sometimes these bad days have an effect on our actions, like what food we eat or whether we exercise.

WellSpan's Community Health Coordinators know that unexpected things happen; it's part of life. Although bad days are unavoidable, one way you can help yourself is to **change your mindset**. The first step is learning how! There are all sorts of ways to change your mindset, but for the purposes of this guide we will use the "Three Good Things" activity on the following pages. We encourage you to research other methods to find the way that works best for you.



Three Good Things

You may have noticed that each weekly tracker has space to list “3 things I am grateful for.” While we have provided space to do this once per section, an ongoing study by Dr. Bryan Sexton, associate professor in psychiatry and behavioral sciences at Duke’s School of Medicine, has found that simply listing 3 good things within 2 hours of bedtime, when done for 7 days in a row, positively impacts mental well-being.

Each day this week, think of 3 things that happened during the day that went well and your role in the positive outcome, then write them down below.

DAY 1

- 1 _____
- 2 _____
- 3 _____

DAY 2

- 1 _____
- 2 _____
- 3 _____

DAY 3

- 1 _____
- 2 _____
- 3 _____

DAY 4

1

2

3

DAY 5

1

2

3

DAY 6

1

2

3

DAY 7

1


2

3

Keep up the good work! If you commit to practicing “Three Good Things” for 15 days in a row, the mental well-being impact can last up to a year!

Emotional Wellness Bingo

Use this Winter STREAK bingo card to focus on your emotional well-being. Try to complete the whole card within a week. After the week is over, take some time to reflect on your experience.

List 3 things you are grateful for	Schedule 'you' time	Take 5 deep breaths	Organize a space	Listen to music you enjoy
Call or text a friend	Send a card to a friend	Turn your phone off for 30 minutes	Spend time with a loved one	Don't work during lunch
Go outside	Laugh out loud		Close your computer	Write a coworker a positive email
Walk for 5 minutes	Write a thank you note	List 3 good things that happened today	Turn your phone off for 1 hour	Take 10 deep breaths
Dance	Solve a brain teaser	Treat yourself	Stretch	Develop/practice a hobby



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Actual: _____ oz.



Movement

– the act or process of changing place, position or posture.

(Merriam-Webster Dictionary)



Movement is a medicine for creating change in a person's physical, emotional and mental states.

– Carol Welch





This section is all about moving your body in whatever way you like best. You will notice that we do NOT call this section “Exercise.” Although exercise is wonderful, our goal for you in this section is to find joy in moving your body.

Moving during the day, especially if you have a desk job, is not always an easy task. Our goal in this section is to once again shift your mindset.



The next thing is to figure out what kind of challenges you face when it comes to moving your body. These are different for everyone, but we have listed out a few common barriers to movement below:

Not enough time

I don't like it

Too much effort

I have pain

Too expensive

I don't know what to do

What are your barriers to moving throughout the day? What challenges do you face? Remember, from our first section on goal setting: **writing down and acknowledging barriers is key to finding success in your health and wellness goals.**



Lastly, we want to look at what it is that gets you moving. Again, this is going to be different for everyone, but we have listed a few solutions to movement barriers below:

Not enough time: Try asking yourself: is movement a priority for you? As humans we make time for what is important and what is a priority.

I don't like it/Too much effort: Find a type of movement you enjoy and do it!

I have pain: There are so many ways to move, and it's okay to take your time, start small, and explore different kinds of movement that do not cause/increase your pain. Be sure to talk to your doctor before trying anything new.

Too expensive: Movement doesn't have to cost a thing! You do not need a gym membership, expensive equipment or trendy clothes. In fact, there are so many ways you can move at home, for free, with common items lying around the house!

I don't know what to do: Start with one of the Winter STREAK bingo cards, begin a walking routine outside or use YouTube to find a workout video. Still stuck? Community Health Coordinators Jen Gastley (jgastley2@wellspan.org) and Bekah Hamner (rhamner@wellspan.org) can help with ideas.



Making the Time Commitment

Take some time to look over your responses about what you enjoy, barriers you face and ways you can beat them. The final piece of the puzzle is making time for your movement each day. Throughout this section we have 2 goals for you. You can choose one or both goals as a starting point to increase your movement.

Goal #1:

Complete the Movement Bingo card on the next page within 7 days.

Goal #2:

Pick out one thing that you love to do (walking, cleaning, yard work, weight lifting, etc.) and set a specific time each day this week to do that activity. Research shows that when you are developing a new habit, it is most effective to do that activity at the same time every day. If you are choosing something such as going to the gym or weight lifting, make sure to decide what you will do before you go. This will help hold you accountable.



Movement Bingo

Use this Winter STREAK bingo card to motivate yourself to move in new ways! Try to complete the whole card within a week.

10 frog jumps	Walk 1 mile	5 tricep circles	12 lemon squeezers	20 Russian twists
10 squat jumps	8 burpees	14 jumping lunges	20 mountain climbers	25 jumping jacks
20 jumping lunges	22 mountain climbers	15 push-ups	Walk 1 mile	8 V-ups
20 seated Russian twists	8 tricep circles	15 squat jumps	10 frog jumps	Walk 2 miles
20 skaters	100 jumping jacks	10 burpees	30 high knees	15 push-ups

Not familiar with one of these exercises? Go to the [winterstreak.org](https://www.winterstreak.org) resources page and click on the **Exercises Demo Video** link under Movement Snack Wellness Bingo. Helpful exercise modifications and progressions are also included! (Be sure to talk to your doctor if you have questions or concerns.)

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Actual: _____ oz.



Staying on STREAK



Remember, you're on a journey, not aiming at a bullseye. Let go of ideas of perfection and enjoy finding your way, rough spots and all.

- Michelle Segar



You did it!

Congratulations, you finished the Winter STREAK Wellness Guide!

That is something to be proud of, and although this guide may be finished, your story certainly is not. Wellness is a lifelong journey. You may stumble along the way, but embrace it and shift your mindset to stay positive and ask for support when you hit those rough spots. Similarly, when things are going well, keep going! Allow that positivity to fuel you into your next goal. Healthy living is supposed to be enjoyable, and we hope this guide helped you discover that.

You might be asking yourself: Where do I go from here? A great way to start the next phase of your journey is by looking back at the beginning of this guide, to the first goal you set. If you completed it, consider setting a new goal and restarting this guide with your new abilities and knowledge. If you have not yet reached your goal, take some time to rethink and figure out how you can accomplish it. Maybe the timeframe you chose was just not long enough, or maybe you need to concentrate on one step at a time. You may want expert help from a registered dietitian, your doctor or a personal trainer. No matter what path you choose, the most important thing is to continue your wellness journey and not stop here.

And you are not going alone – **the WellSpan Winter STREAK team is ready to help you with your goals.** We've already included some extra tips, resources and recipes in the following pages. For additional support, please contact our Community Health Coordinators, Jen Gastley (jgastley2@wellspan.org) and Bekah Hamner (rhamner@wellspan.org).

For now, give yourself a high five, pat on the back, or some other reward for coming this far already. Thank you for taking time to focus on yourself and committing to your health and wellness. **Now go out there and keep STREAKing!**

Wellness Tips



The palm of your hand is about the same size as 3 ounces (oz.) which is equal to one serving size of protein.



When eating snacks such as chips and crackers, just take a serving size and then close the box or bag. This will help you limit the amount of food you eat!



Cupping your hands together is about the same size as 2 cups, the serving size for fruits and veggies.



Fruits and veggies are filled with fiber, which helps you feel full for longer.



Sleep has a huge impact on your wellness! Getting 7-9 hours of restful sleep a night will help you reach your wellness goals.



Drink more water! Did you know that sometimes your “hunger” feeling is actually thirst? Try drinking a glass of water as soon as you wake up and before each meal to make sure you are getting enough water during the day.

Simple Food Swaps

SWAP THIS

FOR THIS

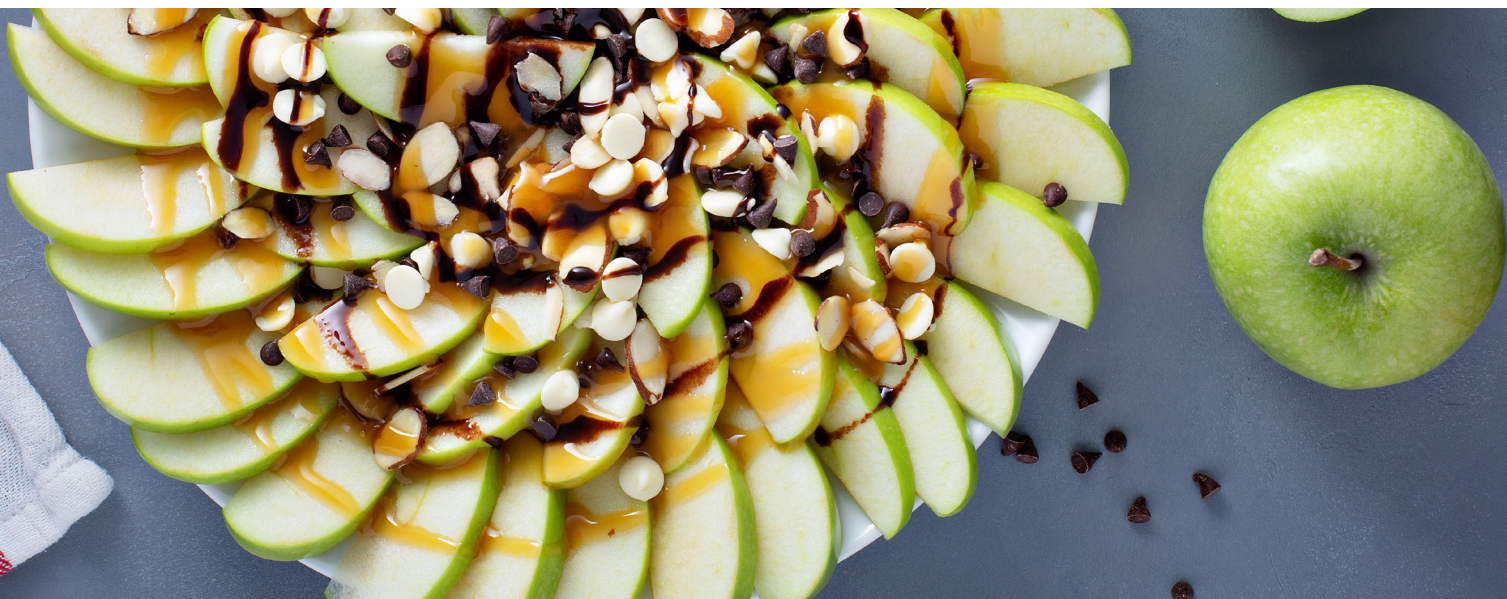
Iceberg Lettuce	→	Spinach or Spring Mix
Bread Stuffing	→	Cauliflower Stuffing
Breaded Chicken	→	Grilled Chicken
Chips	→	Popcorn
Sugary Cereal	→	Yogurt and Fresh Fruit
Breakfast Bars	→	Fruit and Nut Butter
White Rice	→	Half Quinoa and Half Brown Rice
White Pasta	→	Chickpea Pasta or Veggie Pasta
White Bread	→	Whole Grain Bread
Soda	→	Tea or Water



Try It!

Give some healthy new food ideas a try! It may take some digging to find new recipes or items in your grocery store, but you may just find your next favorite food, snack, or side!

- Veggie-Stuffed Twice-Baked Potatoes
- Chickpea Chicken Tenders
- Cherry Tomatoes & Mozzarella
- Butternut Squash Risotto
- Fruit & Cheese
- Cauliflower Tots
- Apple Nachos
- Rainbow Bell Pepper Couscous
- Veggies & Hummus/Guacamole
- Pumpkin Seeds (also called pepitas)
- Shaved Cabbage and Brussels Sprout Salad



Tips From WellSpan's Community Health Coordinators



If it doesn't challenge you, it won't change you.

Motivation is what gets you started. Habit is what keeps you going.

“It takes 20 minutes for your brain to tell your stomach that you are full. Eat slowly and savor your food.”

“Meal planning can lead to healthier food choices, more balanced meals, and cost savings.”

“Hydrate your body wisely by choosing a healthy beverage choice.”

“Spend some time enjoying nature to de-stress and re-focus. Get your hands dirty in the garden, do some bird watching or take a walk at a nearby park!”

“One of the best ways to begin eating more fruits and veggies is to add them to foods you already enjoy. For instance, you can add diced red pepper and broccoli to scrambled eggs or your favorite mac and cheese.”

“Struggling to find time in the day for physical activity? Try adding movement to the things you already enjoy. For instance, do some strengthening exercises or stretches while you watch your favorite TV show.”

“Movement melts away stress.”

“Start where you are. Use what you have. Do what you can.”

“If you don't make time for your wellness now, you will have to take time for illness later.”

“Feeling stressed? Read a book! It can reduce your stress hormones by up to 68%.”

“Sleep is one of the most overlooked health prevention tools! Prioritize quality sleep.”



Spinach and Italian Chicken

Makes 7 (1-cup) servings. Source: FoodHero.org

Ingredients

1 cup tomato pasta sauce

1 lb. chicken breast, cut or pounded into ½-inch-thick slices

¼ tsp. salt

¼ tsp. pepper

4 cups fresh spinach leaves or 1 package (10 ounces) frozen spinach, thawed and drained

¾ cup shredded mozzarella cheese

Directions

1. Preheat oven to 350°F (177°C).
2. Pour ½ cup of pasta sauce in a large baking dish. Lay the chicken pieces over the sauce, then sprinkle salt and pepper on the chicken. Top with remaining ½ cup of pasta sauce, spinach and mozzarella.
3. Bake for 30 to 40 minutes until the chicken is cooked through (165°F using a food thermometer) and the cheese begins to turn brown.

Notes

- Try other fresh or frozen and thawed leafy greens in place of the spinach.
- Serve over whole wheat pasta.
- Refrigerate leftovers within 2 hours.

Potato, Corn and Cheese Chowder

Makes 6 (1-cup) servings. Source: montana.edu

Ingredients

2 cups diced potatoes	¼ tsp. pepper (or to taste)
1 cup sliced carrots	1 (15-ounce) can cream style corn
1 cup chopped celery	1½ cups nonfat milk
½ cup chopped onion	½ cup shredded cheddar cheese
½ tsp. salt	

Directions

1. Combine potatoes, carrots, celery and onion in pan. Add 1 cup water. Cover and simmer for 10 minutes.
2. Add corn, salt and pepper. Cook 5 more minutes or until vegetables are cooked.
3. Add milk and cheese. Stir until cheese melts and chowder is heated through. Do not boil.
4. Serve hot.

Notes

- You can substitute 4½ Tbsp. of nonfat dry milk powder, mixed with 1½ cups of water, for the nonfat milk.





Orange Pork Chops

Makes 2 servings. Source: extension.umd.edu

Ingredients

- 2 pork chops
- 1 Tbsp. vegetable oil
- 1 sweet potato, washed and peeled
- ½ orange, washed and sliced
- 1 pinch of cinnamon
- 1 pinch of black pepper

Directions

1. Preheat oven to 350°F (177°C).
2. In a medium-size skillet over medium heat, brown pork chops in oil.
3. Cut sweet potato into ½-inch slices.
4. Place meat and sweet potato slices in a baking dish and top with orange slices. Season with black pepper and cinnamon.
5. Cover and bake for 1 hour until meat is tender.

Green Beans with Onions and Almonds

Makes 4 servings. Source: FoodHero.org

Ingredients

- 1 Tbsp. margarine or butter
- 1 small onion (½ cup chopped or sliced)
- ¼ cup almonds, chopped, sliced or slivered
- 2 Tbsp. brown sugar
- 2 Tbsp. orange juice (juice from ¼ orange)
- 1 Tbsp. mustard
- 4 cups green beans, fresh (cooked), frozen or canned (drained)

Directions

1. Melt margarine in a medium skillet over medium heat. Add onion and almonds and cook until onions are tender.
2. In a small bowl, mix together brown sugar, orange juice and mustard. Stir into onion mixture.
3. Cook 2 to 3 minutes, until sauce begins to thicken. Stir in green beans and cook for 3 to 5 minutes, or until heated through.



