

## RESULTS FOR LIFE

Monthly tips and topics for a healthier lifestyle

### Mental Health

Mental Health includes emotional, psychological, and social well-being. Mental health is important throughout life as it affects how we think, feel, and interact with others. This newsletter includes information on identifying mental health issues and seeking ways to develop your inner strength.

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#### Using Your Inner Strengths

When we think of someone with inner strength we might also believe they have willpower and determination. We may believe these people have super-human abilities or were born with a more successful way of getting things done, although that's not the case.

Time and time again successful people are asked what the secret is. Unsurprisingly, the response often includes a commitment to habits, which help to accomplish goals, stay on track, and improve their inner strength. See below for a few examples.

**Values:** Individuals who stick to goals link them to their values. For example, someone may wish to become more organized because they value calm and are aware that being disorganized will lead to extra stress and chaos. Another person might like to be more physically active because they value family, and are aware of how their lack of activity inhibits them.

We all know we could take steps to be healthier and happier (eat fruits and vegetables, exercise, drink water, etc.). Yet *knowing* we should do something and *doing it* are two very different things. When your goals are in-line with your values, the

### Fit Tip of the Month



#### Outdoor Exercise

Now that spring is here, it's the perfect time to get outdoors! A study found that outdoor exercisers lost an average of about 7½ pounds and 6% percent body fat in eight weeks.

Here's a 30-minute routine where you can burn 260 calories & firm up your entire body.

*Warm-up: power-walk 5 mins*

#### Side steps/leaps

- Bend knees, step or hop from right to left as far as you can to each side

*Goal: 20 per side*

#### Park bench dip

- Sit on bench & place hands on either side of hips
- Slide butt forward
- Bend elbows, bringing upper arms almost parallel to ground
- Return to start position

*Goal: 15 reps*

#### Park bench push up

- Stand facing a park bench

effort you put into making new habits becomes easier. Take a moment and think about what you value in life. How do these values guide your daily activities and lead you closer to accomplishing your goals?

**Environment:** Individuals that stay true to their goals surround themselves with people and things that inspire them to be a better version of themselves.

Take notice of things in your home and work environment: what keeps you motivated? What brings you down?

Try to surround yourself with people that energize you and limit those that bring you down.

When your values and your environment support you, the sky is the limit to the power of your inner strength.

For other useful tips on building strong healthy habits, visit [www.myinteractivehealth.com](http://www.myinteractivehealth.com).

**Dr. Colleen Fairbanks**

**Health Psychologist**

## Have you seen your new wellness website?



We've taken the online wellness experience to a whole new level. Tap into a concierge-like web experience that will assist you on your journey to better health. Fresh, modern and easy-to-use, the website includes interactive guides, pin-able content, personalized action steps and much more!

Log on today at [www.myinteractivehealth.com](http://www.myinteractivehealth.com) (or at your company-provided web link) to see more.

- Place hands on seat, walk feet out behind you extending legs
- Bend arms & lower chest toward bench, then push up

*Goal: 15 reps*

### Step up

- Using a step or flat rock, step up with left foot & lift right leg directly behind you
- Step down, repeat on opposite side
- Step up on left foot, raise right leg diagonally behind you, switch sides & repeat
- Step on left foot, kicking right foot out to side, switch legs & repeat

*Goal: 26 reps*

### Hanging Crunch

- Hold a sturdy tree branch/monkey bars palms facing forward
- Extend arms, bend knees & bring toward abs then release slowly

*Goal: 15 reps*

### Resources:

[Fitness Magazine The 30 Minute Outdoor Workout](#)

**Suzanne Toon MS, CPT**  
Health Coach

**Always consult your physician before beginning this or any exercise program. For more exercises or ideas, visit [www.myinteractivehealth.com](http://www.myinteractivehealth.com).**

## Preventive Focus Anxiety and Depression

According to the Anxiety and Depression Association of America (ADAA), 40 million Americans over the age of 18 are affected by mental health conditions.

Of those 40 million people, almost 24 million of them suffer from anxiety disorders, with 14.8 million suffering from major depressive disorders.

Anxiety may cause you to feel worried or fearful about daily activities and events. You may feel worried much of the time, which makes it hard to function in your daily life. Your anxiety may not always have an obvious cause.

Depression affects people differently. You may feel hopeless and sad or stop feeling pleasure from almost everything you do. You may feel "down in the dumps," tearful, or discouraged. You may also be grouchy or anxious or have low energy levels. When you have depression, chemicals in your brain are out of balance.

Participating in a mental health screening and providing honest answers is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition. Disorders such as depression or anxiety are real, common and treatable. Recovery is possible.

If you think you may have anxiety or depression talk to your doctor. It is important to get medical help if you have any of these conditions.

**Lynn Friedman RN**

**Health Management Specialist**

**Resources:** [Anxiety and Depression Association of America](#); [Healthwise](#)



### Stop Worrying...Alleviating Anxiety

Anxiety is a normal reaction to stress that helps one cope. When it becomes excessive, it can interfere with normal life and become a disabling disorder. This presentation will cover the different types of anxiety, symptoms, and causes. Learn steps to start alleviating your anxiety.

**Date:** Thursday, May 17, 2018  
**Time:** 12:00pm - 12:45pm Central

[Register Now](#)

After registering you will receive a confirmation email containing information about joining the webinar.

A recorded version of the webinar will be available for viewing within seven business days on the [Interactive Health](#) member website.

## Recipe of the Month

### Banana Chocolate Chip Ice Cream Bites

Looking for a sweet treat, but don't want to consume too many calories? Banana Chocolate Chip ice-cream bites are a healthy version to classic ice cream. They are easy to make and perfectly portioned!

#### Ingredients

- 6 ripe bananas
- ½ cup mini chocolate chips, divided



#### Directions

1. Line a baking sheet with parchment paper. Slice the bananas into ½-inch slices and lay flat on the parchment-lined baking sheet. Cover with plastic wrap and place in the freezer for 1 1/2 hours.
2. Remove frozen bananas from the freezer and let set out for about 5 minutes.
3. Place the bananas in a food processor and pulse/blend until smooth and creamy. Stir in ½ cup mini chocolate chips.
4. Grease a mini muffin pan with non-stick cooking spray. Scoop the banana ice cream into each cup, filling each one almost full, then sprinkle the top of each cup with a few more mini chocolate chips. Place the muffin pan in the freezer for an hour.
5. Remove the pan from the freezer and pop each bite out with a knife. Stack the banana ice cream bites in a freezer safe container with a lid, placing parchment paper between each layer of bites to keep them from sticking together.
6. When ready to eat, remove however many bites you want from the freezer container and let set out for a few minutes before eating.

#### Nutritional Information Per Serving (1 ice cream bite)

Calories: 53

Total Fat: 1 grams

Cholesterol: 0 milligram

Protein: 1 gram

Total Carbohydrates: 10 grams

Dietary Fiber: 1 gram

Sugars: 6 grams

Sodium: 0 milligrams

Recipe adopted from: <http://thebakermama.com/recipes/two-ingredient-banana-chocolate-chip-ice-cream-bites/>

**Erica Lokshin, MS, RDN, LDN**  
Registered Dietitian/Health Coach

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## Wellness Works Hub

Stay up to date with the latest wellness news and trends with [Wellness Works Hub](#).

If you haven't visited lately, here's what you've missed:

[Employees Still Needing More Management Support on Mental Health: Report](#)

The findings from a Bupa study are stark:

“Mental health is now a priority at board level for almost two-thirds (65 percent) of businesses, rising to 72 percent among large corporates, while mental health is now a bigger issue than physical illness among employees for nearly a third (29 percent) of businesses.”

Interactive Health provides comprehensive wellness programs to individuals across the nation. Our worksite wellness program is designed to engage you in the management of your health through early detection and identification of risk factors. Our goal is to *measure, motivate and reward* you as you begin a journey on the pathway to better health. We create a personalized pathway that is unique to your health status. Our program provides you with the specific tools and resources you need to achieve

