



# Trinity Live Well

I N I T I A T I V E

## Trinity Regional Health System Live Well Today Newsletter

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### Associate spotlight: Andy Busch

Many of us here at Trinity exercise regularly by walking, running, swimming, cycling, hiking, or cross-country skiing, and understand the health benefits associated with maintaining a balanced lifestyle. My own personal “fitness journey” began in January 2009 when I realized a harsh reality: I was overweight and had let

myself go to the point that not only was my life at risk, but also my family life was suffering. I lost weight many times before, so I knew I possessed the willpower needed to succeed this time around.

By modifying my diet and starting to exercise, I quickly began losing weight and experiencing life for all of its worth. The support I received from family, friends—and yes—even Weight Watchers helped me to push myself and to discover a new love for running. Soon, I finished my first 5K, 10K, and by May 2010 I ran a full marathon.

In addition to running, I started swimming. Many runners and related magazine’s recommend training in other endurance activities once or twice a week in order to develop overall fitness and to avoid boredom. I remember one particular article even asked, “Why Not Try a Tri?” In June

2010 I completed my first triathlon, and by 2011 I competed in my second.

In total, I lost about 90 pounds. My life and my overall health have changed dramatically and I am proud to report lower blood pressure, lower heart rate, and lower blood sugar. Now, running and playing with my 5-year-old son are the best things I am able to do. As a father and a husband, that’s much more important than any race!

Many people begin endurance training to gain a general sense of well being, peace of mind, and improved self-image. Some people start to exercise out of an innate desire to honor God, while others believe outdoor exercise helps them to get in touch with nature and to feel closer to God. Speaking candidly, my involvement in exercise and endurance sports has certainly helped me to grow spiritually. And, as I mentioned before, it’s

greatly improved my relationship with what is most important to me – my family.

As a minister and a chaplain, it is my hope that I can help anyone who is interested to explore with me the connection between physical fitness and spirituality. I’m excited to find out what we can learn together!



Chaplain Andy Busch after his transformation in July 2009 at the Mississippi Valley Blues Festival.

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## Apple-Glazed Pork Chops Meal

### All you need:

- 4 boneless pork chops, 3/4-inch thick
- 1/4 tsp. coarsely ground black pepper
- 1 tsp. canola oil
- 1/4 c. apple juice
- 2 tbsp. apple jelly
- 2 tbsp. Dijon mustard
- Long grain wild rice
- Broccoli



### All you do:

- Season chops with pepper. Heat oil in large nonstick skillet over medium-high heat; brown chops on one side.
- Turn chops; add apple juice, jelly and mustard to skillet. Reduce heat to low, cover and cook 8 to 10 minutes.
- Spoon glaze over pork chops; serve.
- Serve with long grain wild rice and broccoli for a budget-friendly meal.

### Nutritional information per serving:

Calories:	164
Carbohydrates:	10g
Fat:	6g
Protein:	23g
Saturated Fat:	0g
Sodium:	230mg

For more recipes visit  
<http://www.hy-vee/meal-solutions/recipes> or the  
American Heart Association  
website and search "recipes"  
for healthy meals in minutes!

## A Healthier You is Only a Click Away!

Your food and physical activity choices each day affect your health – how you feel today, tomorrow and in the future. Go to [MyPyramid.gov](http://MyPyramid.gov) for a wealth of information on nutrition including portion control, menu planning, meal trackers, *Foodpedia* (quick access to food information) and much, much more!



## Rotisserie Chicken Dinner

### All you need:

- 12 oz. Hy-Vee savory rotisserie chicken
- 2 cups broccoli
- Supreme salad
- 4 frozen Pillsbury whole-wheat dinner rolls

### All you do:

- For an easy solution, purchase all items from your local Hy-Vee grocery store.



### Nutritional information per serving:

Calories:	180
Carbohydrates:	0g
Cholesterol:	55mg
Dietary Fiber:	0g
Fat:	8g
Protein:	21g
Saturated Fat:	2.5g
Sodium:	310mg
Sugar:	0g
Trans fat:	0g



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## Start! Walking Now

Powered by the American Heart Association, StartWalkingNow.org offers visitors four key tools to plan and stay on track with a walking program. Register online and gain access to MyStart! Online Community, MyStart! Tracker, MyStart! Walking Plan and MyStart! Walking Paths integrate useful tools, knowledge, and support to help guide you to a healthier you!

### MyStart! Online Community:

The online networking system encourages you to connect with others – whether in your neighborhood or on the other side of the country – to stay on track!

### MyStart! Tracker:

A free, online, easy-to-use tool to aid you in keeping a daily log of activities and eating habits.

### MyStart! Walking Plan:

The exercise program offers three free, downloadable walking plans for people with varying goals and fitness levels.

### MyStart! Walking Paths:

Aimed at getting you up, out, and moving, the American Heart Association designated these paths, located across the nation, as official Start! Walking Paths.

For more information or to get involved visit [StartWalkingNow.org](http://StartWalkingNow.org).



To amp up your workout, download the music playlists found on the wellness page at [trinityqc.com](http://trinityqc.com) under “for associates.”

To download an 8-week beginner’s running schedule, visit [trinityqc.com](http://trinityqc.com), click “for associates,” “wellness,” and then wellness resources!

## Happy, Healthy Opportunities

Trinity is pleased to announce that we have entered into a corporate partnership with the Quad City YMCAs, including Two Rivers Y located in Moline, North, West, and Downtown Davenport, Bettendorf, and Maquoketa. Key features of this partnership include:

- Free “Try the Y” passes that allow all associates and their families a one-week trial membership
- No activation fee during the initial enrollment period and no long-term contract required
- Free wellness coaching sessions
- Free class sessions and rewards to members based on his/her use of the Y
- Access to all YMCA facilities throughout the United States

For more information, contact the nearest Y location.

For a full list of locations, visit <http://www.quadcitiesymca.org>.



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# Mind-Body Connection

## Feed Your Soul Chaplain Andy Busch

There are four things we can all do daily to improve our spiritual – and overall – wellness.

1. *Play* – Get up, get moving, and have fun! No matter how old we are, we never outgrow our need and spirit to play. Age is only a number!
2. *Pray* – Take time every day when you put aside noise and distractions and to reach out to a “power greater than ourselves.” There are many kinds of prayer: Some people prefer written prayers from devotional booklets, others value a holy place, and many more travel deep inside themselves. Essentially, the most important thing to remember is to do what works best for you.
3. *Rest* – Take a break. Every now and then, “unplug” and “chill out” even if it’s only for a short time. Turn off your phone, the TV, and the computer to catch up on some much needed “you” time.
4. *Create* – Take time everyday to do something creative such as, writing poems, songs, or letters, or painting, drawing, or woodworking. Not creative? Try your hand at cooking a new recipe or embarking upon a new adventure the whole family can enjoy!

## Upcoming Events

### April 6:

National Start! Walking Day  
<http://www.heart.org>

### April 30:

March of Dimes for Babies  
<http://www.marchforbabies.org>

### May 21:

Start! Heart Walk  
<http://startheartwalk.org>

### June 11:

Race for the Cure  
<http://komenquadcities.org>

### June 19:

Ride the River  
<http://www.riveraction.org>

### July 24-30:

RAGBRAI  
<http://ragbrai.com>

### July 30:

37<sup>th</sup> annual Quad-City Times Bix 7  
<http://www.bix7.com/2011>

*Start by doing what's necessary, then what's possible, and suddenly you are doing the impossible.*

~ Francis of Assisi



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