



Live Well Today Newsletter

Part of Trinity's Live Well Initiative

Fall 2011 Volume 1 Issue 3

Family provides the motivation she needs to reach fitness goals

Tarah Houk had hit rock bottom. She was losing her battle of trying to stay at a manageable weight while balancing her responsibilities as a Trinity radiation tech and her roles as a wife and mother of two.

"I didn't really know where to go with losing weight anymore. Calorie counting, a technique I had used in the past, didn't seem to be working very well for me."

She was looking for a way to get back in shape so she could set a fitness example for her young children. Right when she was feeling at her lowest point, she received the motivation she needed from a familiar source -- good old dad.

"My father wanted to join Weight Watchers and didn't want to do it alone,



Tarah, pictured here with daughter Stella, was motivated by knowing that her kids are watching her become healthier.

so he asked me to join with him, and I thought 'why not?'"

The program turned out to be just the thing that Tarah needed to get her on track to renewed fitness and health.

"I had already started an exercise routine, mainly walking, but really needed the nutritional guidelines to go with it to really start losing," she said.

The nutritional changes she made by following the Weight Watchers system is what really got her going on her way back to healthy living. Tarah cut down drastically on the amount of pre-packaged foods she was eating and began consuming a more balanced diet of veggies, fruits and protein.

found motivation knowing that her kids are watching her as she becomes healthier.

"Hopefully," she said, "they will see me doing healthier things, and this will become second nature to them. They will automatically think that the normal thing to do is exercise and make good decisions when it comes to food and eating healthy."

Her time on the road to renewed fitness has benefitted Tarah in more ways than physical health

"The weight loss experience has really given me confidence in myself again, not only because I feel better, but because I was able to stay disciplined and focused to get the ball rolling again. I proved to myself that I could take on a challenge again and work toward a goal, stay on track and in control.

"My advice for people wanting to get in shape is to start with small goals and take it one day at a time. Pretty soon that one day at a time will turn into months and you will see the changes!"

Contents

2. Nutrition

- Fall fruits & veggies
- Luau recipes

3. Active Living

- Learning to love running

4. Mind-Body

- NAMI Walk
- Yoga discounts

Clip out these recipes that were featured in this summer's Wellness Wednesday Luau!

Fall fruits and vegetables

The fruits and vegetables connected to fall have become some of our seasonal favorites. Did you know that they are also a great source of nutrients?

Pumpkins: This seasonal favorite is not only low in fat, but also rich in antioxidants.

Apples: Whether they are baked in a pie or eaten raw, apples are an excellent source of Vitamin C.

Acorn squash: The golden yellow or dark green skin of this vegetable reminds us of fall. It is also rich in beta carotene and Vitamin C, which can reduce the risk of lung cancer.

Sweet potatoes: This vegetable is often popular in fall casseroles. It is full of healthy antioxidants and Vitamins A and C, which are anti-inflammatories, making it an excellent food choice for those suffering from arthritis or asthma.

Spicy Grilled Pork Chops

4 pork rib chops, cut $\frac{3}{4}$ inch thick (about 1 $\frac{3}{4}$ pounds total)
 $\frac{1}{4}$ cup lime juice
1 tablespoon chili powder
1 tablespoon olive oil
2 cloves garlic, minced
2 teaspoons ground cumin
1 teaspoon ground cinnamon
 $\frac{1}{2}$ teaspoon bottled hot pepper sauce
 $\frac{1}{4}$ teaspoon salt
Sliced mango and/or fresh chili peppers (optional)

- 1) Place chops in a plastic bag set in a shallow dish. For marinade, in a small bowl, stir together lime juice, chili powder, oil, garlic, cumin, cinnamon, hot pepper sauce, and salt. Pour over chops.
- 2) Seal bag; turn to coat chops. Marinate in the refrigerator for 4-24 hours, turning bag occasionally. Drain chops, discarding marinade.
- 3) Place chops on the rack of an uncovered grill directly over medium coals. Grill for 11-14 minutes or until pork juices run clean (160 degrees F), turning once. Garnish with mango and/or chili peppers.

Nutritional information per serving: 196 calories, 9 g total fat, 2 g saturated fat, 61 mg cholesterol, 159 mg sodium, 3 g carb, 1 g fiber, 25 g protein.

Poke Cake (Makes 20 servings)

1 white cake mix
4 oz. sugar-free Jell-O, flavor of your choice
Sliced fruit
8 oz. sugar-free whipped topping, optional
1 c. boiling water
 $\frac{1}{2}$ c. cool water

- 1) Make cake according to package directions. Cool cake 20 minutes.
- 2) Using utility fork poke cake at $\frac{1}{2}$ inch intervals. Make Jell-O using 1 cup boiling water and $\frac{1}{2}$ cup cold water. Pour Jell-O slowly over cake covering all holes.
- 3) Chill 3-4 hours. Spread with whipped topping. Top with sliced fruit of choice.

Nutrition information per serving: 230 calories, 4 g fat, 2 g saturated fat, 26 g carbohydrate, 2 g protein.



After overcoming serious injury, associate learns to love running

Trinity Live Well team member Valerie Olson wasn't always a fan of running. In fact, she used to hate it. Lingering after effects from a serious car accident in 2005 and asthma challenged her physically and mentally. Then the rising price of gas – coupled with a 45-minute drive to work – made her realize the price of her gym membership just wasn't worth it.

“I needed to do something to exercise, so instead of hitting the gym 2-4 times a week, I started running on the country highways near my home instead,” Valerie explained. “It was a free way to exercise. The rest is history.”

“Running has taught me so much already ... It's a great time to clear your mind and meditate, to connect with nature, to take time out for yourself, to socialize with friends, to feel empowered and strong, to be patient, and also to take care of yourself.”

--- Valerie Olson

Once Valerie started running, she realized something about herself: if she set small goals, she could accomplish something much larger. Pretty soon she made up her mind to run one race a month.

“I took it slow, only attempting one mile at first, then two, then three.

Because of the asthma, I had to train my lungs to adapt. The titanium rods and screws in my ankle can also sometimes give me problems, so running truly is a feat for me!”

The steady approach apparently worked: the sport has now become a passion for Olson, primarily because of the numerous benefits she gains from it.

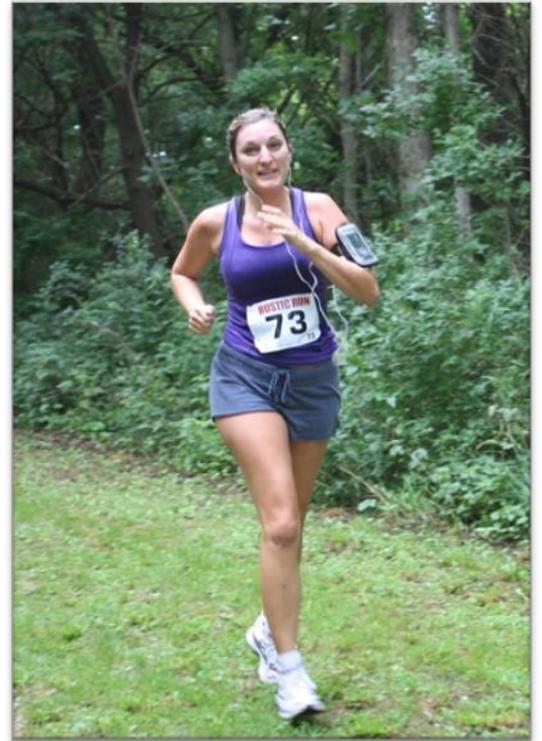
“Running has taught me so much already and I've just started. It's a great time to clear your mind and meditate, to connect with nature, to take time out for yourself, to socialize with friends, to feel empowered and strong, to be patient, and also to take care of yourself. Who doesn't need more of that?”

Recently Valerie celebrated her one-year running anniversary by completing the OUCH Race half-marathon (13.1 miles) in August. She also plans to run the half-marathon event at the Quad-Cities Marathon in September as well as a 10K in Rock Island. So far this year she has completed 17 races with five more to go.

“The idea of running 13.1 miles really overwhelmed me at first, but then I looked at the fact that I had already been able to run several 5Ks, a 10K, 4- and 5-miles races and all four Bix at 6s,” Valerie said. “But what's a few more miles? I couldn't think of a better way to commemorate my first year!”

Looking for a group to run with, regardless of experience? Contact Valerie Olson, OlsonVS@trinityqc.com, for more information about becoming part of the Trinity Trackers running club. She offers these tips:

- Increase your mileage slowly (1 mile per week maximum).
- Make sure you are properly hydrated and fueled.
- Don't run in secluded areas alone.
- Stretch frequently! After a warm-up, at the halfway point, and just before your 5-minute cool down.
- Dress for the weather.
- Pay attention to how your body feels. Don't continue to run when injured!



Valerie is pictured here competing in the Rustic Run in Iowa, where she placed first in her age division.



Mind-Body Connection

Activity opportunity spotlight

“Mental illness is a serious medical illness that affects

NAMI, the National Alliance on Mental Illness, is an organization dedicated to improving the lives of individuals and families affected by mental illness. **1** in **4** families”. www.nami.org

If you are interested in supporting those affected with mental illness, consider participating in the Trinity sponsored NAMI walk on Saturday, Oct, 1 in downtown Rock Island! You can sign-up on-line or pick up an application at the Robert Young Center front desk. Interested Trinity employees are encouraged to join “RYC Team Psyched.” Thanks for your support!

Try this stress reliever from the Trinity Enrichment Center ...

Yoga: Mind and Body

5-6 p.m., Mondays, Oct. 3 to Nov. 7 (\$42/six weeks)
5-6 p.m., Mondays, Nov. 14 to Dec. 19 (\$42/six weeks)
5-6 p.m., Wednesdays, Oct. 5 to Nov. 9 (\$42/six weeks)
5-6 p.m., Wednesdays, Nov. 16 to Dec. 21 (\$42/six weeks)
Yoga emphasizes the development of strength, stamina, and flexibility by utilizing the body’s postures and breathing techniques essential to your mental and overall wellness. An exercise mat is required for class.

Call the Trinity Enrichment Center at (563) 742-5800 to register. 20% off these classes for Trinity associates.



Need someone to listen?

Contact the Employee Assistance Program (EAP) at 779-2273 or (800) 383-7900 for a FREE and confidential consultation.



TRINITY
IOWA HEALTH SYSTEM

Moline • Rock Island • Bettendorf • Muscatine