

Stay Connected

With the COVID-19 pandemic affecting services, Southcentral Foundation wants to stay connected with customer-owners and offer information on activities, recipes, and much more. The Wellness Newsletter is a weekly newsletter providing information for customer-owners to help with health and wellness. The newsletter can be found at both the *Benteh Nuutah* Valley Native Primary Care Center Wellness Center and Anchorage Health Education websites.

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Staying Active During Pregnancy

ASHLEY SCHROEDER

Did you know that exercising during pregnancy can help make labor shorter and reduce the risk of having a caesarean section? Exercising during pregnancy has other benefits as well: strengthening the body in preparation for labor, moderating maternal weight gain, and helping to speed postpartum recovery. Regular exercise during pregnancy tends to have these beneficial effects, especially during the second and third trimesters. Moderate exercises that include movement of large muscle groups with light resistance, stretching, and strengthening of the pelvic floor are beneficial to maternal outcomes. To get the most out of exercise during pregnancy:

- Warm-up before exercising.
- Perform aerobic exercises such as walking, stationary bike, or use of a stair-climber.
- Include light resistance training such as bodyweight exercises or use of resistance bands.
- Stretch.
- Cool-down exercises.
- Aim for 150 minutes of moderate intensity exercise every week (about 30 minutes per day, most days of the week).

Get creative with exercise. Take the dog for a walk, attend a virtual prenatal or beginners yoga session, or if you have other children join in active play. Always exercise safely and avoid horseback riding, contact sports, and any activity that may put you at risk of falling. Before beginning any exercise program, be sure to check with a medical provider. Southcentral Foundation has exercise physiologists who specialize in working with women during pregnancy and postpartum. For more information, contact SCF Physical Therapy, Occupational Therapy, and Exercise:

- Anchorage | (907) 729-6683
- *Benteh Nuutah* Valley Native Primary Care Center Wellness Center | (907) 631-7630

Postpartum Tip:

When cleared for exercise after the baby arrives, you may work up a sweat. Sweat can leave a salty taste on the surface of the breasts; if you are breastfeeding, some babies may prefer to be fed after you've gently wiped the surface with a wet washcloth or wipe if you haven't showered yet.





Improving Happiness

SCOTT HADLEY

As an exercise physiologist I spend most of my time at work empowering customer-owners to make choices that will lead to improved health and fitness. Exercise is amazing because it has the potential to increase the duration and quality of life. Exercise is just one piece in the puzzle of living a rich life full of happiness. Even in difficult, stressful, and challenging times, we can improve our happiness. Listed below are a few of the many ways to boost happiness.

Positive Thinking

Positive thinking can change our lives. In the 1930s a group of almost 200 aspiring nuns were about to enter a convent. They were asked to write autobiographies detailing their lives up until that point. These nuns were an average age of 22 years old. Decades later, scientists studied their written records. The most significant finding was nuns who expressed the most positivity in their autobiographies lived nearly 10 years longer than nuns who were less positive. Making an effort to think more positively could boost your happiness and may prolong your life.

Gratitude

Have you tried a gratitude journal? Research has shown that gratitude can help improve happiness while decreasing stress, negativity, anxiety, and depression. Pick up a notebook and start or end your day with three things you are thankful for. You can also help others be more grateful by calling a friend and instead of asking “how are you?” ask “what was the highlight of your day today?”

References:

Danner, D. D., Snowdon, D. A., & Friesen, W. V. (2001). Positive emotions in early life and longevity: findings from the nun study. *Journal of Personality and Social Psychology*, 80(5), 804–813.

Wood, A. M., Maltby, J., Gillett, R., Linley, P. A., & Joseph, S. (2008). The role of gratitude in the development of social support, stress, and depression: Two longitudinal studies. *Journal of Research in Personality*, 42(4), 854–871. Zhang, Z., Chen, W. (2019). A Systematic Review of the Relationship Between Physical Activity and Happiness. *Journal of Happiness Studies*, 20, 1305–1322.

Exercise

Research has shown a strong correlation between physical activity and happiness. A study found that exercising 10 minutes per day was enough to elicit the positive response, and the type of activity varied. So, whether you like to jog, walk, dance, or practice yoga, exercise is a great way to boost happiness.

Acts of Kindness

A small or large act of kindness will brighten the day of the recipient, and will boost your happiness as well. Search daily for a way to serve someone. Share a meal, help a stranger, donate time, call a friend or family member, or simply greet a stranger with a smile. There are endless ways to show kindness to others.

Tobacco Free Testimonial

RUTHI BLATCHFORD

Amanda Carlson shared her success story of being tobacco free for over two months. She is participating in the *Benteh Nuutah* Valley Native Primary Care Center Quit Tobacco Program.

“My motivation for quitting smoking was my health and my children. Also, realizing I had smoked over half my life was disturbing to me. At some point you have to ask yourself, ‘Is this serving me well?’ and if the answer is no – you must take action to let it go.

What helped me the most to quit smoking was identifying the reasons I want to smoke (*other than the obvious addiction*). I smoked due to stress, wanting alone

time, needing time in nature, and boredom. Have a plan to address each one of these as the desire to smoke presented itself.

My tips — I listen to audible books in the car now (*with my window cracked still*), take walks as often as I can to be in nature. I chew big red when I’m bored. I try to work out regularly to help with stress and use essential oils. I take small breaks for myself when I want alone time instead of using smoking as a way to disengage.”

If you are ready to quit, please contact your provider today to join SCF’s Quit Tobacco Program!

Summer Salads

CALLIE BRAY

Salads are quick and easy, require little to no cooking, and are the perfect way to use seasonal produce. Here are tips to building a healthy, nutrient rich salad:

- **Vegetables/Fruits** – Go for a combination of color, texture, and flavor.
 - Juicy – tomatoes or cucumbers
 - Crunchy – radish, celery, or bell pepper
 - Sweet – berries, apples, grapes, or peaches
 - Colorful – beets, purple cabbage, or carrots
 - Flavorful – onion (green, red, white), fresh herbs, or citrus fruits
- **Use a mix of leafy greens.** Each variety of lettuce provides different amounts of nutrients so try to mix varieties together for a healthy balance.
 - Common leafy greens: romaine, red or green leaf, butterhead, spinach, kale, radicchio, arugula, or a mix.
- **Use lean proteins and remember your healthy fats.**
 - Lean sources of protein: chicken, salmon, halibut, cod, beans, legumes, and eggs
 - Healthy fats: avocado, seeds, nuts, olive oil, and fish
- **Get creative with your salad base.** While leafy greens are packed with nutrients, they don't always have to be in the spotlight. Try grain, fruit, bean, and other vegetable salads.
- **Make your own dressings.**
 - Store bought dressing can add up in calories, sugar, and unhealthy fats. By making your own, you can choose and control exactly what goes into your dressing.

Here are some tasty summer salad recipes that you and your family can enjoy:

Tossed Salad

Ingredients: serves 4

- 8 cups lettuce
- 1 cup cucumber
- 1 cup tomatoes
- 1 cup mixed vegetables (radish, shredded carrot, purple cabbage)
- 2 tablespoons almonds or sunflower seeds, toasted

Dressing:

- 1/4 cup olive oil
- 2 tablespoons vinegar (cider, balsamic or white)
- 1 teaspoon honey
- Salt and pepper to taste

Directions:

1. Place all salad ingredients in a large bowl.
2. Place dressing ingredients in a small bowl and whisk until well mixed.
3. Toss salad with dressing to taste and serve immediately.

Note: Add a boiled egg, grilled chicken, or fish for additional protein.

Source: <https://www.spendwithpennies.com/best-tossed-salad/>

Summer Caprese Salad

Ingredients: serves 4

- 3 large tomatoes, sliced
- 1/4 cup red onion, thinly sliced
- 1-pound mozzarella cheese
- 1/3 cup fresh basil
- 2 large peaches, sliced
- Salt and pepper to taste
- 1 small cucumber, sliced and halved
- Balsamic glaze for drizzling
- 1/2 cup grape or cherry tomatoes, halved

Directions:

1. In a bowl, add tomatoes, mozzarella, peaches, cucumbers grape/cherry tomatoes, red onion, and basil. Season with salt and pepper to taste and drizzle with balsamic glaze. Serve immediately and enjoy!

Source: <https://www.twopeasandtheirpod.com/summer-caprese-salad/>

Watermelon-Mint Salad

Ingredients

- 4 cups seedless watermelon, cut into 1 or 2-inch chunks
- 4 ounces feta cheese, coarsely crumbled
- 1/4 cup fresh mint leaves, loosely packed
- 2 tablespoons olive oil
- Pepper to taste

Directions:

1. In a large bowl, combine watermelon, feta cheese, mint, and olive oil. Season to taste with pepper. Cover and chill for 2 hours before serving. Enjoy!

Source: <https://www.bhg.com>

Honey-Lime Fruit Salad

Ingredients: serves 10

- 1-pound fresh strawberries, diced
- 1-pound fresh pineapple, diced (canned if needed)
- 12 ounces fresh blueberries
- 12 ounces red grapes, halved
- 4 kiwis, peeled and diced
- 3 mandarin oranges, peeled and segmented
- 2 bananas, sliced

Dressing:

- 3 tablespoons honey
- 2 teaspoons lime zest
- 1 tablespoon lime juice



Directions:

1. Add all fruit to a large bowl.
2. In a small mixing bowl, mix dressing ingredients together. Pour mixture over fruit just before serving and toss evenly to coat. Enjoy!

Source: [Cookingclassy.com](https://www.cookingclassy.com)

Sleepless in Alaska

ANCHORAGE HEALTH EDUCATION

Summers in Alaska bring endless opportunities for activities. Some activities include home improvements, cultivating beautiful gardens, finding your favorite fishing spot, creating a family memory by camping and making a campfire, remaining awake at 1:06 a.m. trying to remember if you watered the rosemary plant, and wondering why your children are awake and sitting on the edge of the bed at 5:36 a.m. You are not alone.

The glimpse of sun rays shining through the bedroom curtains is like an internal alarm clock. It alerts our brains to start the day. Light guides our bodies and helps us stay in tune with the flow of the day. We are wired to be alert and active with the sunlight, and Alaskans are exposed to more than 18 hours of summer sunlight depending on where you live.

Practicing sleep hygiene will help establish a solid bedtime routine and tame the sleepless summer nights. Here are tips and tools to help with the long summer days. It is a great idea to evaluate the room you sleep in: Is it too hot? The ideal room temperature should hover between 60-67 degrees. Is the room too bright? Blackout curtains, tin foil, and/or eye masks are great solutions to darken the environment. What about unwanted noises? Try using white noise machines, a humidifier, a fan, and/or ear plugs. Here are additional tips from sleepfoundation.org to consider:

- Stick to a sleep schedule, even on weekends.
- Practice a relaxing bedtime ritual.
- Exercise daily.
- Sleep on a comfortable mattress and pillows.
- Beware of hidden sleep stealers, like alcohol, caffeine, and tobacco use.
- Turn off electronics before bed.

Adults need between 7 to 9 hours of sleep every night. What about toddlers, preschoolers, children, and teenagers? Here are revised recommendations from sleepfoundation.org for sleep ranges:

- **Newborns (0-3 months old):** Sleep range narrowed to 14-17 hours each day (previously it was 12-18 hours).
- **Infants (4-11 months old):** Sleep range widened by two hours to 12-15 hours (previously it was 14-15 hours).
- **Toddlers (1-2 years):** Sleep range widened by one hour to 11-14 hours (previously it was 12-14 hours).
- **Preschoolers (3-5 years):** Sleep range widened by one hour to 10-13 hours (previously it was 11-13 hours).
- **School age children (6-13 years):** Sleep range widened by one hour to 9-11 hours (previously it was 10-11 hours).
- **Teenagers (14-17 years):** Sleep range widened by one hour to 8-10 hours (previously it was 8 1/2-9 1/2 hours).
- **Younger adults (18-25 years):** Sleep range is 7-9 hours (new age category).
- **Adults (26-64 years):** Sleep range did not change and remains 7-9 hours.
- **Older adults (65+ years):** Sleep range is 7-8 hours (new age category).

Are disturbing sounds and stimulating environments keeping you awake? The tips and tools from the sleepfoundation.org will set you up for slumbering success.



BRAIN TEASERS

1 history history history	2 ME REPEAT	3 _____ read _____
4 M MEAL M E E A A L MEAL L	5 ICE ³	6 _____ settle _____
7 millio1n	8 land time	9 BIRD
10 RIGHT RIGHT	11 ban ana	12 _____ it

Look for next week's newsletter for the answer key.

