

Wellness Happens

Quarter 4

Snack Smart

You didn't know it was okay to snack, did you? Actually snacks can be an important part of a healthy diet. Nutritious snacks can help you manage hunger, health, weight, and energy. Snacks can also help you meet food pyramid guidelines for grain, vegetable, fruit, and protein. **It is important** to choose smart snacks that will boost your energy and keep you from feeling hungry sooner. Snacks heavy in refined carbohydrates, such as candy & graham crackers give you a short burst of

energy that your body quickly uses. These carbohydrate-rich snacks can leave you feeling worse. For longer lasting energy, try fruit, string cheese or peanut butter with whole wheat crackers .

Tips to snacking smart:

- Chose healthy snacks
- Watch your snack portions
- Snack when you are hungry
- Plan ahead
- Less than 500 calorie snacks per serving

Healthy office snacks include:

- Pretzels
- Instant oatmeal
- Whole wheat crackers
- Popcorn (small, light bag)
- Dried fruit or whole fruit



Remember:

It is okay to snack as long as your snack is nutritious.

Snacks are a great source for helping you manage hunger a healthy way.

Information provided by McKinley Health Center



Add 30 Minutes a Day

Adding 30 minutes of physical activity into your daily schedule is easier than you think. Some people don't feel that they have enough time in their day to exercise, but you don't have to get 30 minutes of exercise all at the same time. You can break up your physical activity into 10 or 15 minute increments. If you think about it like that, 30 minutes a day is really an obtainable goal. Try new activities that you've never done before and gradually work up to 30 minutes, if you haven't exercised in a while.

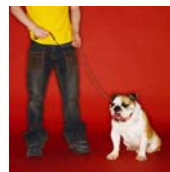
What can you do??

At Work:

- Take walks on your breaks
- Hand deliver messages instead of emailing them
- Walk around while you are on the phone
- Hold a meeting while walking

At Home:

- Play with the kids outside
- Take the dog for a walk
- Wash the car
- Vacuum the house



Adding 30 minutes of physical activity to your daily schedule is beneficial:

Physically: Helps prevent disease

Psychologically: Reduce feelings of depression and anxiety, improves mood, and promotes a sense of well-being

Economically: Reduce health care cost and increase productivity

Be sure to participate in a variety of exercises and break it up into 10 and 15 minute increments.

Have a family member join you so you can encourage each other.

Every activity you do counts, so add it up!



Courtesy of Health Promotions