

Messiah Wellness Program Newsletter

January, 2017

Bundling Up For Benefits

As winter rolls around our natural tendency to curl up by the fire place and stay indoors can naturally decrease our activity levels. As a result, the average person expends 100 fewer kcals per day in the winter than in the



summer. That may not seem like much, but winters in central PA last at least 3 months. A little quick math and it turns out we may be expending over 9000 fewer calories during the colder months. Add to that several calorie-laden holidays and our general tendency to eat a little more in the winter, and unwanted pounds can come on in a hurry. So, any kind of activity is important during the winter months. But it's also becoming clear that you may not be getting THE MOST out of your workout if you never venture outside.

Recent research suggests that exercising outdoors offers some important additional benefits. Over 800 adults (aged 20-50) recently participated in two walks- one indoor and one outdoor. After the outdoor walk they reported significantly greater increases in vitality, enthusiasm, and pleasure, and significantly lower levels of anger, tension, depression, and fatigue as compared to the indoor walk. A separate group of researchers compared the effects of exercising in three different conditions: an indoor setting, an outdoor setting on streets, and an outdoor setting in forests and natural parks. Subjects reported significantly higher levels of emotional well-being after the outdoor natural exercise compared to the other two exercise sessions.

The benefits from exercising in nature aren't only emotional, though. Exposure to sunlight itself brings with it a whole host of proven benefits. Vitamin D production increases (strengthening bones and decreasing risk of certain cancers and inflammation), sleep quality improves, serotonin levels rise and boost our mood, and nitric oxide is released lowering our blood pressure. But as you head outside, here are some tips to help keep it safe:

1. Be sure to layer. It traps in the heat, and they are removable if you get too warm and start sweating. The layer against the skin ought to be moisture-wicking.
2. Hats and gloves or mittens are a must. With less blood being sent to the extremities, this protects them from frostbite.
3. Exercise with a friend.
4. Avoid roads when it is snowy or icy. Be sure shelter is nearby.
5. If windy, be sure to BEGIN your exercise AGAINST the wind.
6. Break your exercise into several smaller 10-15 minute segments.

RECIPE ROOM

Sweet Potato Ginger Soup

Ingredients:

4 lbs. sweet potatoes, peeled and chunked; 1 2-inch piece of ginger, shredded; 2 onions, roughly chopped; 2 tbsp. olive oil; ½ tsp. garlic; 3 cups vegetable broth; 1½ cups water; 1 tsp. salt; ½ tsp. pepper

Directions:

Sauté onions and garlic in olive oil. Add sweet potatoes and stir 10-15 minutes. Add broth and water. Bring to a boil and simmer for 30 minutes. Purée and add salt and pepper. Stir in ginger to taste.

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January Wellness Workshop - *Depression: More than just the blues*

Thursday, January 12, 12:00-12:45 PM – Parmer Cinema
Presenter: Eleanor Muir, Director of Counseling and Health Services
Mark your calendar today, so you don't miss this important workshop!

February Wellness Workshop – *Snacks and Salad Demonstration*

Wednesday, February 22, 4:30-5:15 PM – Jordan 63
Presenter: Emma Witwer, Registered Dietician
Eating snacks and salads are quick and easy ways to add nutrient rich fruits and vegetables to your day. Learn how to nutritionally optimize your snacks and salads.
Space is limited, so all participants must reserve a spot by emailing dmiller@messiah.edu.

Group Exercise Classes Offered During the Spring Semester



YOGA

8 Wednesdays

5:00-5:45 PM

\$20.00

Beginning Feb. 8- must register and pay at the Larsen 2nd floor reception counter



ZUMBA

Sundays

3:00-4:00 PM

\$20.00

Beginning Feb. 5- must register and pay at the Larsen 2nd floor reception counter



PILATES

8 Wednesdays

11:30-12:15 PM

\$20.00

Beginning Feb. 8- must register and pay at the Larsen 2nd floor reception counter



RESISTANCE BAND

8 Thursdays

4:45-5:30 PM

\$20.00

Beginning Feb. 9- must register and pay at the Larsen 2nd floor reception counter

Sources

Oppezzo M; Schwartz DL, Journal Of Experimental Psychology. Learning, Memory, And Cognition [J Exp Psychol Learn Mem Cogn], ISSN: 1939-1285, 2014 Jul; Vol. 40 (4), pp. 1142-52; J. Thompson Coon, K. Boddy, K. Stein, R. Whear, J. Barton, and M. H. Depledge, *Environ. Sci. Technol.*, 2011, 45 (5), pp 1761-1772; Pasanen TP, Tyrväinen L, Korpela KM. *Applied Psychology. Health And Well-Being* 2014 Nov; Vol. 6 (3), pp. 324-46