Healthy Italian Winter Soup with Turkey Sausage

1 tablespoon olive oil
8-10 ounces Turkey sausage, cut into slices
1 small onion, chopped
1 garlic clove, chopped
2 cups diced tomatoes
4-5 cups low-sodium chicken broth or vegetable broth
1 15-ounce can of cannelloni beans
1 tablespoon dried Italian herbs (like parsley, oregano, thyme, and rosemary)
2 cups spinach or kale leaves
½ cup small whole-wheat pasta (bowtie or elbow)
Salt and pepper to taste

Total Time: 45 minutes Serves 6-8

Heat olive oil in large pot on medium heat. Add the sliced sausage and cook for about 3 minutes. Add chopped onion and garlic and cook about 4-5 minutes, until onion is soft and sausage has browned. Stir in chopped tomatoes, and cook another 3 minutes. Pour in the broth and cannelloni beans. Stir in dried Italian herbs and bring to a boil. Reduce heat to low then simmer 10-15 minutes. Stir in the spinach or kale and uncooked pasta. Return to a boil, and then reduce to low. Cover pot and simmer for about 10 minutes or until pasta is tender.

For this recipe and more visit http://www.wishfulchef.com/healthy-italian-winter-soup-turkey/

The Sleep/Exercise Connection

Late afternoon or early evening exercise results in a lower body temperature just as you are preparing to sleep. That lower temperature can help improve the quality of your sleep.

Exercise to Sleep
- Regular aerobic physical activity improves quality of sleep, vitality, and mood

Sleep to Exercise
- A study from the Journal of Clinical Sleep Medicine found that a poor night’s sleep led to a decrease in the amount of time spent exercising the next day

Tips
- Schedule exercise into your daily routine
- Exercise even when you are tired
- Ideally, exercise about 5-6 hours before bed
- Stop eating 2 to 3 hours before bed

Give it a rest – and improve your health

Walk 10,000 steps a day, get in at least 150 minutes of moderate (or 75 minutes of vigorous) activity each week, don’t sit more than 60 minutes in a row- on and on it goes. Sounds like we’d all be healthier if we could just keep moving for 24 hours! Yes, a too-sedentary, too-overweight society needs to be warned of the dangers of inactivity. But don’t let that message cause you to underestimate the importance of sleep. The consequences of short sleep are numerous. For starters, it disturbs the balance of leptin and grehlin in the body, increasing hunger, and the risk of obesity. Inadequate sleep also impairs brain function, growth and repair, diminishing one’s learning ability. Not surprisingly, a recent study among college students found that sleep problems were the #1 predictor of impediments to academic success. Under-sleeping also decreases our white blood cell count and weakens our immune system. Finally, we increase our risk of vehicular injury. Researchers found that driving after being awake for 17-19 hours (in other words, getting less than 6 hours of sleep) resulted in more driving errors than those with a blood alcohol level of .05 percent. Knowing these benefits of sleep helps us appreciate God’s love even more when we read in Psalms 127:2 “…for he gives his beloved sleep.” (ESV)

Employee Wellness News

Upcoming Wellness Workshop – Wed. Dec. 4, Parmer Cinema- 12:00-12:45 PM

Sandy Bush, Athletic Training Program Director – “Personal tips for surviving and thriving when you get the cancer diagnosis”

Getting a flu shot earns you 15 wellness points!

Completing the Health Assessment earns you 30 wellness points! Go to www.healthamerica.cvty.com – click on Members My Online Services – login or register – click on Health Risk Assessment under Wellness Tools – click on Start Your Questionnaire

For more information on sleep and exercise visit http://www.webmd.com/sleep-disorders/news/20100917/exercise-helps-you-sleep