



Heart of America Medical Center - Wellness Center

## How mindful is your eating?

By Kathy Brandt, LRD

Do you stop to eat before your stomach is grumbling and you are cranky? Do you enjoy your meal? Do you allow enough time (20 - 30 minutes) to enjoy your meal? Do you feel more satisfied or more miserable when you're done eating than when you started? Are you eating because you are hungry? Do you have an Eat-Repent-Eat cycle? Do you value eating? Or do you work-eat, watch-TV-eat, talk-on-the-phone-eat or drive-eat? Do you eat just because the clock says its breakfast, dinner or supper time? Do you eat just because there is food still left on your plate, or on your children's plates?

Mindful eating involves many components such as: learning to make choices in beginning or ending a meal based on awareness of hunger and satiety cues; learning to identify personal triggers for mindless eating, such as emotions, social pressures or certain foods; valuing quality over quantity of what you're eating; appreciating the sensual, as well as the nourishing capacity of food; feeling deep gratitude that may come from appreciating and experiencing food.

Eating in slow motion helps the process, as does setting down utensils between bites and alternating your focus between food and conversation. Instead of covering a dinner plate with your Holiday fare, try using a salad plate to make your portions seem heaping versus restricted, and truly ENJOY your meal!

For more information: [www.tcme.org/board.htm](http://www.tcme.org/board.htm)

## Holiday fitness tips

By John Brandt, PT

Happy Holidays everyone!

The busy season begins and it gets more difficult to keep up with our fitness routines. Here are a few hints to keep your fitness up while enjoying the holiday festivities.

When going to the mall, park a distance away so you have a nice long walk to get you warmed up for the shopping rush. A great tip is to wear a pedometer to track your steps and miles. The average person takes 2000 steps per mile. Also, do more window shopping. Walking up and down the mall an extra time or two will add distance to your day and burn more calories and improve your fitness level.

Also, try to avoid the pumpkin flavored mocha lattes and other mall goodies. A sensible snack such as an apple or granola bar will keep your energy up to keep you at your shopper's pace.

If you need more fitness tips or have questions, please contact the Wellness Center at 776-5261, ext. 2209. Have a happy and fit Holiday!

## Cross-Training for Fun and Fitness

By Tammy McClintock, CFT

**Tired of the same old workout?**

Cross-training is simply a way of adding variety to your exercise program. You can vary your aerobic routine and incorporate some strength and flexibility training as well.

**What's the point?**

The benefits of cross-training are numerous. It reduces the risk of injury because the same muscles, bones and joints are not continuously subjected to the stresses of the same activity. Cross-training also adds variety to your workouts, making your routine more interesting and thus easier to stick with. Cross-training will improve your overall fitness.

**The Nuts and Bolts of Cross-training**

Whether you are new to exercise or competitive athletes, the essentials of cross-training are the same. You can choose to vary your routine from workout to workout, or simply add a new component to your existing exercise program. One of the easiest ways to start cross-training is to alternate between activities- walking one day and cycling the next. Or, you can alternate these activities within a single workout, spending five minutes on a treadmill, five minutes on a stationary bike, and five minutes on the Nu-step, and so on for a total of 30 minutes. You could even throw in some strength training between each machine.

**Get Creative with Cross-training**

These formulas can be used with just about any type of activity- as long as you enjoy it. Combining a group of aerobic activities into one workout at steady or varying intensities is an excellent way to fight the boredom that comes from performing the same daily workout routine. All exercise sessions, whether they involve cross-training or not, should begin and end with low-level aerobic exercise and stretching to effectively warm-up and cool down.

Source: ACE  
December 2009

## HOLIDAY SPECIALS

Sign up for a 6 month or 12 month membership  
in December and save! Call for details.

### COUPON

Give the gift of health this Holiday Season, a

## Free Day Pass

(for a friend or family member)

Wellness Center Hours:  
 Monday-Friday 7 a.m.-9 p.m.  
 Saturday 7 a.m.-Noon

# December 2009

## Heart of America Wellness Center Monthly Activities

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		1	2 Stability Ball 5-5:45	3	4	5
6 —Exercise —Healthy Habit —Water My goal this week is_____	7	8	9 Stability Ball 5-5:45	10	11	12
13 —Exercise —Healthy Habit —Water My goal this week is_____	14	15	16 Stability Ball 5-5:45	17	18	19
20 —Exercise —Healthy Habit —Water My goal this week is_____	21	22	23 Stability Ball 5-5:45	24	25 <b>Wellness Center Closed</b>	26
27 —Exercise —Healthy Habit —Water My goal this week is_____	28	29	30 Stability Ball 5-5:45	31 <b>Wellness Center Closed New Year's Day (Jan. 1)</b>		

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