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Take a recess break

Do you remember when recess was a required activity during your day? It allowed you to run wild, play games and burn off built up energy. As adults, we still need a recess break to keep our bodies healthy and energized. A physical activity break is a great way to reach the recommend 30 minutes of movement needed each day. It is okay to move for only a few minutes at a time, your body will still get a health benefit.

Many jobs now require a majority of the day in front of a computer screen, which means we need to be intentional and proactive on how we keep our bodies in motion. It is recommended to move your body every hour. Moving more frequently helps increase concentration, motivation and energy. Studies show that sitting for long periods can increase the risk chronic disease and actually decrease your life expectancy by almost two years. Even an hour at the gym cannot offset the negative effects of sitting the remainder of the day.

Here are some ideas on ways to give your body a recess break:

- Use the water fountain or bathroom furthest away from your desk
- Keep a visual reminder of your favorite activity break at your desk
- Find a friend at work and move together to stay accountable
- Track your steps, aim to add 2,000 steps to your current total
- Host a walking meeting
- Schedule recurring times on your calendar to get up and move
- Challenge yourself to find one new opportunity to get out of your chair and move each day

Book Club

No Sweat: How the Simple Science of Motivation Can Bring You a Lifetime of Fitness

by Michelle Segar

Many try and try to stay fit. You probably have some exercise equipment collecting dust or a gym membership that you have not used in a while. What if the way you exercise is the cause of your repeated lack of follow through?

After years of research and coaching others on exercise and motivation, Segar developed a four point system that includes meaning, awareness, permission and strategy. This system will help you to discover how you feel about exercise, ways you like to move and your personal gains from exercise. Assessments, visualizations, thought provoking questions and case studies featured in No Sweat will help you to develop a plan for physical activity and reach your personal goals surrounding exercise.

Discussion questions

1. Think of a time that you enjoyed exercise. What made this activity so enjoyable?
2. Describe your current beliefs, thoughts and feelings surrounding exercise?
3. What immediate rewards do you gain when you get up and move?
4. Which of the “It’s Your Move” activities from the book helped you the most?
Give it a try...

Exercise consult

Exercise is a powerful tool to help prevent and manage chronic disease. Meet with a fitness expert to receive an individual plan to meet your health and wellness goals. This is a free service for Sanford Health Plan members.

Consultations include:
- Beginning exercise
- Muscle strengthening and balance
- Working out at home
- Event training

Contact Sanford Health Plan at (605) 328-6852 or email maggie.rechtenbaugh@sanfordhealth.org to schedule your appointment.

Boost your collagen production

Collagen is a structural protein found in the muscles, cartilage, bones, nails, skin and intestinal tract, giving our body structure and elasticity. Your body makes collagen with the nutrients and collagen found in food. Production of collagen begins to decline as you age which is why you may experience more joint pain or changes in the elasticity of your skin.

For many generations, people cooked with animal bones, which was an abundant source of collagen. Today, there are many supplements available, from beauty products to joint formulas. More recently, there has been a resurgence in “bone broth” products and recipes with bones and gelatin. Currently, there is not any research comparing supplement use versus diets incorporating collagen and nutrients. Due to the lack of research on supplementation, it is recommended to focus on your dietary habits to maintain adequate collagen in the body.

To help your body produce collagen, you can purchase gelatin to mix into foods or use for cooking. You can also make broth with meat bones and look for it to turn to a “jelly” when cooled. Fruits and vegetables are a source of Vitamin C, which helps to link the amino acids together and form collagen. Produce is also rich in many other nutrients and antioxidants that are necessary for collagen production.

Smart spending and saving at the grocery store

Grocery shopping takes up around 10 percent of the average household’s yearly budget. Targeting your shopping and cooking habits can help you save a sizable amount of money each year. See how your savings can add up each week with our other helpful tips.

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>TOTAL SAVED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Planning meals before going to the grocery store and making a list.</td>
<td>$20 by not ordering take out</td>
</tr>
<tr>
<td>Visit the store once a week.</td>
<td>$3 in gas per trip</td>
</tr>
<tr>
<td>Go meatless one meal per week and substitute beans or legumes.</td>
<td>$2–$5 per meal</td>
</tr>
<tr>
<td>Buy seasonal fresh produce and frozen fruits and vegetables.</td>
<td>$1–$2 per meal</td>
</tr>
<tr>
<td>Shop generic for canned fruits and vegetables, spices, baking supplies, plain pasta and rice.</td>
<td>$0.50–$2 per item</td>
</tr>
<tr>
<td>Pay with cash to stick to a budget and avoid impulse buys.</td>
<td>$25 or more per trip</td>
</tr>
</tbody>
</table>

TOTAL SAVINGS EACH WEEK $51 OR MORE
Activate!
100 OFFICE WORKOUTS

Need some ideas on what to do during your recess break? If you like variety or want to try something new, 100 Office Workouts is a great Android app that you can use to get moving at work.

Workout features include:
- Chair bound
- Back pain relief
- Stress reduction
- Lunch break
- No sweat cardio
- Office yoga

Each workout has a few simple exercises with visuals to help you perform the workout. All exercises are designed with the office in mind and include no equipment. No matter what you are wearing, these office workouts will be a great way to get up and move.

Citrus salad
Serves: 6  
Total Time: 15 min | Prep: 15 min | Cook: 0 min

Ingredients:
- 4 medium whole oranges, sliced (choose a variety of types for different colors and shapes like valencia, blood, cara cara, naval, mandarin, tangerine or clementine)
- 1 avocado, sliced
- Thin sliced red onion to taste
- 2 tablespoons olive oil
- 1 tablespoon honey
- 3 tablespoons red wine vinegar
- Salt and pepper to taste
- 4 tablespoons goat cheese crumbles
- 1 tablespoon dried basil or 3-4 fresh leaves, sliced

Directions:
Whisk dressing first with olive oil, honey, vinegar, salt and pepper. Set aside. Remove peel from oranges and slice whole into ¼ inch pieces. Open avocado, remove pit and slice into ¼ inch pieces. Slice whole red onion into thin slivers, around 10-15 slices, use more or less depending on your tastes. Toss oranges, avocado and onion in dressing. Top with goat cheese and fresh or dried basil.

Nutrition Facts:
- Calories: 176
- Total Fat: 11g
- Sodium: 46mg
- Total Carbohydrates: 17g
- Dietary Fiber: 5g
- Total Protein: 3g

Nutrition information compiled using nutritiondata.com

Monthly Observances
- Arthritis
- Asthma and Allergy
- Better Sleep
- Healthy Vision
- High Blood Pressure Education
- Melanoma & Skin Cancer
- Mental Health
- Osteoporosis
- Stroke
- 13-19—Women’s Health
- 18—Bike to Work

Find a complete list of observances at healthfinder.gov/NHO

QUICK LINKS
sanfordhealthplan.com/NDPERS/dakotawellnessprogram

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NDPERSwellness@sanfordhealthplan.com
(844) 742-0014