

TIP OF THE WEEK:

Practice controlled breathing when you start to get amped up:

Breathe in for 4 seconds, hold for 4 seconds, exhale for 4 seconds.... Repeat.

Shawarma- Spiced Chicken Pita

Ingredients:

1/2 tsp ground cumin	1 1/2 lbs boneless, skinless chicken thighs, trimmed
1/4 tsp ground coriander	1 cup plain yogurt
1/4 tsp paprika	1 Tbsp + 1 tsp tahini
1/8 tsp cayenne pepper	1/4 tsp grated lemon zest
1/8 tsp cinnamon	4 Tbsp lemon juice, divided
4 Tbsp olive oil, divided	2 Tbsp coarsely chopped dill
1 1/2 tsp kosher salt, divided	1/2 cucumber cut into 1/4 thick moon-shaped pieces
3/4 tsp fresh ground pepper	2 cups shredded romaine lettuce
2 Tbsp coarsely chopped mint	3/4 small tomatoes (cherry or grape), halved
1/4 tsp grated garlic	1/3 cup red onion, chopped

Directions:

1. Preheat oven to 425. Combine cumin, coriander, paprika, cayenne, cinnamon, 2 tbsp. oil, 3/4 tsp salt and 1/4 tsp pepper in a large bowl. Add chicken and coat. Spread on a rimmed baking sheet and roast until meat is 165 (12-15 minutes); wrap pitas in foil and warm in oven during the last 5 minutes of cooking.
2. Mix yogurt, tahini, garlic, lemon zest, 2 Tbsp. lemon juice, 1/2 tsp salt, and 1/4 tsp pepper in a medium bowl until incorporated. Fold in 2 Tbsp dill and 2 Tbsp mint.
3. Toss cucumber, lettuce, tomatoes, onion, remaining 2 Tbsp lemon juice, 2 Tbsp oil, 1/4 tsp salt and 1/4 tsp pepper in another medium bowl.
4. Thinly slice chicken. Place 1 warmed pita on each plate and top evenly with chicken and tomato-cucumber salad. Drizzle each pita with 2 Tbsp. tahini-yogurt sauce; top with dill and mint. Serve remaining tahini-yogurt sauce alongside.



Get the Facts - Thanksgiving Recovery

Myth:

Thanksgiving dinner was so bad that now I must diet and exercise for weeks to catch up.

Facts:

If you celebrate Thanksgiving, it can sometimes feel more like a binge eating holiday than a giving thanks holiday. Many will sit with family and friends with a plate piled as high as possible, perhaps even competing with others as to who can eat more. Even for the fitness enthusiasts, tracking food and moderation are near impossible. Trust me I understand the attempt to limit yourself on Thanksgiving only to look down at your third serving of mashed potatoes dwindling away while almost automatically reaching for your first piece of pumpkin pie.

I am not here to burst your bubble and talk about how bad the food is for you (partially because I don't want to hear that either). What I do want to talk about is how badly people feel afterwards. There is this idea of a massive debt people are now in because of badly they have eaten. The next few days may consist of extreme exercise, diet, or other ways to make up for how bad you were the Thursday before. This huge jump from the norm makes it impossible to maintain and leads to an inevitable crash of poor habits. I have also seen this give a bad impression of healthy eating and exercise.

One way to help with all of this is what's known as a "hedonic deviation" or in more common terms, a cheat meal. A large proportion of people who make significant changes to their diets schedule a planned day or meal where they eat foods they otherwise would not allow. Studies have shown that this planned meal helps people stay on the wagon several ways. First, it gives people something to look forward to. Too many lose track of the purpose of the change in lifestyle and need some more motivation than just health outcomes. Second, it provides small goals to strive for rather than one larger goal which may take months or years to reach. Smaller, closer goals or breaks help keep you focused and gives smaller more tangible rewards throughout the process. Finally, it helps with cravings. So many drop unhealthy foods or habits so quickly that they soon crave them even more than before. This tactic allows the sense of "just one more week and I can have McDonalds again" rather than "I really want McDonalds; too bad it's gone forever."

This can be applied to Thanksgiving, Halloween, Christmas, or any other occasion where you know you will eat poorly but still want to enjoy it with loved ones and not have to think about the health consequences. A few weeks or months before hand (depending on how hard you go on Thanksgiving) begin a meal plan. Cut out some less healthy options and replace with something better. Add one gym session a week rather than killing yourself in the gym after the holiday. Rather than accruing a massive debt on thanksgiving, build some credit beforehand.

Conclusion:

Planned cheat meals are a great way to introduce someone into a new, healthier, lifestyle without the fear of losing their favorite bad habits forever. Try with frequent cheat meals and slowly space them out longer until the cravings or habits start to disappear. Apply this to yourself, your clients, or your patients for a more gradual transition. Let's face it, nothing ever works when it's dropped cold turkey (pun alert).

Article by: Adam Heilmann, M2

Reference:

- Vale, R. C., Pieters, R., & Zeelenberg, M. (2016). The benefits of behaving badly on occasion: Successful regulation by planned hedonic deviations. *Journal of Consumer Psychology, 26*(1), 17-28. doi:10.1016/j.jcps.2015.05.001

Glazed Bisque-It

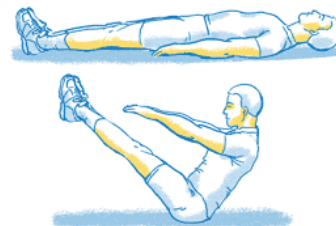
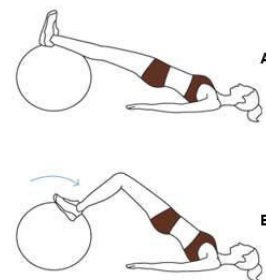
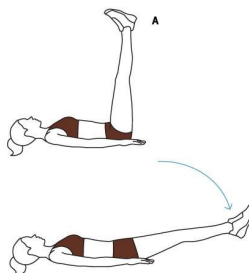


One healthy way to lower your stress levels, and make a few gifts for friends and family in the process, is to take a trip over to the Glazed Bisque-It. This local pottery studio (offering hours Tuesday through Sunday) gives you the opportunity to paint various items of all shapes and sizes and leave your mess behind! In addition to pottery, the studio offers glass work projects too! Look them up on-line or on Facebook!

<http://glazedbisqueit.com/>

Exercise What You're Learning

Me·phobia / noun / :
A fear of becoming so awesome that the human race can't handle it and everyone dies.
©FunDefinitions.com



Training comes with injury risk. Avoid injury by consulting a trainer regarding form & weight.

Images from: askthetrainer, realsimple, fitwatch, doaalaska.gov, baneetsharmasphysiotherapy

Wellness Weekly Challenge

What would you try if you weren't afraid? Karaoke? Ask someone out? Try a new food? Go somewhere alone? Stand up for someone? Challenge yourself to do something(s) a little scary.

- 1.
- 2.
- 3.

FALSE
EVIDENCE
APPEARING
REAL

Night at Home - Baked Falafel

Ingredients:

- 1 small red onion
- 1/2 cup + 1 Tbsp freshly squeezed orange juice, divided
- 1/4 cup + 2 tsp distilled white vinegar, divided
- 2 1/2 tsp kosher salt, divided
- 2 (15 oz) cans chickpeas, rinsed
- 1 garlic clove, crushed
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 cup chopped parsley, divided
- 5 Tbsp chickpea flour
- 1 tsp baking powder
- 1/2 cup vegetable oil, divided
- 4 pita breads
- 1/2 cup tahini
- 2 cups shredded green cabbage
- 1 cup cherry tomatoes, quartered
- Hummus for serving

Directions:

1. Preheat oven to 375. Thinly slice 1/3 of the onion; Toss slices with 1/4 cup orange juice, 1/4 cup vinegar, and 1/2 tsp salt in a small bowl; set aside.
2. Pulse chickpeas, garlic, coriander, cumin, 3/4 cup parsley, 1 tsp salt and remaining onion in a food processor until very coarsely chopped, about 30 seconds. Add flour and baking powder and pulse a few more times to combine.
3. Lightly oil a rimmed baking sheet. Using 1/4 cup measuring cup, portion out 12 ping-pong sized balls and place on sheet, spacing 1" apart. Gently press down on tops to flatten slightly. Brush tops with 1 Tbsp oil. Bake falafel, turning balls halfway through, until golden brown and crispy, 20-25 minutes. Wrap pitas in foil and warm in oven during last 5 minutes of baking.
4. Meanwhile, whisk 1/4 cup oil and remaining 1/4 cup plus 1 Tbsp orange juice, 2 tsp vinegar, and 1 tsp salt in a medium bowl. Whisk tahini and 1/4 cup water until a smooth sauce forms. Whisk 2 Tbsp pickling liquid from reserved onions with remaining 3 Tbsp oil in another medium bowl. Add cabbage, tomatoes, and onions to coat.
5. Cut each pita into 4 pieces. Drizzle falafel with 2 Tbsp tahini sauce and top with remaining 1/4 cup parsley. Serve with pita, hummus, salad and remaining tahini sauce alongside.



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