

Habits Can Lead to Being a Morning Person



With school back in session and hectic mornings ahead, here are some tips to help you combat those morning blues. Mornings are not everyone's best friend; everyone has a different schedule and habit. If you're working to create new habits to help you become more of a morning person, here are some helpful tips:

- Try getting up at the same time every morning. This may be a different time during the week than the weekends but forming the weekly habit can help keep you on track.
- Create a bedtime routine. Getting to bed at the same time each night helps seal in the habit of getting up at the same time. Because

electronics and television screens hinder sleep, set a time for yourself when you turn off all electronics as you prepare for bed.

• Finally, make good use of extra morning time. Some people might find pleasure and peace in reading the paper with a cup of coffee, while others might enjoy working out to start the day. Anything can be your positive daily reinforcement. Allow yourself to enjoy this extra time rather than stress about an earlier routine.

Make September Your New January

September is a time of new routines for families as school begins, extra-curricular activities start, and the weather begins to change. What better time than now to begin a change for yourself?! Are you ready to embark on some **tiny** lifestyle changes that can have a **BIG** impact on your wellness?

Have you been thinking about making some changes but keep putting it off? Have you tried them in the past with minimal success?



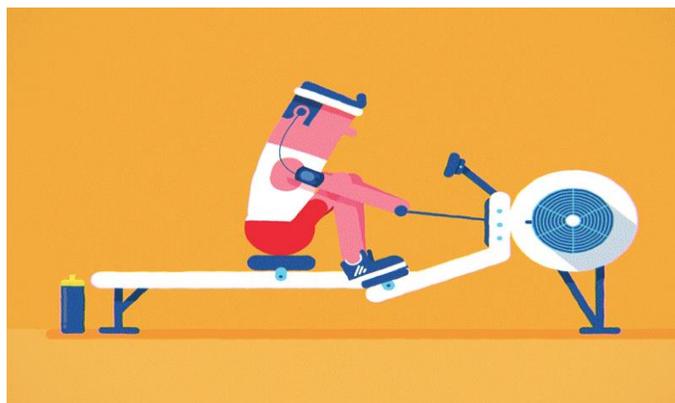
Let a GE Family Wellness Center Personal Health Advisor "meet you where you currently are" and help you get started with sustaining behavior change!

Personal Health Advisors can provide individualized support for lifestyle changes including weight loss, chronic diseases, tobacco cessation, and stress management. They help you establish a personalized plan including measurable behavioral goals.

Call The GE Family Wellness Center at **853-8900** today to set up your appointment with a Personal Health Advisor!

Rowing Machine Challenge

With the kids going back to school, here's a fun challenge to help you transition from summer to fall activities. This rowing challenge runs through September 22nd and takes you to GE Aviation sites across the US, with Victorville, CA being the farthest at 105,050 meters. How far will you row? Open to all levels of rowers from beginner to elite. Our trainers will show you the proper rowing technique and help you incorporate this total body exercise into your workout. Sign up at the front desk, or call Lyndsay Skinner at 243-9404 for more information.



What's Super About Superfoods?



Dietician Corner

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There is a lot of hype these days on superfoods and it seems like there's a new food deemed 'super' daily. So what does it mean for a food to be super? Essentially these foods are nutrient-dense and contain a high amount of phytonutrients, which may lower your risk for diseases such as cancer and heart disease.

It is important to know that while many of these foods can help reduce your risk, they cannot cure any ailment on their own. The term superfood is really more of a marketing phrase for foods that may be beneficial to your health, rather than a FDA regulated term.

Below is a sampling of foods that are 'super'. Keep in mind there are many other foods out there that contain great nutritional properties that don't have the 'superfood' label attached to them. Instead, I prefer using the term 'super diet' where the emphasis is on a nutrient-rich, balanced diet containing fruit, vegetables, whole grains and lean proteins.



Superfood	Benefit
Dark Green Leafy Vegetables: kale, spinach, chard and bok choy	Provide vitamins A and C, potassium and phytochemicals such as glucosinolates, which lower oxidative stress, decreasing the risk of cells becoming cancerous
Nuts: walnuts, almonds, pistachios	High in fiber, selenium, arginine, polyphenols, and polyunsaturated fats
Seeds: hemp, flax, chia, pumpkin	Contain fiber, protein, and healthy omega-3 fats
Fruits: avocado, berries such as blueberries, goji berries, acai berries, etc.	Deliver vitamin C, folate, fiber, potassium, and contain high levels of antioxidants and phytochemicals such as anthocyanins
Beverages: green tea	Great source of polyphenols like EGCG, an antioxidant that slows the irregular cell growth and could potentially protect against several cancers
Whole Grains: steel-cut oats, quinoa	Provide protein, fiber, vitamin E, polyphenols, B vitamins, and a host of other phytonutrients
Spices: garlic, ginger, turmeric, cocoa	Boosts our immune systems and helps fight infection
Protein: salmon	High in omega-3 fatty acids, which can lower your risk for heart disease, help with arthritis, and may help with memory loss
Legumes: soy, black, and kidney	Contain fiber, protein, iron and B vitamins that make them heart healthy and may benefit the prostate as well
Dairy: yogurt and kefir	Full of protein and probiotics that help improve digestion and bolsters the immune system

Cholesterol, Not Always the "Bad Guy"

Many times we hear "cholesterol" and associate a negative connotation with it, but cholesterol actually performs an array of important functions in the body.

Cholesterol is not only found in your blood stream, but also in every cell in your body. It assists in the production of vitamin D, aids in digestion, and helps with the production of cell membranes and hormones. Here are a few scenarios where blood cholesterol levels may increase for the good of your body.

Cholesterol can be a marvelous healing agent. Cholesterol levels will often rise following surgery because cholesterol flows to the site of damage to clean and heal. This is the body's way of responding to tissue damage.

Stressful situations will also increase our blood cholesterol levels. In this case cholesterol is being sent to the adrenal glands for stress hormone production. Maintaining healthy cholesterol levels helps keep your heart healthy and lowers your risk of developing heart disease or having a stroke. Know your numbers, and talk to your doctor about what your ideal cholesterol levels should be.

Source: <https://www.westonaprice.org/health-topics/know-your-fats/cholesterol-friend-or-foe/>