

The Well

Your YOC Wellness Newsletter

The YOC will inspire staff and youth to reach their full potential by supporting healthy lifestyle choices through a culture of wellness.

Recreational Activities • Intellectual Knowledge • Emotional Support • Community Engagement • Spiritual Guidance

Starting off Right!

Greetings,

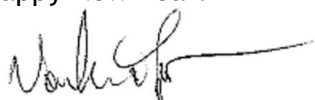
Well, a new year is well underway and we'll be heading into February before you know it. Hopefully you've found some great ways to start the New Year off right.

Zumba and Boot camp are going great and people are having fun while getting their physical activity in. Our lunch and learn series on nutrition is providing support for healthy eating. A new book club has started and Wellness Buddies is our monthly challenge for the month. Chances are you know someone at work doing something good for themselves or involved in one of these activities.

The new YOC Wellness program calendar is out! Take a look at the upcoming event. You're sure to find something for you.

Make sure to check out the Calendar of Events to find out when lunch and learns and activities are coming up.

Happy New Year!

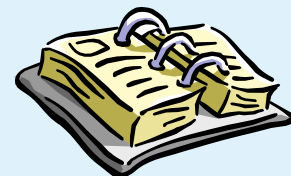


Nathan Taylor
Wellness Coordinator



Brain Games - Exercise your Mind

A man is waiting in line at a hardware store to buy letters that make up the number of his house. You know. For example, T, H, R, E, E. But, by luck, there were three other guys ahead of him in line all doing the same thing. The first customer buys the number one. O, N, E. He pays two bucks. The next guy buys the number TWO, and pays three bucks. The third guy buys the number ELEVEN, and he pays five bucks. Our protagonist is buying the number twelve. Here's the question: How much does he pay?



Calendar of Events

January

Family Nutrition Series
Each Thursday in Jan. at 12:00

February

Lunch and Learns:

Reading Nutrition Labels - Feb. 16th at 12pm in the CSF Boardroom

Know Your Numbers - Feb. 23rd at 1pm in the CSF Boardroom

Events

Mini Boot Camp
Every Tuesday & Thursday at 5:00 pm until Feb. 23rd

Zumba
Every Monday & Wednesday at 3:30 and 4:30pm until April 25th

Walk a Mile
Saturday, Feb 11th at 9am opening ceremony - Muncie Fieldhouse, walk to follow

C25K
Training begins Feb. 27th - more info to come

February Challenge
Healthy Heart

Home Exercise Corner

Don't have time for the gym? No problem. You don't always need expensive equipment in order to give your body a workout. The following are examples of **effective exercises that can be done at home**. Want to make these even more fun? Try having music on while you are doing them. Some you can even do while watching TV!



- Pushups
- Crunches
- Front or Side Plank
- Jogging in place for 30 second intervals
- Squats
- Forward Lunges
- Standing Calf Raises

Remember - **the only equipment you need is YOURSELF** - no excuses!

Answers to Brain Game

One cost two dollars, and two cost three dollars. Now we don't know the cost of any of the letters individually, but we know that a T and a W costs a dollar more than an N and an E. T and W in 12 are going to cost a dollar more than the N and the E in 11. We know the whole of 11 costs five bucks, so 12 must cost six bucks.

Mental Health Awareness Month

January is **Diabetes Month**. There are **two main types of diabetes**. **Type 1** diabetes is an auto-immune disease where the body's immune system destroys the insulin-producing beta cells in the pancreas. This type accounts for 10-15% of all people with this disease. People with Type 1 diabetes must inject themselves with insulin several times a day and follow a careful diet and exercise plan.

Type 2 diabetes is the most common form of diabetes, affecting 85-90% of all people with this disease. People with Type 2 diabetes are twice as likely to suffer cardiovascular disease, and are the leading cause of kidney failure, amputations, and blindness in the US.

Over the past ten years, the incidence of diabetes in the US has tripled. Diabetes now affects over 8% of the U.S. population and with more than 1/5 undiagnosed. Of greater concern is the emerging trend for young adults and children to develop Type 2 diabetes, once thought to only be limited to adults. Type 2 is often, but not always associated with obesity, lack of exercise, ages 45 years and older, and a person's diet.

Jean Day: Friday, Jan. 20th

Dreamsicle Dessert

Ingredients

- 8 oz container of Cool Whip Free
- 1.4 oz box of Sugar Free, Fat Free Vanilla Instant Pudding (small box)
- .3 oz box of Sugar Free, Fat Free Orange Jell-O (small box)

Nutrition facts per serving: 25.7 calories, 0.0 grams of fat, 1.0g protein, 5.7g carbohydrate

Directions

- Make Jell-O as specified in directions on box
- Stir in the dry pudding mix Mix well (mixer or whisk)
- Add 8 oz container of Cool Whip Free Mix well
- Transfer to 6 containers (1 cup each)
- Freeze or refrigerate for at least 3 hours.

Makes 6 servings

Wellness Quick tip: Having problems with portion control? Break leftovers down into single servings. Instead of using one large container to store leftovers, separate them into individually-sized containers. This way, you're retrieving just enough for one helping. Be a kid. Order a kid's size meal if you have to eat fast food to automatically control portions. Learn to eyeball standards. Whether it is a snack portion or dining portion, stick to them when dining out or dishing up meals. Keep these tips in mind: 3 oz. of meat is the size of a deck of cards; 1 oz. of meat is the size of a matchbook; 1 cup of rice, pasta, or potatoes looks like a tennis ball.