

A DAY (of EATING and MOVING) IN THE
LIFE OF A DVACO
HEALTH COACH



Health Coach's Meal & Moving Ideas

Bunny- Breakfast

Barb- Lunch

Jeanette- Dinner

Lisa- Snacks

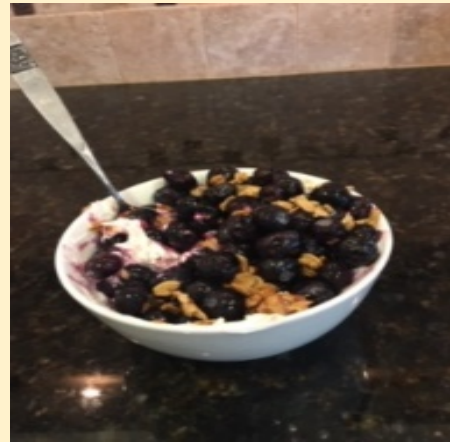
Jen- Motivating Moves



Bunny's Bangin Balanced Breakfast

Greek Yogurt Mix

- Plain Greek yogurt of your choice
- Ground flaxseed
- Chopped walnuts
- Cinnamon
- Organic Blueberries
 - (frozen or fresh)
- Home-made granola



Good source of...?

- a) Fiber
- b) Protein
- c) Healthy fats
- d) Omega 3's
- e) b and d only
- f) All the above
- g) Gas, I'm dairy sensitive



ANSWER

Bunny's Bangin Balanced Breakfast

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Greek yogurt, along with these added toppings, can be a great source of all of these nutrients thanks to the high protein in Greek yogurt, high fiber in fruit and flaxseed along with the healthy fats in walnuts and check out this nutritious homemade granola [recipe!](#)



Barb's Lunch with Lots of Varying Veggies (and Legumes)

Soup/Chili and Side

- Tear baby kale/spinach in a microwavable soup bowl
- Top with vegetable-bean soup or vegetable-rich chili
- Heat until greens are limp and can be mixed into soup or chili
- Eat with a side of roasted vegetables

Easy Turkey Chili

Ingredients

1 Tablespoon olive or avocado oil	1/2 pound mushrooms, chopped
1 pound 94% fat free ground turkey breast	1- 28 oz can no salt added diced tomatoes
1 onion, chopped	2-15 oz cans no salt added black beans
1 bell pepper, diced	1 Tablespoon Chili Powder

Instructions

Heat oil on medium-high heat. Begin to brown ground turkey in oil.
While turkey is cooking, add onion, pepper and mushrooms to turkey and cook until onion is soft.
Stir in tomatoes, beans and chili powder. Bring to a simmer and allow to cook until thickens.
Adjust seasonings to taste.

Good source of ...?

- a) Fiber
- b) Antioxidants
- c) Vitamin A and C
- d) Protein
- e) All the above
- f) a, b and c only
- g) No idea, I never ate this healthy



ANSWER

Barb's Lunch with Lots of Varying Veggies (and Legumes)

Good source of ...?

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You can't go wrong with a lunch full of vegetables and beans either in a soup or chili! Beans are a good source of protein and fiber. All veggies are abundant sources of vitamins, minerals and fiber. Look for the deep dark colors of vegetables -that's where you find the most phytonutrients-and eat a variety so it looks like a 'rainbow on your plate'!



Jeanette's Dynamic Delicious Dinner

Sheet Pan Chicken Fajitas

Ingredients:

- 2 pounds boneless chicken breasts, sliced thin
- 3 bell peppers, sliced thin
- 1 red onion, sliced thin
- Olive oil
- Any combo of spices preferred - chili powder, ground cumin, paprika, garlic powder, sea salt, black pepper, cayenne
- Lettuce for wrapping
- Avocados, salsa, cilantro...to top

Instructions:

- ✓ Heat oven to 425 degrees
- ✓ Add chicken, peppers and onions to sheet pan
- ✓ Drizzle with olive oil and seasonings, mix well, can also mix in a bowl first then add to pan, spread thin layer
- ✓ Bake for 30 minutes until chicken cooked and veggies are tender
- ✓ Add to lettuce wrap and add topping!
- ✓ For more One-sheet Dinners go to www.healthy-delicious.com

Good source of...?

- a) Healthy fats
- b) Lean Protein
- c) Vitamin C
- d) Antioxidants
- e) Enriched grains
- f) All the above
- g) All the above except e



ANSWER

Jeanette's Dynamic Delicious Dinner

Good source of...?

- a) Healthy fats
- b) Lean Protein
- c) Vitamin C
- d) Antioxidants
- e) Enriched grains
- f) All the above
- g) All the above except e

Chicken and veggies are a great combination of many nutrients especially when wrapped in a dark green piece of romaine lettuce with added healthy fat (avocado) inside! If you decide to wrap in a tortilla, look for the words 'whole' grain - which has more fiber and nutrients than 'enriched' grain.



Lisa's Sinful (but healthy) Sassy Snacks

Grab and Go Snacks

- Dark chocolate (70% cacao or more) dipped in almond butter
- Honeycrisp apple with almond butter
- Chocolate covered strawberries; melt bakers chocolate in microwave and dip fresh strawberries.
- Hippeas siracha sunshine puffs (substitute the chips!)
- Energy balls –

Recipe:

- ✓ 1 cup of old fashioned oats
- ✓ ½ cup of peanut butter or almond butter
- ✓ ½ cup of ground flaxseed
- ✓ ½ cup of chocolate chips (semi sweet or dark chocolate)
- ✓ 1/3 cup raw local honey
- ✓ 1 teaspoon of vanilla extract

Combine ingredients in a bowl, mix together. Cover and chill in refrigerator for 30 minutes. Roll into balls about 1 inch in diameter

Good source of...?

- a) Iron
- b) Antioxidants
- c) Turmeric
- d) Protein
- e) Fiber
- f) All except a and c



ANSWER

Lisa's Sinful (but healthy) Sassy Snacks

Good source of...?

- a) Iron
- b) Antioxidants
- c) Turmeric
- d) Protein
- e) Fiber
- f) All except a and c

Although there are many health benefits from iron and turmeric, these snacks are great sources of antioxidants, healthy fats, fiber and protein. For more information from the AHA on healthy snacking, click [here](#).



Jen & Apollo's

5 Marvelous Mindful Motivating Moves for the Workday

1. Childs Pose



Sit back with big toes together, & knees wide, reach forward with wide arms.
Hold for 5-10 breaths.

2. Cat-Cow



Start on all fours, knees under your hips & wrists under shoulders. Take a deep inhale and on the exhale round your back up to the ceiling while tucking your chin in towards your chest. Release as you drop your belly button towards the floor. Repeat 5-10 times



Jen & Apollo's 5 Marvelous Mindful Motivating Moves for the Workday

3. Front Hip Stretch



Place one knee on a pillow, opposite foot in front with the knee over the ankle. Take a deep inhale, slowly press forward as you exhale to finish the stretch.
Repeat 5-10 on each side.

4. Glute Bridge



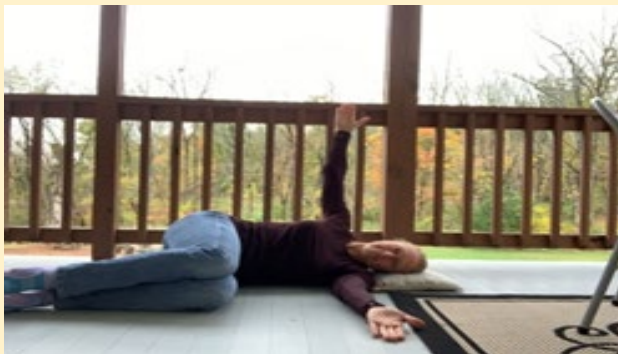
On your back, line up your knees over your ankles, relax your back and head on the floor to start. Press through your heels to lift your hips toward the ceiling, engaging the glutes throughout.
Repeat 5-10 times.



Jen & Apollo's

5 Marvelous Mindful Motivating Moves for the Workday

5. Open Book Stretch



Lying on one side, with your knees stacked and bent at 90 degrees. Place your hands on top of each other to start. Inhale and then exhale as you move the top arm up across your chest to the opposite side. Return back to start. Repeat 5-10 times on each side.

Jen & Apollo's

5 Marvelous Mindful Motivating Moves for the Workday



What do these 5 exercises have in common?

- a) Improve posture and balance
- b) Relieves stress and calms the mind
- c) Stretches the hips, abdomen and back
- d) That they're all too hard
- e) a, b and c

ANSWER

Jen & Apollo's

5 Marvelous Mindful Motivating Moves for the Workday



What do these 5 exercises have in common?

- a) Improve posture and balance
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- d) That they're all too hard
- e) **a, b and c**

Many of us sit too much during the work day. Try Jen and Appollo's easy, helpful, fast ways to move- anytime, anywhere -and check out Weight Watchers 5 desk stretches [here](#). Your body will thank you!

FALL - HC TIP OF THE MONTH

Seasonal Affective Disorder (SAD) is Upon Us

COPING WITH SAD...

- Vitamin D deficiency and lack of sunlight may keep a part of the brain from working properly and can lead to disruption in circadian rhythms.
 - **Take Action: Get your vitamin D levels checked.**
- 15 to 30 minutes of light therapy allows you to get exposure to bright, artificial light during the darkest months.
 - **Take Action: Get out in the sun for 15-30 minutes whenever possible or get a light box.**
- Staying active increases the production of feel good chemicals in the brain that can help with depressive feelings.
 - **Take Action: Exercise – since SAD is a form of depression, exercise has been proven to help.**
- Choose complex carbs like whole grains instead of the white carbohydrates. Also choose lean proteins, leafy greens and fish to boost your serotonin levels.
 - **Take Action: Eat a healthy diet – SAD people crave comfort foods, like starchy carbs and sweets – in the end these foods will make you feel worse.**
- Adopt the Norwegian attitude- **“There’s no bad weather, only bad clothing!”**

*** Reach out for help – Talk it out with a therapist, family or friends.**

You don't have to be a health coach to eat real, whole foods
and move more!

Happy Fall! Stay Well-
DVACO Health Coaches Barb, Jeanette, Jen, Bunny, Lisa

