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25th



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Wellness Wednesday

Hacks To Keep Your Day-To-Day Life A Little Healthier

Is being average unhealthy? That question can be a scary one to ask, considering that many of us, by definition, fall into the category of being average. When you consider that the average American in an office spends 10 hours a day sitting and that the average American diet exceeds the recommended intake of calories from things like fats and added sugars, that question gets a little scarier. However, many of these statistics do, in fact, ring true.

The average American office worker spends 10 hours of their day sitting.

Sitting for 30 minutes slows your metabolism by about 90 percent, which isn't fun for anyone. Certified fitness instructor Aaron Hines advises, "What the body needs is constant change."

Make time to do something every 1.5 hours. Whether that's hitting a few squats on your bathroom break or finding a few moments to be active outside, try to work 30 minutes of activity into your day. A standing desk isn't the be-all and end-all solution to this problem. According to Hines, standing for too long can have negative consequences as well. For those who do have standing desks, work in some dynamic stretching every hour to keep your blood flowing.

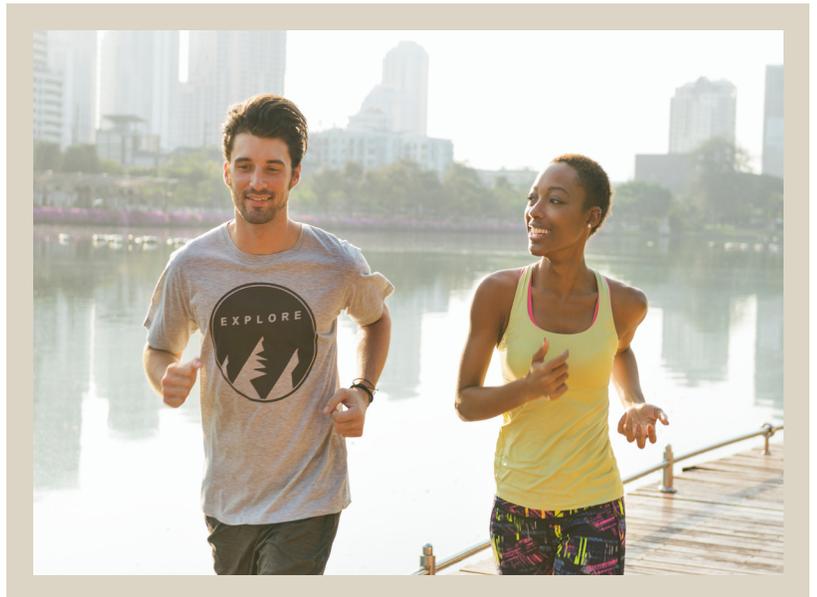
In 2013, the average American consumed 78 pounds of added sugar.

Exercise is only 30 percent of the puzzle. The other 70 percent has to do with diet — something the average American tends to struggle with. Pay attention to the foods you're consuming throughout the day, says Hines. Check your office snack stash and consider avoiding processed ingredients and saturated fats when possible. Don't go to the extreme of cutting all fats and carbs from your diet, either. Just make sure the fats and carbs you're using to fuel yourself are the right kinds — like lean meats, vegetables, and other clean, nutritious foods.

Between 2007 and 2010, fast food made up 15.3 % of American adults' daily caloric intake.

With a stat like this, it's no surprise that the average American diet exceeds the recommended intake of calories from solid fats, added sugars, refined grains, sodium, and saturated fats. Fast food is convenient, but Hines says that with a little preparation, buying it can be an easy habit to beat. Just think ahead and bring some healthy snacks and meals with you to the office, and soon, that Big Mac will seem a lot less necessary. Throw in some jumping jacks the next time you hit the restroom and work in some stretches throughout your day, and average might not mean unhealthy after all.

Article source: <http://bit.ly/2HNpdem>



This Week's Exercise

BURPEES



A 180-POUND PERSON BURNS ABOUT 1.43 CALORIES PER BURPEE, SAYS EXERCISE SCIENTIST AND SPARTAN COACH JEFF GODIN. SO IF YOU CAN HAMMER OUT AT LEAST SEVEN A MINUTE YOU'RE IN THE DOUBLE DIGITS. BUT YOU SHOULD SHOOT TO AVERAGE AT LEAST 10 EVERY 60 SECONDS, OR A RATE OF 14.3 CALORIES PER MINUTE. WHY? PERFORMING JUST 10 REPS AT A FAST PACE CAN REV YOUR METABOLISM AS MUCH AS A 30-SECOND, ALL-OUT BIKE SPRINT, ACCORDING TO A STUDY PRESENTED AT THE AMERICAN COLLEGE OF SPORTS MEDICINE ANNUAL MEETING.

Source: <http://bit.ly/2HNiu3X>

Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.

EVERYTHING PARMESAN CRISPS



Ingredients

- 1/2 cup freshly grated Parmesan, not pre-grated using the large holes of a box grater
- 3/4 teaspoon sesame seeds
- 3/4 teaspoon minced dried onion flakes
- 3/4 teaspoon minced dried garlic flakes
- 3/4 teaspoon poppy seeds

Directions

1. Preheat the oven to 400F.
2. Pour 2 tablespoon of grated cheese onto a silicone lined baking sheet (highly recommended for this) and lightly pat down with your fingers to make about 4 inches round.
3. Repeat 3 more times with remaining cheese, leaving 1/2-inch space in between each circle.
4. Bake 3 minutes, until almost done.
5. Combine the sesame seeds, onion, garlic and poppy seeds in a small bowl.
6. Top each with 3/4 teaspoon.
7. Bake for 5 minutes or until golden and crisp. Cool before eating.

Nutrition Information

Serving: 1crisp
Calories: 66kcal
Carbohydrates: 1.5g
Protein: 5.5g
Fat: 4.5g
Saturated Fat: 2.5g
Polyunsaturated Fat: 0g
Monounsaturated Fat: 0g
Trans Fat: 0g
Cholesterol: 10mg
Sodium: 233mg
Potassium: 0mg
Fiber: 0.5g
Sugar: 0.5g
Vitamin A: 0%
Vitamin C: 0%
Calcium: 0%
Iron: 0%
Freestyle Points: 2
Points +: 2

Recipe source:

<http://bit.ly/2HMYRck>