



Workplace Wellness Newsletter

October 2014

Let the Holidays Begin!

October marks the official start to the holiday season as we celebrate Halloween. Although this is a time of festivity and feasting, maintaining healthy habits is also possible.

Temptations abound in the workplace because lunchrooms become the unofficial candy dumping ground, and refrigerators are full of leftover holiday treats waiting to be pawed off on unsuspecting coworkers. The scary truth is over-snacking on sugary treats can lead to blood sugar spikes followed by zombie-like lows, which are not good for health or work productivity.

Would your office consider adopting a healthy holiday workplace policy? Here are a few office policy ideas:

- Make a pact to not bring leftover candy.
- Keep sweet treats out of sight.

[Click to read why.](#)

- For more ideas, check out HealthyEating.org/WellnessTools.

What You Can Do

- Eat a high-protein breakfast to keep full longer.
- Add black olives with sliced carrots to a healthy holiday-themed snack for added holiday color.



Should candy and all treats be completely banned from holiday festivities? Of course not! In addition to the emotional benefits of enjoying your favorite dessert, some sweets have other [health benefits](#) too. With food, it's important to remember to keep a [positive outlook](#) and see how all of your favorite foods can fit into a [healthy eating pattern](#) in moderation.

Move of the Month

Seated Russian Twists

- Sit on the ground with knees bent and feet flat on the floor about one foot away. Lean slightly back until you feel a slight pull on your abs. Keep your back straight through the entire exercise.
- Cup your hands together or hold a weight or a medicine ball just below your chest.
- Twist your torso to the left and tap your weight to the floor beside you. Inhale through center and rotate to the right. This completes one rotation.
- Do 16 full rotations.

Move and image courtesy of we-heartliving.com.



Recipe of the Month

Bring a pot of this delicious autumn soup to share at your next holiday get-together.

Pumpkin, Potato + Leek Soup

Ingredients:

- 1 pound Pumpkin or squash
- 2 Leeks, white part only
- 2 medium Potatoes
- 1 ½ cups Water
- Salt, to taste
- 1 cup Milk
- ½ cup heavy Cream, milk or half-and-half
- white Pepper
- fresh grated Nutmeg
- 1 tablespoon chopped Parsley



Preparation:

Cube and peel uncooked pumpkin. Cut leeks in pieces. Peel and cut potatoes. Combine pumpkin, leeks, potatoes, water and a pinch of salt in a saucepan. Cover and bring to a boil. Simmer over low heat 30 minutes until vegetables are tender. Puree in food processor with liquid. Return to pan. Bring to boil. Simmer five minutes. Stir in milk and simmer two minutes. Stir in cream and simmer. Add pepper, nutmeg and salt if needed. Can refrigerate, covered, for one day. Top with parsley before serving.

Cook's Note:

Reduce prep time by substituting canned pumpkin or sweet potatoes.

