



May-June 2018

Berkshire Health Group

Wellness Connection

Fitness & good health isn't always measured in pounds.

So many of us sweat away on the treadmill staring at the digits on the screen to judge how effective our workout has been. That's because exercise has mainly been touted as a tool to lose weight so we've been taught to seek satisfaction based on calorie burn, and by jumping on the scale to see how effective our workout was. And so often, when we think we've worked hard and done everything right, our workout motivation can come to a halt when our numbers stop moving making us believe exercise has betrayed us.

The truth is, weight loss and fitness do not necessarily go hand in hand. Finding ways to weave movement into your life is so much more powerful than a number on a scale. Most of us want to achieve a certain



weight not because of the number itself, but to feel better physically and mentally, so in that regard the scale is worth little when it comes to your overall state of happiness and wellbeing.

Fitness has so many benefits other than weight loss. If you've been hitting the gym on a regular basis, participating in both cardiovascular, flexibility, and strength exercises, then most likely you have been making positive changes in your health. Maybe you've noticed your more energetic, or can bend over and tie your shoes with ease, and

perhaps you also added some lean muscle. Since muscle is dense and weighs more than the same volume of fat, the scale may not be giving you credit for your hard work.

Maybe it's time to rethink your old goals and replace them with realistic, sustainable, fun, and challenging fitness goals, without a primary focus on weight loss. Focus on goals that build your strength, that make you feel strong and beautiful from the inside out, goals that make you feel genuinely accomplished and proud of what your body can do. Choose goals that give you rewards to celebrate each day vs. setting future oriented goals around weight that always a bit out of reach that will only reward you in the future.



INSIDE...

1. Fitness and Good Health isn't always Measured in Pounds
2. ACSM High Intensity Interval Training Routine
3. BHG Hero Coaching Success Story
4. Recipe, and your Wellness Programs and Benefits

Time Saver: High Intensity Fitness Circuit in Minutes

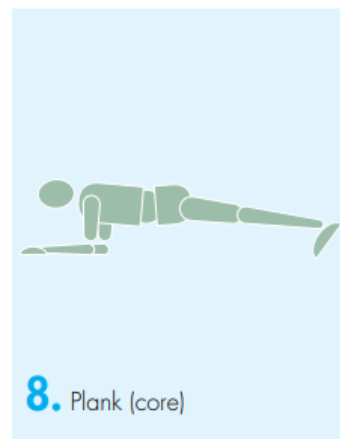
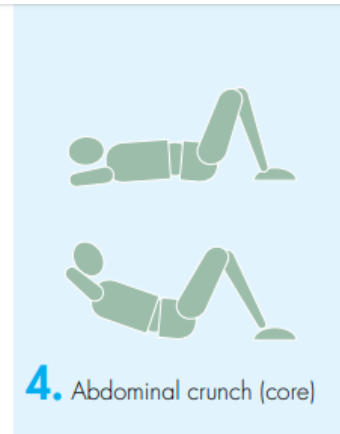
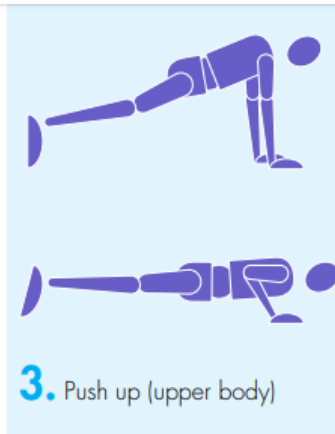
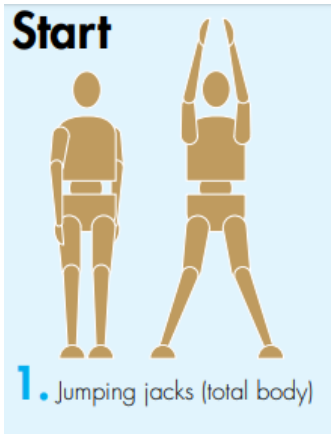
High intensity exercise can increase muscle activity and heart rate and contribute to healthy weight management. Short bouts of challenging exercise may also provide meaningful benefits such as helping to reduce insulin resistance, strengthen your joints and improve your posture.


Instructions:


This workout involves completion of 12 key aerobic and strengthening exercises of all the major muscle groups in rapid succession, performing each exercise for 30 seconds with 10 seconds of rest between exercises.


Special Considerations: *The execution and form of each exercise is a priority for safety and optimal fitness gains. Avoid holding your breath during any exercise. ACSM recommends doing an appropriate warm-up and cool-down before and after any exercise session. Please speak with your physician before starting any exercise program*

Start



 Aerobic Exercise

 Strengthening Exercise

 Core Stability

Source: ACSM's Health & Fitness Journal®.
Kilka and Jordan, High-intensity circuit training

Here are some new goals to consider to gauge your progress:

Energy Boost - Your cells will begin producing more energy as you demand more from your body, it will adapt and you may notice not only will you be able to work out for longer intervals of time, but everyday tasks will also become easier.

Touch Your Toes – Don't take for granted how important flexibility is for everyday quality of life.

Visit Your Closet – Exercise helps us build and tone healthy muscle and burn unwanted fat, and the clothing in your closet can help you notice these changes much better than the scale. Find an old outfit of yours you are hoping to wear again and try it on as a way to see changes in your body.

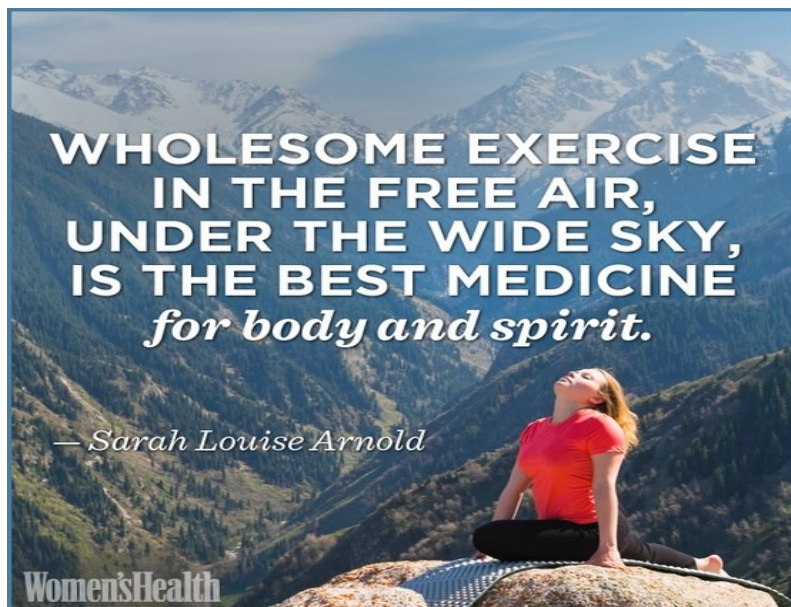
Hold a Plank – Core strength is important for everyday function and back health. Try and see how long you can hold a plank and notice how that number increases over time as you get stronger.

Hike a Mountain – It's a goal with the added bonus of nature and beauty.

Master the Push up – one of the ultimate gauges of strength. Once you learn one, there's fun in finding out how many more you can do.

Learn something new – Try a new fitness class, learn a new sport, or tackle a new yoga pose – headstand anyone?

Feel better From the Inside Out - Hard work can boost in self-esteem, confidence, and happiness. Feeling more comfortable in your own body and positive self-talk can be important goals to feeling better emotionally.



BHG HERO Coaching

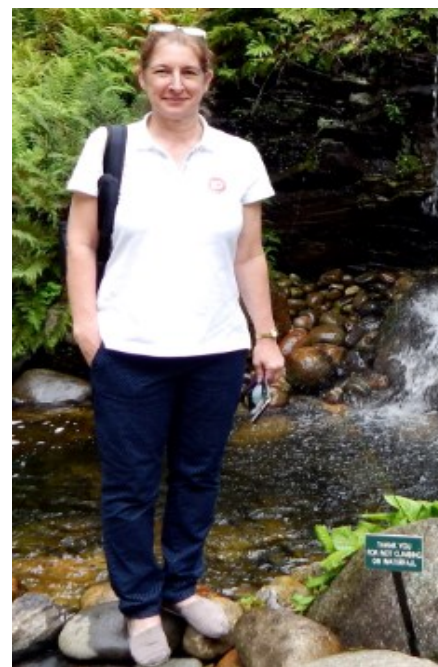
Success Story

"We are all so busy these days. I want to take a moment to thank the BHG Wellness Coaching Program for "making" me take the time to assess my lifestyle and what I could do to take better care of myself. We all prioritize taking care of other people and other things. When it comes to our well-being, however, we usually put self-care last on the list and never get to it.

Participating in the Wellness Coaching Program made me take an objective look at fairly simple life changes I could make to better my physical self and psyche. The best part? With the help of my Wellness Coach I actually made the changes. Everyone thinks about things they would like to do. But, when it becomes a specific goal and you have support, those goals are an attainable reality. The SMART Assessment and Quality of Life Assessment helped me to identify specific areas I could improve and set goals for making those positive changes. The encouragement and guidance from my Wellness Coach has been vital in implementing these improvements.

Thank you, Beth, for motivating me and helping me achieve my goals. The tools we identified are now part of my daily routine and have become second nature in keeping me on track. The "Wellness Vision" we created has become my mantra for keeping me on the path to success."

Anna Osborn, Williamstown Town Hall



Banana Peanut Butter Power

Bananas help restore potassium, which you lose while you sweat, and also offer fiber to promote gut health. Meanwhile, peanut butter provides a satisfying dose of protein and heart-healthy monounsaturated fats.

SERVINGS: 1

- ½ c plain yogurt
- ½ c milk
- 1 banana
- 1 Tbsp peanut butter
- 1 lg handful spinach
- ½ tsp vanilla

BLEND all ingredients until smooth.



NUTRITION (per serving) 249 cal, 12 g pro, 45 g carb, 4 g fiber, 29 g sugars, 3.5 g fat, 2 g sat fat, 179 mg sodium

BHG Quiz

1. True or False? Sit-ups are one of the ultimate gauges of strength.
2. True or False? High Intensity Interval Training includes short bouts of challenging exercises and may also provide meaningful benefits such as helping to reduce insulin resistance, strengthen your joints and improve your posture.

Email your answers to Wellness Coordinator, Beth Piantoni @ epiantoni@bhs1.org and get into a raffle for \$25 Hallmark Gift Card!

Wellness Programs

April -May- "Walk with me in the Berkshires"

BHG has a total of 20 teams who are participating! Walking weeks are from April 16th- May 27th. Make sure to keep logging your steps!

June-August -"Train for your First 5k" .This 6 week program will gradually help you go from walking to running utilizing interval training.A 3 day/week training plan will be provided for those of all fitness abilities. You will be encouraged (but not required) to sign up for and complete a 5 K race.

Take Advantage of your Wellness Benefits!

- [Diabetes Care Program](#)
- [Colonoscopy Incentive Program](#)
- [BCBS Fitness Reimbursement](#)
- [BCBS Weight Loss Reimbursement](#)
- [HERO Coaching Program](#)

Visit Berkshirehg.com for more info

For more information regarding any BHG Wellness Programs, please contact:

Beth Piantoni

epiantoni@bhs1.org

413-445-9327

