



FIT 4 WORK * FIT 4 LIFE

Stay healthy, Reduce Stress, Be Safe

HOW TO SURVIVE PROCESSED SNACK FOODS

If you feel out of control around certain foods, you're not crazy



We all know the joy of opening a bag of yummy salty potato chips expecting to eat a few which easily turns into emptying the bag in mere minutes often without realizing it. It isn't necessarily your fault when this happens. Processed foods like chips and candy bars are

designed to make you constantly crave more. Even healthy eaters feel out of control around these foods that are merely a source of empty calories and provide very little nutrition if any at all. Now more than ever as we are home and feeling bored, it is likely we are turning to the comfort of a bag of chips more than usual. It is important that we stay educated about the foods we eat so here is some food for thought...

Processed foods trick us into eating more than we should!

Processed foods are foods that have been changed to add flavor and texture. Some examples are turning corn into a light, airy and crunchy cheese curl or creating a smooth and creamy chocolate bar out of cocoa beans. When you eat them your brain, mouth and belly feel a greater satisfaction than just eating the food whole like corn on the cob. The snack food industry uses science to create foods that wake up our taste buds with intense flavor and can be eaten quickly with very little chewing. However, chewing is very important. It

1

STRESS LESS

2

EAT BETTER

3

LEARN SOMETHING NEW

CAN I EAT JUNK FOOD?

Be smart about the food you eat



WALK. MOVE. LIVE.



Challenge yourself to get active!

HUMOR



Take a moment to laugh

helps slow us down so our brain has time to realize when it has had enough. Processed snack foods trick us into eating more than we should but we can take steps to stay on track.

So how do we make peace with processed snack food and not get carried away? Get interested in the foods you eat. Observe how many times you chew your food before swallowing. Is there a difference in how many times you chew different foods? Take note of the differences like which food makes you feel fuller after eating it. See if you can “savor the flavor” and take time to enjoy what you are eating. Often we think we are hungry when we are actually thirsty, so before reaching for a bag of chips, drink a full glass of water and wait 5 minutes to see if you feel satisfied. If that doesn’t work try making a healthier swap. If you still want the chips, read the label on the package and try not to consume more than 100-200 calories a day.

HEALTHIER SNACK CHOICES

- Eat low-fat cheese
- Try plain yogurt with fresh fruit
- Grab no-added sugar cereal
- Sip plain water
- Munch on high-fiber popcorn
- Grab dehydrated vegetables, crunchy beans, or dried seaweed
- Grab fruit like an apple or banana



WALK. MOVE. LIVE.

We’ve talked before about how important it is to be active, but what does that really mean? The truth is being active means different things to each and every one of us. For some people being active means playing team sports or exercising every day. For other people being active means just making sure they get up and get out of the house regularly. There is no real right or wrong way to living an active

healthy life. The key is finding balance in what YOU want and need to accomplish each day, week, or year. There are things you HAVE to do and things you WANT to do. Often our wants get in the way of our needs. If you keep a mindset that you NEED to be active in order to be healthy and set a routine with goals it can be easier. It is recommended that we get 150 minutes of moderate exercise a week. A moderate exercise like walking or swimming will cause your breathing to quicken, but you won’t be out of breath. Expect a light sweat after about 10 minutes of activity, and you should be able to carry on a conversation. How much exercise do you get? Heres a log where you can try a simple activity like walking or whatever suits you and track the amount of time you are active each day. At the end of the week add up the minutes. Did you meet your goal? Maybe next week you can try to do a little more!

MY ACTIVITY LOG		write down the amount of minutes you are active each day				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY



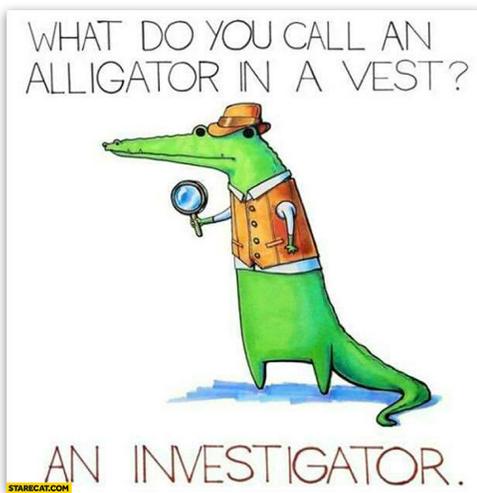
We all enjoy a good joke and humor is a great stress reliever so here are a few jokes I heard recently...

What do you get when you cross a cat with a porcupine?

An animal that goes “me-ouch” whenever it licks itself.

Why did the snowman name his dog frost?

Because frost bites.



Now I want to hear from you- send me your jokes, funny stories, poems, etc. Whatever eases your mind and want to share. I will do my best to post it in the next issue. I can't wait to hear from you! Email me at jmintzas@sjogcs.org

COVID-19 WORD SEARCH

V U J N T D R X J Y X C O J D A X C C U
 Y R H S I O X S O H I V C Z M A C O U Y
 S F C V I Z K T Z K B E S P Y S R T T B
 X M O V Q Y Q R W J G O M I K O Z W T S
 N C O A C O Q A C Z Y U V D N E H K N Z
 J O A T Y S S K E J X P O A R P U I Q J
 W F W A P H Y D W C Y S V E U R F C D I
 C O U G H M O I Z M I I N R A V B N R C
 Y Z F E Z G Y M H B R Y T P N M O R Q P
 F G U Z U D X S W U U M A S A X Q M K X
 P E D D W J A W S U O I G A T N O C L H
 G G V J S Y R Y U Q H G Q W I F X Z O A
 D G B E Z Y B I K S A M I W S J M Z C I
 L L T J R Q K I I T E B K Y N P L I J D
 Q R V R S J Z R F O S W U R A G E D C Z
 N D G Z P R L C M S S P H P I A P K L V
 C C A B J H Q Y S P S V G W S Q K R E Q
 C M I K C C W O J H N K P J C H M R A Y
 Y E V Z L C Z A D V R K V I K T N J N E
 B Z F L C S R E W N D K O R F Q N Y I Z

- CLEAN
- CONTAGIOUS
- CORONAVIRUS
- COUGH
- COVID
- FEVER
- MASK
- SPREAD
- SYMPTOMS
- WASH

VR ZOOM PROGRAMING

MONDAYS- Look for SMARTS coming soon!

TUESDAYS AT 1PM- FIT 4 LIFE WITH NURSE JOANNE

WEDNESDAYS at 11:30AM- SOFT SKILLS

THURSDAYS at 2pm- BINGO

FRIDAYS AT NOON- BR. TOM'S ZOOM PARTY

NEXT FIT FOR LIFE TOPIC:

"Tips for Staying Hydrated and Avoiding Sugary Drinks"

June 16th at 1pm

<https://zoom.us/j/2679403090?pwd=MUUh0bmVSVzlrMHdsMTR0eXlDY2pyZz09>

Meeting ID: 267 940 3090

Password: FIT4WORK

Don't forget the water challenge!

Try to drink 64 ounces of water each day. This is the same as 4 typical 16 oz. water bottles.

Hello. My name is Joanne Mintzas and I am the Care Manager, RN for St. John of God. Consider me a resource if you need support in completing your annual paperwork, have a medical question, or are seeking services with a health aspect.

A little about me: I have a BS in Foods and Nutrition, a BS in Nursing, and a MS in management. I have previous experience as a dementia nurse, a mental health nurse, and I worked at ADS as a part time school nurse prior to taking on this role. I instituted the Fit 4 Work program here at SJOG where I provide weekly educational lessons regarding work place safety, ergonomics, health and

nutrition, and stress management for clients in the VR program. Look for my upcoming webinars!

I can be reached by email at jmintzas@sjogcs.org

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St. John of God Community Services

