



Scantic Valley Regional Health Trust

# WELLNESS NEWS

## NOVEMBER, 2022



## Health and wellness resources for you and your family

If you have any questions or would like to make any suggestions about programs or content,  
feel free to email me at [Marcymo.morrison@eastlongmeadowma.gov](mailto:Marcymo.morrison@eastlongmeadowma.gov)  
I would love to hear from you!

# Health & Wellness

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Optimal wellness is about much more than just diet and exercise. It is about balancing all aspects of our lives including family, career, stress, time management, lifestyle, and so many components that contribute to our overall health and well-being.

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**He who has health has hope and  
he who has hope has everything.**



# Happening This Month

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## Couch to 5K

Have you ever thought about running or walking a 5K race? If you answered yes, we have a great program for you. The 6-week couch to 5K program is designed to help you train for and compete in a 5K race, even if you have never done anything like this before.

If you would like to join this fun program, [click here](#). This program is open to all employees and family members so get some friends together and start training!



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## Stress Less, Sleep More



So many stressful events are happening at this time of year. Turning the clocks back, preparing for the holidays, and simply living your busy life can cause stress and at times, insomnia. I have found some great experts on stress and sleep to help you feel better, manage stress, and get better sleep - win-win-win! [Click here to start the program.](#) You will be very happy you did!

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## Colonoscopy

Did you know that getting a colonoscopy is covered 100% by your health insurance? And, did you know that if you get your regular colonoscopy, you can get a \$100 gift card from the Scantic Valley Regional Health Trust Wellness Program? All you have to do is send your paperwork showing that you had your colonoscopy to [Marcy@eastlongmeadowma.gov](mailto:Marcy@eastlongmeadowma.gov) and choose which gift card you would like to receive - it's that simple!

Getting a preventative screening like a colonoscopy could save your life so don't put it off.

# Longmeadow Parks and Recreation Classes

Did you know that all benefit-eligible employees receive a 40% discount for any P&R activity class? Please call to register and receive a discount?

**Tai Chi - Yang Style ages 14+.** This class involves traditional warm-ups and gentle stretching, breathing exercises, stances, and an introduction to the traditional Yang Style Form.

[Click here to check out the programs.](#)

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## Yoga Program in Longmeadow

Join Arlene McLean for a 5 week program  
**Mindful Movers Meditation and Yoga Flow**

**When:** Wednesdays 3:30-4:30

**Dates:** November 9, 16, 30

December 7, 14

**Where:** Center School Gymnasium

837 Longmeadow St. Longmeadow, MA

**Cost:** \$50 for the 5-week session, \$12 drop-in

All levels are welcome so bring a yoga mat and a water bottle and end your day on a positive, healthy note!

If you have questions, please contact Arlene:

amclean@longmeadow.k12.ma.us

413-246-6783



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**"Yoga is the journey of the self, through the self, to the self." -- The Bhagavad Gita**

# Clean eating

Clean eating means eating foods that are as close as possible to their natural state. This encourages us to make our meals from scratch to make them as “clean” as possible.

The main reason to take on clean eating is the health benefits of consuming foods rich in nutrient content directly from the earth that have not been overly processed.

(Source - Mayo Clinic)



HFF  
HEALTHY FIT FAMILY

## CHICKEN ORANGE STIR FRY

## Recipe of the month Orange Chicken Stir Fry

This recipe is great for the whole family and is perfect for these cooler, shorter fall days.

Substitute quinoa for the rice if you want to try something a bit different. Quinoa and brown rice are both whole grains and are both healthy options. Don't use white rice - it is a starch and is not a healthy option.

## CHICKEN ORANGE STIR FRY



Serves: 4  
Prep: 10 mins  
Cook: 25 mins



Nutrition per serving:  
397 kcal  
7g Fats  
53g Carbs  
34g Protein



GF DF  
MP HP



### WHAT YOU NEED

#### For the sauce:

- 1 orange, juice only
- ½ cup (100g) marmalade (low sugar)
- ¼ cup (60ml) soy sauce
- 1 tsp. sriracha (or as needed)
- 1 tbsp. buckwheat flour

#### For the stir fry:

- 1 tbsp. coconut oil
- 1 lb. (450g) chicken breast, chopped
- 1 tbsp. garlic, minced
- 3 sprigs green onion, chopped
- 1 cup (150g) snap or mangetout peas
- 1 red bell pepper, chopped
- 3 cups (450g) cooked brown rice
- ½ cup (25g) carrot, grated
- 1 tbsp. sesame seeds
- 1 tsp. orange zest

### WHAT YOU NEED TO DO

Mix all the sauce ingredients together. Add some water if necessary to thin it down slightly.

Heat the coconut oil in a large pan over high heat. Add in the chicken breasts and cook for 4-5 minutes until chicken is cooked through. Remove from the pan and set aside.

Lower the heat and add the garlic and green onions, cooking for 1 minute. Keep stirring to prevent burning.

Now add the mangetout peas and bell pepper and cook for another 3-4 minutes. Add in cooked rice and mix well with the vegetables.

Next, add in the cooked chicken, grated carrots and the sauce. Stir well.

Garnish with sesame seeds and more green onions to serve.

Getting out into nature

# Nature

It's fall and in New England it is a perfect time of year to get out and try exercising in nature.

Studies show that regular use of woods or parks for physical exercise reduced the risk of poor mental health, whereas no such pattern was found in non-natural settings like gyms.

**Other benefits of outdoor exercise are:**

Lowers blood pressure

Helps with insomnia

Sunshine gives you a dose of Vitamin D

Improves mood

Creates opportunities for social interaction

Improves balance

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If you want to find an outdoor recreation or park in your area, try looking at Park Finder

<https://findyourpark.com/park-finder>

or contact your town's parks and recreation office for outdoor walking/running/biking trails near you.

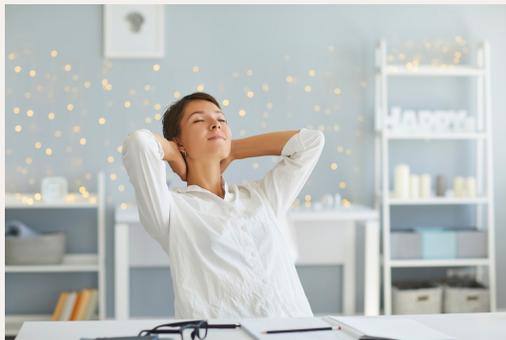


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Nature can generate many positive emotions, such as calmness, joy, and creativity, and can facilitate concentration. Nature connectedness is also associated with lower levels of poor mental health, particularly lower depression and anxiety.



**Mindfulness** – gently noticing what is going on for us, in the present moment, without passing judgment.



# Mindfulness

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**Mindfulness** is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

**Meditation** is the habitual process of training your mind to focus and redirect your thoughts.

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**"Your calm mind is the ultimate weapon against your challenges". (Bryant McGill)**

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**Several disciplines and practices can cultivate mindfulness**, such as yoga, tai chi and qigong, but most of the literature has focused on mindfulness that is developed through mindfulness meditation — those self-regulation practices that focus on training attention and awareness in order to bring mental processes under greater voluntary control and thereby foster general mental well-being and development and/or specific capacities such as calmness, clarity and concentration

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**Remember to practice gratitude**

# Meditation

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## Benefits of developing a meditation practice

- Relieves stress and anxiety
- Lowers blood pressure
- Reduces chronic pain
- Improves sleep
- Increases memory
- Decreases cognitive decline
- Reduces anxiety
- Decreases Depression
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(See a pattern here? Mindfulness and meditation can help you with all aspects of your life!)



There are so many benefits to developing a regular meditation practice but so many people just don't know how to start.

Below are a few easy, guided meditations to get you started. Developing a consistent meditation practice can not only improve your mood and manage your stress but can also:

Lower blood pressure  
Improve sleep  
Help control pain  
Decreases the risk of anxiety and depression  
Improve memory  
Alleviate gastrointestinal difficulties

[20-minute meditation for sleep](#)

[17 minute guided meditation for sleep if you have pain](#)

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