



Employee Wellness



September 2018

Employee Wellness Events

Blood Pressure Screenings & September Vitals 6 Reassessments

9/19 Wednesday, 7:30-9:00a, Riverbend Grille

- Every third Wednesday of the month stop by to check your blood pressure!
- Employees that had their initial HLC assessment in March, it is time to reassess! If you hit your six-month Vitals 6 goal, stop by anytime from 7:30-9:30a – no appointment needed!

MOST – Back to School for the Future

9/26 Wednesday, 11:00a-1:00p, Riverbend Grille

- Learn how to invest in a college plan for your child's or grandchild's future with MOST, Missouri's 529 College Savings Plan. Representative Janet Kottman, will be available to help Meritas and NKCH employees get a jump start to their loved one's future and answer questions.



CLASS HIGHLIGHT of the Month

HIIT Body

This High Intensity Interval Training class will work you from head to toe for a total body workout!

Monday & Wednesday 5:00-5:45p

For more information call 691.5020 or email

Jill.Sartain@nkch.org*

Times	Monday	Tuesday	Wednesday	Thursday	Friday
8:00a-8:30a			Fitter You		Fitter You
12-12:30p	Power Yoga	Tabata	Spinterval	Tabata	Bootcamp
Various Times			Wellness Wednesday		
5:00p-5:45p	HIIT Body		HIIT Body		
7:00p-8:00p		Zumba		Zumba	

NKCH Wellness Legend



Physical Activity



Nutrition



Financial Stability



Health & Wellness Events



Mental Clarity



Healthy Lifestyle Challenge



Group Exercise Classes

Classes can be tailored for beginners, intermediate or advanced — just speak with the instructor!

All Healthy Lifestyle Challenge & Fitness Center Members are able to attend free group exercise classes. Pick up this month's fitness calendar schedule in the Fitness Center, 3rd Floor

Question/Registration
(816) 691-5020



6 ways to de-stress fast



2-Minute Timeout

Excuse yourself. Go somewhere quiet. Breathe regularly. Count each time you breathe out for two minutes.



Guided Meditation App

Decompress with a five-minute guided meditation on an app.



Talk to Someone

Talk to a trusted friend who's not also upset. It's easier for them to see things in perspective.



Move Your Body

Burn off some steam by moving your body, like doing jumping jacks, walking up and down stairs or doing push-ups against a wall in a stairwell.



Laugh

Humor has been found to instantly decrease stress and increase happiness. Read or watch something funny, like a favorite blog, Instagram feed or funny cat or blooper videos.



5 Senses Check In

- Count 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Cons of Ignoring Stress

- Hard to think straight and focus
- More likely to make mistakes
- Easy to get into an argument
- Easy to make rash decisions
- Waste time

Pros of Taking a Quick Break

- Can calm down
- Can think more clearly
- Make wiser choices

Source: <https://patient.care>



Don't forget to turn in flights climbed for the Bring the Heat to the Concrete Stair Challenge by Friday 9/7/2018!



Zucchini Noodles with Avocado Pesto & Shrimp

Ingredients

Preparation Time: 35 minutes

Ready in: 35 minutes

- 5-6 medium zucchini (2¼-2½ pounds total), trimmed
- ¾ teaspoon salt, divided
- 1 ripe avocado
- 1 cup packed fresh basil leaves
- ¼ cup unsalted shelled pistachios
- 2 tablespoons lemon juice
- ¼ teaspoon ground pepper
- ¼ cup extra-virgin olive oil plus 2 tablespoons, divided
- 3 cloves garlic, minced
- 1 pound raw shrimp (21-25 count), peeled and deveined, tails left on if desired
- 1-2 teaspoons Old Bay seasoning



Source: Eating Well

Directions

1. Using a spiral vegetable slicer or a vegetable peeler, cut zucchini lengthwise into long, thin strands or strips. Stop when you reach the seeds in the middle (seeds make the noodles fall apart). Place the zucchini "noodles" in a colander and toss with ½ teaspoon salt. Let drain for 15 to 30 minutes, then gently squeeze to remove any excess water.
2. Meanwhile, combine avocado, basil, pistachios, lemon juice, pepper and the remaining ¼ teaspoon salt in a food processor. Pulse until finely chopped. Add ¼ cup oil and process until smooth.
3. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add garlic and cook, stirring, for 30 seconds. Add shrimp and sprinkle with Old Bay; cook, stirring occasionally, until the shrimp is almost cooked through, 3 to 4 minutes. Transfer to a large bowl.
4. Add the remaining 1 tablespoon oil to the pan. Add the drained zucchini noodles and gently toss until hot, about 3 minutes. Transfer to the bowl, add the pesto and gently toss to combine.

Nutrition Facts

Serving size: 1¾ cups each

Per serving: 446 calories; 33 g fat(5 g sat); 7 g fiber; 16 g carbohydrates; 26 g protein; 112 mcg folate; 159 mg cholesterol; 7 g sugars; 0 g added sugars; 1,144 IU vitamin A; 55 mg vitamin C; 141 mg calcium; 2 mg iron; 713 mg sodium; 1,271 mg potassium

Nutrition Bonus: Vitamin C (92% daily value), Folate (28% dv), Vitamin A (23% dv)

Carbohydrate Servings: 1

Exchanges: 6 fat, 3 lean protein, 1½ vegetable

