



Lifestyle Letter

Wellness News

Stop, look and listen to what your body is telling you.

This is a story about Pastor Robert Welty, a story that is not much different for many individuals. In his early teens Pastor Welty got hooked on weight lifting, which later turned into power lifting. Power lifting is a very strenuous sport that places a tremendous amount of strain on the body and can cause numerous injuries. For a number of years Pastor Welty engaged in power lifting, subjecting his body to the tortures of the sport. As the years past and he became older his body could no longer endure the power lifting regiment, so eventually he gave up the sport. But the damage to his body was done, and the pain he began to experience was difficult to handle on a day-to-day basis without help. The help came in the form of pain medication. As the pain continued, and the pain medication became a part of his daily life, Pastor Welty lost his motivation to exercise, so his muscles began to weaken. He stopped eating properly and hit an unhealthy weight of 335 lbs. His relationships with his family and friends became strained or non-existent. And his pain medication became an addition.

In January of 2009 he read about a program called Creating Wellness and how they could assess a person's level of wellness, customize a program to meet their needs and provide assistance in the form of personalized coaching to help the person achieve their goals. In his home town of Fredrick, Maryland a new Creating Wellness Center had just recently opened, so he took that very important first step and made an appointment to meet with the wellness coach. During the meeting the wellness coach not only discussed the importance of proper exercise, eating right and approaching your day with the right attitude – but the coach explained how it could be done. Because remember, at this time in his life Pastor Welty's motivation

to accomplishing anything was pretty much zero. At the end of his meeting with the wellness coach he agreed to participate in the wellness assessment, he was truly interested in learning his level of wellness. What came back did not paint a pretty picture – high blood pressure, high body fat, extremely overweight, poor lifestyle habits in regards to eating and exercise. Looking at the report he knew he needed to change his lifestyle, or shortly he'd have no life left to change.

He started the Creating Wellness program and attended his weekly personalized coaching sessions. A customized program of exercise and nutrition was recommended, along with motivational sound advice to help him with his relationships, motivation and attitude. As the weeks progressed he began walking, a lot, which eventually turned into running, daily. His meals became a true family affair, with his wife helping to structure their day to ensure all of their meals were of the highest nutritional value, and they were getting the proper calories that their bodies needed.

Eight months later Pastor Welty is running about 8-10 miles a day, his weight is at 215 lbs and he no longer needs his pain medication.

This is just one of many lives the Creating Wellness program has helped. No matter where you are in your stage of life you should always be moving towards wellness. That's the inspiration behind the Creating Wellness Center of Fredrick and the goal for their town. In June of 2009 the Creating Wellness Center of Fredrick hosted a "Fredrick Wellness Challenge", with the goal of providing a proven wellness method for the town they call home.

While it is time for kids to go back to school and we look to the fall – your local farmers market is still brimming with ripe produce. Here is a list of fruits and veggies that are in season for September:

- Apples
- Beets
- Dates
- Figs
- Lettuce (head and leaf)
- Melons
- Peppers
- Raspberries
- Summer squash
- Watermelon
- Arugula
- Corn
- Eggplant
- Grapes
- Okra
- Plums
- Shallots
- Tomatoes
- Winter squash
- Beans
- Cucumbers
- Fennel
- Mangoes
- Pears
- Pumpkins
- Sorrel
- Watercress

The human body is 2/3 water

You need plenty of water everyday. In fact most people need more than they drink to feel better, think better and work out better. And the good news is you can meet your daily water needs by drinking good old H₂O, other flavored beverages, juices and even by eating foods like fruits and vegetables. Water is the main ingredient of blood. It's also found in ALL the cells of your body because cells need water to carry nutrients in and waste products out. Water helps to lubricate your joints (like knees and elbows) so that they move easier. It helps to digest food and move it through (and out) your intestinal tract. Water also helps you breathe properly.

How much water should you drink? Here's a rough guide, although you may need more depending on your activity level and climate. Review the following equation and example:

Step 1: Your weight divided by 2 = The number of ounces of water you need each day!

Step 2: Divide the ounces you need by 8 = The number of cups of water you need each day. (1 cup water = 8 ounces)

Remember, water comes from foods as well as beverages and to be sure you always have supply handy.

- Carry a water bottle with you when ever possible!
- Drink fluids throughout the day!
- Keep fresh water in your room by your bed, in the car, wherever you are!

Curried Chicken with Green Beans

Prep Time: 10 minutes

Total Time: 45 minutes

Ingredients

- 4 ounces chicken breasts, boneless/skinless, raw
- 1/4 onion, yellow
- 2 garlic cloves
- 1/4 teaspoon rosemary, dried
- 1/4 teaspoon thyme, ground
- 1 teaspoon curry powder
- 1/3 dry cup brown rice, uncooked
- 1 tablespoon green onion, chopped
- 1 cup green beans, cooked
- 3 teaspoons canola oil
- 1/4 teaspoon black pepper
- 1/2 dry cup pineapple chunks, canned in juice

Preparation

- Please note that this recipe requires at least 2 hours of refrigeration time which is not reflected in the prep time.
- Cut chicken into bite-sized cubes. Thinly slice yellow onion and chop garlic, rosemary, and thyme.
- Toss chicken with curry powder, onion, half of garlic, rosemary and thyme. Marinate for 2 hours (or overnight) in refrigerator.
- When marinating time is finished, prepare rice according to package directions. Wash, trim and chop green onion and green beans.
- Brown the chicken pieces in 2 teaspoons of the oil for approximately 20 minutes in a skillet, stirring constantly to avoid sticking. Add 1/4 cup water and let simmer for another 20 minutes until tender.
- Meanwhile, steam green beans and set aside. Saute green onions and remaining garlic in 1 teaspoon of the canola oil. Stir in green beans and black pepper; serve along side chicken and rice.
- Enjoy pineapple chunks with the meal or as dessert.

Nutrition Information: Per Serving: Cal. 620 Total Fat 19g; Saturated Fat 2.5g; Total Carbs 82 g; Fiber 9g; Protein 31g, Sugars 19g.

Don't forget to send your favorite healthy recipes to: recipes@creatingwellness.com

Be sure to visit "My Creating Wellness Space" for more recipe ideas!