

Innovative WellNews

January 2023

Starting Off Strong



Samaritan
LIFE-ENHANCING CARE



What's Happening This Month?

People

(wellness encompasses the needs of the whole person)

Service

(wellness serves both the individual and the community)

Quality

(employees perceive the wellness program as a high-quality asset but also fun and convenient)

Finance

(financial growth and savings on an organizational and individual level)

Growth

(personal growth through changing or developing habits that benefit well-being)

Important Dates

- Wellness Coaching Brochure
- Effective Goal Setting Tip Sheet



If you have any questions, please contact Innovative's Nurse Advocate, Erica Polaneczky.



Nurse Advocate

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Happy New Year! New Year's resolutions are a great way to take some time to evaluate the previous year and any of your previous goals and figure out some things you want to focus on for the new year. These can be small goals like read five new books or much larger goals like run a marathon. Goals should be specific to you and your interests and should be things that will bring you joy and less stress. So, where exactly should you start when it comes to setting a new goal? Check out some guidelines for SMART goals below as a great starting point.

What is a SMART Goal?

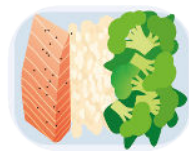


Hydration

If you are struggling to come up with a goal this year, take a look at a habit that most of us put on the back burner, drinking water. For some people, this can seem really simple and manageable but for others, it can be such a challenge. There are so many ways to get creative with this goal and really incorporate more water in your day to day life. Try out some of these tips to get some more water in to your daily routine:



Always keep water on hand



Drink water before and after your meals



Track your water intake



Start your day with a glass of water



Flavor your water with lemons, limes, or other fruits



Eat fresh fruits and vegetables like cucumber or watermelon

Smoothie Recipe

Did you know that a smoothie can be a great way to fit in some extra fruits, vegetables, and even some protein? It can be a great, quick meal or snack throughout your busy day.



Strawberry Pineapple Smoothie

Ingredients:

- 1 cup frozen strawberries
- 1 cup chopped fresh pineapple
- ¾ cup unsweetened almond milk
- 1 tbsp almond butter
- 1 scoop vanilla protein powder (optional)

Directions:

Combine strawberries, pineapple, almond milk, almond butter, and protein powder in a blender. Process until smooth, adding more almond milk if necessary. Serve immediately.




Chocolate Banana Smoothie

Ingredients:

- 1 banana, frozen
- ½ cup cooked red lentils
- ½ cup nonfat milk
- 2 tsp unsweetened cocoa powder
- 1 tsp pure maple syrup
- 1 scoop chocolate protein powder (optional)

Directions:

Combine banana, lentils, milk, cocoa, syrup and protein powder in a blender. Puree until smooth.

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Resources:

: <https://www.eatingwell.com/recipes/17989/drinks/smoothies/>