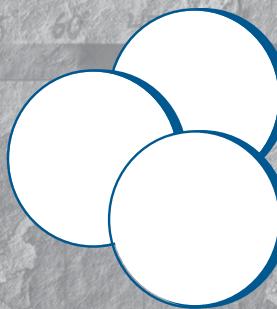




Winter 2018



# KeySolutions

Employee Assistance Program



## Recharge Your Battery and Feel Better By Tim Lencki

How many of you reading this article have a cell phone? My guess would be most of you. Chances are you probably have to charge it every night before going to bed. When you wake up in the morning it's fully charged and you're ready to text, talk, browse the internet, etc. If you forget to charge it overnight, then your battery runs out of juice partially into your day.

### What is the Adrenal Gland?

Similarly, everyone has an adrenal gland that is kind of like the battery in your cellphone. The adrenal gland produces hormones that help control heart rate, blood pressure and how the body uses food for energy. The way it gets charged is by sleeping. If you begin your day rested, your body works more efficiently. If sleep is neglected, your body will function at a lower level – just like your cellphone when it's not adequately charged.

### You Are What You Metabolize!

One thing that is important to remember is that you are what you metabolize. Lack of sleep prevents you from metabolizing the nutrients you consume throughout your day. When you don't metabolize your nutrients well, your body doesn't function as it should. On top of that, lack of sleep can also slow your ability to burn fat.

### Getting Enough Sleep

That being said, it's important that you do everything possible to get an adequate amount of sleep each night. Here are some tips for charging up your body:

#### 1. Create a Dark Environment

Less light triggers increased melatonin release (your sleep hormone), which allows your body to enter into a deeper sleep.

#### 2. Create a Quiet Environment

Noisy environments have been shown to interrupt sleep cycles.

#### 3. Sleep On a Consistent Schedule

Create a schedule that allows each day to be similar in terms of wake time and bedtime.

#### 4. Prepare Your Mind for Sleep

It's important to "set the mood" for sleep. An hour before bedtime, try taking a relaxing bath, reading a favorite book or listening to relaxing music.

Use these tips to ensure your battery is fully charged each morning. Sweet dreams.

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## Healthy Recipe: Sautéed Chicken Cutlets



### INGREDIENTS:

- 4 skinless, boneless chicken breasts
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 1/2 tablespoons olive oil

### DIRECTIONS:

- 1) Place breasts between wax paper or Saran wrap and flatten with mallet.
- 2) Season chicken with salt, pepper and then drizzle with olive oil.
- 3) Place a sauté pan large enough to accommodate all cutlets over medium-high heat. Add cutlets and lower heat to medium. Cook until well-browned on one side, about 4 to 5 minutes. Turn cutlets over and cook for another 2 to 3 minutes.

Serving Size: 1 cutlet

### NUTRITIONAL VALUE:

Calories Per Serving: 202  
 Carbohydrates: 0 g.  
 Protein: 33 g.  
 Sodium: 238 mg.  
 Fat: 7 g.  
 Saturated Fat: 1 g.

## Jump Start Your Weight Loss

Weight loss is very important for many people in the United States. Look no further than this statistic, which shows that nearly 67% of our population is overweight and you can see why.

Permanent weight loss starts with your decision to live a healthy lifestyle. Here are two ways to make that happen.

### Find Help When You Want to Get Active

It is important to have people in your life that you can lean on when you need motivation to keep going. Talk to a friend, family member or co-worker to be your go-to buddy when you feel discouraged or want to miss a workout. Consider joining a group fitness class with some supporters. Classes can be fun, exciting and provide a social network you will look forward to. Also, look into hiring a personal trainer that can design an exercise program tailored to your schedule and fitness level.

### Be Smart With Your Nutritional Choices

The important concept to remember is that you need to eat regularly throughout the day; preferably every three to four hours. These meals should be a balance of protein, carbs and fats. When you are able to eat balanced meals at the proper time intervals with the appropriate number of calories, it stabilizes your blood sugar. Stable blood sugar levels throughout the day will allow you to break down body fat all day long, increase metabolism, reduce sugar cravings and increase your energy levels.

## Diet Soda: Good or Bad?

### Q: Can Your Diet Soda Be Doing More Harm Than Good?

A: Yes. Research suggests that artificial sweetener consumption can cause weight gain. The possible cause of this is that the artificial sweetener actually increases sugar cravings. The theory is that our bodies sense the sweetness of the food and expect calories. So when you consume the sweetener without the calories, your body continues to crave the calories and you end up eating more later on.

Another possibility is the impact that high amounts of sweets have on how much we need to feel satisfied. Sweeteners are much sweeter than sugar. Repeated exposure to flavor trains our flavor preferences. Think about when you cut back on salt for fatty foods and how over the course of time, your craving for them diminishes. When you cut back on sugar and replace it with artificial sweetener, you never really get the chance to get used to consuming less of the taste. Therefore, you find other ways to satisfy your sweet tooth. The solution is to limit sweetener intake in general. When you do need a little sweet fix, choose natural sweeteners such as stevia or unprocessed honey.

## How KeySolutions Works for You...

**Counseling Services:** KeySolutions is here to help you and your family with any of life's challenges. During your appointment, you will meet with one of our experienced professionals and together decide on a plan of action.

**Free and Confidential:** Employee Assistance Program services are at no charge to you or your immediate family. All services will remain confidential.

**Employees and Family:** KeySolutions is available to all employees and dependent family members.

**Anywhere You Live:** The Employee Assistance Program is available to you wherever you live. We have a network of counselors ready to serve you. Please call KeySolutions first and we will inform you of those counselors.

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