

WellSpring

A BOUNTIFUL SOURCE FOR HEALTHY LIVING FROM



Wellness Partners
Your Preventive Care Specialists®

Mad About Mango



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SPRING HAS SPRUNG!

Warmer air, budding trees, the signs of new life and a new season—we welcome spring with open arms. It's a time to pack up the coats and boots and switch them out for something lighter. We are lighter on our feet and lighter in our hearts. Bye-bye cabin fever, hello spring fever!

This time of year has us on the move with graduations, weddings, ball games, and vacations (just to name a few) so it's important to remember to take care of ourselves and each other. Personal safety, healthy eating on the go, and fitting in exercise between all our other activities are at the top of our self-care list. Read on for information that can help spring you into a whole new level of well-being.

Thanks for being a part of the Wellness Partners family!

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Personal Safety Tips

DISTRACTED DRIVING

Distracted driving is any activity that diverts attention from driving, including using your phone, eating, talking to people in your vehicle, fiddling with the stereo or navigation system—anything that takes your attention away from the task of safe driving.

Distracted driving accounts for approximately 25% of all motor vehicle crash fatalities, though the number could actually be much higher because of underreporting. Driver distraction is reported to be responsible for more than 58% of teen crashes.

During daylight hours, approximately 481,000 drivers are using cell phones while driving.



TEXTING IS THE MOST ALARMING DISTRACTION.

Sending or reading a text takes your eyes off the road for 5 seconds. At 55 mph, that's like driving the length of an entire football field with your eyes closed.

HUMAN TRAFFICKING AWARENESS

Victims of human trafficking are all genders, ages, races, countries and socioeconomic statuses. According to the International Labor Organization human trafficking is a \$150 billion industry globally.

How to protect yourself and your loved ones from trafficking:

- Be aware of the people around you and your surroundings. Traffickers may be male or female, young or old. They do not look any certain way and usually come across as kind and trustworthy when approaching victims.
- Be wary of strangers on social media and always be aware of your children's social media and online activity as well as who they are hanging out with. Encourage them to discuss any suspicious online requests they may have had, or anyone who has interacted with them online.
- Always encourage your children to go out in groups, and never leave young children unattended at airports or public spaces like playgrounds.
- Be prepared. Carry mace and/or learn self-defense techniques.



ORGAN & BLOOD DONATION

Give the Gift of Life!



ORGAN DONATION BY THE NUMBERS

- **14,000+** – number of people on the national transplant waiting list as of August 2017.
- **54** – percentage of population that is actually signed up as a donor
- **8** – number of lives that can be saved by one donor
- **Only 3 in 1000** people die in a way that allows for organ donation.

Sign up as an organ, eye, and tissue donor anytime online—or at your motor vehicles department.

BLOOD DONATION REQUIREMENTS:

- Must be in good health
- Must be at least 16 years old in most states
- Must weigh at least 110 lbs and have adequate blood iron levels

WHY DONATE?

- Approximately 36,000 units of red blood cells are needed every day in the U.S.
- 1 donation can help 3 people.
- A single car accident victim can require as many as 100 pints of blood.
- The blood type most often requested by hospitals is type O.

Food Sustainability AND THE ENVIRONMENT

Not only are people becoming more aware of eating “clean”, they are increasingly concerned about eating “green” for the environment. Food sustainability and environmental factors are a real concern in a world with an ever-growing population.

Food sustainability is about generating enough food to maintain the human population. Sustainable food production is fundamentally grounded on the availability of fertile land, water, nutrients, and an adequate climate.



SEVERAL FACTORS AFFECT THE ENVIRONMENT:



Diets Higher in Animal Protein. According to Yale Journal of Biology and Medicine, consumption of animal protein is very taxing on the environment. Livestock production plays a large role in soil destruction, water depletion and pollution.



The Growing Obesity Pandemic. Obesity has significant health and environmental implications. One concern is that decreased physical activity and personal mobility leads to an increased use of motor vehicles and greenhouse gas emissions. Another concern is the increased rate of consumption. Eating more means more food has to be produced, packaged, transported and refrigerated, increasing how much electricity and fuel is needed per person. Heavier bodies also need more fuel to move around as engines and motors strain under heavier loads.



Food Waste. According to the USDA, food waste was estimated at 133 billion pounds and \$161 billion worth of food. “The land, water, labor, energy and other inputs used in producing, processing, transporting, preparing, storing, and disposing of discarded food are pulled away from uses that may have been more beneficial to society—and generate impacts on the environment that may endanger the long-run health of the planet.” Food waste is also the single largest component of municipal landfills. Because food waste generates methane so quickly, food waste contributes to landfills being the third largest source of methane in the US.

The food system has impacts at all stages of the supply chain, however, people’s beliefs and attitudes around food will ultimately dictate whether or not the long-term sustainability of the food supply chain can be achieved.



JUMP-START!

one month to a better you



THE SURPRISING BENEFITS OF

Food Journaling

Distracted eating is a trend in our society. Whether you're wolfing down breakfast on the way to school drop-off or eating dinner while watching TV, few people take the time to slow down and savor their meals. Case in point, if you were asked what you ate today, would you be able to remember everything from the number of Dove chocolate pieces you indulged in to how many glasses of water you drank? Most people have extraordinarily low recall when it comes to their snacks and meals.

Keeping a food journal not only helps you keep track of what you're consuming during the day, it can also help you see areas for improvement, identify emotional eating, and discover possible food sensitivities. Additionally, journaling aids in weight loss. In fact, studies show that participants who kept a food journal lost twice as much weight as those who didn't journal.

If you want to take it a step further, you can use food journaling to help with meal planning and your grocery budget.

So grab a notebook or calendar and write it down! Apps are great but pencil on paper is the way to go with a food journal. The act of writing, rather than entering information into an app, activates different parts of your brain and can make journaling more impactful.

How to Participate: Use your calendar to track your daily food and drink intake and send it back to us at the end of the month for your chance at a cash prize in our quarterly drawing. You could win \$75, \$150, or \$300 in CASH! *Sorry, participants can only win 1st place once per calendar year.*

HERE ARE THINGS TO INCLUDE:

- **Time of day**
- **Type of food/drink**
- **Quantity**
- **Degree of hunger**
- **Feelings before and after eating**



JUMP-Start!

one month to a better you

THIS MONTH'S CHALLENGE IS TO KEEP TRACK OF YOUR FOOD AND DRINK INTAKE!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL
	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30					

How to Participate: Keep track of your food and drink intake every day this month. Track these activities on your calendar and send it back to us at the end of the month for your chance at a cash prize in our quarterly drawing. You could win \$75, \$150, or \$300 in CASH! *Sorry, participants can only win 1st place once per calendar year.*

- 1 In the space provided, record your name and group name.
- 2 Sign and date when completed.
- 3 By the deadline to the right, mail, fax, or email your signed page to Wellness Partners:

Wellness Partners
106 West 3rd Street
P.O. Box 488
McCook, NE 69001

www.wellness-partners.org
healthyliving@wellness-partners.org
P: 877.345.7775
F: 308.345.1975

DEADLINES FOR QUARTERLY DRAWINGS

Oct/Nov/Dec: **JANUARY 5**

Jan/Feb/Mar: **APRIL 5**

Apr/May/Jun: **JULY 5**

Jul/Aug/Sep: **OCTOBER 5**

Name _____ Group _____

Signature _____ Date Completed _____



THE BRIEF

FOOD *Sensitivities*

Common Symptoms OF FOOD SENSITIVITY

- Stomach cramps with gas and bloating
- Constipation (because the body is not able to digest the food and it accumulates in the gut)
- Vomiting and diarrhea
- Brain fog
- Heartburn
- Skin conditions such as eczema, acne, etc.
- Severe fatigue
- Headaches

Because these symptoms can be indicative of many different ailments, the best way to know if you are experiencing a true food sensitivity is to keep a food log.

Food allergies, intolerances, and sensitivities are on the rise. While there are similarities between them, these conditions have their own distinct definition. Food sensitivities can be hard to identify and usually are not as well-known as food allergies or intolerances (think peanut allergy or lactose intolerance). Nonetheless, these sensitivities can wreak havoc on your body and cause some surprising symptoms.

KEEP A FOOD LOG

A food log allows you to spot patterns based on what you ate and how you feel. Record what you eat, how much you eat, when you eat, and how you feel after eating.



FOLLOW AN ELIMINATION DIET

If you are able to make a correlation between symptoms and a particular food (even if it's just a very strong hunch) it's best to completely eliminate that food from your diet.

Some people may be sensitive to one specific food while others are sensitive to food groups. Dairy for instance is a food group that many people find they have a sensitivity to.

Another approach to an elimination diet is to cut back to a very basic diet such as grains and lean protein like oats, rice, chicken, etc. and start adding in foods. It's best to add in just one food at a time and allow a few days after adding a new food to see if there are any symptoms or reactions. This is a more common approach for babies and small children, though some adults may also opt for this method if they are struggling to identify which foods are causing their symptoms.

GET A FOOD SENSITIVITY TEST

Learning about how your body responds to food is an important part of your overall health and is a great tool in your arsenal of self-care strategies.



ON-THE-GO *Food*

Let's face it, while travelling is fun and offers plenty of opportunity for fun and relaxation, it can take a toll on our physical health if we don't make an effort to choose healthy options. So let's talk about how you can make the healthy choice the easy choice.

When you're travelling you need convenience. Simple snacks, convenient meals, and quick exercises that you can fit in to your full schedule of fun activities. There are no shortage of convenience foods but what they lack on the nutrition you need to fuel your body and keep you well while you're on the go. So we are here to deliver ideas that taste good and are good for you!

SNACKS

- Air Popped Popcorn
- Nuts/Seeds
- Homemade Trail Mix
- Homemade Granola Bars
- Baby Carrots
- Pre-Cut Broccoli, Cauliflower, Celery Sticks
- Snap Peas
- Mini Bell Peppers
- Grapes
- Berries
- Bananas
- Apples
- Dried Food
- Fruit & Veggie Chips
- Fruit Leather

MEALS

- Salad in a Jar
- Overnight Oats
- Wraps
- Make Your Own Lunchable
- Whole Grain Crackers
- Cheese Sticks
- Grilled Chicken Breast or Ham (Cubed)
- Fresh Fruits and Veggies
- Bottled Water (Plain or Flavored) or Unsweetened Tea



On-The-Go Food & Exercise

ON-THE-GO *Exercise*

When you're on the go fitting in physical activity and exercise is no small feat. Time is short, equipment is scarce, and not knowing which exercises to do all make it more difficult. Here are some exercises that require no equipment and can be done just about anywhere in a short amount of time (about 10 minutes!). Do each exercise for 30 seconds then move to the next exercise. You can also take walking breaks or if there is a staircase near you, walk the stairs.

- Pushups
- Lunges
- Squats
- Wall Sit
- Tricep Dip
- Planks
- Supermans
- Jumping Jacks

- Quick Feet
- Side Shuffle
- Burpees
- Toe Touches
- Reverse Crunch
- Scissor and Flutter Kicks

ANATOMY OF A *Perfect Wall Sit*



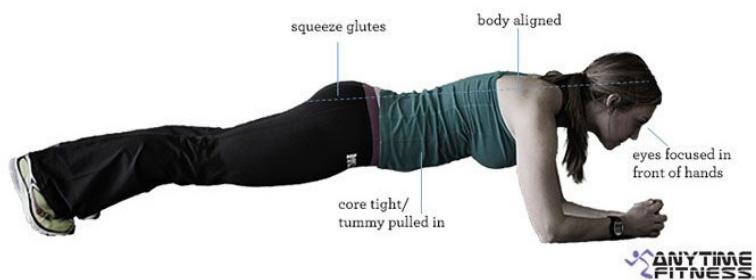
ANYTIME
FITNESS
Get to a healthier place.

ANATOMY OF A *Triceps Bench Dip*



ANYTIME
FITNESS
Get to a healthier place.

ANATOMY OF A *Perfect Plank*



ANYTIME
FITNESS



Mango Madness

HOW TO CHOOSE A MANGO

1. Squeeze the mango gently. A ripe mango will give slightly.
2. Use your experience with produce such as peaches or avocados, which also become softer as they ripen.
3. Ripe mangoes will sometimes have a fruity aroma at their stem ends.

ONE CUP OF MANGOES PROVIDES

- 100% of the daily requirement for vitamin C, an antioxidant that plays an important role in immune function.
- A good source of fiber, vitamin A, and folate as well as other vitamins and minerals that are important for immune function, cardiovascular health, gut health, and more. Mango is full of all these benefits with the added bonus of tropical flavor that will have you picturing yourself relaxing on the beach.



HOW TO CUT a Mango

1



Make sure stem is on top then cut vertically 1/4 inch away from the midline.

2



Make the same cut on the other side.

3



Cut the flesh in a grid like pattern without going through the skin.

4



Use a large spoon to detach the flesh from the skin and scoop out the cubes.

VISIT MANGO.ORG TO DISCOVER HOW YOU CAN ENJOY A MANGO IN ALL ITS JUICY GLORY ALL YEAR LONG.



REAL FOOD

by dad
with matt robinson

This spring, we're mad about mango! They're flavorful and full of health benefits - what's not to love about this fabulous fruit? If you haven't been back to Matt Robinson's blog since his recipes were featured in our magazine last winter, make sure you go to www.realfoodbydad.com to indulge in his mouth-watering mango recipes. (And while you're there, check out his other easy-to-make meals.) Thanks again for sharing with us, Matt!



Mango Coconut Curry Soup

MANGO COCONUT CURRY SOUP MAKES 4 SERVINGS

- 1 tablespoon oil
- 1 shallot, finely chopped
- 1 garlic clove, finely chopped
- 1 tablespoon ginger, finely chopped
- 2 tablespoons curry powder
- 1½ teaspoons of turmeric
- 1 cup of full fat coconut milk
- 4 cups chicken stock
- ¼ cup fish sauce
- 2 tablespoons soy sauce
- 1 tablespoon brown sugar
- 2 medium russet potatoes, cubed
- 2 large carrots sliced
- 2 cups cubed rotisserie chicken breast
- 2 mangoes, cubed
- 5-6 cilantro sprigs
- 3-4 tablespoons of sliced green onions
- 2 tablespoons sliced serrano peppers

Directions

1. In large heavy-bottom saucepan, over medium high heat: Heat the oil until hot, add the shallot, garlic and turmeric. Cook and stir for 30 seconds until fragrant.
2. Stir in the coconut milk, then add the chicken stock, fish sauce, soy sauce and brown sugar. Bring to a boil for 2-3 minutes. Add potatoes, carrots and turn down heat to low. Cover and cook until vegetables are fork tender, about 90 minutes.
3. Serve with cubed mango, cilantro, green onions, red bell pepper and serrano peppers.

realfoodbydad.com/mango-coconut-curry-soup/

RECIPES

PAN SEARED SHRIMP WITH MANGO SALSA

MAKES 4 SERVINGS

- 8 (6 to 8-inch) bamboo skewers
- 16 jumbo shrimp, deveined and peeled
- Salt and pepper
- 1 tablespoon finely chopped garlic
- 1 teaspoon smoked paprika
- ¼ cup orange juice
- 3 tablespoons lime juice
- 2 tablespoons chopped flat leaf parsley
- 3 tablespoon extra virgin olive oil, divided use

TROPICAL SALSA

- 2 cups diced mango
- ½ cup diced red bell pepper
- ¼ cup diced red onion
- 3 tablespoons minced fresh cilantro
- 1 tablespoons minced fresh mint
- 2 tablespoons fresh lime juice
- Optional: 2 tablespoons sliced serranos

Directions

1. In a large bowl, combine and whisk together salt and pepper, garlic, paprika, orange juice, lime juice, parsley and 2 tablespoons of oil. Add shrimp and toss to combine. Cover and refrigerate for 2 hours.
2. In the meantime make the tropical salsa, by combining and mixing together all ingredients. Keep refrigerated until ready to use.
3. Remove the shrimp from the refrigerator. Thread 4 shrimp to a skewer. Heat a large heavy bottom pan like a cast iron pan over medium high to high heat.
4. Add remaining 2 tablespoons of olive oil to hot pan. Pan sear until shrimp is opaque and caramelized , about 2-3 minutes on each side.
5. Remove from heat and serve with tropical salsa.



Pan Seared Shrimp With Mango Salsa

realfoodbydad.com/pan-seared-shrimp-with-a-tropical-salsa/



Slow Cooker Chicken Tacos

SLOW COOKER CHICKEN TACOS MAKES 4-6 SERVINGS

- 4 chicken breasts (2 lbs.)
- salt and pepper
- 2 cups diced mangoes (10 oz. about 3 large mangoes)
- ½ cup diced red bell peppers (3 oz.) about half a large red bell pepper)
- ¼ cup green onions
- ¼ cup chopped cilantro
- 2 tablespoons olive oil

MANGO AND STRAWBERRY SALSA

- 2 cups diced mangoes (10 oz. about 3 large mangoes)
- ½ lb. strawberry, diced
- chopped cilantro
- 3-4 tablespoons fresh lime juice
- 1 jalapeno, finely chopped (optional)

Directions

1. Salt and pepper both sides of chicken breast. Place chicken breast in slow cooker pot. Combine and toss remaining ingredients in a medium size bowl. Sprinkle mixture on top of chicken breast. Set slow cooker to high for four hours or low for 6 hours. Remove chicken and shred by hand or place in a stand mixer bowl with a paddle attachment and turn mixer to low for fast shredding.
2. To make mango and strawberry salsa: Place all ingredients in a bowl and toss to combine.

realfoodbydad.com/slow-cooker-chicken-tacos/

LAYERED TROPICAL SMOOTHIES MAKES 3-4 SERVINGS

STRAWBERRY SMOOTHIE

- 1 large frozen banana, chopped to 1 inch chunks
- 10 large strawberries, hulled
- ½ cup greek yogurt
- 2 tablespoons freeze-dried strawberries (optional, but adds a lot of flavor)*
- 1 tablespoon honey

MANGO SMOOTHIE

- 1½ cup frozen chopped mango
- 1 large frozen banana, chopped to 1 inch chunks
- ½ cup greek yogurt
- 3 tablespoons cream of coconut**
- 1 tablespoon honey

COCONUT SMOOTHIE

- 1 cup coconut sorbet
- 1 large frozen banana, chopped to 1in. chunks
- ¼ cup pineapple juice



Directions

1. Combine all ingredients in a blender and process until smooth for about 30 seconds. (Blend each smoothie separately.)
2. Assembly: Layered flavors as desired for a tropical mix or serve each on its own.

Layered Tropical Smoothies

3. *Freeze-dried strawberries are highly concentrated, so they add a nice punch in flavor. They can be purchased at Trader Joe's or online at Amazon.

**Coconut cream can be usually be found in the liquor section of the grocery store. It is not the same as coconut milk.

realfoodbydad.com/layered-tropical-smoothies-move-more-get-fit/

PREVENTIVE HEALTH SPECIALISTS



Call us today at
877.345.7775
to set up a consultation.

We want to remind you to call our specialists for any concerns you may have. From general health and wellness questions, to healthy eating, adding family activities (away from screens), or life events that may be getting the best of you, we're just a phone call away.



REGISTERED NURSES

- Review Your Wellness Report
- Medical Condition Questions
- Lab Test Questions
- General Health & Wellness Concerns
- Blood Sugar Management
- Blood Pressure Control



EMPLOYEE ADVOCATE

- Anxiety & Stress Management
- Relaxation & Better Sleep
- Tobacco Cessation
- Depression or Suicidal Thoughts
- Abuse (domestic, verbal, sexual, etc)
- Improving Self Image



REGISTERED DIETITIAN

- Meal Plans & Shopping Tips
- Recipe Makeovers
- Nutritional Disease Management
- Reading Food Labels
- Portion Control & Emotional Eating
- Recommendations from Your Report
- Fad Diets, Supplements, & Diet Products
- Counting Calories, Carbohydrates, etc
- Healthy Eating on the Run



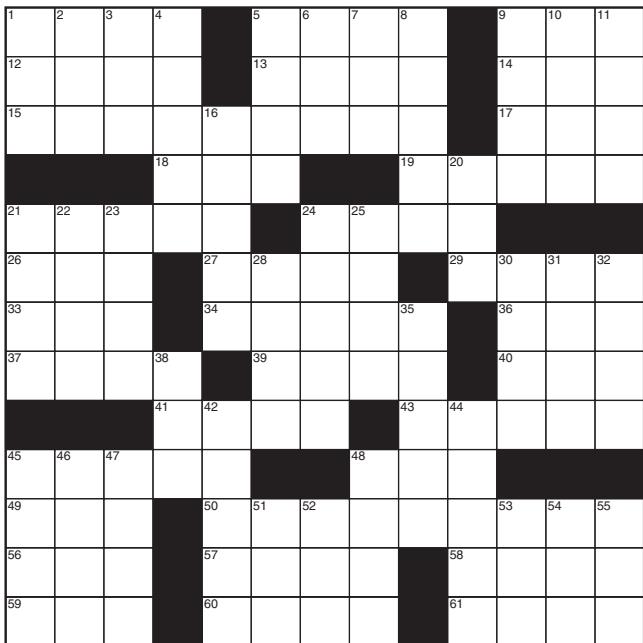
FITNESS SPECIALIST

- Personalized Fitness Plans
- Finding Time for Activity
- Overcoming Barriers
- Activities for the Family
- Increasing Mobility
- Targeting Muscle Groups
- Stretching/Strengthening
- Disease Management through Activity
- Adding Movement to Your Daily Routine

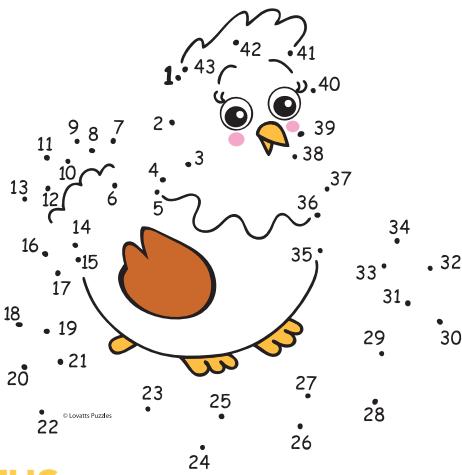
**OUR TEAM IS HERE TO HELP YOU SUCCEED BY
OFFERING INDIVIDUALIZED PROGRAMS, REAL-LIFE SOLUTIONS,
AND ENCOURAGEMENT ALONG THE WAY.**

Puzzles

CROSSWORD



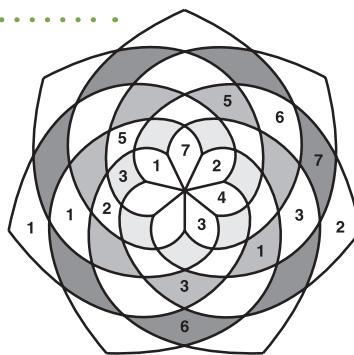
DOT-TO-DOT



LOTUS

To solve the Lotus Logic puzzle:

- Each arc must contain the numbers 1–7.
- Each ring of shaded petals must contain the numbers 1–7.
- Each ring of white petals must contain the numbers 1–7.
- No number can be repeated in any arc or ring.



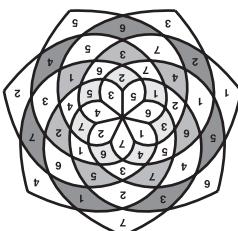
ACROSS

1. Corner chesspiece
5. Bailiff's concern
9. Bled, like dye
12. Face form
13. Fabled runner-up
14. Good ___ boy
15. Soaks in sauce
17. Bill's partner in love
18. Acrobat catcher
19. Reserved
21. Cavalry weapon
24. Simon ___
26. "___ ideas?"
27. Goes head-to-head
29. Waste, as time
33. Base bed
34. ___ Island National Monument
36. Vamp's accessory
37. Cap site
39. Just in case
40. Advantages
41. Minimalist's goal?
43. Havens
45. Mine passage
48. Corn holder
49. Musician's asset
50. Moves in waves
56. Glade shade
57. It may get into a jamb
58. Make a cake, e.g.
59. Opener
60. Competitive plus
61. Culminating point

DOWN

1. Computer acronym
2. Female gametes
3. Sculler's need
4. "Dave" star Kevin
5. "Come again?"
6. Teller
7. Tick off
8. Best left alone
9. "___ of Ages"
10. Cream additive
11. Bright light on Broadway
16. Chutzpah
20. It can't hurt to do this
21. Type of race
22. In a bit
23. Memory unit
24. Tennis champ Monica
25. Tag sale tag
28. Misery causes
30. Nile bird
31. Individual
32. Aberdeen miss
35. "Cheers" prop
38. One with a pole position?
42. Practice piece
44. Addis ___
45. Pursue
46. Robust
47. General assembly?
48. Pickle
51. Common consent
52. Cat hater, stereotypically
53. Kind of dance
54. Manage, with "out"
55. Census datum

Lotus Answers



Crossword Answers

K	E	Y	E	D	G	E	A	P	E
E	L	M	D	O	O	H	B	A	K
E	A	R	U	N	D	U	L	A	T
S	H	A	F	T	S	G	O	O	E
S	H	A	F	T	S	I	E	S	S
K	N	E	L	E	S	T	I	N	S
O	O	T	E	L	L	I	S	B	O
A	N	Y	V	I	E	S	K	I	L
S	A	B	E	P	S	A	V	S	O
R	O	O	K	W	R	I	T	R	A



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McCook, NE 69001



WE NEED TO HEAR FROM YOU!

We truly do want your opinions! Would you like it to be longer, shorter, come more often, come less often, have more recipes, have fewer puzzles, etc.?

Email **healthyliving@wellness-partners.org**, call **877.345.7775** or text **WPMAG** to **313131** to share your questions, thoughts, and ideas.

