LET'S FEEL BETTER

NTIC Newsletter

BEFORE BED GUIDED IMAGERY

Take 10 minutes before bed to participate in this guided imagery intended to help you easy anxiety before you slumber.

15 MIN. WALL PILATES

Wall Pilates is a newer exercise that uses the wall to add resistance to your movements. It is a low impact form of exercise that increase strength and balance.

COWBOY SALSA

Looking for something to bring to a BBQ? This cowboy salsa is packed full of plant protein and vegetables. It can be used as a healthy side or as a dip with chips.

Cholesterol and Triglycerides: What Are They?

Cholesterol and triglycerides are blood lipids. Cholesterol is wax-like and is used to make vitamin D, many hormones, and cell membranes whereas triglycerides are fat lipids used for energy between meals.

Cholesterol

We get the majority of our cholesterol from our body. That's right! Your liver is constantly making all the cholesterol you need, but we also consume it when we eat animals and their products.

High-Density Lipoprotein (HDL)

HDL is your good cholesterol! Its job is to take other lipids to the liver for disposal. In other words, your HDL helps clear out the LDL from your body.

Low-Density Lipoprotein (LDL)

High LDL or bad cholesterol increases your risk for heart disease and stroke because it likes to stick together and cause blockages in arteries and veins.

Triglycerides

Triglycerides come from the fat we consume and are used by our body for energy. Also, when we consume too many calories, our body stores them as triglycerides in fat cells. Healthy triglyceride levels are needed for our basic body functions, but our risk for heart disease and stroke increases when they are too high.

Healthy Levels

HDL: Men ≥ 40 mg/dL   Women ≥ 46 mg/dL   Optimal range for all: ≥ 60 mg/dL

LDL: ≤ 130 mg/dL   Optimal range for all: ≤ 100 mg/dL

Triglycerides: ≤ 150 mg/dL

How to Affect Your Lipids

- Move - our body will use the lipids we have stored. The best movement is the one you enjoy.
- Reduce saturated fats - use olive and avocado oil instead of butter.
- Eat Soluble Fiber - fiber slows down absorption into our bloodstream. Soluble fiber can be found in citrus, apples, carrots, beans, lentils, and more.
- Increase Omega 3s - a healthy fat found in salmon, mackerel, herring, sardines, walnuts, and flaxseed.
- Consume more plant proteins - beans, legumes, nuts, seeds, tofu, etc.
- Stop smoking and or reduce alcohol consumption.

National Physical Fitness and Sports Month

Physical activity is needed to stay healthy. Move Your Way offers tools, videos, and infographics that give tips to make it easier to ensure you are moving. Some ways you can move include but are not limited to

- Yoga/Stretching
- Sports
- Fitness Classes
- Gardening/Chores
- Walking/Running/Biking

How will you **move** this month?

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Health Advocate

NTIC is committed to helping our employees focus on their well-being. We've partnered with Health Advocate to offer you expert tools, resources and a reward to help you thrive!

Start date:
June 1, 2023

Complete activities
that will help you thrive

Deadline to earn points:
May 31, 2024

Feel good knowing you've
earned a reward

Well-Being Reward Details

The NTIC Health & Wellness Program can help you take charge of your health and improve your well-being.

There are two award levels:
Silver: Earn 350 points to receive a $175 reward
Gold: Earn 550 points for the maximum $275 reward

Well-Being Reward & Program Eligibility

NTIC Wellness Program incentive reward is available to all employees and spouses enrolled in the school district's health insurance. Dependents age 18+ can utilize the wellness program features, but are not eligible for the reward.

No matter your goals, Health Advocate can help guide you toward increased well-being through our four pillars.

Empowers you to live well by taking charge of your physical health.

Fosters connection with yourself, others and the environment around you.

BE CONNECTED **BE WELL** **BE BALANCED** **BE SUCCESSFUL**

Promotes skills to help you thrive financially, at work, and at home.

Supports you in caring for your emotional and mental well-being.

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