

LET'S FEEL BETTER

NTIC Newsletter



30 MIN. BEGINNER KICKBOXING

This beginner kickboxing workout is low impact, simple, and requires no-equipment!

QUICK AND EASY VEGGIE SOUP

This vegetable soup is simple, easy and a great way to pack more vegetables into your diet! Consider making it as a meal prep option for the week.

HOMEMADE KETCHUP

Did you know that one tablespoon of Heinz ketchup has one teaspoon of sugar in it? Consider making your own! This can last in the fridge up to 3 weeks.

Fiber

Fiber is naturally found in the structure of all plant cells. Fiber aids in feeding your gut biome and supporting proper digestion and bowel movements. Most Americans consume only half of their recommended daily fiber intake which is linked to adverse health effects.

Benefits

Since fiber's main job is to support gut health, its effect resonates throughout your body. A diet high in fiber has been shown to

- Help manage weight by making you feel fuller longer
- Protects your heart health by increasing your HDL (good cholesterol)
- Manage and or prevent diabetes because it slows the release of sugars into your bloodstream making insulin levels more stable

Soluble Fiber

Soluble fiber dissolves in water and turns into a gel-like substance which slows down your digestion. This increases the absorption of nutrients, slows down sugar absorption, and increases the feeling of satiety (fullness).

Insoluble Fiber

This type of fiber stays whole and is not dissolved in water like soluble fiber. This helps move food through digestion by adding bulk to your stool, which cleans the colon. Since this fiber pulls in water to aid digestion, it's important to consume plenty of water.

Recommend Daily Fiber Intake for a 2,000 calorie diet according to the USDA

Male < 50	38 grams per day
Female < 50	25 grams per day
Male > 50	30 grams per day
Female > 50	21 grams per day

Fiber Dense Foods

- Whole Grains
- Beans and Legumes
- Oats
- Pears
- Broccoli
- Artichokes
- Brussel sprouts
- Oranges
- Chia Seeds
- Guava
- Avocado
- Berries
- Apples
- Many More Fruits and Veggies!

How to Get More Fiber

- Add vegetables like peppers or spinach to your eggs
- Enjoy hummus with veggies or whole wheat crackers
- Apple and nut butters for a snack
- Soups with beans and vegetables
- Add diced fruit to your cottage cheese like peaches, berries, and even avocados
- Berries and yogurt
- Add black beans to your ground beef dishes (their flavor and texture blend in)
- Include chia seeds, oats, or nut butters in your smoothies
- Incorporate more whole grains (If these are jarring on your tastebuds, consider using half or less to help reshape your taste.)

Sources: [Mayo Clinic](#), [Harvard](#), [WebMD](#)

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Free
to all
Employees



COOKING WITH CARNIE

With Chef and Business Owner:

Carnie Datres



Thursday, February 6
6 pm - 7 pm
Live on Zoom

Join us from your kitchen
for a live cooking
demonstration!

The ingredient list will be sent out
the weekend beforehand.

Scan to Sign Up
Last day to sign up: 1/31





Eat the Rainbow

WELL-BEING CHALLENGE

It is common knowledge that eating fruits and vegetables is good for your health. But did you know that you can get greater nutritional benefit by eating a variety of colors? Fill your plate with a rainbow of fruits and vegetables every day during this challenge!

Each week of the challenge, track:



Eat the Rainbow

Start Date: January 13, 2025

End Date: February 9, 2025

Length of challenge: 4 weeks

Registration: January 2- January 26

Join today!

HealthAdvocate.com/ntic



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HealthAdvocate™

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.



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HealthAdvocateSM

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New EAP Benefit: Talkspace Go

Talkspace Go is a new, free EAP benefit for you and eligible family members aged 13+. It's a mobile therapy app you can use to improve your mental health and wellbeing in just 5 minutes a day! Get help for relationships, parenting, depression, and much more.



Features included

Self-guided programs for individuals, couples, and parents. Build mental well-being through personalized courses, daily journaling, and weekly live classes with therapists.

- 400+ self-guided, interactive courses
- Live weekly therapist-led anonymous group classes
- Assessments, meditation exercises, journaling, & reminders
- Address anxiety, stress, burnout, trust, & more

How it works

First, you answer a series of questions to get to the root of your issues. Based on your responses, you'll get a personalized, self-paced course from our library of counseling programs.



Ready to get started?

- Download Talkspace Go from the Apple App store or Google Play
- Sign up and create an account
- Enter your organization's code: **ESIEAP**



800.252.4555
www.theEAP.com
 Scan to explore more EAP benefits!

