

## Moda Wellbeing Newsletter



Welcome to Moda Wellbeing, a newsletter designed to share seasonal recipes, resources, and tips to build happier, healthier workplaces.

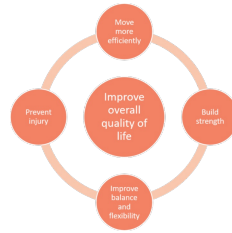
### Mindful Movement What Is Injury Prevention?

Injury Prevention is defined as activities to prevent, improve, treat, and/or reduce injuries and pain (NIH). Musculoskeletal pain is more common now than it was 40 years ago. Whether it be low back pain or a shoulder injury, musculoskeletal pain has attributed to high healthcare costs and absenteeism in the workplace. Studies have also shown that one of the most common causes of musculoskeletal pain and injuries is from poor posture due to long periods of sitting and other habitual movement patterns (i.e. rounded shoulders).

So, an injury prevention plan is clearly important, and the overall goal with any injury prevention plan is to improve the overall quality of life. If you have been injured before, you have probably seen how an injury and pain can negatively impact your quality of life. So with looking at improving the overall quality of life, an injury prevention plan will not only look at how to prevent injury, but also look at how one can increase strength, improve balance and flexibility, and move more efficiently.

What does an injury prevention plan look like? It can involve performing corrective exercises to decrease the tightness of certain overactive, tight muscles that may lead to dysfunction and inefficiencies. Foam rolling (or self-myofascial release) and stretching are two great strategies when it comes to those overactive, tight muscles. Injury prevention can also involve activating underactive, weak muscles to improve muscle stability and posture by performing isolated strengthening exercises.

Additional Resources: American Council on Exercise (ACE) [Exercise Database & Library](#), Functional Movement [Exercise Library](#), [Nike Training Club](#)



### Better Bites Wild Rice with Roasted Grapes and Walnuts

[Las doce uvas de la suerte](#) "the twelve grapes of luck". In Spain, when the clock strikes midnight, people try to eat twelve grapes as quickly as possible because each grape will bring luck for the twelve months ahead. The [most famous place](#) to partake in this tradition is actually where the tradition started in the early 1900's, Puerta de Sol (the central square) in Madrid. Aligning with the theme of grapes, try this fiber-filled delicious recipe. Add a protein and a veggie on the side to make it a complete meal!

#### Ingredients

- 2 cups red seedless grapes
- 1 shallot thinly sliced
- 1 cup wild rice cooked according to package directions
- 1/2 cup walnut pieces toasted
- 1 tsp + 2 tsp olive oil divided
- 1 tbsp red wine vinegar
- 2 tsp fresh sage leaves chopped
- salt and pepper to taste

#### Instructions

1. Preheat oven to 400°F.
2. Toss the grapes and shallot with 2 teaspoons of olive oil. Transfer to a baking sheet that's been sprayed with oil or lined with parchment paper and roast for about 20 minutes, or until the grapes are softened, but not burst.
3. Transfer the grapes and shallot to a large bowl. Add rice, walnuts, remaining oil, vinegar, and sage; gently toss, careful not to smash the grapes. Season with salt and pepper to taste.

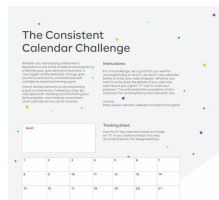
Makes 4-6 servings

Recipe and image by [Oh My Veggies](#).

Additional Note: If your household plans on partaking in this fun holiday tradition and you have [young ones](#) in your home, please halve or quarter the grapes to reduce risk of choking.



### Let's Learn! Resource Spotlight



#### Moda Health Monthly Mini Challenges

Mini challenges are a great way to encourage a healthier way of living. They're designed to create lasting change through small, simple steps, while also providing a fun activity that fosters friendly competition, team building, and a supportive workplace culture.

Check out Moda Health's mini challenges for January and February:

- **The Consistent Calendar Challenge:** Set a goal that you want to accomplish, and use the 21-day calendar to track your daily progress to create the consistency that's important for accomplishing a goal. Click [here](#) to download the mini challenge.
- **The Heart Health Challenge:** In this 10-day challenge, you will be tracking four heart-healthy behaviors: adding vegetables and fruits in your meals, including healthy fats into your diet, exercising for at least 30-minutes, and practicing a stress management strategy. Click [here](#) to download the mini challenge.

Additional Resources: Care Programs [Moda Health](#), Lifestyle Coaching [Moda Health](#), 12 Months of Better: Heart Health [Moda Health](#)

#### Tips for Setting Successful Goals

For some a new year is a fresh start for new goals and aspirations. However, majority of people who set New Year's Resolutions never actually achieve them. So how do we create successful new goals instead of abandoning them within weeks or months?

The key is creating SMART goals. SMART stands for specific, measurable, attainable, realistic or relevant, and timely. SMART goals help find purpose and increase motivation, which will lead to better results and help us achieve positive lasting change. Working with SMART goals can transform our goal from "My goal is to start meditating" to "My goal is to start meditating by listening to a Headspace guided meditation on my morning walk for 5 days during the week." What a difference!

Research has shown that approach goals are more effective than avoidance goals ([Psychology Today](#)). Approach goals are goals for actions you want to take or positive outcome goals. Avoidance goals are goals for actions you want to avoid or negative outcome goals. An example of approach goals is "I want to add one serving of fruits and vegetables to each of my meals," whereas an example of an avoidance goal is "I want to take away desserts from my diet." Focus on creating positive approach goals instead of avoidance or negative goals.

Lastly, predicting and working through potential barriers, connecting with your support system, and tracking your progress will help lead you to success. Use the Consistent Calendar Challenge (to the left) to help track your progress. Happy goal setting!

Additional Resources: Creating Healthy Habits [NIH](#), SMART Goals [Mind Tools](#).

### Community Connections Healthy at Every Size



Moda Health Coach, Samantha Younes, is passionate about making sure people living in larger bodies are treated with dignity and have access to the high-quality care they need. Samantha says "society has created a negative stigma for people living in larger bodies." These hurtful images, unnecessary words and unrealistic numbers have impacted the way people living in larger bodies see themselves and manage their health.

Samantha shared a few tips on how we can all learn to be more understanding, accepting and compassionate to people living in large bodies.

- **Acknowledge and reconcile your own fat-phobia.** This will translate to your co-workers, your personal life, your family and how you interact with others.
- **Get away from the idea that there is an ideal weight.** There is no ideal body or ideal number. Everyone is different. Accept and respect others how they are.
- **Practice compassion.** It's the best way forward.

Click [here](#) to continue reading.