

Moda Wellbeing Newsletter



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

Mindful Movement Micro-Workouts

Who doesn't love a good snack? Here's a new one to try: exercise snack! Also known as micro-exercises, or micro-workouts, exercise snacks are short bouts (1 minute or less) of movement that boost your heart rate. Why try out this snack? According to the Centers for Disease Control and Prevention, one in four adults sits more than 8 hours a day, and half of Americans do not meet weekly [physical activity guidelines](#). Many jobs are considered sedentary, and employees frequently work from home, so it can be challenging to sit less and move more. Have a minute or two between meetings? Try out the below desk-ercises! Find more inspiration [here](#) and [here](#).

- Standing calf raises (10-15 reps)
- Chair sit-to-stand (10 reps)
- Desk push-up (8-10 reps)
- Wall sit (30 seconds)
- Squat jumps/high knees/burpees (20 seconds)

While these movements might seem minor and insignificant, remember that some physical activity is better than none. No matter your fitness level, exercise snacks are a great option for everyone. Set that calendar reminder or put a sticky note on your monitor. Your body will thank you for this snack break!

Additional resources and ideas:

- [30 Exercises to Do at Your Desk](#)
- [The Health Benefits of Micro Workouts—Plus How to Do It](#)
- [Try the 10-Minute Home Workout \(AHA\)](#)
- [15-Minute Stretch Break - Zoom](#)



Better Bites Baked Apple with Spices

Ingredients

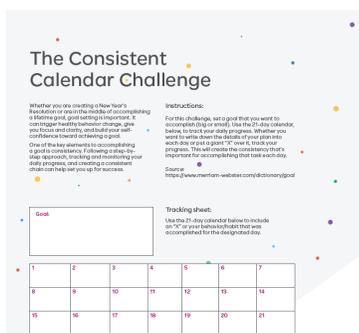
- 4 baking apples such as Gala or Granny Smith
- 1/4 cup golden or flame raisins plumped in hot water
- 1/3 cup firmly packed brown sugar
- 1/4 cup coarsely chopped pecans
- teaspoon ground cinnamon
- 1/2 teaspoon freshly grated nutmeg
- 2 1/2 tablespoons cultured ghee or butter, melted
- 1/4 cup apple cider or juice
- 1/3 cup heavy cream or vanilla ice cream (optional)

Directions

1. Preheat the oven to 375°F (190°C).
2. Using a sharp paring knife or melon baller, core the apples, scooping out some of the flesh but leaving the apples whole and intact. Make a slit near the middle of each apple to prevent them from exploding while baking.
3. In a small bowl, combine the raisins, sugar, pecans, cinnamon, and nutmeg. Stir in 2 tablespoons of the melted butter.
4. Drizzle the remaining ghee or butter in a small baking dish. Place the apples in the dish. Stuff the center of each apple with the sugar mixture, packing it densely. Tip: The apples will be full to the point of almost spilling over. Some of the sugar mixture may fall into the pan and that's fine.
5. Pour the cider over the apples and cover the dish tightly with aluminum foil. Bake the apples for 30 minutes.
6. Remove the foil and spoon some of the pan juice over the apples. Bake, uncovered, until the apples are cooked through, about 30 minutes more.
7. Serve the apples hot. If desired, with a drizzle of cream that you've lightly whisked or with a scoop of ice cream.



Let's Learn! Resource Spotlight



Reframing New Year's Resolutions

The new year is a time for beginnings and fresh possibilities. It's a popular time to set new year's resolutions; however, surprisingly, 92% of people do not achieve their resolutions. How can we be more successful at creating goals for the new year? The key may be to reframe resolutions and focus on setting intentions.

Resolutions are more focused on one area of your life and are very specific. For example, I'm going to meditate for 10 minutes every day. Intentions are broader and can encompass multiple areas of your life. They also can better align with your values, compared to resolutions. An example of an intention is: I'm focusing on my mental health. This intention can apply to your work-life, relationships, being physically active, nutrition, mindset, etc.

Below are some tips when setting intentions:

- Reflect on the past year. What were your accomplishments? Challenges? How did you grow? What would you have done differently?
- List your top five values. What areas do you want to focus on?
- List five interests. What brings you joy?
- Think of ways these lists overlap and what you'd like to provide more space for this new year.

As our wellness team reflects on the past year, we'd love to hear your thoughts on the Moda Wellbeing Newsletter! Complete this [quick 4 question survey](#). We appreciate your feedback!

Additional Resources: [PSU-Understanding Our Values and Our Intentions](#), [Psychology Today - Setting Intentions for the New Year](#)

Moda Health Monthly Mini Challenges

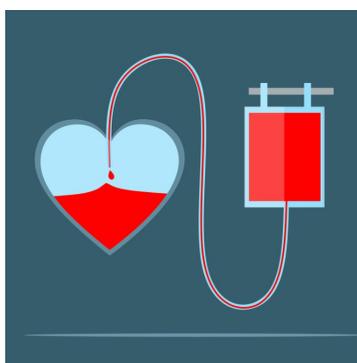
Mini challenges are a great way to encourage a healthier way of living. They're designed to create lasting change through small, simple steps, while also providing a fun activity that fosters friendly competition, team building, and a supportive workplace culture.

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

- **Consistent Calendar Challenge:** For this challenge, set a goal you want to accomplish. Use the given calendar to track your progress to create the consistency that's important for accomplishing a goal. Click [here](#) to access the mini challenge.
- **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 access the mini challenge.

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

Community Connections Blood Donations



The "giving season" doesn't end come January 1st. Every 2 seconds, someone in the United States needs blood. Donating blood can help those who:

- Experience disasters or emergency situations
- Lose blood during major surgeries
- Have lost blood due to a gastrointestinal bleed
- Experience complications during pregnancy or childbirth
- Have cancer or severe anemia

Make a major impact on someone's life in as little as 10 minutes for a blood draw and around 2 hours for a platelet draw. Read more about the process [here](#).

- Other ways to donate: [Ways to Donate Money - Charity Donations | Red Cross](#)
- Blood, sweat, and maybe a few tears, become a Red Cross Spartan: [Spartan Race \(redcross.org\)](#)
- Easily find blood drives and reserve your time to donate using this handy [Red Cross app](#).

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