



## August 2018 IN THIS ISSUE

From the Expert .....	1
Fitness .....	2
Nutrition .....	3
Mindfulness .....	4

## FROM THE EXPERT **Why Tai Chi?**

Tai Chi is a low-intense activity that provides countless health benefits. I sat down with Christine Bhe, a certified Tai Chi for health instructor at Community Health Network, to learn why Tai Chi is so beneficial and why it should be included in your fitness lifestyle.

**What is Tai Chi?** Tai chi (also known as Taiji and Tai Chi Chuan) is a centuries old mind/body exercise from China with over 300 million practitioners worldwide today. It originated from martial arts and focuses on building strength, balance, and flexibility through slow, fluid movements combined with relaxing deep breathing.

**Who is Tai Chi appropriate for?** Tai chi is a gentle and safe exercise that is appropriate for any age, ability and body condition. 30 minutes of Tai Chi is equivalent to 30 minutes of brisk walking. I recommend learning Tai Chi from a certified instructor who can ensure your form is correct and you are safely applying the principles for maximum benefit.



**What are the benefits of Tai Chi?** Students in my Tai Chi for Health classes experience stress relief, improved memory, lower blood pressure, relief from chronic pain, better balance, coordination & flexibility as well as increased strength & stamina. Studies show that Tai Chi helps manage conditions including: arthritis, cancer, cardiovascular disease, autoimmune diseases, osteoporosis, diabetes, migraines, depression and much more.

### **What has been your personal experience with Tai Chi?**

Since starting classes midlife, Tai Chi has helped me make remarkable improvements in my health. Tai Chi classes help me manage pain, autoimmune & cardiac issues, migraine headaches, anxiety and stress.

I no longer need many of the medications I used to take, and my medical bills are a fraction of what they used to be. Before Tai Chi, I was falling and

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visiting the emergency room on a regular basis. I am now more physically fit than at any time in my life and my balance is great. Tai Chi is the only exercise I have been able to do and not injure myself. It is “all gain, no pain” which is why I enjoy it so much and want to share it with others.

Please visit [taichiwellbeing.com](http://taichiwellbeing.com) to contact Christine Bhe with any questions or register for a class.

## Tai Chi for Health 2018 Class Schedule

**The BodyZone at Community Hospital North, 6991 Hillsdale Ct, Indianapolis, IN 46250**

Classes are open to the public and led by Christine Bhe, Certified Tai Chi for Health Instructor  
For questions call: 317-601-0206 or email: [christine@bhedesign.com](mailto:christine@bhedesign.com)

### Session D - July & August

#### Mondays:

**Tai Chi for Health Part 1** Mondays 10 - 11 am, July 9, 16, 23, 30, August 6, 13, 20  
For beginners and ongoing students, \$60 for 7 weeks

**Tai Chi for Health Part 3** Mondays 11 am - 12 pm, July 9, 16, 23, 30, August 6, 13, 20  
For those who have completed Tai Chi for Health Parts 1 & 2, \$60 for 7 weeks

#### Tuesdays:

**Tai Chi for Health Part 1** Tuesdays 7:15 - 8:15 pm, July 10, 17, 24, 31, August 7, 14, 21  
For beginners and ongoing students, \$70 for 7 weeks

#### Wednesdays:

**Tai Chi for Health Part 2** Wednesdays 10 - 11 am, July 11, 18, 25, August 1, 8, 15, 22  
For those who have completed Tai Chi for Health Part 1, \$60 for 7 weeks

**Tai Chi Practice Group** Wednesdays 11 am - 12 pm, July 11, 18, 25, August 1, 8, 15, 22  
For those who have completed Tai Chi for Health Parts 1, 2 & 3, \$50 for 7 weeks

**Tai Chi for Health Part 3** Wednesdays 7 - 8 pm, July 11, 18, 25, August 1, 8, 15, 22  
For those who have completed Tai Chi for Health Parts 1 & 2, \$70 for 7 weeks

### Session E - September & October

#### Mondays:

**Tai Chi for Health Part 2** Mondays 10 - 11 am, September 10, 17, 24, October 1, 8, 15, 22  
For those who have completed Tai Chi for Health Part 1, \$60 for 7 weeks

**Tai Chi for Health Part 3** Mondays 11 am - 12 pm, September 10, 17, 24, October 1, 8, 15, 22  
For those who have completed Tai Chi for Health Parts 1 & 2, \$60 for 7 weeks

#### Tuesdays:

**Tai Chi for Health Part 2** Tuesdays 7:15 - 8:15 pm, September 11, 18, 25, October 2, 9, 16, 23  
For those who have completed Tai Chi for Health Part 1, \$70 for 7 weeks

#### Wednesdays:

**Tai Chi for Health Part 1** Wednesdays 10 - 11 am, September 12, 19, 26, October 3, 10, 17, 24  
For beginners and ongoing students, \$60 for 7 weeks

**Tai Chi Practice Group** Wednesdays 11 am - 12 pm, September 12, 19, 26, October 3, 10, 17, 24  
For those who have completed Tai Chi for Health Parts 1, 2 & 3, \$50 for 7 weeks

**Tai Chi for Health Part 1** Wednesdays 7 - 8 pm, September 12, 19, 26, October 3, 10, 17, 24  
For beginners & ongoing students, \$70 for 7 weeks



**Christine Bhe**  
Certified Tai Chi for Health Instructor at the BodyZone North



## ZESTY QUINOA SALAD

### INGREDIENTS:

- 1 Cup Quinoa
- 2 Cups Water
- ¼ Cup Extra-virgin olive oil
- 2 Limes, juiced
- 2 tsp Ground Cumin
- ½-1 tsp Red pepper flakes
- 1 ½ Cups Halved cherry tomatoes
- 1 (15 oz.) can Black beans, drained/rinsed
- 5 Green onions, finely chopped
- ¼ Cup Chopped fresh cilantro
- Salt and pepper to taste

### DIRECTIONS:

1. Bring quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 10-15 minutes. Set aside to cool.
2. Whisk olive oil, lime juice, cumin, 1 tsp salt, and red pepper flakes together in a bowl.
3. Combine quinoa, tomatoes, black beans and green onions together in a bowl. Pour dressing over quinoa mixture; toss to coat. Stir in cilantro; season with salt and black pepper. Serve immediately or chill in refrigerator.

### Nutritional Information

Serving Size: 1/2 cup  
Calories: 141  
Carbohydrate: 16g  
Protein: 4g  
Fat: 8g  
Sodium: 277mg  
Fiber: 3g

SERVES 10

## NUTRITION Permission to Eat

As a Registered Dietitian Nutritionist, I often find it necessary to give my clients permission to eat foods that they like. Even foods that are not 'super foods' play a role in our diets. Part of what is wrong with formal dieting advice (eat this, but do not eat that) is that it is not individualized or sustainable. Family and personal favorites should have a place in our lives.



Often the struggle is the question of portion size. If we say we are not allowed to eat a favorite food, we think of it as forbidden and feel guilty if we eat it and may eat too much of it.

Think of this: eat all foods in moderation. This gives us permission to eat any food as long as we are aware of how it fits in to the day or the week. Cover the nutrition basics by eating enough protein, grain, dairy, vegetables and fruit. Think USDA MyPlate [choosemyplate.gov/](http://choosemyplate.gov/). Be sure to take care of hunger with simple foods, leaving the food that is not 'super' as a treat. Increasing the variety of foods eaten from the basic groups is one way to avoid a common problem that causes cravings for unhealthy foods...boredom. Try a new vegetable or grain, or prepare a staple food in a new way.

Everyone needs to eat enjoyable food and if we look at food with an eye for good nutrition as well as good taste, it all comes together deliciously!



## MINDFULNESS

# The Mindset Approach

The mindset-based approach, created by psychologist Carol Dweck, divides humans into two categories— those with a “fixed mindset,” and those with a “growth mindset.”

These two mindsets are the true factor that determines whether one will be more likely to achieve success or to face failure.

“People with a growth mindset believe that they can improve with effort,” reports Dr. Travis Bradberry, co-author of Emotional Intelligence 2.0. “They outperform those with a fixed mindset, even when they have a lower IQ, because they embrace challenges, treating them as opportunities to learn something new.”

Dweck found that individuals with a fixed mindset believe they cannot change, which creates problems when they face challenges and cannot readily adapt. Those with growth mindsets, however, believe they can improve, which encourages them to put in more effort and embrace challenge.



So how can we apply this approach in our own lives? Success in life is all about how you deal with failure. “Failure is information,” Dweck says. “We label it failure, but it’s more like, ‘This didn’t work, and I’m a problem solver, so I’ll try something else.’”

Furthermore, anyone can work to develop a different mindset. And by fine-tuning your attitude to better adapt to change, you can become more growth-oriented over time.

Making the shift in perspective all comes down to responding to the little things that test your patience or your pride. By slowing down, acting mindfully, and seeing obstacles as learning opportunities, we can actively let go of our “fixed mindsets” and learn to embrace growth. At the end of the day, the occasional attitude check will serve us all well.

You can now get information from your health coach through social media!

**Click the links below:**

