



Sensible health and wellness  
concepts for employees



## Make Exercise Fun Again



“Oh no!! I wasn’t wearing my Fitbit!” You may have heard someone voice these words in disgust after taking a run and forgetting their little wrist companion. The tone hints at their disappointment in not having proof of their sweat session, as if the activity wasn’t worth the energy if the steps weren’t counted. Keeping “score” of physical activity is a common motivational technique; [nearly 20% of American adults](#) wear an exercise tracker. But tracking may also make time at the gym feel more like work, something you must do rather than want to do.

Shifting your focus on fitness to an expression of play can help you reconnect with the joy of moving your body.

Take a few minutes to close your eyes and think back to your childhood years. What games did you run to play at recess? Dodge ball or kickball, maybe four square or hopscotch? While school required you to get outside, you likely chose how you spent your time. You were drawn to an activity because it was fun, or you got to interact with friends. Well, the time has come to resurrect that big orange ball and challenge your friends or family to a game.

If sports aren’t your speed, don’t worry! Bring your attention to other areas that activate your playful spirit. For example, maybe you can’t stop tapping your feet when a good tune comes on the radio. Look no further than your Spotify list. Turn on your favorite dance jams and let the music guide you around your house. Join your neighbors in a game of hide and seek. Get out the whiffle ball kit at your next barbeque. Grab your flashlight and go on a firefly hunt. Instead of swimming laps, go to the pool for a game of “Marco Polo” or strap on your bike helmet and explore a new part of town. Host a mini-Olympics in your backyard or set up an obstacle course for your dog. The options are endless. What would you do if you weren’t worried about the scoreboard?



Exercise doesn't need to be drudge work. It doesn't need to be led by an instructor, require fancy equipment or expensive workout gear. And it doesn't need to be quantified into calories or minutes to have value. Play can be a good way to get your body moving and remind you of the pleasure you once felt when you heard the bells ring for recess.

This newsletter contains general health and financial wellness information and is not a substitute for your doctor's care. You should consult an appropriate health care professional for your specific needs. Some treatments mentioned in this newsletter may not be covered by your health plan. Please refer to your benefit plan documents for information about coverage.

## Skinny Banana Bread Makes 12 servings

*This EASY Healthy Banana Bread recipe is made with low sugar, no oil and is just over 100 calories per slice. It will yield incredibly moist, perfectly sweet, and delicious bread!*

**Prep Time:** 10 minutes

**Total Time:** 45 minutes

### INGREDIENTS

- 4 bananas, about 1 ½ cups, mashed
- 1 large egg
- 1 Tablespoon vanilla extract
- 3 Tablespoons light brown sugar
- 2 Tablespoons granulated sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/2 cups all-purpose flour (white or white-whole wheat)
- 2 Tablespoons unsalted butter, melted

### DIRECTIONS

1. Grease a standard 9"x5" loaf pan. (Tip: line the bottom of the pan with parchment paper to make sure the loaf doesn't stick.)
2. Mash bananas in a mixing bowl. Add egg, vanilla, brown sugar, granulated sugar, and cinnamon and stir well to combine.
3. In a separate small bowl stir together flour, baking powder, baking soda and salt. Add to banana mixture and stir to combine.
4. Gently stir in melted butter. Bake at 350° F for 35-45 minutes or until a toothpick inserted into the center comes out clean.
5. Allow to cool in the pan for 5-10 few minutes before inverting onto a wire cooling rack.



### NUTRITIONAL INFORMATION

Calories: 137  
Fat: 2g  
Saturated Fat: 1g  
Protein: 2g  
Carbohydrates: 26g  
Sodium: 209mg  
Fiber: 1g