

WEEK 4 TIPS

Why Different Colors?

Different colors indicate different nutrients. Including a variety of colors will provide a greater diversity of vitamins, minerals and phytochemicals. In addition the darker the colors, the more disease-fighting or risk-reducing nutrients a food contains. Focus on getting a few different colors each day to boost your health—and to make your plate more colorful and pleasing!

RED: Tomatoes, watermelon, strawberries, cherries, raspberries, beets, red cabbage, apples

Rich in lycopene and anthocyanins—antioxidants that fight infections, reduce risk of heart disease, and prevent inflammation.

ORANGE & YELLOW: Carrots, pumpkin, sweet potatoes, mango, bell peppers, yellow squash, clementines, oranges

Rich in vitamin A which supports white blood cell function to fight illness; it promotes bone growth and eye health.

GREEN: Spinach, lettuce, broccoli, brussels sprouts, celery, green beans, kiwi, grapes, cucumber, honey dew, cabbage, kale

Great source of vitamin A, C, E & K; folic acid, potassium, omega-3 fatty acids—vitamin K helps blood to clot, supports bone health; folic acid prevents birth defects; potassium is an electrolyte important during exercise and to prevent high blood pressure; these vitamins also help decrease inflammation and prevent heart disease and cancers.

BLUE & PURPLE: Blueberries, blackberries, grapes, raisins, plums, prunes, dates, eggplant, purple cauliflower

Loaded with flavonoids or antioxidants to reduce inflammation—helpful after a hard workout, maintains brain function, helps with inflammatory joint and skin conditions and prevents long-term diseases linked to inflammation.

WHITE: Bananas, cauliflower, potatoes, mushrooms, onions, garlic

Associated with reducing blood pressure and cholesterol; helps stimulate the immune system; linked to cancer prevention; contain potassium and selenium

Tips for Adding Color

- ⇒ Stir fry a variety of vegetables; use frozen or fresh pre-cut for ease
- ⇒ Toss a salad with greens and other colorful veggies - add fruits, too
- ⇒ Choose mixed vegetables or make your own combination in the dining hall
- ⇒ Mix up a fruit salad with fruits of each color
- ⇒ Smoothies can include many different colored fruits and veggies, or drink a different colored smoothie each day
- ⇒ Make a multi-colored soup with many colors of veggies
- ⇒ Sauté peppers, onions, mushrooms, spinach, then add eggs for a colorful and nutrient-rich omelet
- ⇒ Salsa and tomato/marinara sauce are vegetables—add them liberally, including to other vegetables!



For More Info: <https://foodinsight.org/eat-a-rainbow-functional-foods-and-their-colorful-components/> or FruitsandVeggies.org: Think Color



What is cross-training and why is it important? ([ACE Fitness](#))

Cross-training simply means varying your workouts! Varying your workouts can help decrease the risk of injury, prevent boredom from doing the same workout over and over again, and delay or avoid reaching plateaus.

It's recommended to switch up your workouts every 4 weeks. For instance, if you walk or run, try incorporating some intervals of jogging or sprinting or adding more hill work to your route. You can also cross train by changing the sequence in which you perform exercises. By fatiguing the muscles in a new order or pattern, you are requiring them to adapt to a new training stimulus. An easy way to incorporate cross-training is to alternate between activities (e.g. run one day, stair climb the next, cycle the next). Or alternate activities within a single workout (e.g. walk on a treadmill for 10 minutes, exercise on an elliptical trainer for 10 minutes and cycle for 10 minutes, for a total of 30 minutes of exercise). You can also vary your workouts by trying out a new form of movement that you haven't done before, like yoga or pilates for strength training; Zumba, kickboxing or other classes or videos for cardio.

Timing Your Pre- and Post-Workout Nutrition ([Academy of Nutrition and Dietetics](#))

Wondering what to eat before and after a workout? It depends on the person, activity and duration, but here are some workout nutrition basics.

Don't Skip The Carbs. Carbs fuel your "engine" (i.e. your muscles) and the harder your engine is working, the more carbs you need to keep going. It's best not to eat immediately before a workout as your muscles and stomach will simultaneously compete for energy, inhibit optimal performance and may cause GI discomfort while you train or play. Ideally fuel about 1 to 3 hours pre-workout depending on how your body tolerates food. Experiment and see what works for you. While carbs are the fuel, adding some protein is also important as it rebuilds, repairs, and "primes" your muscles. **Suggestions for pre-workout fuel:** peanut butter and banana or PBJ sandwich, Greek yogurt with berries, oatmeal with low-fat milk and fruit, apple and nut butter, or a handful of nuts and raisins (two parts raisins to one part nuts), etc.

Post-Workout Nutrition is Key. Get carbs and protein into your body as soon as possible post-workout so your muscles can replenish lost glycogen, and rebuild and repair with available protein and amino acids. Try to eat within 30 to 60 minutes post-workout (or within 15 minutes after an intense workout). **Suggestions for post-workout fuel:** smoothie with low-fat milk and fruit, chocolate milk, turkey on a whole-grain wrap with veggies, etc. Liquid options also help rehydrate the body.

Take-Home Points. 1) Your body needs carbs to fuel your working muscles. 2) Protein is there to help build and repair. 3) Get a combination of the protein and carbs in your body one to three hours pre-workout and within 30 minutes post-workout. 4) Never try anything new on a race or game day (if applicable) - experiment and learn what works best for your body.



Self-care—Resilience

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems, or school and financial stressors. Resilience involves "bouncing back" from these difficult experiences, but can also involve profound personal growth.

Adverse events are certainly painful and difficult, but they don't have to determine the outcome of your life. There are many aspects of your life you can control, modify and grow with. That's the role of resilience. Becoming more resilient helps you get through difficult circumstances and also empowers you to grow and even improve your life along the way.

Some individuals are naturally more resilient, but anyone can learn behaviors, thoughts and actions to improve their resilience. Like building a muscle, increasing your resilience takes time and intentionality. Focusing on four core components — connection, wellness, healthy thinking, and meaning — can empower you to withstand and learn from difficult and traumatic experiences. To increase your capacity for resilience, try out some of the activities below for this week (and for longer).

Activities:

Goal: Do something to improve your resilience on at least 4 days this week. Choose different activities or do the same activity more than once. Here are some ideas:

- ⇒ Write a thank you note to someone and send it
- ⇒ Write down 2-3 things you are grateful for each day
- ⇒ Spend money on someone else – buy an unexpected gift or treat someone to coffee/tea
- ⇒ Volunteer
- ⇒ Write 4 things you like about yourself
- ⇒ Take 10 minutes to think critically about a current stressor/problem and brainstorm ways to overcome it
- ⇒ Find, write down and post 4 positive affirmations where you can read them regularly
- ⇒ Do a random act of kindness for a stranger
- ⇒ Make a list of at least 4 of your personal strengths

Resources:

<http://www.apa.org/helpcenter/road-resilience.aspx>

<https://positivepsychology.com/resilience-activities-worksheets/>

<http://www.trueresilience.net/briefresiliencescale.aspx> - Resilience scale

Apps

<https://www.superbetter.com/alliances> - SuperBetter on Campus - app for building resilience in college students

<https://www.happify.com/>

