

# WELLNESS CONNECTION

LIVE WELL. WORK WELL.

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## INSPIRE TO MOVE - Inspire to Change, Simple Swaps



*By Lydia Schillinger*

Happy New Year everyone! Did you make your New Year's resolution? Mine is to swap out choices for healthier alternatives. I want to share with you how easy it is to make small changes that have a huge impact. Many years ago, I swapped soda pop for water and I haven't gone back! While that is a bit extreme, I am proof that it can be done. If you love soda pop and don't want to give it up, the great news is that you don't have to! This article is not about giving up the things you love, but rather making small adjustments to make great changes in your overall well-being. Instead of drinking two soda pops a day, try drinking just one and

swapping the other for tea, coffee, or water (which you can always flavor with fresh berries, mint, or cucumbers). If you really enjoy a glass of wine from time to time, but want to decrease some calorie intake, a healthier swap is kombucha. [Kombucha](#) is a fermented, lightly effervescent, non-alcoholic, sweetened black or green tea drink that is rich in antioxidants and beneficial probiotics. I especially love Kevita brand grapefruit flavor, which may be found at your local grocery store. If you pour it in a tall champagne glass, it bubbles up just like the real thing – only a much healthier, non-alcoholic version.

These simple swaps are not just for food and beverage choices. Simple swaps are for everyday life choices. Do you usually meet up with friends for lunch? If so, consider meeting a friend for a walk instead of a meal. Do you sit and watch television shows in the evening? In this case, you might plan to get up during commercials, do some [couch exercises](#), take a walk around the house, or do squats or lunges. Do you like to play video games with (or without) your kids? If so, look for more active games. I like to play Wii Sports, which may be a bit old school nowadays, but there are other options to consider. Choosing games like these helps to get us up, out of the chair, and keeps us active. I should mention that my kids love Wii Sports. If you work at a desk, instead of sitting the whole day, set a reminder and get up every hour and walk around for at least 1 minute. When we can all get back into stores again, forget online shopping, go walk around the store. Instead of parking in the closest spot, park further away from your destination and walk the extra steps.

Some [simple swaps](#) to be healthier in 2021:

Orange juice ⇒ Eat an orange (Skip the added sugar and calories and get more fiber.)

Sugary cereal ⇒ Try oatmeal (Instant oatmeal packets take 2 mins in the microwave.)

Adding brown sugar to oatmeal ⇒ Add berries, almond butter, or an apple and pecans instead

White bread ⇒ Whole grain bread

Wine ⇒ Kombucha (Kevita Master Brew in grapefruit is my favorite!)

Sugary candy ⇒ Dried fruit or dark chocolate-covered fruit

m&m's ⇒ Peanut or almond m&m's

Coffee creamer ⇒ Steam skim milk and add sugar free flavoring like Jordan Skinny Syrups (I asked Santa for a [milk steamer](#) for Christmas!)

Yogurt ⇒ Greek yogurt (Adds protein! I love Two Good mixed berries, and I mix in berries!)

Elevator ⇒ Take the stairs

Drive a car ⇒ Ride a bike

Standing on two feet ⇒ Stand on one (While you wait in line, stand on one leg for a minute and then switch to the other. This will help improve your balance and strengthen your core.)

I hope you try out some of these simple swaps with me. Start with one at a time to keep the changes manageable. Let's bring in the New Year with a new perspective and healthier life choices. Cheers (with kombucha) to a healthier and happier 2021!

