

NUTRITION NEWS

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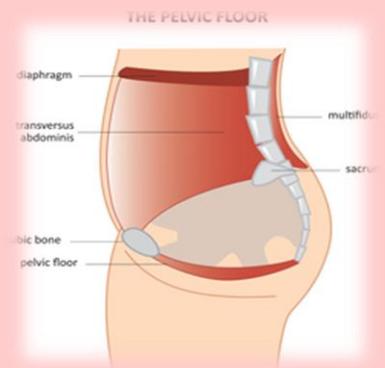
IN THIS ISSUE:

LET'S GET REAL FOR A SECOND!

Something that has been brought to the forefront lately is this: Everything is important. Right? Everything is important until you are sick or your health is threatened. Then you are brought to the realization that there was only ever one thing that mattered. Your health. Yet, we continue to give our valuable time, lose precious sleep, and stress about situations that are, more times than not, out of our control.

We end up paying the price for something that, in the grander scheme of things, didn't even matter. If we do not make our health and wellness the priority, we will be forced to make our illness the priority. There is nothing in this world that is more valuable than our health.

So let's try and remember that the next time we get worked up over _____ (you fill in the blank). If your health is suffering, your mindset is going to suffer, and this will impact your day to day living. How you show up in one area is how you show up in all areas of your life. So let's make the proactive choice to show up for ourselves in a positive way every single day. Not just when we feel like it or when things are going great, but especially when we don't feel like it. That is when character and integrity are built.



- ❖ Let's Get Real for a Second!
- ❖ What is the Pelvic Floor and Why is it Important?



- ❖ Pelvic Floor Exercises
- ❖ Recipe of the Month
- ❖ Motivational Quote of the Month

LET'S TALK PELVIC FLOOR!

What is the pelvic floor and why is it important? The pelvic floor is a group of muscles and connective tissue at the base of your pelvis and they're like a sling or hammock of muscles that run from your pubic bone (at the front) to your coccyx or tailbone (at the back) and from side to side. Their job is to support your pelvis and hold up your organs (bladder, uterus and rectum), and when women are pregnant, holding up that baby. The pelvic floor muscles work with the deep abdominal muscles and deep back muscles, as well as the diaphragm, to help stabilize the spine. They're also responsible for sexual function and bladder control, so the three "s:" Support, Sphincter control, and Sexual function. Your pelvic floor has everything to do with your alignment and how your joints move. It's very much related to the hips, the lumbar spine, thoracic spine, and the entire body really. The pelvic floor muscles are within the pelvic floor. Our core and pelvic floor are a very important foundation for our bodies. Without a strong core and pelvic floor, we may experience some discomfort with certain movements, aches in our back and hip flexors, weakness in our joints and misalignments, as well as other more serious conditions, like prolapse.

There are common misalignments experienced with the pelvic girdle. SI (sacroiliac) joint dysfunction is common and that usually means one side is either rotated or shifted more so than the other side. There is also pubic symphysis dysfunction, where the pubic joint can become shifted and can cause pain in the groins and down into your inner thigh. Ever experienced issues with your sciatic nerve? Sciatica often goes with the SI joint pain, which is where a muscle in your glute is really squeezing your sciatic nerve. The sciatic nerve is a big nerve in your bottom that goes all the way down the back side of your leg. If that muscle is working really hard because of loose joints, then sometimes it can really squeeze the sciatic nerve and then you get shooting, uncomfortable pain, and sometimes even weakness in your leg. There are some things that can be done to manage this, like massaging the glutes with a ball, foam rolling, and stretching the hamstring. If you have misalignment or muscles that are super tight, then the lymphatic system and nerves and vessels get bogged down and things do not function properly or move through your system smoothly.

Some pelvic floor tips: Always be aware of where your alignment is, look at yourself in the mirror and feel your weight in your feet, notice if you put more weight on one side of the body than the other. It is really easy to shift your weight over to one side, especially when you are standing for a long period of time. You will usually shift your weight into your weaker side and you will hang on that joint. For example, when you are holding a baby or toddler, is there one particular hip that you place them on? Imagine all the pressure going into that one hip. Now this isn't a big deal for a couple of minutes, but if you're like this for 15 minutes your body is going to feel the asymmetry and there's going to be so much more pressure. When you are sitting, the weight goes out of your feet and into our buttocks, are you sitting on both 'sits' bones equally? Or do you have your legs crossed? Because that is where all your weight is going through and you want to try and equal that as much as possible.

Start practicing breath work. You should know what happens to your body when you take a breath in and when you exhale. Learning how to connect to the pelvic floor properly is so beneficial. You breathe with your diaphragm, which is a muscle right below your chest cavity, and it's shaped like an umbrella. Right below it, at the base of your pelvis is your pelvic floor muscles. Those two first have to be aligned properly. They need to be stacked on top of one another. Your diaphragm and pelvic floor are like twins. They are supposed to be functioning together. How do you know if you're breathing correctly to support your pelvic floor and vice versa? If you slouch down and take a breath, it's hard to breathe, versus if you are sitting up nice and tall and your rib cage is over your pelvis. Second, when you breathe, your diaphragm should expand 360 degrees, so your torso around your rib cage should expand equally. When that happens, it puts pressure down on the pelvic floor, so the pelvic floor stretches. On the inhale, the diaphragm and pelvic floor drop down. To know if this is happening, take your hands and place them on the sides of your rib cage, take a breath in through your nose and out your mouth. You're feeling for what's happening with your ribs. What should be happening is your ribs should be going out to the side. What should not be happening is your shoulders coming up towards your ears. Because if that happens, it means your diaphragm is not going down, your diaphragm is actually going up. Therefore, it's working your pelvic floor in the opposite direction and you don't want that. On the inhale the pelvic floor and diaphragm go down, on the exhale is when they contract. So that's when the pelvic floor would squeeze and lift. Ever heard of Kegels? See below.

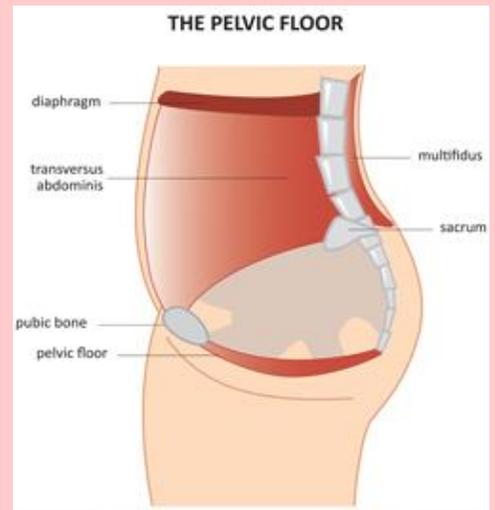
Pelvic Floor Exercises (Mind to Muscle)

Kegels: (not pictured)

- Lie on your back and bring the soles of your feet together and relax here for a few deep breaths
- Visualize the muscles of your pelvic floor (these are the muscles you activate when using the restroom)
- Take a big breath in and as you exhale, draw the muscles between your sits bones together, as well as the muscles between the pubic bone and tailbone, as if they were elevator doors closing, once closed, lift the muscles up and then release on the inhale
- Remember to breathe the whole time and repeat this 5-10 times

Glute Bridges: (pictured to the bottom right)

- Lie on your back with knees bent, feet flat on the floor and hands by your side
- Squeezing your glutes and pelvic muscles, begin to lift your bottom and press your hips up toward the ceiling
- Do not lift the hips too much to where you are arching your back, form is important
- When squeezing at the top of the bridge, pause for a couple of breaths and then bring your bottom and hips back down. Repeat 10-12



BRUSSELS SPROUTS BREAKFAST HASH



Serves 2

½ pound brussels sprouts
1 Tbsp coconut oil or ghee
½ medium sweet potato, peeled and shredded
1 medium carrot, peeled and shredded

1 tsp chili powder
½ tsp ground cumin
¼ tsp ground coriander
¾ tsp sea salt
¼ cup coarsely chopped fresh cilantro
4 large eggs

- 1) Trim the brussels sprouts and cut them in half. Then slice them thinly.
- 2) Heat the coconut oil in cast-iron skillet over medium-high heat, or a skillet you can place a lid on. Add the brussels sprouts, sweet potatoes, and carrots, and toss the vegetables to coat everything with oil. Season with chili powder, cumin, coriander, and salt. Sprinkle with the cilantro. Stirring occasionally, allow mixture to simmer for 5 minutes, or until carrots and sweet potatoes are tender but not fully cooked through.
- 3) Make 4 shallow, evenly spaced indentations in the vegetable mixture, leaving enough of the mixture so you do not see the pan. Crack 1 egg into each indentation, then cover the skillet. Reduce the heat to low, and let the hash continue to simmer until the white parts of the egg are fully cooked and the yolks are done to your preference.

Recipe Credit: Dr. Brighten

"I will honor my lows for it is the foundation from which upon I build my highs."