



The AccelWELL Newsletter



October 2020 | Issue 57

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White Chicken Sausage Chili
Packed with protein! (Page 9)



Sheet Pan Fajitas
Delicious and easy! (Page 9)

October

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

List your top three goals for the month below.

#Goals

1)

2)

3)

Goal Tracker

| | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

notes



Healthy Habits to Try this Month

- Keep your mind healthy by getting plenty of sleep. Aim to get 6-8 hours of sleep each night.
- Stay connected! Reach out to check in with friends or plan a socially distanced gathering.

OCTOBER

Events

Wednesday, October 28th

- **1-on-1 Telephonic Health Coaching Sessions:**

Available to Hub 1 – find your designated hub below

Sessions available from 9:00am – 12:00pm

SIGN UP INSTRUCTIONS:

Log on at www.accelwell.com. Scroll to the **UPCOMING EVENTS** section in the lower center of your dashboard. Click “Telephonic Coaching Sessions - Sign up Here” to register. **Please provide a phone number in the box provided so your coach can reach you.*

****SEE PAGE 6 OF YOUR NEWSLETTER TO LEARN ABOUT HEALTH COACHING!***

- **Zoom Lunch & Learn: Portal Introduction w/ Q&A:**

Available to ALL Hubs

12:00pm – 1:00pm via Zoom Video Conferencing

A calendar invite and link to the recording will be emailed all staff. A recording will also be posted on your portal after 10/28 to view at your convenience.

****RAFFLE PRIZES AVAILABLE TO ALL WHO JOIN THE LIVE ZOOM SESSION!***

Find your designated “Hub” based on location below:

Hub 1: Dierker

Hub 2: Morse

Hub 3: McDowell

Hub 4: KW (ICF/MSY/Respite)/Extensions/In Home/Winch. Pike

Hub 5: Medina, Richland

Hub 6: Dayton, Wood Co.

Hub 7: Newark, Respite Grant, Community ABA

Hub 8: Outpatient Behv Clinic, Speech, Psych depts

Hub 9: Center Based Worthington

Hub 10: Admin

Hub 11: Central Supported Living 1

Hub 12: Central Supported Living 2

Hub 13: Central Supported Living 3

Hub 14: PDP

EMAIL COACH@ACCELWELL.COM WITH YOUR QUESTIONS AND HEALTH INTERESTS!



Workout of the Month

OCTOBER'S SPOOKY PUSHUP CHALLENGE



This October, challenge yourself with a great total body exercise – PUSH UPS! Complete the number of pushups indicated each day below, but be careful, it gets spookier as you go!

Modifications

Try breaking up the total pushups into rounds throughout your day. If in need of a modification, check out these great examples. As you get stronger, move to a harder variation.



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------|--------|---------|-----------|----------|--------|
| WEEK #1 | | | | 5 | 5 |
| WEEK #2 | 5 | 5 | 5 | 5 | 5 |
| WEEK #3 | 10 | 10 | 10 | 10 | 10 |
| WEEK #4 | 15 | 15 | 15 | 15 | 15 |
| WEEK #5 | 20 | 20 | 20 | 20 | 20 |

WELCOME TO Accel**WELL**



Your **NEW** holistic
resource for
health & wellness!

Opportunities with AccelWELL

- *Monthly activities and health education*
 - *Content and engaging activities relevant to your interests*
 - *Monthly newsletters*
 - *Easy and nutritious recipes*
 - *Cooking demonstrations and exercise videos*
- *Unlimited, personal coaching with a health coach, dietitian, or trainer (see next page for ways to utilize a health coach!)*
- *Company-wide challenges*
- *Online personal wellness portal (see next page for features!)*
- *Convenient resources delivered to you to help you live your best life!*

What Can A Health Coach Do For Me?

As a supportive mentor and accountability partner, your AccelWELL coaches are here to motivate you to develop positive health choices. They will provide education and support to help you achieve your health goals through lifestyle and behavior adjustments. Your AccelWELL Coaches are available at your convenience – reach out at coach@accelwell.com to get to know your coach today!

Here are just a few ideas of how to utilize a Coach:

- Setting goals to support your health and happiness
- Smoking Cessation Program
- Developing a meal plan that fits your health needs
- Creating a workout that fits your schedule and health goals
- Registering and training on the AccelWELL portal
- Discussing stress management and work-life balance strategies
- Your personal resource for all health and wellness questions!



The Wellness Portal

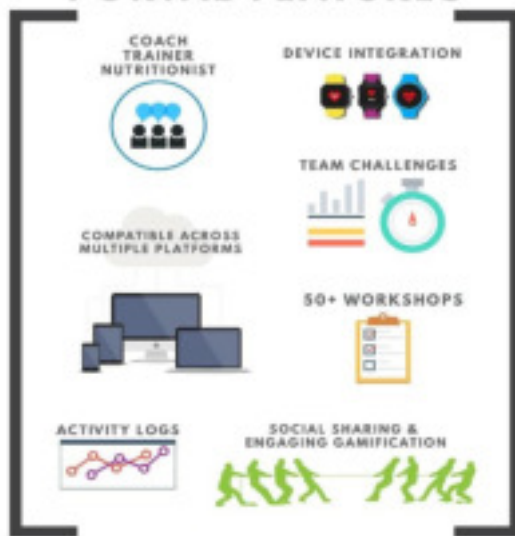


Personal Portal Access Includes:

- Workshops
- Meal Plans
- Fitness Plans
- Meal/Exercise Tracking
- Step Tracking with Device Integration
- Mobile App
- Inspiration
- And so much more!



PORTAL FEATURES



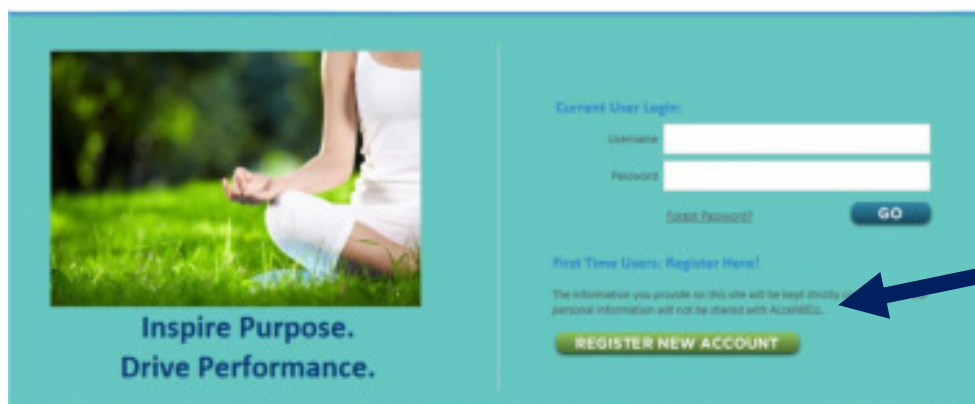
Check out the next page for directions to register your portal!

Activity of the Month

REGISTER YOUR PORTAL ACCOUNT

STEP 1: Go to www.accelwell.com, then click on “Participant Login” in the upper right-hand corner of your screen.

STEP 2: Click on the green bar label “Register New Account” on the login page.



STEP 3: Fill in all required fields for the *Account Setup & Member Information*

IMPORTANT NOTE:

Employee I.D.: This required field is preset by AccelWELL. Use the following structure to create yours:

BDL + Last 4 Digits of your SSN + Initials of First and Last Name
(example: BDL4321EH)

STEP 4: “Accept” the terms of use and privacy policy, then click the orange “Submit” button to complete your registration.

If you have any questions or issues when registering, please reach out to coach@accelwell.com or call 614-318-2101 for assistance.

Upon registering, complete the **Personal Health Assessment (PHA)** on the webpage that follows. This assessment will further customize your portal and provide you with a report based on your health and lifestyle. Once complete, take some time to explore your new AccelWELL dashboard!

THE DISH:

Meal Planning AccelWELL Style



Monday

Baked Chicken Quesadilla Casserole

Tuesday

White Chicken Sausage Chili

Wednesday

Sheet Pan Steak Fajitas

Thursday

Baked Mac and Cheese with Chicken and Veggies

Friday

Instant Pot Chicken Gumbo

Baked Chicken Quesadilla Casserole

Ingredients (Serves 8)

2 cups cooked and shredded chicken breast
 1/2 cup (fat-free) sour cream
 1 cup (reduced-fat) shredded cheddar cheese
 2 teaspoons ground cumin
 1 tablespoon chili powder
 1 teaspoon Kosher salt
 1/4 teaspoon ground black pepper
 1 cup corn kernels (canned or frozen, thawed)
 1 (15-ounce) can black beans, drained and rinsed
 4 larger whole grain tortillas

Instructions

1. Preheat the oven to 400 degrees. Spray a 9 x 13 inch casserole dish with non stick spray.
2. In a large bowl, combine the chicken, sour cream, half the cheese, half the cumin, half the chili powder, salt, and half the pepper. Mix well.
3. In a second bowl, combine the corn, black beans, the remaining cumin, chili powder, and pepper. Mix well.
4. Lay two of the tortillas in the bottom of the casserole dish. Spread half of the chicken mixture over the tortillas and half the bean mixture over the chicken. Place the remaining tortillas over the beans and repeat. Sprinkle the remaining cheese on top.
5. Bake for 20 to 30 minutes or until cheese is melted. Serve hot.



White Chicken Sausage Chili

Ingredients (Serves 6)

- 1 tablespoon olive oil
- 1 tablespoon dried parsley
- 3 cloves garlic, minced
- 1 tablespoon garlic powder
- 1 medium onion, chopped
- 1 teaspoon cumin
- 8 oz spicy or Italian seasoned chicken sausage
- ½ teaspoon cayenne pepper
- 4 cups chicken broth
- ½ teaspoon salt
- 2 (15-oz) cans northern white beans
- 1 (4-oz) can green chilies
- 1 tablespoon dried oregano

Instructions

1. In a large stock pot, warm olive oil over medium-high heat. Add garlic and onions. Sauté for 2-3 minutes.
2. Add chopped sausage.
3. Sauté chicken for 5-7 minutes until cooked through.
4. While sausage cooks, puree 1 cup of canned white beans with 1 cup of chicken broth using an immersion blender or regular blender.
5. After chicken has cooked through, add remaining ingredients, including pureed beans and chicken stock.
6. Simmer for 10-15 minutes. Serve!



Source: <https://www.mcdanielnutrition.com>

Sheet Pan Steak Fajitas



Ingredients (Serves 2)

- 2 tablespoons olive oil
- 1 large onion, thinly sliced
- 3 bell peppers, thinly sliced
- 2 (4-oz) sirloin steaks, thinly sliced
- 2 tablespoons taco seasoning
- 2 teaspoons smoked paprika
- ½ teaspoon mild chili powder
- Juice of 1 lime
- Lettuce, tomatoes, tortillas, and plain Greek yogurt for serving

Instructions

1. Preheat oven to 400 degrees F. Drizzle olive oil on a large sheet pan.
2. Add the onions, bell peppers, and steak to the sheet pan, along with the taco seasoning, paprika, chili powder and lime juice.
3. Toss everything together using your hands or a pair of tongs.
4. Bake 10-12 minutes or until steak is done to your liking.
5. Serve with tortillas, lettuce, tomato and plain Greek yogurt as a sour cream substitute.
6. Enjoy!

Source: <https://thebusybaker.ca>

Baked Mac and Cheese with Chicken and Veggies

Ingredients (Serves 8)

- 16 oz. whole-wheat pasta
- 1 (10-oz) bag frozen chopped spinach
- 2 cups shredded chicken
- 2 teaspoons Old Bay seasoning
- 1 cup Panko bread crumbs
- 2 tablespoons olive oil
- 2 tablespoons cream cheese
- ¾ cup sharp cheddar cheese, shredded
- ½ cup milk

Instructions

1. Preheat oven to 375 degrees.
2. While oven is preheating, follow the directions for cooking pasta BUT only cook for 1/2 the time to have noodles al dente.
3. Place pasta in a baking dish.
4. In a microwave safe bowl combine milk, cream cheese, and sharp cheddar. Cook in the microwave in 30 second intervals until melted. Mix until this resembles a cheese sauce.
5. Add the cheese sauce to the baking dish and combine with shredded chicken, spinach, pasta, and Old Bay seasoning mix.
6. In a small bowl combine olive oil with Panko bread crumbs. Top the baking dish.
7. Place in oven and bake until bubbling and golden brown (about 20 minutes).
8. Remove from oven let cool for 10 minutes, serve and enjoy!



Source: <https://www.mcdanielnutrition.com>

Instant Pot Chicken Gumbo



Ingredients (Serves 6)

- 3 boneless and skinless chicken breasts
- 8 ounces (low-fat) turkey sausage rope, cut into ¼ inch thick circles
- 1 small yellow onion, chopped
- 1 green bell pepper, chopped
- 2 stalks celery, chopped
- 3 cloves garlic, minced
- 4 cups chicken broth
- 1 ½ cups sliced okra, fresh or frozen
- 2 teaspoons ground black pepper
- 1 teaspoon cayenne pepper
- 1 teaspoon dried thyme
- ½ teaspoon Kosher salt
- ½ cup green onion, chopped
- 3 cups cooked brown rice

Instructions

1. Combine all ingredients in the Instant Pot except the green onion and rice. Set the pot timer for 30 minutes with high pressure and seal the lid.
2. Once time is up, let the pressure release naturally for about 10 minutes before manually releasing the pressure and remove the lid.
3. Remove the chicken and coarsely shred with a fork. Return chicken to the pot and toss to combine. Use a slotted spoon and serve over brown rice. Top with the green onion.

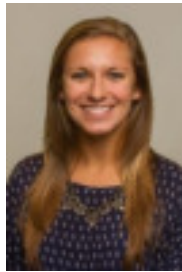
Source: <https://skinnyms.com>

The AccelWELL Team



Emily Bailey

- AccelWELL Coach
- Registered Dietitian
- Board Certified Specialist in Sports Dietetics
- Licensed Dietitian
- National Academy of Sports Medicine Certified Personal Trainer



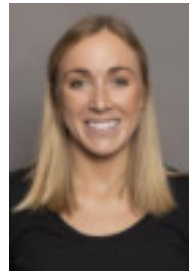
Gigi Meyer

- AccelWELL Coach
- Certified Personal Trainer
- Certified Health Coach
- Precision Nutrition Certification



Whitney Trummer

- AccelWELL Coach
- Registered Nurse
- Basic Life Support
- Advanced Cardiac Life Support



Erika Husney

- AccelWELL Coach
- Certified Holistic Health Coach
- AFAA Group Exercise
- TRX Total Body Resistance



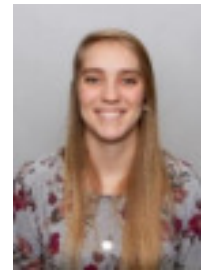
Emma Fish

- AccelWELL Coach
- ACE Certified Health Coach
- Degree in Health Promotion, Nutrition and Exercise Science



Allie Soderberg

- Portal administrator and Marketing Manager



MacKenzie Every

- Programming and Content Specialist



Contact an AccelWELL Coach

Your AccelWELL coach is a great resource to tap into for additional healthy inspiration, guidance, and accountability...And getting in touch is easy.

Simply email coach@accelwell.com or call 614-318-2101 and ask to speak with a coach today!

Follow Us on
Social Media!



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