

# News from the School District Clinic

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Aspirus Business Health

July 2018

## Summer Clinic Hours

June 11<sup>th</sup> thru August 31<sup>st</sup>:

- 11am-2pm Monday-Thursday
- 11am-1pm Fridays

*Closed for lunch 12:30-1pm  
Monday-Thursday*

## Finding Motivation for Healthy Lifestyle Change

As July winds down, I cannot help but think...“Wow! Where did the summer go?!” I’m sure many of you, like myself had a lot of things that you were intending to do “over the summer” (i.e projects on the “To Do” list, fun trips, make healthy lifestyle changes, etc.). As we move

closer toward August and the start of the 2018-2019 school year, I wanted to include some tips on how to help find motivation and implement healthy lifestyle changes:

1. Set goals: Make your goals simple, realistic and achievable. Start with short term goals and then progress to more long term goals.
2. Make it fun! You are more likely to stick with a fitness routine if you find activities that you enjoy doing and switch things up every once in a while.
3. Make physical activity part of your daily routine. If it’s hard for you to find time to exercise, it’s easy to make excuses. Instead, try scheduling work outs into your day like you would any other important activity. Also, try scheduling in shorter bursts of activity throughout the day (i.e. take the stairs instead of the elevator, stand or stretch while talking on the phone, do strength training exercises or walk in place while watching TV, etc...).
4. Put it on paper—it’s important to write down your goals and consider keeping a journal of your progress. For example, writing down your exercise sessions (what you did, how long, how you felt afterwards) and logging your food intake (along with how eating a particular food made you feel) can help remind you that you are making progress and stay motivated toward your goals.
5. Invite friends, family, or co-workers to join you—make it a joint effort to help keep each other motivated and give each other recognition for achievements.
6. Be flexible—if you need to take a break, be gentle on yourself and take a day or two off if you need it. The important thing is to get back on track as soon as you can.

*Adapted from Mayo Clinic. Fitness: Tips for Staying Motivated*

# Reminder: Health Coaching

One on one health coaching sessions continue through the summer. The deadline is August 15<sup>th</sup> to have all of your sessions completed. As a reminder, I am happy to complete one or more of your health coaching session(s) at the same time as your annual preventative exam or medication review. Not only are health coaching sessions a good time to review your biometric screening numbers and set personal health goals, but also to review your health maintenance items and schedule your preventative screenings.

## Recipe of the month:

### Shrimp Florentine with Zoodles

Prep	Cook	Ready In
10 min	15 min	25 min



Recipe By: *AllRecipes.com* bgardiner2 ([link](#))

"Quick, easy and healthy shrimp dinner made with zoodles instead of pasta."

#### Ingredients

- 1 tablespoon butter
- 1 tablespoon extra-virgin olive oil
- 2 zucchini, cut into noodle-shape strands
- 1/2 large yellow onion, minced
- 1 tablespoon chopped garlic
- 1/2 teaspoon kosher salt
- 2 tablespoons butter
- 1 pound large shrimp, peeled and deveined
- 1 teaspoon minced garlic
- 1 (6 ounce) bag baby spinach
- 1 tablespoon fresh lemon juice
- 1 teaspoon red pepper flakes
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

#### Directions

1. Heat 1 tablespoon butter and olive oil together in a large skillet over medium heat; cook and stir zucchini noodles (zoodles), onion, chopped garlic, and 1/2 teaspoon salt until zoodles are tender and onion is translucent, about 5 minutes. Transfer zoodle mixture to a bowl.
2. Heat 2 tablespoons butter in the same skillet; cook and stir shrimp and minced garlic until shrimp are just pink, 3 to 4 minutes. Add spinach, lemon juice, red pepper flakes, 1/2 teaspoon salt, and pepper; cook and stir until spinach begins to wilt, 3 to 4 minutes. Add zoodle mixture; cook and stir until heated through, 2 to 3 minutes.

## In review from previous issues:



### Scheduling an Appointment

The best way to schedule is online through [MyAspirus](#).

If you've lost your access code, let it expire, or did not receive it, you may contact our **MyAspirus Patient Support Line at (888) 692-7740** to request a new, secure password. After we verify your information, a new code will be sent via U.S. Postal Mail. Privacy issues prevent us from e-mailing a new access code to you.

If unable to obtain an appointment that way, you may stop by the clinic or call the **Aspirus SDR Clinic Line at 715-365-9770** or **Aspirus Business Health-Rhineland Office at 715-361-5482**



### MyAspirus Frequently Asked Question:

*Can I view a family member's health record or schedule an appointment for my child through MyAspirus?*

**Yes you can!** This is called Proxy access and allows a parent (or guardian) to log into their personal MyAspirus account, and then connect to information regarding their family member. Complete a [Proxy Consent Form](#) and return it to one of our medical facilities to request access to this convenient service.



### Mental Health Services:

#### ***Counseling services are available!***

Aspirus Licensed Professional Counselor, Steve Kuhn, provides counseling services in Rhineland at no cost to you. For help with stress, depression, and anxiety. Call 800.236.4457 today to schedule your appointment.



### **Location**

665 Coolidge Ave. Door #7  
Rhinelanders, WI 54501  
(Northwest side of the building)

### **Aspirus SDR Clinic Line**

715-365-9770

### **Aspirus Business Health-Rhinelanders Office**

715-361-5482

