



WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA



EAT LIKE THE CHIEFS: NUTRITION TIPS

When it comes to feeding a team of Super Bowl Champions, all types of dietary needs come into play - gluten free, vegan, keto, sugar free, whole 30 – you name it! We look at food as fuel – some need more, some need less, but everyone needs enough to meet their specific needs. Fueling up should be enjoyable and something you look forward to. At the end of the day, it's about finding what works for your body and your lifestyle.



FIVE SIMPLE PRACTICES TO INCREASE YOUR HEALTH AND VITALITY IN THE NEW YEAR

- 1. Habits** – Create healthy habits by adding something small to your day – like taking a daily vitamin or getting breakfast together the night before. Making it part of an existing routine increases the probability of success.
- 2. Hydration** – Proper hydration benefits all aspects of your health including brain and organ function, immunity, skin, metabolism and digestion. Fatigue and hunger are common signs of dehydration. Instead of caffeine or a snack, reach for a glass of water first! If you're looking for a hint of flavor, add a slice of cucumber to still water or a handful of berries to sparkling water.
- 3. Moderation and Portion Control** – Colorful plates that contain fruits, grains, vegetables, proteins, and dairy are the key to good nutrition. Portion control should be monitored as well. Always watch for hidden calories in beverages, snacks, and condiments – they can add up quickly. Ensure you are eating throughout the day so you don't experience a crash and ravage the pantry. Balance is key!
- 4. Movement** – It's as easy as parking at a distance from the door or taking the stairs instead of the elevator. Get a standing desk, do some quick squats or calf raises during a call, take a brisk walk around the block or do some basic stretches in your back yard. Fresh air and movement are reinvigorating combination! Thanks to the pandemic, options for working out at home are endless, so you can find something that works with your fitness goals.
- 5. Mindfulness** – Eat and move with intention. Instead of downing 3 slices of pizza in front of the television - consuming calories you don't need or enjoy – slow down and appreciate the aroma, flavors and textures of your meal. Eat slowly and stop when you feel full.

What you put into your body affects how your body performs. While we aren't all elite athletes, we can still make small improvements to become our best selves.

The New Year is a great time to renew body and mind with the reward of good nutrition!



ERIN WISHON

Senior Executive Chef Erin Wishon is in her fifth year in Kansas City, directly overseeing both team and stadium culinary operations while providing two to three meals a day, six days a week for players and coaches with a focus on sports performance and nutrition. Prior to her time in Kansas City, Wishon oversaw culinary operations of three different NFL stadiums, an MLB stadium and multiple convention centers. She also served as an executive chef for the Major League Baseball All-Star Game in 2012 and advised the host facility with Super Bowl LII planning.

Explore more at the [Chiefs Wellness Program homepage](#) -->