

# HEALTHY

# You!

“Your Source For A Happy and Healthy Lifestyle.”

April 2016



**THIS EDITION FEATURES:**

## **Functional Fitness to Stay Productive**

- **More Energy Without Caffeine?**
- **Why We're Nuts About Nuts**
- **Finding Awe Outside Your Front Door**
- **Choose Acceptance**

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# Functional Fitness to Stay Productive

How does your body deal with everyday demands of house and yard work or keeping up with children? Are you aching and exhausted? Are physical chores unmanageable? Exercise and physical activity can help us keep up with the physical necessities of life.

**Here are some recommendations for staying “functionally fit.”**

**Get regular exercise.** Walking, weight training, and jogging are great ways to stay functionally fit. These exercises improve cardiovascular health while also maintaining strength and posture, allowing you to lift things (like children) without the risk of injury.

**Stretch often.** Warm muscles can help tremendously when it comes to preventing injuries. Stretching relieves tension, aches, and pains.

**Find balance.** Core muscle exercises such as crunches are a great way to improve posture and balance. Try yoga to strengthen your back and prevent injury.

**Start out small.** Take a few walks per week and do some light weight training. Pretty soon, you’ll notice a difference!

## More Energy Without Caffeine?

Feeling groggy? With such busy schedules, we are all looking for ways to increase our energy. Try turning to food. Proper nutrition can help sustain our energy all day long. Below are some tips for finding the right combination of carbohydrates, fat, protein, vitamins, and hydration.

**Variety is the spice of life.** Prepare colorful meals, heavy on fruits and vegetables, to ensure that you get a variety of vitamins into your diet.

**Pick up the protein.** Protein repairs muscles and provides just the right amount of carbohydrates to keep you going. Try grilled chicken for an extra dose of iron.

**Eat breakfast.** Start the day with plenty of fiber, whole-grain carbs, good fats, and lean protein. Try a whole-grain cereal and a sprinkle of chopped walnuts over yogurt.

**Drink lots of water!** Some say that a big glass of water in the morning is better than a cup of coffee. It gently gets our internal systems working, hydrating our cells, organs, and muscles. And don’t forget to keep going from there: Adequate hydration throughout the day is both energizing and beneficial to our health.



# Why We're Nuts About Nuts

It's no surprise that nuts are trendy these days — they're portable, filling, and packed with healthy fats, vitamins, proteins, and minerals. But because they are also high in fat and calories, it's important to know which are good for you, which to consume more of, and which to consume in moderation.

**The good.** Almonds, cashews, and pistachios are three of the best options when it comes to snacking. They are high in omega-3 fatty acids, protein, and fiber, but lower in calories than other nuts. Walnuts are also a great option, as they have shown to decrease inflammation and increase heart health.

**The bad.** Pecans and macadamia nuts are the highest in calories and fats, but the lowest in protein. Although they are still healthy, it is important that you eat these nuts in extreme moderation (only about a handful). Tip: Buy nuts in the shell and crack them yourself to slow you down.

**The nutty.** When choosing nuts, opt for raw, unsalted, and unflavored nuts, as increased salt and sugar intake can defeat the purpose of healthy snacking. In addition, eating small handfuls will ensure that you do not ruin your appetite by filling up on fats and calories. When opting for nut butters, such as almond butter, use in moderation and avoid brands that contain a high amount of sugar, added oils, and flavorings.



## Recipe of the Month: Walnut, Apple, and Pear Salad

### Ingredients:

4 heads of Belgian endive, chopped

4 cups assorted greens, shredded  
if needed

2 cups apples, chopped

2 cups pears, sliced

½ cup gorgonzola or bleu cheese,  
crumbled

¾ cup walnut pieces

### Instructions:

Combine ingredients in a large bowl. Toss with a low-fat raspberry or balsamic vinaigrette dressing just before serving.



# Alcohol:

## Life of the Party or Debbie Downer?

Alcohol is a part of many people's lives, whether in social situations, as a crutch after a bad day, or as a pairing with a nice meal. However, it is no secret that alcohol is a depressant, slowing down vital functions and distorting judgment. Although a glass of wine or beer can have a stimulating affect, two or more will result in the "depressing" side of alcohol such as:

- Slurred speech
- Hazy memory and thinking
- Impaired judgment and vision
- Slower reactions
- Weakened muscles and coordination

Cutting out alcohol is the best way to avoid the negative effects of drinking, but if you do drink socially, you can still cut back. Decreasing the speed and amount you drink can help tremendously. This can also reduce the depressing effects of the hangover that inevitably follows if you drink too much.

Visit [moderation.org](https://www.moderation.org) to learn more about personal responsibility for choosing moderation or abstinence and to recognize risky drinking behavior.

## Try These Alcohol Alternatives

- Herbal tea
- Club soda with lime
- Arnold Palmer (a mix of lemonade and iced tea)

# Finding Awe Outside Your Front Door

When imagining something "awe-inspiring," we may envision waterfalls, being at the top of a mountain, or traveling cross-country. Transformative feelings of awe encourage us to see ourselves as part of the bigger picture and may help us develop meaning and purpose. So how can we experience awe in everyday life? It doesn't require climbing Mount Everest — we can find awe by just walking out our front door.

**Go to a place you've never been.** No matter where you live, there is surely a place you have not visited — be it a museum, park, running trail, or walking route you've never taken. Go! Experiences like these can offer new appreciation for your city or town.

**Read about it.** Reading about people who have done incredible things can help you experience awe.

**Spend time with animals.** Visit a zoo, walk dogs at your local shelter, or watch birds in the trees. Just being around animals can allow their wonderment to rub off on us.



# Choosing Acceptance



Throughout the day, things happen that are out of our control. Struggling with other people's behavior — be it our boss, coworkers, or loved ones — is something we all deal with. However, these situations can create unhealthy amounts of stress and anger. So how can we learn to accept people we can't change?

**Remember that it's your choice.** Although we do not have control over how a person acts, we do have a choice in how we react. Learning to accept people for who they are and understanding their circumstances can aid in this process.

**Create realistic expectations for others.** If you accept that others may not react in the same way as you, their actions may seem less aggravating.

**Communicate.** If choosing to accept a person or situation is not working, just talk to them. Sometimes it takes a simple conversation with a friend to gain clarity and let go of what is bothering you.



## Monthly Quiz:

### 1. Which of the following is **NOT** a benefit of being functionally fit?

- a. Easily lifting luggage into the trunk
- b. Keeping up with a toddler
- c. Cooking dinner without burning it

### 2. Choose the statement about nuts that is **NOT** true.

- a. Nuts are packed with protein; a handful is a good serving size.
- b. Macadamia nuts are lowest in fat and highest in protein.
- c. Nuts are a portable snack and healthiest raw.

### 3. According to the article, alcohol is:

- a. A depressant
- b. A stimulant
- c. A social necessity

ANSWERS 1.) c 2.) b 3.) a

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