

HEALTHY *You!*

"Your Source For A Happy and Healthy Lifestyle"

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Digest



INSPIRE TO MOVE - *KICKBOXING*

Packing More Punch with an All-Over Workout

If you need a little kick to get out of an exercise rut, why not give cardio kickboxing a try? Cardio kickboxing is a total body workout that can increase stamina, flexibility, and strength. Cardio kickboxing's origins can be traced back to martial arts. However, today's kickboxing workouts are non-contact and consist of a combination of moves from karate, boxing, and aerobics. It's now a popular form of exercise, with classes offered in many athletic clubs and community or recreational centers.

Getting Started – Start slow. Just about anyone can do kickboxing; however just like any new physical activity, it's important to gradually get into it. If you are new to exercise, observe first and then try out a beginner class. Wear comfortable clothes. For example wear short-sleeved, fitted shirts or tanks paired with fitted pants or shorts. Use cross-training shoes, unless the classes are done on mats, in which case no shoes are needed.

Bring a water bottle and have a towel handy. Kickboxing is considered a high-impact workout, so hydration is important to replace water lost through sweat.

What to Expect – You'll be introduced to jabs, punches, and kicks, including the roundhouse kick, side kick, and front kick, usually to the beat of an energizing playlist of songs. Each kick targets different muscles. Punching is an additional arm and shoulder workout. A typical kickboxing class includes a 10-minute warm-up with 30 minutes of kicks and punches. Sometimes you will use punching bags, jump ropes, and other equipment. At the end there is stretching for injury prevention.

Benefits – Cardio kickboxing will burn 350-450 calories per hour. You'll find marked improvement in balance, flexibility, and endurance. In addition, kickboxing provides an incredible release that can muscle out stress and you will learn valuable self-defense moves.

What are you waiting for? Go out and get kickin'!



*"My computer beat me at checkers, but I sure beat it at kickboxing."
– Emo Phillips*



Scan this code or visit www.youtube.com/watch?v=UuUBRP3g73A for a cardio kickboxing routine you can try at home.





Are You **HUNGRY?**

People eat for many reasons: emotional stress, boredom, entertainment, celebration, loneliness, feeling sluggish, because there's food, other people are eating, it's meal time, and finally. . . people eat because they are hungry!

With so many triggers to eat, no wonder it's so easy to overdo it. The time between Thanksgiving and the New Year is notoriously filled with occasions to eat past hunger. It's even more important during this season to check in with yourself and recognize when you're eating while not even hungry.

Decide that you will pay attention to what you eat, only eat when you are hungry, and stop eating when you are satisfied. Prepare ahead of time for these common situations that can be holiday healthy eating sabatoge:

Everyone else is eating – Pay more attention to the conversation than the food.

There is so much food in plain sight – Stand with your back to the food table or in another room.

Family and friends are offering you scrumptious food – Remember you are in control and be honest when you aren't hungry, or just have a tiny portion.

The holidays make you sad, lonely or angry – Call a friend, hit a punching bag, or write down how you feel.

Finally with all of the above scenarios, remember to check in with your hunger level to see if you really want to eat.



Scan this code or visit www.webmd.com/food-recipes/nutrition-labels-10/slideshow-serving-sizes for a slideshow of the Secrets of Healthy Eating and Portion Control.



Christmas Tree Tea Sandwiches



12 slices pumpernickel bread

12 slices turkey

12 slices low-fat cheese

1/4 cup Greek yogurt

48 very thin slices English cucumber

Using a 4-inch Christmas tree shaped cookie cutter, cut 2 tree shapes from each slice of bread, turkey, and cheese. Using a 1/2-inch star shaped cookie cutter, cut 12 stars from remaining cheese scraps. Discard all scraps.

Spread Greek yogurt on pumpernickel bread. Top each bread slice with 1 slice turkey and 1 slice cheese.

Cut cucumber slices in half, and arrange on top of cheese in shingled fashion, trimming as necessary. Place cheese stars on top of cucumber layer. Serve immediately and enjoy!



COLD AND FLU Fighting Foods

The old saying, starve a fever, feed a cold, may be seared into many of our brains. Before you gorge on junk food this cold season, let's see if there is any truth to this folklore. Our body's immune system has to fight cold and flu viruses to get better. Doctors do think that eating can help your body combat viruses and even help you feel a little better. Don't use this as an excuse to stuff a cold with comfort foods. Experts say it's best to fuel the body with a healthy, nutrient-rich diet to build your immune system and fight inflammation with:

- Fruits and vegetables (apples, cranberries, bananas, greens)
- Protein (oatmeal, chicken, fish, turkey)
- Lots of water
- Decaffeinated juices and teas (orange or cranberry juice and green tea)

As you probably guessed, chicken soup is a great example of a healing food when you're sick.

"Adam and Eve ate the first vitamins, including the package."

– E.R. Squibb

Holiday Traditions To Embrace

Holiday traditions are a great way for people to spend time together. Some traditions can be wonderful, like reading stories together, and some can be as unhealthy as gaining 10 pounds every year. This year, before you gear up for the rituals you've grown accustomed to, think about what behaviors you want to avoid, which to embrace, or even new practices to create.

JOYOUS HOLIDAY TRADITIONS	STALE AS FRUITCAKE
Taking a walk after dinner	Rehashing family arguments
Playing games	Overspending on gifts
A kiss under the mistletoe	Overindulging on cookies
Taking holiday photos	Forgoing sleep to wrap presents
Visiting a festive light display	Getting germs from braving holiday crowds

No matter what your traditions this season, focus on love, joy, hope, generosity, and a healthy holiday spirit.



Scan this code or visit www.doctoroz.com/quiz/12-days-christmas-quiz to take a quiz to see how much you know about staying healthy during the holidays.

*"Don't think you're on the right road just because it's a well-beaten path."
- Author Unknown*



Is That Prescription a Problem? Antibiotic MYTHS AND FACTS

This scenario is common and happens in many doctors' offices. A patient with cold or flu-like symptoms goes to the doctor expecting an antibiotic. The doctor explains that the symptoms are likely a viral infection and sends the patient home. In some instances the patient may push the doctor for a prescription. This patient doesn't understand that antibiotics can cure bacterial infections, but not viral infections (such as a cold and the flu). **So what's the harm in taking an antibiotic anyway?**

- Treating a cold or flu (viral infection) with antibiotics doesn't work. In fact it increases the likelihood that the person will become ill with an antibiotic-resistant bacterial infection.
- According to the Centers for Disease Control and Prevention, reactions to antibiotics are the most common cause of child emergency room visits for adverse drug events.
- Antibiotic overuse increases the development of drug resistant germs.

What Can You Do?

- Only take antibiotics prescribed for you.
- Take the entire prescription, even if you're feeling better. This way the infection won't come right back.
- Practice self-care by drinking plenty of fluids and eating healthy foods, including good old-fashioned chicken soup.



It is estimated that more than 50% of antibiotics are unnecessarily prescribed in office settings. It will be many years before new antibiotics are available to treat some resistant infections, so we need to reduce the use of antibiotics that are currently available.



Scan this code or visit www.webmd.com/cold-and-flu/ss/slideshow-natural-cold-and-flu-remedies for a slideshow on natural cold and flu remedies.



Healthy Holiday Tips

- Don't skip meals – it leads to overeating
- Practice moderation – for festive foods and drinks
- Get enough sleep – lack of zzz's promotes weight gain
- Beat the blues – make plans for January for something to look forward to



Holiday Cheer or **Buyer's Remorse!**

"Oh the weather outside is frightful, but in the store it's so delightful. I'll buy much more than I should though, even if I don't have much dough!" Shopping is influenced by several subconscious appeals to consumers. Even that holiday music playing in the background that makes you feel the holiday spirit will influence how much shoppers like the products they see.

So how can you stop yourself from spending over budget this season? Know the psychological triggers that lead to extra purchases.

Get through the stores quickly. Pay attention to the music being played. The slower tempo of the music has shoppers walking slower through the stores; this increases how much they buy. Walk faster through the aisles and you won't buy as much.

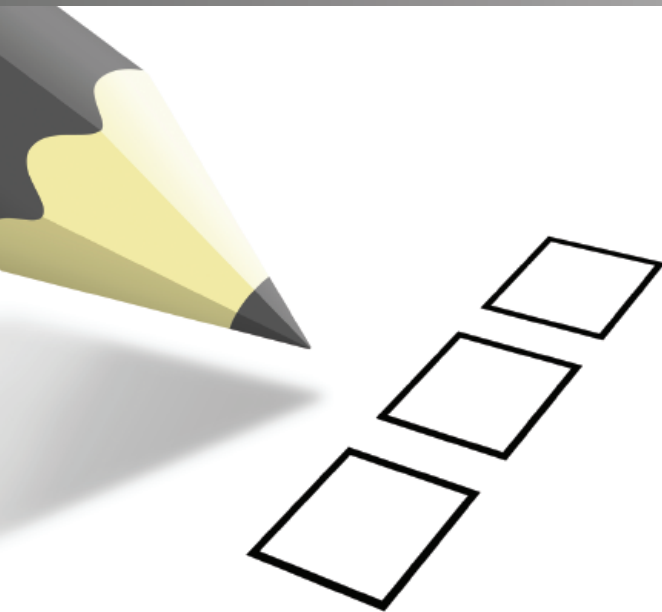
Don't be swayed into one more purchase. Declaring a *sale is ending soon*, or a *free gift with purchase*, may tempt you to spend more to get a freebie on an item that you wouldn't have otherwise bought.

Beware of the aisles near the register. The "impulse" buy items are often stocked near the register and give you that, "*I have to have it*" feeling.

The mood people are in when making financial decisions influences the decisions they make. Sticking to your list and budget now, will save you from suffering buyer's remorse later.

"A bargain ain't a bargain unless it's something you need." – Sidney Carroll

TAKE OUR QUIZ!



1. Which of the following best describes a cardio kickboxing workout?

- A. A low impact workout where people hit and kick each other.
- B. Can only be done by people who know karate.
- C. A high impact workout consisting of a combination of moves from karate, boxing, and aerobics.

2. Which of the following combinations of foods would be best to eat for a cold or flu?

- A. Steak, mashed potatoes, and a caramel latte.
- B. Chicken, apple sauce, and orange juice.
- C. Pizza, breadsticks, and soda.

3. If your doctor doesn't think you need an antibiotic you should:

- A. Threaten to find another doctor who isn't afraid of writing prescriptions.
- B. Follow the doctor's orders to recover from your virus and use self-care.
- C. Take a lot of unnecessary over-the-counter medications.

THE ANSWERS ARE: 1. C. A high impact workout consisting of a combination of moves from karate, boxing, and aerobics.
2. B. Chicken, apple sauce, and orange juice.
3. B. Follow the doctor's orders to recover from your virus and use self-care.

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The information in this publication is meant to complement the advice of your health care providers, not replace it. Before making any major changes in your medications, diet or exercise, talk to your doctor.