

# HEALTHY

# You!

"Your Source For A Happy and Healthy Lifestyle."

February 2014

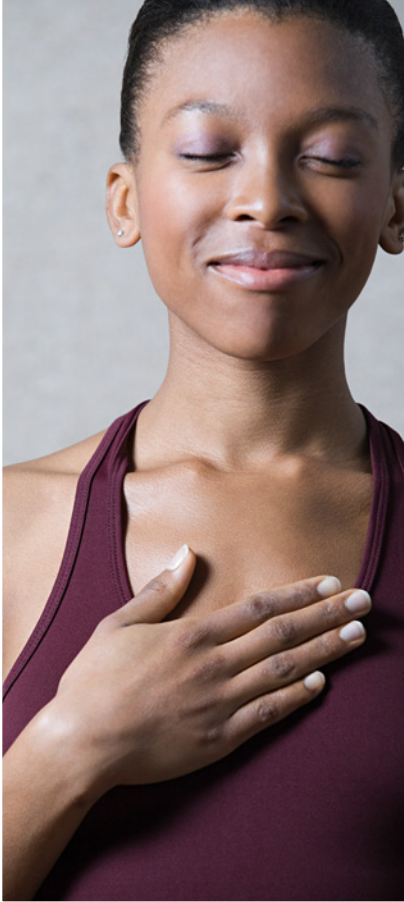
THIS EDITION FEATURES:

## Yoga:

### The Key to Health and Balance

- Hearty, High-Fiber Food Choices
- Heart Attacks: Know Your Risk
- 7 Ways to Control Your Blood Pressure
- Work More or Work Less?

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# Yoga:

## The Key to Health and Balance

There's more to yoga than relaxation. This popular exercise can help reduce your stress level and give you a great workout. So, grab a mat and try it!

### Yoga for stress

Shifting your focus to breathing and posing is an important part of yoga. Not only does it distract you from other thoughts, it also calms your body and mind. Steady breathing works in conjunction with the poses you perform during a yoga session. These complex movements draw your attention away from deadlines, family issues, and other stressors in your daily life.

Yoga poses change blood flow and body positioning. Many poses are created solely to alleviate stress. This is one of many reasons people practice yoga: they want to be happier, more peaceful, and have more energy.

### Physical benefits of yoga

Yoga increases balance, flexibility, strength, and range of motion — which is where exercise comes in. Yoga does more than calm you down and make you flexible; it is an exercise option that offers health benefits like increased strength, reduced risk of heart disease, and weight management.

Numerous studies comparing the effects of yoga and aerobic exercise show that yoga is as effective as, or better than, aerobic exercise at improving a variety of health-related measures.

Visit [yogajournal.com/poses](http://yogajournal.com/poses) for a variety of yoga poses to practice, including many geared toward reducing stress and anxiety.

**“No one can get inner peace by pouncing on it.”**

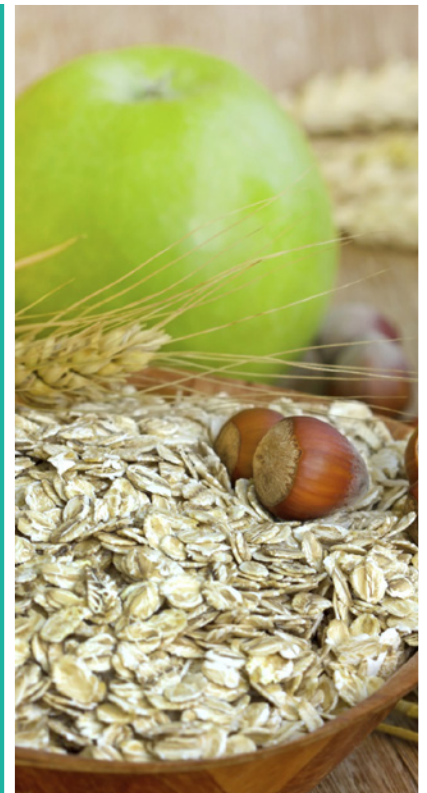
– Harry Emerson Fosdick

## Hearty, High-Fiber Food Choices

Fiber is essential for your health. It can help manage your appetite, keep your digestive system running smoothly, control cholesterol, and help reduce your risk of some cancers, such as prostate and colon cancer.

But how much fiber is enough? The American Dietetic Association recommends 14 grams of fiber per 1,000 calories consumed each day. Since men, on average, are larger and have more muscle than women, their caloric and fiber requirements will usually be different. For example, a moderately active male who consumes 2,500 calories daily, needs 38 grams of fiber, while a moderately active female who consumes 1,500 calories a day will require closer to 25 grams.

Getting enough fiber is easier than you think. Fiber is found in all fruits, vegetables, grains, nuts, and legumes.





# Go Big on Fiber at Every Meal

**Breakfast:** Have oatmeal or bran cereal. These are two of the richest fiber sources.

**Lunch:** At the deli counter, choose whole grain bread when available, and don't hold back on the vegetable offerings.

**Dinner:** High-fiber sides can make any meal hearty and filling. Have steamed veggies, beans, or brown rice, and leave the skin on your potatoes.

**Dessert:** Try raspberries, strawberries, or blueberries for dessert. In addition to their sweet, mouthwatering goodness, their seeds and skin are great roughage.

**Snack time:** Control cravings with a small handful of sunflower seeds or carrot sticks. Popcorn is also considered a whole grain, however, it is healthiest when air-popped without butter and salt.

*“Never work before breakfast; if you have to work before breakfast, eat your breakfast first.” – Josh Billings*

## Breakfast idea    Ways to save time

### Delicious smoothie

Add ingredients (fruit, juice, milk, yogurt, protein, chia seeds, etc.) into the blender and store in the fridge overnight so it's ready to blend and go.



### Overnight oats

Combine 1 part rolled oats with 1 part low-fat or soy/almond milk, ½ teaspoon vanilla extract, and your favorite add-ins like pecans, walnuts, or almonds in a bowl. Cover and refrigerate overnight. Enjoy the next morning.



### Yogurt parfaits

Layer Greek yogurt, cut fruit, low-fat granola, and nuts in a mason jar for on-the-go fuel.



### Hard-boiled eggs

Make a batch of hard-boiled eggs and keep them in the fridge, unpeeled, for a grab-and-go protein snack that will fill you up for hours.



### Mini make-ahead quiches

Combine 5 eggs, 3 egg whites, and 1 cup of milk, whisk them together, and pour the mixture into prepared muffin cups. Add your favorite omelet fillings (like sautéed mushrooms, spinach, or low fat cheese), and bake for 25 minutes. Let cool and individually wrap and refrigerate up to 3 days or freeze for up to a month.





# Heart Attacks: Know Your Risk

Do you know your risk of a heart attack? There are different factors that increase the risk of heart disease and heart attack. While some factors you can't control — such as age, family history, and other hereditary factors — many major risk factors are controllable. These include:

**Tobacco smoke.** Smokers have 2 – 4 times the risk of non-smokers.

**High cholesterol.** When too much LDL (bad) cholesterol circulates in your blood, it can slowly fill up the inner walls of the arteries that feed the heart, eventually leading to heart disease and stroke.

**High blood pressure (HBP).** HBP increases the heart's workload, which can lead to thickening and stiffness in the heart muscle, which prevents it from working properly.

**Diabetes.** Even when glucose levels are under control, diabetes increases the risk of heart disease and stroke. Risks are even greater if blood sugar is not controlled.

**Obesity.** Excess body fat increases the heart's work level. Extra weight can raise blood pressure, lower HDL (good) cholesterol levels, and raise your risk of diabetes.

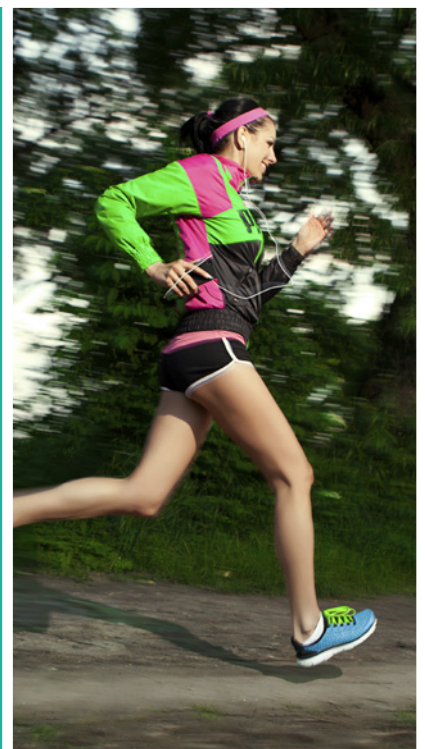
**Physical inactivity.** Regular exercise can help manage cholesterol, diabetes, and obesity, as well as help lower blood pressure.

**Stress.** Stress can lead people to many unhealthy behaviors that lead to major risk factors.

Visit the American Heart Association online at [heart.org](http://heart.org) for more information, including interactive videos and a heart attack risk assessment tool.

## 7 Ways to Control Your Blood Pressure

1. Eat a healthy diet and reduce salt
2. Enjoy physical activity
3. Maintain a healthy weight
4. Manage stress
5. Avoid tobacco
6. Take medications as prescribed
7. Limit alcohol



# Are You Brave Enough to Love?

With Valentine's Day around the corner, thoughts of love are in the air. But often, we don't know exactly how to express love. If we focus on the love we give rather than the love we get, it will likely improve any relationship. Sometimes people worry that being loving will make them too vulnerable, but the act of loving actually nurtures you. When we expand our ability to give love, we grow our capacity to be loved.

## How to be more loving:

**Communicate what you feel.** Don't listen to your critical inner voice that tells you not to trust or be open.

**Avoid the "keeping score mentality."** Try to be selfless in giving love and commit to acts of kindness with no strings attached.

**Support your loved ones and participate in the things that excite and interest them.** Simply showing up shows you care.

**Do kind actions that suit the other person.** Put yourself in their shoes and try and find something they would enjoy.



## It takes courage to give love:

- that may not be returned
- knowing you'll inevitably be separated from what you love
- after you've been hurt



# Work More or Work Less?

There is no magic formula to perfectly balance your work life with your personal life. What works for one person might not for another. Ask yourself the following questions to help determine your vocational well-being:

1. Do you suffer ongoing emotional stress and strain because of long work hours?
2. Do you often find your work frustrating or unfulfilling?
3. Are you unable to make time in your personal life to spend quality time with family and friends?
4. Do you get an inadequate amount of sleep each night because you can't turn off thinking about work?
5. Is work so consuming that you are unable to handle personal business, such as paying your bills or returning personal phone calls or emails?

On occasion, we may answer yes to one of the questions above, but that should be the exception rather than the rule. It is possible to balance work and life. Not everyone has control over the number of hours they work, but there are still ways to focus on better time management.



## Fixing the work/life balance:

**Build personal time into your schedule.** Add rejuvenating activities with your friends or family to your weekly calendar.

**Fit exercise into the workday.** Suggest walking meetings. Exercise or run errands at lunch, and then eat, mindfully, at your desk.

**Set aside a period of time to read and respond to emails.** You'll be less likely to be interrupted during tasks that require concentration.

**Cut out things that don't add value to your life.** Do you really need to go online again or watch television?

**Avoid energy suckers.** Avoid things like gossiping and complaining, which take up time, and pull you into negativity.

# Test Your Knowledge!

Think you picked up a few healthy facts in this issue? **Let's find out!**

### 1. In what way does yoga help manage stress?

- a. Shifts your focus to breathing, which distracts you from other thoughts
- b. Changes blood flow and body positioning
- c. Both a and b

### 2. On average, how much fiber does the American Dietetic Association recommend each day?

- a. 50 grams of fiber
- b. 14 grams of fiber per 1,000 calories consumed
- c. 25 grams of fiber per 1,000 calories consumed

### 3. Which of the following is a major risk factor of heart disease that you CANNOT control?

- a. Smoking tobacco
- b. High cholesterol
- c. High blood pressure
- d. Family history

ANSWERS  
1.) C. Both a and b  
2.) B. 14 grams of fiber per 1,000 calories consumed  
3.) D. Family history

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