

# HEALTHY *You!*

"Your Source For A Happy and Healthy Lifestyle"

Independence 



September 2013 *Digest*

## INSPIRE TO MOVE

### Priority *You*; Making Exercise a Priority

In today's society, everyone has a lot on his or her plate. We are all busy trying to get more done in one day than is physically possible. This typically drops working out to the bottom of the priority list. Excuses won't replace the benefits of physical activity on a regular basis.

What are your top priorities? When you have to choose among several tasks, how do you decide what to cut out? Weigh each task of the day based on what you expect from it, versus the time it takes to do it. For example, compare 30 minutes of exercise with 30 minutes of watching a television show.

#### A 30 MINUTE CARDIO WORKOUT:

Manage weight • Boost energy  
Lower blood pressure  
Improve mood • Relieve stress  
Feel better about self

#### 30 MINUTE TV SHOW:

Entertaining  
Opportunity to rest

Ask yourself when was the last time you traded one half-hour television show, or woke up 30 minutes early because exercise was one of your main priorities?

Make a list of all the things that you do everyday no matter how tired you are or whatever obstacles occur. Common "musts" in your daily routine might be: brushing your teeth, taking a shower, feeding the family, taking the dog out, and going to work. Exercise should rank #1 to keep you in good condition to be able to preserve yourself for the rest of your day. If exercise isn't a main priority, then you may not be making your health and yourself a main priority.



Scan this code or visit [www.webmd.com/fitness-exercise/ss/slideshow-30-minute-workout-routine](http://www.webmd.com/fitness-exercise/ss/slideshow-30-minute-workout-routine) for a slideshow of 30 minute workout routines from WebMD.



*"If you don't want to do something, one excuse is as good as another."  
- Yiddish Proverb*



## Eating Healthy In A *HURRY*

Being busy and on-the-go can impact your food choices, leading to skipped meals, fast food and processed pre-packaged meals. Just because you're on the go doesn't mean you can't eat high-quality nutritious food.



**Breakfast on the Go!** If you're rushed in the morning, keep a box of breakfast bars handy such as low-fat granola, or oatmeal square bars. Try breakfast choices that are easy to grab and eat in the car. Keep a half dozen hard boiled eggs in the 'fridge for an easy grab-and-go, high-protein breakfast. Don't forget a piece of fruit like an apple or banana; both are easy to eat with one hand.

**Pack a Lunch.** Taking a bagged lunch may sound time-consuming, but it's as easy as packing up leftovers from your previous night's dinner. Make a trip to the grocery store once a week and stock up on items that you can easily add to your lunch, such as sandwiches with lean protein on whole grain bread, low-fat cheese and wheat crackers, or bagged salads.

**Use a Slow Cooker.** Throw ingredients into a slow cooker in the morning and your meal will be done by the time you're home. Lean proteins such as turkey, chicken, or beans do well with brown rice and vegetables.

Most food is healthier in its natural state; this can save you time by eating foods as nature intended. Keep fruits, vegetables, and nuts around as a quick and easy snack. So plan ahead for the busy season and a healthy meal can be easy and waiting for you at home in the slow cooker.

*"If you complain about the world moving too fast, slow down."  
- Mike Dolan*

### Turkey, Apple and Cheese Melt

- 1 teaspoon Dijon mustard • 1 teaspoon honey
- 2 slices of whole wheat bread
- 3 ounces of sliced turkey breast

1 slice of cheese (try low-fat swiss, provolone or cheddar)  
Thinly slice half a Granny Smith apple • Cooking Spray

Spread the honey and mustard on one side of the bread. Place the cheese slice on top of the dressing. Add apple slices, turkey breast and the remaining bread slice. Coat both sides with cooking spray. Heat a large nonstick pan over medium high heat, add sandwich and heat approximately 2 minutes on each side until brown and melted.



## Is Your **"ALL NATURAL"** Food Processed?

The "All Natural" label on the front of a package doesn't mean you're eating a whole food. The FDA and the USDA have vague rules about this phrase. Arm yourself with the knowledge that you need, so you know what you are eating.

In general, real foods are whole foods that are a product of nature, not an industry product.

**Some rules of thumb to avoid processed foods are:**

**Read the ingredients label.** If what you are buying contains more than 5 main ingredients or a lot of unpronounceable items, you may want to pass.

**Choose foods that come from the environment** like, fruits, vegetables, milk, eggs, and cheese.

**Select whole-wheat and whole-grains** over refined grains like white flour or white rice.

**Look for seafood that is wild caught** instead of farm-raised.

**Use all natural sweeteners** including honey, 100% maple syrup and fruit juice concentrate over refined sugar, corn syrup, or artificial sweeteners.



Scan this code or visit



[www.shape.com/healthy-eating/meal-ideas/day-my-diet-clean-eating-expert-alison-massey](http://www.shape.com/healthy-eating/meal-ideas/day-my-diet-clean-eating-expert-alison-massey) for a day in the life example of clean eating.

## Attitude of **GRATITUDE**

Do you want to experience more joy, enthusiasm, love, and happiness? Start by being grateful. When you are full with feelings of gratefulness there is less room for emotions of envy, resentment, greed, and regret.

Adopting an attitude of gratitude may do more than just create an optimistic frame of mind, but could also improve psychological, emotional, and physical well-being. According to studies over the past decade, people who feel grateful are less likely to be depressed or suffer from alcoholism. They also earn more money, sleep better, exercise more, and have greater resistance to viral infections!

People have an innate tendency to dwell on problems rather than focus on the good in their lives. Everyone can choose how they feel and look at the world. One way to be grateful is to count your blessings. Keep a journal and regularly record whatever you are grateful for that day. Take time to recognize the positive experiences you have in the world and look for things to be grateful for like:

- Trying something new and loving it.
- Laughing so hard you can hardly catch your breath.
- The loyal, loving companionship of a pet.
- Finding a parking space exactly when you need one.
- Holding your child in your arms.
- Fitting into your favorite clothes.
- Hearing the words, "I love you".

Visit [www.g GRATITUDE.com](http://www.g GRATITUDE.com) to check out the "Go Gratitude Experiment" and video.



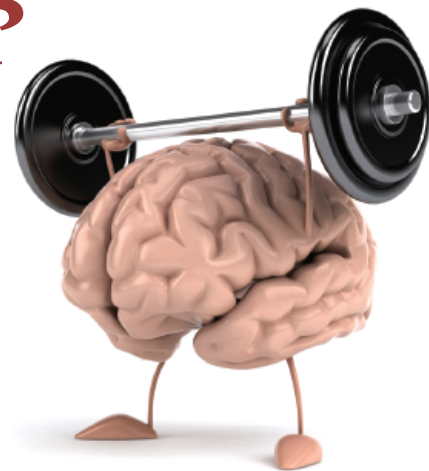
*"The struggle ends when gratitude begins."*  
- Neale Donald Walsch



## Staying **SHARP**

Good nutrition and physical activity go a long way, but so do mental exercises. While memory loss may just be another part of getting older, simple things you do may slow the decline.

An important part of preserving your memory is taking breaks from your thinking routine. Seek out activities that take you out of your comfort zone. The more you challenge yourself mentally, the better you will be able to process, problem-solve and remember things, now and in the long run.



### HERE ARE SOME BIG BRAIN-BOOSTING TIPS:

**Be puzzled.** Choose games that force you to think outside of the box, in creative ways. Hold game nights with friends and/or family. Or go solo – do a crossword puzzle, Sudoku or computer Mahjong, for example.

**On a serious note, laugh.** With each giggle, laughter is one of the most stimulating activities, affecting many parts of the brain. Watch comedic shows or movies. Hang out with happy, playful people. Surround yourself with things that make you think happy thoughts.

**Find your inner Picasso.** A hobby or two can be a real brain saver, whether it's an activity that you've always wanted to try, or one that you're continuing. Check out a community center or your local library for fun classes being offered to get you started.

**Be a butterfly.** A study from the Harvard School of Public Health concluded that having an active social life can slow the rate of memory decline. No friends around? Pets count, too!

**Small things can lead to big results.** Listen to classical music, watch a fish tank, get wrapped up in a good book, study and cook the cuisines you've never tried before, or calculate numbers without a calculator.



Scan this code or visit [www.webmd.com/brain/sudoku-game](http://www.webmd.com/brain/sudoku-game) for an interactive Sudoku Game on Brain Health.



S T Y L A Y Y F S S  
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### WORD SEARCH

ACTIVITY LAUGH  
FRIENDS LIBRARY  
FUN MEMORY  
HAPPY PETS  
HEALTHY PLAYFUL  
HOBBY SOCIAL





## How To **DECIDE?**

Should I ask her to marry me? Is it the right time to buy a house? Do we want a pet?

We are confronted with big choices in life that can greatly impact our lives and our happiness. It's common to struggle with decisions and fear that we may make the wrong ones. Making decisions about our careers, our families and our lives is not always easy.

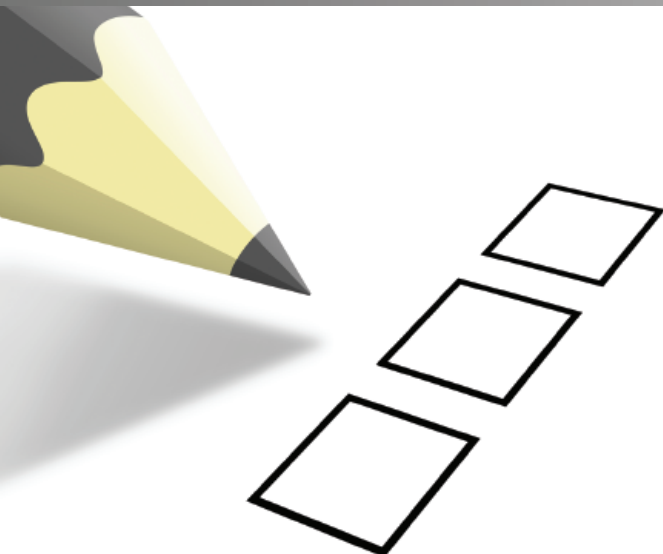
**NEXT TIME YOU ARE AGONIZING OVER WHAT TO DO, CONSIDER THESE POINTS:**

- Take some time. Spur of the moment or during stress is not the time to make any choice. It's easy to get caught up in emotion. Distance can bring clarity.
- Listen to your instincts, but beware of your beliefs. Sometimes we are biased regarding a decision, and the research we do is really fishing for support. Don't be afraid to consider the opposite of your initial thoughts.
- Decide not to decide. In generating possible courses of action, one should always consider, "not doing anything" or deferring an action. Sometimes a situation may work itself out.
- Broaden your focus. Instead of thinking in terms of "this or that" option, widen your thoughts to consider various options.

Making decisions can be hard. You have a better chance of making a good decision if you can give yourself some time to think. Obtain emotional distance, gather facts and experiences of others and look at as many options as possible.

*"The hardest thing to learn in life is which bridge to cross and which to burn."  
- David Russell*

## TAKE OUR QUIZ!



1. Which of the following is NOT a rule of thumb to avoid processed foods?

- A. Read the ingredients label. If what you are buying contains more than 5 main ingredients or a lot of unpronounceable items, you may want to pass.
- B. Choose foods that come from the environment like, fruits, vegetables, milk, eggs, and cheese.
- C. The front package label.

2. Is this statement TRUE or FALSE?

— Exercise should be a daily priority ranking along with brushing your teeth and sleeping.

3. Which of the following IS a recommended way to strengthen your brain?

- A. Eating hot dogs
- B. Solving puzzles
- C. Playing video games

THE ANSWERS ARE: 1. C. The front package label.  
2. TRUE 3. B. Solving puzzles.



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