

# HEALTHY

# You!

"Your Source For A Happy and Healthy Lifestyle."

August 2014



## THIS EDITION FEATURES:

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# Boot Camp:

## 5 Reasons to Give It a Try

Looking for an exciting, effective fitness challenge? Boot camp workouts have been popping up all over the country. The name might make you nervous, but give it a try and you'll find that most boot camp workouts are simple and friendly, and can be adjusted to your fitness level.

**What to expect:** Boot camp is a group exercise class held inside a gym or outdoors. A trainer will guide you through about a dozen different cardio and strength training exercises with the use of equipment like free weights and tension straps. After a minute or two of doing one exercise, the trainer will cue the participants to move on to the next one. You may cycle through about three full rotations, called circuits, within a 45-minute session.

**What you will gain:** Boot camp is a full-body workout. Done regularly (one to five times a week), you'll notice changes in your fitness level quickly. In about a month, you can potentially reduce body fat and gain strength and endurance.

**Remember safety:** If you're unaccustomed to exercise or have a medical condition or injury, talk to your health provider before trying any new fitness program. Be sure to let the trainer know about any injuries or limitations you have, and don't forget your water bottle!

### 5 reasons to give boot camp a try:

- 1. Personal training.** A professional can help you reach your goals.
- 2. Motivation.** You'll get an extra push to go the extra mile.
- 3. Variety.** Since the exercises may vary in each session, it's always interesting.
- 4. Camaraderie.** You can make friends with people who share your fitness goals.
- 5. Results.** Done consistently, boot camp can help you get stronger and lose weight.

## Need to Cheer Up?

### Spend Time Outside

If there was one thing that you could do to boost your happiness, health, and creativity, would you do it? Of course you would! So make time to step outside and surround yourself in nature every day. Spending time in nature has a profound impact on your emotional well-being compared with being in man-made environments. Try these tips to fit the outdoors into your daily routine:

- At work, take your lunch outside. Choose a natural setting like a grassy courtyard, and get a dose of sun.
- Take a walk in a garden or plant your own, even if it's just a few flowers in pots on the patio.
- Make it a point to escape the stresses of daily life with a hike in the woods or walk in the park on weekends.



# What the World Eats

Sick of eating the same thing over and over to maintain a “healthy” diet? Why not take a culinary trip around the world with some tasty treats from countries with lower rates of chronic disease? International cuisine can give you new inspiration and flavors, and introduce you to different eating practices.

India’s obesity rates are below 5 percent. Indian cuisine features lots of appealing color and flavor with spices like turmeric, ginger, and red pepper. Aromatics such as onions and garlic in many dishes may lower risk of heart disease. Try tandoori-grilled meats and tomato-based curries for a flavor infusion.

The traditional Swedish diet features rye bread as a staple. Rye has tons of fiber and helps people feel full for longer. Try using rye instead of white or wheat.

Japan emphasizes small, colorful portions of seasonal vegetables and fish, with careful attention to the food’s appearance. Start meals with a broth-based soup, such as miso, and you’ll feel less hungry during the day.

Mediterranean cuisine features plant-based foods, healthy oils, whole grains, and lean proteins. Typically, meat is used sparingly and supports the rest of the meal.



## Recipe of the Month: Indian Mango Dal

Try this Indian-inspired dish for a quick meal. Save the leftovers for an easy-to-pack lunch the next day!

|   |                                    |
|---|------------------------------------|
| <b>1 cup yellow lentils</b>             | <b>1 teaspoon salt</b>             |
| <b>2 mangos, peeled and diced</b>       | <b>1 tablespoon canola oil</b>     |
| <b>4 cups water</b>                     | <b>½ teaspoon ground turmeric</b>  |
| <b>1 medium onion, chopped</b>          | <b>½ teaspoon cumin seeds</b>      |
| <b>4 cloves garlic, minced</b>          | <b>½ teaspoon ground coriander</b> |
| <b>½ cup chopped fresh cilantro</b>     | <b>¼ teaspoon cayenne pepper</b>   |
| <b>1 tablespoon fresh minced ginger</b> |                                    |

### Instructions:

Rinse lentils in a colander until water runs clear. Add lentils, water, ½ the salt, and turmeric to a large saucepan and bring to a boil. Reduce to simmer and partially cover for 15 minutes.

In a separate nonstick pan, brown cumin seeds on medium heat for about 30 seconds. Add onion, and cook until softened. Next, add garlic, ginger, coriander, cayenne pepper, and rest of salt. Cook, while stirring, for one minute.

Add the garlic mixture and the diced mangos into the saucepan with lentils. Simmer another 15 minutes, and stir in cilantro before serving.



# Eating Healthy On the Go

When you're hungry — stomach-rumbling hungry — you're especially vulnerable to quick and easy fast foods that are high in calories, fat, sugar, and salt. While many restaurants offer low-calorie options, the selection is often limited, and when you're already ravenous, it's hard to make the healthiest choice. But if you plan ahead, you can avoid this situation and the temptation that goes with it. Try these tips to keep hunger under control:

- 1. Always eat breakfast.** Ever notice that when you have a good breakfast high in protein, like eggs, that you are satisfied much longer?
- 2. Plan ahead.** Bring hearty, healthy snacks like cottage cheese and fruit with you so that you don't wait too long to eat.
- 3. Choose restaurants carefully.** If you do eat at a fast food restaurant, choose one that offers salads, soups, and vegetables.
- 4. Avoid high-fat items.** Skip high-fat add-ons like salad dressing, bacon bits, and shredded cheese. Ask for an olive-oil based dressing.
- 5. Pick lean meats and don't super-size it!** Choose sandwich options that are junior size or feature lean meats, such as grilled chicken. Pile on lettuce, tomato, and onion, but skip the mayo, cheese, or breading.
- 6. Go for healthy sides.** Ask for a baked potato or salad instead of French fries.

## Picture This: Your Mental Self-Portrait

It's hard to avoid the constant media chatter about losing weight. With so much focus on body image, it can be easy to get caught up and start experiencing a lack of self-worth. There is a difference between aiming for a healthy weight and trying to fit a perfect ideal. Here are a few healthier ways to look at yourself and your body:

- 1.** Appreciate all the things your body can do. Stand, walk, run, dance, pick up your child, and hug your loved ones.
- 2.** Keep a list of things you like about yourself that are not related to your weight or what you look like.
- 3.** Exercise for the joy of feeling your body move and grow stronger, not simply to lose weight.
- 4.** Don't let your weight or shape keep you from activities that you enjoy.
- 5.** Focus on aspects of yourself that you feel great about.

Don't view yourself, your life, or the things that happen to you based on your weight or size. Instead, focus your attention on who you are.



### Do you have a healthy body image?

- 1. When you look in the mirror, do you feel happy about your body?**  
Focus on health rather than weight.
- 2. Do you work out regularly?**  
Exercise is known to boost body image.
- 3. Were you teased or bullied about your weight?**  
Surround yourself with positive people who inspire and motivate you.

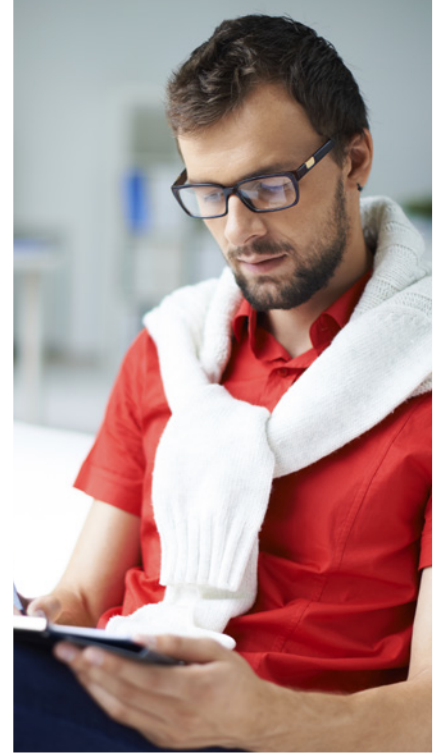
# When to Worry

Decision-making is guided by emotions. For some people, worrying can improve performance. The real question is how much you should worry. A little bit of worry about an upcoming speech is likely to lead you to practice. The absence of worry, may lead to showing up unprepared.

However, excessive worrying puts your mind and body into overdrive. This can lead to high anxiety or even panic, which interferes with your ability to perform and can lead to unhealthy habits.

## Try these tips to avoid toxic worry:

- Get the facts. Don't worry about "what ifs."
- Make a plan. Once you have the facts, make a plan to take action.
- Remember: it's never as bad as you think. Anxiety is all about anticipation.



## Monthly Quiz:

How much did you learn in this month's issue?

### 1. Boot camp style workouts:

- a. are only for the military
- b. are only for people in top shape
- c. can be adjusted to fit most fitness levels

### 2. If you are hungry and fast food is the only option:

- a. get a salad, since there's no hidden fat to be concerned about
- b. avoid the high-fat salad items, such as dressing, bacon bits, and cheese
- c. supersize it so you get your money's worth

### 3. Which of the following is most likely to boost your feeling of happiness?

- a. Spending time outside
- b. Going to a mall
- c. Eating a donut

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

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