

HEALTHY

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THIS EDITION FEATURES:

Three of the Best Workout Buddies

- **Mix and Match Salad**
- **Conquering Email Overload**
- **Grief**
- **Choose Happiness**

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Visit [MyFitnessPal.com](https://www.myfitnesspal.com) for an app to track your progress with your buddies.

Three of the Best Workout Buddies

It's hard to hold yourself accountable to staying physically active. The advantages of having a workout buddy are endless and can:

- Make exercise more fun
- Help you stay motivated
- Keep you committed

Who makes the best workout buddy? You don't have to pick just one; the more buddies to motivate you, the better.

- 1.) Your spouse or partner: Sweating together can have a positive impact on your relationship.
- 2.) A friend or neighbor: Someone close by who can give you that extra push when you need to get moving.
- 3.) Your furry companion: Your dog will always be ready to go and counts on you for the daily routine.

Five Tricks to Eating Healthy While Dining Out

Typically the food you eat at home is more nutritious than at a restaurant, but going out to eat can be a real treat sometimes. Restaurants are adding healthy options and it's possible to enjoy your meal and feel happy with yourself when it's over. Consider these tips:

- 1.) Avoid temptation. When choosing a restaurant, avoid all-you-can eat buffets. You can also view the menu online and decide what you will eat before you go.
- 2.) Choose entrees that feature vegetables or lean meats, such as fish, seafood, or chicken.
- 3.) Read the descriptive words and beware of dishes described as buttery, creamy, breaded, stuffed, and au gratin. Embrace meals that are steamed, baked, broiled, blackened, and grilled. You can always ask the server how the meal is prepared.
- 4.) Drink water with your meal. It will help slow you down and enjoy your food. Skip the fancy drinks; they include sugar and add extra calories.
- 5.) Pass on the dessert. You can always have a piece of dark chocolate at home.



Visit [healthydiningfinder.com](https://www.healthydiningfinder.com) to find restaurants with dietitian-recommended meal choices.



Mix and Match Salad

Salad is a great go-to staple for healthier eating. Get creative and use a mix and match philosophy for variety. **Choose one or more from each column below:**

Leafy Greens

- Romaine
- Spinach
- Red or Green leaf lettuce
- Bibb lettuce
- Arugula
- Radicchio
- Cabbage

Vegetables

- Bell pepper
- Broccoli
- Cauliflower
- Carrot
- Celery
- Cucumbers
- Tomatoes
- Artichoke hearts
- Sprouts
- Radish
- Onion

Protein

- Chickpeas
- Soybeans
- Kidney beans
- Chicken
- Hard-boiled egg
- Turkey
- Tuna
- Salmon
- Shrimp/Crab
- Tofu

Fruit

- Strawberries
- Raisins
- Apple
- Pear
- Mandarin oranges
- Blueberries
- Dried berries, cherries

Then, choose **one or two** extras from below to sprinkle on in moderation:

Cheese

- Blue Cheese
- Cheddar
- Parmesan
- Feta

Nuts and Seeds

- Almonds
- Walnuts or pecans
- Sunflower or pumpkin seeds

Add a light salad dressing and enjoy!

Remember, just because it's a salad, doesn't make it healthy. For information on the worst salads for your body, visit shape.com/healthy-eating/diet-tips/12-salads-worse-big-mac

Recipe of the Month:

Cilantro-Citrus Vinaigrette

Ingredients:

½ cup extra virgin olive oil	¼ teaspoon salt
¼ cup lime juice	½ teaspoon pepper
¼ cup orange juice	pinch of powdered garlic
1 cup chopped fresh cilantro	

Instructions:

Puree all ingredients together in a blender until smooth.



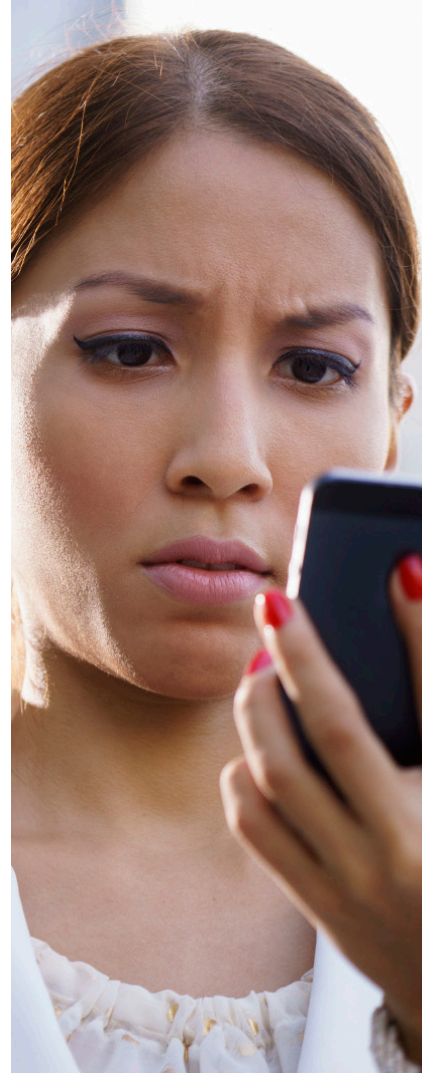
Conquering Email Overload

Does it feel like most of your day is spent reading and writing emails? That's because it likely is. A recent survey found that workers spend nearly a third of their day keeping up with their inbox.

While we can't escape email, here are a few ways to deal with feeling overwhelmed and interrupted.

- **Send fewer emails.** Don't send unnecessary emails. Think about what you have to say and consider the best way to communicate. Sometimes it is easier and faster to pick up the phone, send an instant message, or even walk to someone's desk.
- **Put messages where they belong.** Reply to emails that take less than two minutes first and file or archive others for your to-do list.
- **Check less often.** Ignore the ping, or even turn off email notifications. It takes time to get focused again after being interrupted by an email and get back to what you were doing. So check email in increments that make sense.

Email overload isn't just annoying, it's counterproductive; so own your inbox, before it owns you!



Grief

Any loss can cause grief. Grief is the emotional suffering you feel when someone or something you love is taken away. We grieve the endings in our lives whether the loss involves a relationship break up, lost job, loss of a friendship, or the most intense grief, the loss of a loved one or pet.

The stress of a major loss can quickly deplete your energy. Here are some ways to take care of yourself during a difficult time:

- **Acknowledge the pain.** Avoiding feelings of sadness only prolongs the grieving process.
- **Honor your loss.** Memorialize your grief by organizing photos, or writing about your feelings.
- **Combat stress.** Get enough sleep, eat right, exercise, and avoid alcohol or drugs.
- **Let go when you're ready.** Don't worry about the opinions of others or let anyone tell you how you should feel. If you aren't feeling better over time or your grief is getting worse, consider seeking professional help.

Whether you've experienced a significant or more subtle loss, such as selling your family home, don't be afraid to reach out for support and guidance through difficult times and intense emotional reactions.

Choose Happiness

Every relationship involves some degree of conflict and compromise. Every disagreement has two sides. To make relationships work, the goal is to be on the same side. This doesn't mean you need to agree, but you do need to work toward the same goal. How do you do this?

- 1.) Stop fighting for victory. If one person wins, the other one loses. Each partner is trying to get their own needs met. Instead of struggling to get what you need from your partner, give them what they need.
- 2.) Think about what you need. Figure out why you are angry and what you are missing. Could other things be weighing on you and causing you to fight?
- 3.) Share what you need. Find a time when you're both feeling calm and tell your partner what you need.

Allow yourself to be vulnerable, support each other, and give and get the love you need.



Getting Through Difficult Times

- Surround yourself with positive people who support you.
- Take one day, one hour, or one minute at a time.
- Take a deep breath to calm tension.



Monthly Quiz:

1.) Which of the following statements is most TRUE about having a workout buddy?

- a.) You can only choose one
- b.) It can help you stay motivated
- c.) Takes the fun out of it

2.) Which statement below is NOT a suggestion for healthy eating when dining out?

- a.) Avoid all-you-can-eat buffets
- b.) Ask to double the vegetables
- c.) Eat in the parking lot

3.) According to the Conquering Email Overload article, how long does the average worker spend emailing?

- a.) All day
- b.) Half the day
- c.) A third of the day

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

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