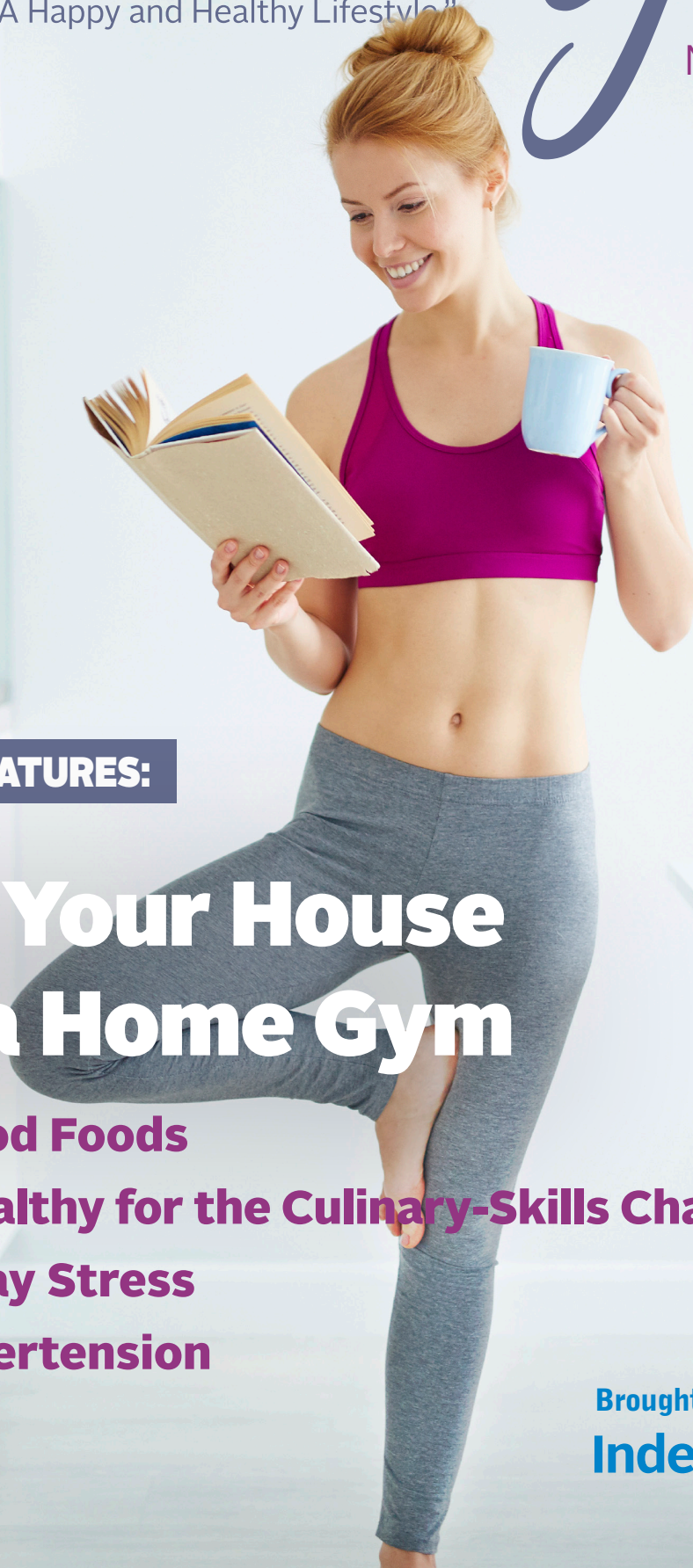


# HEALTHY *You!*

"Your Source For A Happy and Healthy Lifestyle"

May 2016



## THIS EDITION FEATURES:

# Turn Your House into a Home Gym

- **Good-Mood Foods**
- **Eating Healthy for the Culinary-Skills Challenged**
- **Sleep Away Stress**
- **Calm Hypertension**

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# Turn Your House into a Home Gym

Lack of time is one of the biggest excuses for not exercising. Working out at home can save you the time of packing clothes and driving to the gym. You don't need to buy expensive equipment to get fit at home — your house is workout-ready today:

- 1. The floor.** From planks to burpees to crunches, there are tons of simple effective exercises to do right on the living room floor.
- 2. Walls.** Wall sits are great for the lower body. Slowly slide your back down a wall until thighs are parallel to the ground and knees are directly above the ankles.
- 3. Stairs.** Climb the stairs or use the bottom step to step up and down like an aerobic stepper.
- 4. A chair.** Stand in front of a chair and lower hips and hover just above the chair while you squat.

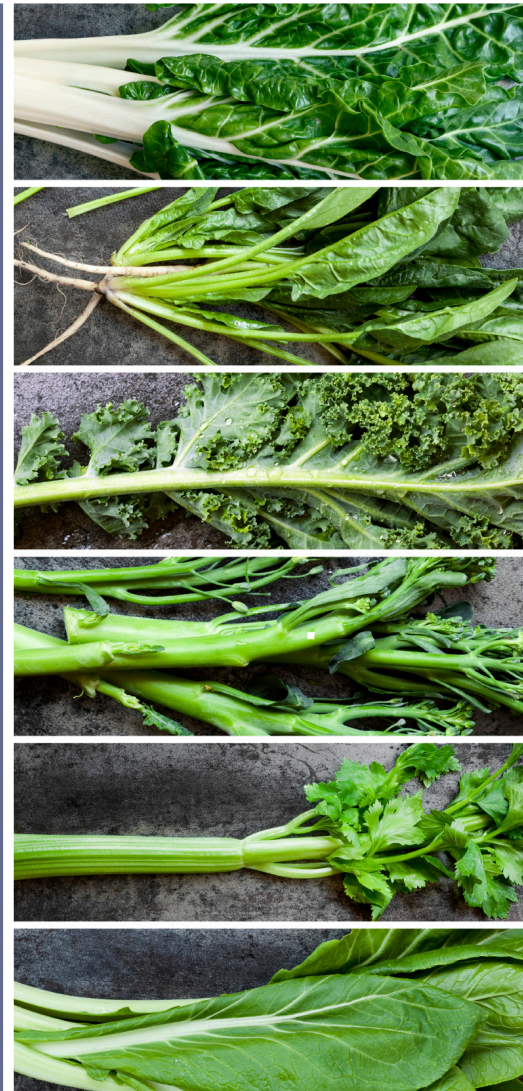
When the gym is crowded, you're short on time, or it's raining outside, get your workout in without leaving home.

## Good-Mood Foods

Feeling down, anxious, or cranky can trigger an unconscious reaction that leads us to reach for foods high in fat, salt, and sugar in an attempt to self-soothe. It's true that a bowl of ice cream at the end of a long day can be calming, but the soothing effects are overshadowed by the extra pounds and health risks.

**Instead of falling prey to emotional eating, try to focus on these keys to overcoming harmful habits:**

- 1. Mindfulness.** Learn to identify and tolerate the feelings that fuel emotional eating. When a craving starts, try to figure out whether you're hungry or something else is driving you to eat.
- 2. Go for the good stuff.** Dark green vegetables like spinach, tangy citrus, and beans that contain folate are all filling and may lift your mood. Omega-3 fatty acids in fish are associated with lower risk of depression. And, healthy carbs like whole-grain toast or brown rice can boost your mood by producing serotonin.
- 3. Eat a regular diet of whole foods and get enough sleep.** Letting yourself get run down, too hungry, or just plain depleted can leave you vulnerable to cravings and emotional eating.



# Eating Healthy for the Culinary-skills Challenged

Want to eat healthy without spending a lot of time in the kitchen? There are lots of options for those who don't like to cook or don't have the time and skills it takes to prepare a meal. Here are a few easy ways to get the nutrients your body needs:

**The Crock Pot.** With a Crock Pot, or slow-cooker, you can add food in the morning before work and enjoy a delicious, healthy dinner when you get home. There are endless combinations of vegetables and lean protein to make soups and stews.

**Smoothies.** Add your favorite fruits (try green veggies like spinach, too), choose a dairy product like low-fat milk or yogurt, mix in some water or juice, add a few ice cubes, and blend. You'll go from skipping breakfast to looking forward to a delicious morning treat.

**Salads.** Sometimes a salad just sounds boring. But, if you think about the variety of greens, sliced veggies, seeds, crumbly cheeses, and lean proteins to choose from, you may actually get excited about salad for dinner.

**Ready-made Meals.** When you're at the grocery store, keep your eyes open for ready-made, or prepared, foods. A dinner classic like rotisserie chicken makes a great meal — and it beats take-out hands down. Eat it plain or shred it up to add to salads. You can also use leftovers in burritos, tacos, or other easy-to-assemble dishes.

A healthy meal at home doesn't have to dirty every pot and pan in the house. Check out [Nutrition.gov](http://Nutrition.gov) for cooking tips and healthy (easy) recipes.



## Recipe of the Month:

### BBQ Chicken Flatbread

#### Ingredients:

1 whole-wheat pita or slice of artisan flatbread	¼ cup sliced red onion
2 Tbsp BBQ sauce	3 oz. cooked chicken
¼ cup low-fat skim mozzarella cheese	1 Tbsp fresh cilantro, chopped
¼ cup low-fat cheddar cheese	

#### Instructions:

Heat oven to 400 degrees. Cook flatbread for 2 minutes until crisp. Remove flatbread from oven and coat with BBQ sauce using the flat side of a spoon. Top with the chicken and red onion and cover with cheese. Cook for 6 – 8 minutes. Add chopped cilantro and serve.





# Sleep Away Stress

Which comes first? The sleep deprivation that causes stress or the stress that interferes with sleep? Just lying awake with thoughts like, “If I fall asleep now, I can still get x hours of sleep before my alarm!” can lead to the sleep-stress cycle that has us lying awake at night.

Lack of quality sleep can lead to stress-related irritability, lack of motivation, and impatience. To break the cycle, try these tips:

- To clear your mind, make a list of everything that is concerning you rather than running through everything in your head.
- Relax your mind with lavender — it relaxes the body and calms the mind. Before bed, add lavender essential oil to a warm bath.
- Develop your own sleep ritual. Do the same things at the same time to get ready for bed each night to help you settle down.

Getting a good night’s sleep will help to battle stress and improve resiliency.

# Calm Hypertension

What does mental health have to do with blood pressure? More than you’d think! Emotional distress can lead to high blood pressure, a serious medical problem that may result in a shortened life.

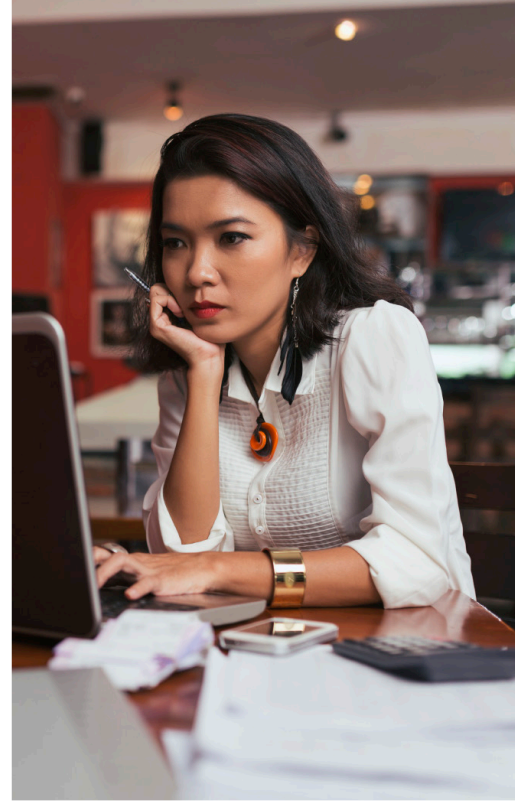
Ongoing emotional stress accelerates the heart rate and constricts blood vessels, which may increase blood pressure. Learning how to lower this stress can help.

In addition to tried-and-true ways help manage your blood pressure (eating a healthy, low-salt diet, getting regular exercise, maintaining a healthy weight, managing stress, avoiding tobacco and alcohol, taking medications as directed, and using hot tubs safely), give these stress-busters a try:

- Practice yoga or Tai Chi to induce a state of relaxation and tranquility.
- Use relaxation techniques like deep breathing, meditation, or coloring.
- Don’t let stressful situations fester. Talk about problems and reasonable ways to resolve family and work issues.
- Take time for yourself; practice a hobby or set aside 30 minutes a day to do something you enjoy.



# Focus On Your Financial Future



One of the biggest financial mistakes people make is waiting to put money into a retirement account. Successful saving for the future needs to start now.

Not sure how much you should be saving? The expert rule of thumb is to put 10 percent of your paycheck into your retirement account. This amount can vary based on your age, anticipation of needs, and inflation. Consult with a financial professional when making decisions regarding your financial or investment management.

Want to learn more about retirement planning? Check out [USA.gov/retirement](https://www.usa.gov/retirement) for tools, tips, and information.



## Monthly Quiz:

### 1. What is the biggest excuse for not exercising?

- a. Don't know how.
- b. Don't like it.
- c. Not enough time.

### 2. Which of the following is NOT advice from our article on emotional eating?

- a. Be mindful of cravings.
- b. Choose healthy foods that contain nutrients that improve mood.
- c. Remove junk food from your house.
- d. Get plenty of sleep.

### 3. To prepare for retirement, you should:

- a. Plan to put about 10 percent of your paycheck into your retirement account.
- b. Invest in real estate the stock market.
- c. Get started now.
- d. a and c

ANSWERS 1.) c 2.) c 3.) d

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