

P Healthy Perspectives

August 2018 "Your Source For A Happy and Healthy Lifestyle" DIGEST

Inspire To Move:

Building Inner and Outer Strength

Being happy, healthy and strong requires a basic level of physical fitness. Sedentary lifestyles have made it easy to overlook how little physical activity our bodies are accustomed to. Imagine if an emergency occurs and the basic capacity to climb, jump, crawl, or run has you calling on muscles that have sat dormant since high school? It can be a big wake-up call to find oneself in a situation where physical fitness is needed to escape a situation, help a loved one or even just to keep up on an adventure.

Laying out a plan to increase mobility and strength by moving in healthier ways can bring confidence and self-reliance. **IF YOU WANT IT, MAKE IT HAPPEN:**

- **Set a routine.** Whether you make a chart or set times for workouts in your calendar, don't make excuses.
- **Incorporate cardio to build endurance.** Aerobic exercise including brisk walking, jogging, swimming, cycling or a rowing machine raise your heart rate to shuttle oxygen to your muscles.
- **Strengthen, tone, and improve flexibility.** Bodyweight resistance exercises such as push-ups, sit ups and lunges are simple, effective and free.

Unlock your full body potential and get excited for the new opportunities that lie ahead.

"Tough times never last,
but tough people do."

Robert H. Schuller



WATER Wisdom

We need liquids to survive. Getting enough water determines how both body and mind function.

Water is best.

- How much varies from person to person and by heat and exertion levels. Some health authorities commonly recommend eight 8-ounce glasses a day which equals about 2 liters or a half gallon of water per day.
- Eating watery foods like soup, fruits and vegetables all help too.

Don't wait for thirst as a signal to drink, it's already a warning sign of dehydration.

- Increase how much you drink as temperature and intensity of activities rise.
- Drink often taking smaller sips to continually hydrate.

The remedy for dehydration is simple. **Drink water!**

“Thousands have lived without love,
not one without **WATER.**” *W.H. Auden*



FRESH Herbs

Store bought or picked from your garden, if you want to infuse your food with flavor, fresh herbs are the key. Even if you don't have a green thumb or lots of space, you can easily grow a kitchen garden in pots. Herbs are among the easiest plants for beginners to grow.

THE MOST COMMON FRESH HERBS TO COOK WITH INCLUDE:

Basil. Use in pasta sauce, make a pesto sauce, add as garnish to pizza, bruschetta or salad.

Chives. Chop fresh and add to baked potato.

Cilantro. Add to salsas, curries and pesto sauces.

Dill. Pairs beautifully with seafood, smoked salmon, potatoes and carrots.

Oregano. Mince into a marinade or stuff whole sprigs inside a chicken before roasting.

Parsley. Perk up salads and vegetable dishes with its delicate flavor.

Rosemary. You can stuff meat with sprigs or dice to add flavor.

RECIPE OF THE MONTH



Caprese Salad

- | | |
|-------------------------------|--------------------------------|
| 3 vine-ripe tomatoes sliced | 1 Tbsp. extra-virgin olive oil |
| 1 bunch fresh basil | 2 Tbsp. balsamic vinegar |
| ½ lb. fresh mozzarella sliced | Pepper |

Fold basil leaves and cut into small strips. Layer alternating slices of tomatoes and mozzarella and top with basil strips. Drizzle the salad with extra-virgin olive oil, balsamic vinegar and season with pepper to taste.

Sun Safe SUMMER

Warm summer days can be enjoyed without too much exposure to ultraviolet (UV) rays. The sun is good for your mood and boosts vitamin D, but there is no such thing as a healthy tan. UV rays from the sun and tanning beds are the #1 cause of skin cancer.

TOO MUCH EXPOSURE CAN ALSO CAUSE:

- Sunburn
- Eye damage
- Premature wrinkles and age spots

“Sunshine is a welcome thing.
It brings a lot of **BRIGHTNESS.**”

Jimmie Davis

TAKE THESE STEPS TO STAY SAFE WHILE SOAKING UP THE SUMMER DAYS:

- Use a sunscreen with an SPF of 30 or higher and reapply every 2 hours, as well as after swimming or sweating.
- Cover up with loose fitting clothing, a hat with a wide brim for protecting head and neck, and wear sunglasses.
- Find shade between 10 am and 4 pm when the UV rays are the strongest.



Getting UNSTUCK

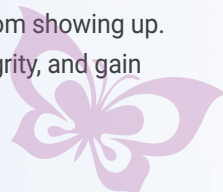
Sometimes it feels like life should be easy. Then the inevitable problems, burdens and life difficulties arise and we moan and complain about them and struggle to solve them. Confronting and solving problems is painful, difficult and uncomfortable. Problems call upon us to gain strength and wisdom to solve them and it is in this process that we grow mentally and find meaning.

Attempting to avoid or ignore problems, either by procrastinating, numbing the pain or pretending they don't exist, is what hinders mental and spiritual health. This is where we get stuck. The behaviors that we use to avoid our problems become more painful than the original issue we aimed to avoid. We also miss out on the growth that dealing with the suffering would have demanded from us.

Learning to embrace the suffering and the value of growth that comes with facing problems requires discipline. By working through problems successfully we learn and grow in the process. Confront pain rather than avoid it.

To have a deep sense of self.

1. **Believe in yourself.** Trust yourself that you know your best interest while keeping doubt and insecurities from showing up.
2. **Live for yourself and not anyone else.** Do not give away your power. Stay connected with your values, integrity, and gain confidence and courage to live for you.
3. **Compliment yourself.** Give yourself credit for all that you are and that you do every day.
4. **Keep moving forward.** Forgive yourself and others by letting go of the past.





When to Choose Kindness

Do you have people in your life that just set you off? One grimace or aloof gesture from them can trigger a sour attitude from us. The world can be a cold place and people can bring out ugly emotions in each other, but a person can choose to respond to whatever rude situation they encounter with kindness. It takes far more courage to be kind than to be cruel.

Bitterness can overpower someone so much that their motivation is to bring others down to their misery too. If you are faced with a situation with a person at work or home that is making your life difficult or choosing to be petty, vindictive or spiteful, realize that they are the ones who need kindness the most. Even if you are going through a hard time, if you choose to act in kindness you will never regret it. Being kind isn't easy or always convenient, but the power and influence of kindness can never be underestimated as it has the potential to change everything.

“If you have a choice between being right and being kind,
CHOOSE KIND.” *Mario Fernandez*

QUIZ

- 1. How much water does a person need per day?**
 - a. need varies from person to person and by heat and exertion levels.
 - b. eight 8-ounce glasses per day.
 - c. 2 liters per day.
- 2. Which of the following can be caused by too much exposure to the sun:**
 - a. sunburn
 - b. eye damage
 - c. premature aging
 - d. all of the above
- 3. Choose the statement that is MOST true?**
 - a. Solving problems is painful and difficult so it's best to avoid pain.
 - b. Solving problems calls upon us to gain strength and wisdom to solve them and this process leads to growth.
 - c. Pretending problems don't exist, will make them go away.

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