

Healthy Perspectives



December 2019

"Your Source For A Happy and Healthy Lifestyle"

DIGEST



Workout With Others

While physical activity is a great way to spend some quality alone time, you can also benefit from the additional mental and emotional support that group exercise can bring. There is something inspiring about sweating it out alongside people who share your goals.

EVEN IF YOU USUALLY WORK OUT ALONE, CONSIDER EXPERIMENTING WITH DIFFERENT KINDS OF GROUP FITNESS EXPERIENCES SUCH AS:

- Hitting the gym with a friend or two.
- Trying a group class such as Zumba, cycling or kickboxing.
- Signing up for a sports team.

No matter what you do, exercise alone, with a friend or a group, it will improve your overall quality of life.

"INDIVIDUALLY, we are one drop. TOGETHER, we are an ocean."

Ryunosuke Satoro

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**INSPIRE
TO MOVE**



Foods To Focus On

Many holiday traditions revolve around festive events and delicious food. Certain aromas and flavors can bring pleasant memories and may include dishes that are made special for the holidays. Enjoy holiday goodies without feeling restricted by filling up the festivities with these healthy holiday favorites:

TRADITIONAL FOODS	TRADITIONS TO SAVOR
Popcorn	String for decoration or enjoy a bowl over a movie or game.
Apple Cider	Make your own from scratch. It tastes delicious and will make your home smell amazing.
Mixed Nuts	Nuts in the shell taste fresher and take longer to eat.
Turkey	Stick to white meat and pull off the skin.
Sweet Potatoes	Roast for very intense flavor without adding fat.
Pomegranate	Sprinkle the seeds over a salad or indulge in a bowl full.

“Most **SEASONINGS** are based on family **TRADITION.**”

Wolfgang Puck

Simple Holiday Swaps

Enjoy your favorite holiday foods while picking a few healthy swaps which can help you avoid gaining winter weight while delighting in delicious treats. Here a few ideas for serving or selecting lighter festive options.

Appetizers and Snacks

Cheese and crackers	Veggies and hummus
Rolls and butter	Whole grain rolls and roasted garlic

Beverages

Egg nog	Herbal tea or apple cider
Sugary cocktails	Red wine

Baking

1 cup oil	1 can of pure pumpkin or 1 cup of applesauce
Sugar	Fruit, dates, honey
Butter	Avocado

Sides

Green bean casserole	Steamed green beans
Mashed potatoes with butter and whole milk	Lighten mashed potatoes with skim milk and low-fat sour cream or Greek yogurt
Stuffing with sausage, white bread and butter	Stuffing with nuts, whole grains (or wild rice) and broth

Main Dishes

Baked Ham	Turkey Breast
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Desserts

Apple pie	Cinnamon roasted apples
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RECIPE OF THE MONTH



NOURISHING YOU

Homemade Apple Cider

10-12 medium fresh assorted apples, such as Granny Smith, Honeycrisp, Gala	4 cinnamon sticks
2 medium oranges peeled and sectioned	1 tablespoon whole cloves
	1 gallon of water
	Dark brown sugar

Wash the apples, core and cut into wedges. Add apples and orange slices to a stock pot. Place cinnamon sticks and whole cloves into a small piece of cheesecloth and place into the pot. Add the water and cook on high heat for 30 minutes, stirring often, then reduce the heat to low and simmer for 2 hours. Add water as needed to keep the fruit covered. Remove the cheesecloth of spices, mash the cooked fruit with a spoon or potato masher and remove from pot. Add brown sugar to taste.

Conflict To Connection

If you want to transform a disagreement into an opportunity for connection, you need to distinguish between past, present and future.

Past: Focusing on what did or didn't happen in the past or what events led to the current situation, usually increases tension and decreases connection.

Present: Shift the focus to "Where are we now?"

Future: What are we trying to accomplish for the future. Where do we want our relationship to be going forward, and what do we need to do, even if we still disagree, to create that future?

This shift in focus likely won't lead to one being "right" and another being "wrong", but instead an opportunity to create something new. Perhaps we may find new possibilities that had not been considered before.



Slow Down and Sleep Well

Anxiety and restlessness can affect your sleep.
Here are a few reminders to help you get the sleep you need.

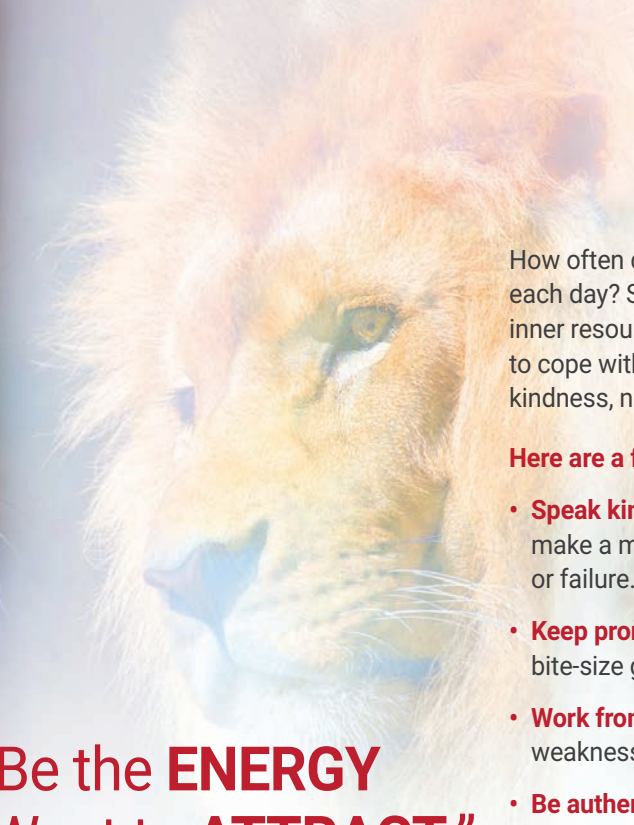
- When your mind is focused on the future it creates a feeling of unease. Let go of your mental to-do list by writing down your priorities for the next day and detaching.
- Stick to a sleep schedule with the same bedtime and wake up time. Practice a relaxing wind down ritual starting with turning off devices.
- Cut down on caffeinated drinks and avoid alcohol.
- Exercise daily.
- Lighten up evening meals.

**THOUGHTS BECOME REALITY.
WHAT YOU THINK, YOU BECOME.
YOU CAN TRAIN YOUR OWN MIND
FOR SUCCESS AND HAPPINESS.**

"EVERY day is a FRESH start."

Unknown

**HEALTH
HARMONY**



Criticize or Encourage

How often do you criticize versus encourage yourself each day? Self-trust is a learned skill to rely upon one's inner resources to navigate the world using the ability to cope with whatever life throws at you. Practice self-kindness, not perfection when cultivating self-trust.

Here are a few tips to begin the process.

- **Speak kindly to yourself.** Be understanding when you make a mistake. Trust that you can overcome a slipup or failure.
- **Keep promises to yourself.** Break goals into small bite-size goals you can achieve.
- **Work from your strengths.** Don't focus on your weaknesses.
- **Be authentic.** When you try to be someone you are not, you are telling yourself you are not good enough. It is a strength to show your vulnerabilities, not a weakness.

**“Be the ENERGY
You Want to ATTRACT.”**

Unknown

**GOOD
DECISIONS**

1. Which is NOT listed as a healthy holiday food favorite?

- Popcorn
- Apple Cider
- Pecan Pie

2. Which is most important if you want to transform a disagreement into a connection?

- Focus intently on the past.
- Distinguish between the past, present and future.
- Only concern yourself with the present.

3. What is a tip to cultivate self-trust?

- Be understanding when you make a mistake.
- Work from strengths instead of weaknesses.
- Be authentic.
- All of the above.

*Happy
Holidays!*



The information in this publication is meant to complement the advice of your health care providers, not replace it. Before making any major changes in your medications, diet or exercise, talk to your doctor.

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ANSWERS: 1. C 2. B 3. D