

Healthy Perspectives



February 2020

"Your Source For A Happy and Healthy Lifestyle"

DIGEST

"If you can **LESSEN** the chance of a bad injury by being strong, you have to **DO IT.**"

Joel Parkinson

Won't **BACK** Down

A strong back is a key factor for quality of life and affects your ability to perform daily tasks, work, play and your overall mood and well-being. Keep your back strong with these basic precautions to lower chances of muscle strains:

- **Sitting.** Take frequent breaks to move. Sit for 60 and stretch for 3. Try to keep knees level with hips.
- **Standing.** Maintain good posture. Alternate one foot then the other on a low footstool.
- **Lift carefully.** Keep back straight, bend at knees and lift with legs. Hold weight close to your body, don't twist.
- **Prevent falls.** Avoid slippery surfaces, hold handrails on stairways and remove clutter from floors that can be trip hazards.
- **Aim for a healthy weight.** When your body carries extra weight it adds strain to back muscles and ligaments.
- **Wear proper fitting shoes.** Feet absorb the shock of body weight with each step. If your shoes aren't the right fit, it transfers these forces up the knees, hips and lower back.
- **Exercise regularly.** Proper technique is crucial to keep muscles strong and prevent strains. Always stretch and warm up.

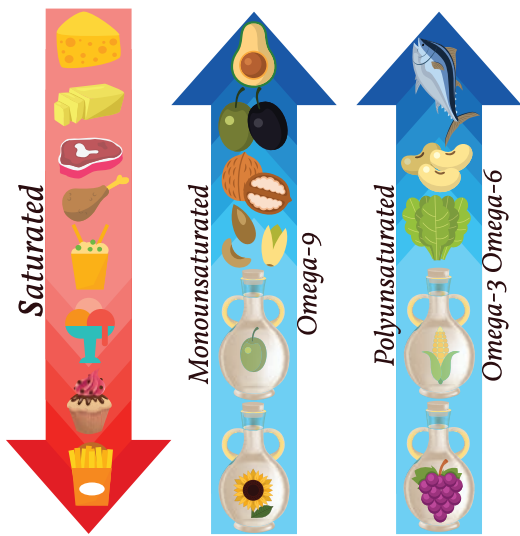
*National Osteoporosis Foundation



IN THIS ISSUE: Reclaim Your Fat | TLC Eating

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**INSPIRE
TO MOVE**



RECLAIM Your Fat

Fat is a nutrient that is essential, though eating too much is harmful. Understanding and categorizing all the dietary fats can be as difficult to remember as your passwords, so here is an easy way to remember the breakdown:

Saturated Fat Increases cholesterol buildup	Unsaturated Fat Lower your LDL cholesterol
Solid at room temperature	Liquid at room temperature
Animal: butter, cheese, whole milk, cream, ice cream and fatty meats	Mono-unsaturated fats: olive and canola oil
Vegetable: coconut, palm and palm kernel oils.	Polyunsaturated fats: safflower, sunflower, corn and soy oil
Trans Fat	
Naturally-occurring in some animals.	Created in an industrial process that adds hydrogen to liquid vegetable oils to make them more solid.
Look for trans fats, also called hydrogenated or partially hydrogenated fats in the ingredient list on packages of processed foods.	
Can be found in fried foods like doughnuts, and baked goods including cakes, pie crusts, biscuits, frozen pizza, cookies, crackers, stick margarines and other spreads.	

TLC Eating

TLC is a common abbreviation for tender loving care. The definition of tender loving care is to pay extra attention to make someone or something look or feel better. So it makes sense that there is also a heart healthy eating plan that can help lower cholesterol also called the TLC or Therapeutic Lifestyle Changes diet.

Too much cholesterol in the blood can stick to the artery walls and block blood from flowing to the heart. This leads to heart disease. The TLC diet recommends that you:

- **Choose healthier fats.** Lean meats, nuts and unsaturated oils like canola, olive and safflower oils.
- **Limit foods high in cholesterol.** Liver, organ meats, egg yolks, shrimp and whole milk dairy products.
- **Eat soluble fiber.** Soluble fiber helps prevent your digestive system from absorbing cholesterol.
 - *Whole-grain* cereals like oatmeal or oat bran.
 - *Fruits* like apples, bananas, oranges, pears and prunes.
 - *Legumes* including kidney beans, lentils, chick peas, black eyed peas and lima beans.
- **Fruits and vegetables** have compounds called plant stanols that work like soluble fiber.
- **Fish high in omega-3 fatty acids.** These help raise your HDL or good cholesterol and are found in salmon, tuna and mackerel.
- **Limit salt.** Limiting sodium won't lower your cholesterol, but it can reduce risk of heart disease by lowering your blood pressure.
- **Limit alcohol.** Adds extra calories leading to weight gain.



RECIPE OF THE MONTH



Black-Eyed Pea, Corn and Rice Salad

- | | |
|--|---|
| 31 oz. canned, no-salt-added or lower-sodium black-eyed peas (drained, rinsed) | 1 bell pepper (seeded, chopped) |
| 8.8 oz. canned, no-salt-added or low-sodium whole kernel corn | 1 Tbsp extra virgin olive oil or canola oil |
| 8.8 oz. packaged, cooked brown rice (broken into small pieces) | 1 Tbsp water |
| 2 stalks celery (chopped) | 2 Tbsp lemon juice or any type of vinegar |
| | ¼ cup chopped, fresh parsley |
| | ⅓ tsp Black pepper |

Combine all ingredients into a large bowl and serve. *recipes.heart.org

NOURISHING YOU

FINITE Willpower

Do you struggle to get through the day making decisions or suppressing impulses that require control?

In the morning, do you sleep later or work out? Eat a healthy breakfast or grab a doughnut? For many people, just getting through an afternoon of choices to stay on task when they'd rather be doing something else is hard. Having held it together all day, saying no to urges and impulses may be harder to resist in the evening.

Self-control takes mental energy and when that energy gets low, some believe, so does our ability to control our impulses. This may be why so many people have a late night snacking habit, stay up too late or get in arguments at home. Willpower energy may run out, but there are strategies to stay in control such as:

- Anticipating and planning for situations ahead of time. Laying out work-out clothes the night before or packing a healthy lunch.
- Practice to form habits. Train yourself to get into behavior routines so you don't have to fight so much temptation.
- Sleep. Lack of sleep creates willpower depletion.
- Eat lots of fruits and vegetables. The brain is a high-energy organ that is powered by blood sugar.

Evidence suggests that willpower depletion can be kept in check by your beliefs and attitudes so instead of focusing on pleasing others, motivate yourself with your own internal goals and desires.

“Willpower and desire, when properly COMBINED, make an IRRESISTIBLE pair.” *Napoleon Hill*



Listen DEEP If you have ever spoken to someone who you felt was interested in every word you said, made you feel understood and validated, then it's likely they were deep listening. Now imagine how much more you would open up and share your thoughts earnestly and honestly with this person.

Deep listening is a powerful communication tool. It is a skill that you can practice that allows you to fully absorb what the other person is saying. The other person will more likely feel heard, understood and important. This type of listening is more than just staying quiet while your conversation partner speaks, but also involves these four principles:

Maintain eye contact to show that you are interested in what they are saying.

Be truly present, not allowing your mind to shift away from the conversation.

Give nonverbal feedback by offering the occasional nod, smile, or recognition showing your interest.

Position your body so that you are slightly leaning in toward them.

Source: Jan Hargrave

PUT THAT PHONE AWAY:
Looking at your phone while trying to listen leads to missing part of the conversation and to the person talking feeling like they are not being listened to.



DECISIONS Without Regret

Sometimes big decisions are so complicated, it's almost impossible to know with certainty that you are making the right decision. Life is too unpredictable to know for sure what the outcome will be.

HERE ARE A FEW TIPS TO MAKE A DECISION WITHOUT REGRET:

1. **Know your purpose.** What core values define your purpose? Use your purpose as a guide when a hard decision comes along. Evaluate your choices. Which is in closest alignment with your purpose and vision for your life?
2. **Calm mental chaos.** Instead of over-thinking, quiet your mind and meditate on it for a few days. The answer may present itself unexpectedly.
3. **Don't look back.** There are millions of paths we can take in a lifetime, uncertainty is part of life. Have confidence that you made the best decision with the information available at the time and move forward without regret.



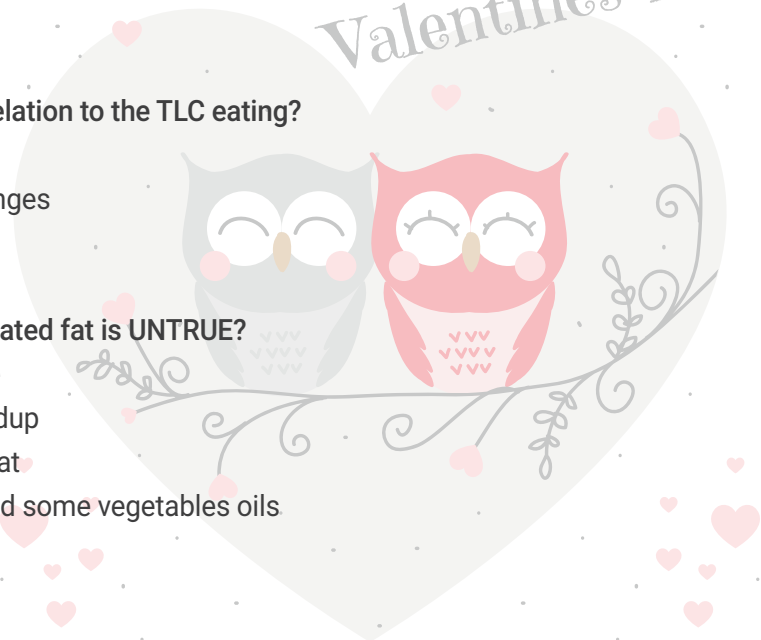
“There is something **GOOD** to be learned on every **PATH** we follow.”

Barrie Davenport

**GOOD
DECISIONS**

1. Which is a basic precaution to lower the chance of muscle strain?
 - a. Take frequent breaks when sitting or standing
 - b. Avoid slippery surfaces and hold handrails on stairs
 - c. Wear proper fitting shoes
 - d. All of the above
2. What does TLC stand for in relation to the TLC eating?
 - a. Tender Loving Care
 - b. Therapeutic Lifestyle Changes
 - c. The Learning Channel
3. Which statement about Saturated fat is UNTRUE?
 - a. Solid at room temperature
 - b. Increases cholesterol buildup
 - c. Only comes from animal fat
 - d. Comes from animal fat and some vegetables oils

Happy
Valentines Day



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. D 2. B 3. C