

Healthy Perspectives

January 2020

"Your Source For A Happy and Healthy Lifestyle"

DIGEST

Getting Back In The SWING

Whether starting a new exercise routine or coming back after a holiday lull, January is the month of good intentions and when the gyms are full. No matter the source of motivation, keep that desire to be physically active strong throughout the new year. New habits take time to develop.

HERE ARE A FEW TIPS TO MAKE EXERCISE A DAILY HABIT:

- **START SMALL.** Doing too much in the beginning can lead to burnout. Start out nice and easy to get your body used to exercise.
- **MAKE IT FUN.** Get up, get moving and play. This is your time.
- **SET A TIME.** It's common to run out of time in the day and put off your good intention to exercise. Set a time that you are more likely to stick with a routine.
- **FIND A PARTNER.** The social aspect of exercise can make the time more enjoyable and offers accountability. Play with children or a dog in the yard.
- **LOG YOUR ACTIVITY.** Track your daily physical activity, note how you felt before and after.
- **REWARD YOURSELF.** Decide on a goal or reward and work towards it.

If you miss a day, don't give up. Each new day is a series of choices.

"START where you are.
USE what you have.
DO what you can."

Arthur Ashe



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4 Food Types To Embrace & Avoid

There are countless books, eating plans, documentaries and news stories instructing you on which foods you should eat and which you need to stay away from. Making smart food and nutrition choices can be confusing, but it can be simplified by focusing on nourishing your body instead of depriving it.

► **EMBRACE: HIGH QUALITY PROTEIN** - Vital nutrients that are the body's basic building blocks for growth, energy and cognitive function.

EXAMPLES: Fish, nuts, lean meats.

AVOID PROCESSED FOOD: Processed junk food is low in fiber, protein and micro nutrients, but high in added sugars and refined grains.

EXAMPLES: Bacon, sausage or pepperoni and most fast food meals.

► **EMBRACE: VEGGIES & FRUITS** - Loaded with fiber, vitamins, minerals and antioxidants.

EXAMPLES: Vary your fruit and veggie choices to keep meals interesting.

AVOID SUGAR: Added sugar increases your hunger, leads to weight gain and raises health risk factors linked to heart disease, type 2 diabetes and other conditions.

EXAMPLES: Sodas, fruit punch, ice cream, candy bars, pastries.

► **EMBRACE: WHOLE GRAINS** - Include the entire grain bran, germ and endosperm that are packed with nutrients and fiber.

EXAMPLES: Oats, brown rice, barley, quinoa or whole grain pastas and breads.

AVOID REFINED CARBS: Grains milled to remove the bran and germ which strips the grain of it's important nutrients.

EXAMPLES: White bread, sweetened breakfast cereals, white rice and pasta.

► **EMBRACE: OILS** - Not a food group, but provide essential nutrients.

EXAMPLES: Olive, canola, flaxseed, avocado, walnut, sesame, grapeseed.

AVOID ARTIFICIAL TRANS FATS: Harmful man-made fats that are linked to heart disease.

EXAMPLES: Fried foods, baked goods, margarine, frozen pizzas. Look for "partially hydrogenated oils" on food labels.

Follow key recommendations of balanced food groups recommended by The Dietary Guidelines for Americans. Visit Choosemyplate.gov and explore the food groups.

Food Diary

Tracking your food can be a helpful way to understand your eating patterns and a useful step to improve the foods you choose to eat. There are many APPS available where you can record your food, but an old fashioned journal can also do the trick.

A BASIC FOOD JOURNAL SHOULD INCLUDE:

What you are eating. Specific food and beverages. Include any sauces, condiments, dressings and creamers in your coffee.

How much you eat. If possible measure your food or do your best to estimate portions.

When you eat. Track meals for breakfast lunch and dinner, but don't forget about snacks. This can provide additional insight to any problematic times of day.

Research shows that keeping a food journal can help people lose twice as much weight as not keeping a record.



RECIPE OF THE MONTH



Salmon in Foil

2 Lbs. salmon

1½ Tbsp. extra virgin olive oil

4 Sprigs fresh rosemary

1 Lemon, sliced thin

Salt and pepper to taste

Aluminum foil

Heat oven to 375°F. Roll 1 large piece of foil (twice the size of the salmon). Drizzle on ½ tablespoon of oil in middle of foil and place salmon on top. Add salt and pepper, drizzle with remaining oil. Place lemon slices and rosemary on top of salmon. Wrap the rest of the foil around the salmon and bake for 15-20 minutes.

NOURISHING YOU

Early Warning Signs

How we think, feel and act is all affected by our mental health. Just the term mental health can sound heavy with stigma, but there should be no shame in taking care of your mental health.

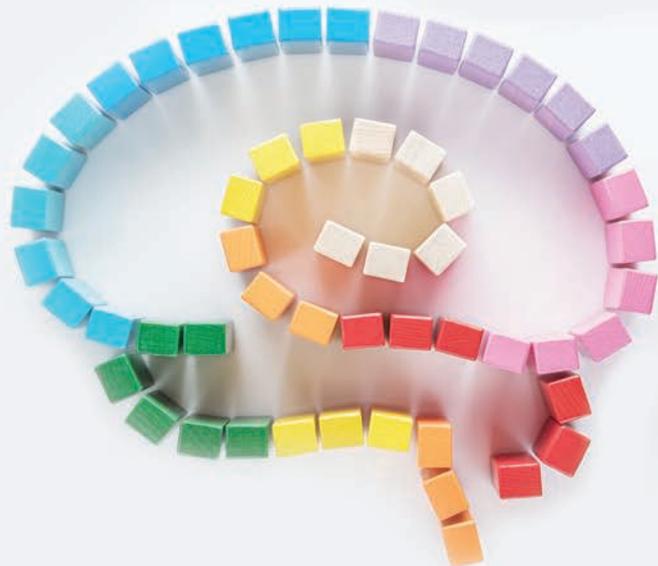
Our mental health includes emotional, psychological and social well-being and determines how we handle stress, relate to others and make choices. Prevention of mental, emotional and behavioral disorders is possible just as preventing physical illness.

Mental health problems are common and when treated may lead to recovery. Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

- Having low or no energy and eating or sleeping too much or too little
- Feeling numb or like nothing matters
- Unexplained aches and pains
- Severe mood swings that cause relationship problems
- Persistent thoughts and memories that you can't get out of your head
- Feeling unusually confused, forgetful, on edge, upset, worried or scared
- Pulling away from people and activities once enjoyed
- Thinking of harming yourself or others

People often don't get the help they need because they don't know where to start or are afraid they will look weak. Mental health services may be available to you through your health insurance plan or company EAP (Emotional Assistance Program).

You can also visit <https://www.mentalhealth.gov/get-help> for more information about how to get mental health help.



“Stress, anxiety and depression are CAUSED when we are living to please others.” *Paulo Coelho*

Medicative Massage

Massage isn't just a way to pamper yourself and feel good. Massage is a complementary medicine that can be offered along with standard treatment for a wide range of medical conditions. **IT CAN BE A POWERFUL TOOL TO HELP YOU:**

- Relieve stress and anxiety
- Reduce or manage pain
- Increase range of motion
- Lower blood pressure
- Ease symptoms of depression
- Sleep better
- Enhance physical performance
- Cut down on headaches

There are several types of massage that focus on different parts of the body with variations from gentle to strong pressure. A few of the most common massage techniques include:

Therapeutic massage is any type of massage that targets an area of your body to relieve specific discomfort and pain.

Swedish massage is a gentle type of full body massage emphasizing long circular motions and kneading that can release muscle knots and help you fully relax.

Deep tissue massage uses more pressure and reaches muscles and connective tissue on a deeper level. This type requires an expert and is a good option to help relieve tight muscles, chronic muscle pain and anxiety.

Always communicate with your massage therapist to determine what techniques are best for you.



HEALING HUGS

January 21st is
National Hugging Day!

A hug relays the message that someone cares. A hug is a caring touch that induces joy, love and connection. Try to practice giving at least one hug a day!



**HEALTH
HARMONY**

3 Tips for Financial Resolutions

Make the personal financial resolutions that will get you closer to the life you want. Set small, short-term goals.

1. **SPEND LESS.** Monitor your spending by tracking monthly expenses so you have a better sense of where your money is going each month.
2. **PAY DOWN DEBT.** If paying off all debt is too difficult, deciding on a percentage you'd like to shrink it down by may be a more reasonable approach.
3. **SIMPLE SAVING.** Setting smaller short-term or seasonal goals can give you a psychological boost.



"It's good to have money and the things that money CAN buy, but it's good, too, to check up once in a while and make sure that you haven't lost the things that money CAN'T buy." George Lorimer

GOOD DECISIONS

1. **Which is the best way to stay motivated to be physically active?**
 - a. Start big and jump into a long hard work out.
 - b. Get bored. The less fun you have, the harder you work.
 - c. Start small, make it fun and stick to a routine.
2. **Which food is NOT recommended for nourishing your body?**
 - a. Olive oil
 - b. Refined carbs
 - c. Whole grains
3. **Choose the statement that is MOSTLY FALSE regarding mental health:**
 - a. Mental health problems are common and when treated may lead to recovery.
 - b. People who get help for mental health issues are afraid or weak.
 - c. There is no shame in taking care of your mental health.

Happy New Year!

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.B