

Healthy Perspectives



July 2019

"Your Source For A Happy and Healthy Lifestyle"

DIGEST

"There are NO WORDS that can tell the hidden spirit of the wilderness, that can reveal its mystery, its melancholy, and its CHARM."

Theodore Roosevelt

FIND Your Park

Parks are places where people find their serenity, their moments and their adventures. Taking advantage of your local public parks is a simple and inexpensive way to have fun and improve your physical fitness. Explore the many "undiscovered" offerings and innovative health and wellness opportunities by heading to your local park, rec center or pool.

Playgrounds - Take kids to play.

Sports parks - Play basketball, baseball or join an adult sports league.

Discover nature - Hike, photograph nature, run on trails or walk on paths.

Summer camps - Fun activities like games, sports and art.

Group fitness classes - Many rec centers offer Zumba classes, yoga and other types of group exercise opportunities.

Aquatic - Swimming is a whole-body work out. It's a low-impact exercise that people of all ages and activity levels can enjoy.

Tennis - Can be enjoyed by everyone from youths to seniors. The health advantages can include improved heart health, balance and coordination.

Outdoor Education - Explore and enjoy while learning about the plant, animal and nature elements of your area.

Visit findyourpark.com to locate national and community parks near you.

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INSPIRE
TO MOVE

Inexpensive Summer Food Items

There are so many summer activities to enjoy and some of them cost money. Rather than cutting back on summer fun, look to healthy foods that won't break the bank. These tasty foods are good for cutting calories and coins:

Edamame. Enjoy steamed with a touch of salt. Skip the chips and enjoy these bite size legumes for an afternoon snack.

Sweet Potatoes. This root vegetable tastes sweet, costs less than \$1 per pound and has high levels of vitamin A and calcium.

Grapes. These tiny fruits have their own bite sized packaging to travel well, are high in antioxidants and priced at \$1.50 per pound.

Popcorn. Low in calories and high in fiber. Pop kernels in a paper bag in the microwave and top with your favorite seasonings.

Canned Tuna. Cost is about \$1.50 per can and an easy way to get omega-3's. Mix into salads, or make sandwiches.

Oats. High in fiber and low in fat, oatmeal fills you up and even helps lower cholesterol. Add berries, milk, crushed nuts or sliced fruit.

Beans Garbanzo beans (also known as chickpeas), lentils, black beans and pinto beans can be added to salads, made into soups, used as filling in tacos or rolled into burritos.

Peanuts. In their natural form and eaten in moderation are affordable, pack easily and supply a dose of healthy fats.



Eating Outdoors

Whether preparing for a picnic, barbeque or just getting outside for a quick lunchbreak from work, eating outside can do wonders for your mood. Warm weather is a perfect opportunity for dining in nature, but it increases the risk of food poisoning unless foods are packed, transported and cooked safely. When taking your meals outdoors practice a few simple safe food handling tips:

- **Keep cold foods cold.** All perishable foods should be kept below 40°F. Keep coolers full of ice to prevent bacteria growth.
- **Consider packing beverages separate** from perishable foods to limit the number of times the cooler is opened.
- **Separate.** Keep raw meats, poultry and seafood securely wrapped and use different plates and utensils from ready to eat foods.
- **Stay Clean.** Wash your hands and surfaces often. Rinse fruits and vegetables under cold water before packing.
- **Don't leave food outside** in hot weather (90°F or above) for more than one hour.

"A picnic is a great way to see what all the foods you love will taste like if you add ants." *Unknown*

RECIPE OF THE MONTH



Tuna Baguette

- | | |
|-------------------------------------|--|
| 1 whole wheat baguette | ¼ cup chopped Kalamata olives |
| 2 (5-oz.) cans of water-packed tuna | 2 tbsp capers, drained |
| 2 tsp fresh lemon juice | 2 medium green leaf lettuce leaves |
| 3 tbsp extra-virgin olive oil | 3 tomato slices |
| 3 tbsp chopped red onion | 1 large hard-boiled egg, thinly sliced |

Halve the baguette horizontally. Scoop out about an inch of the bread and toast shells. In a bowl, combine the olives, onion, capers, 2 tbsp of olive oil and 1 tbsp of juice and tuna. Place mixture in bottom roll. Top with lettuce, tomato and egg slices. Drizzle remainder of olive oil, lemon juice and top of roll. Wrap in plastic wrap and refrigerate at least 2 hours. Cut in half and enjoy.

NOURISHING YOU

Caring vs. Caretaking

Kindness and caring is giving to another for the joy of it as a free gift. Caretaking, on the other hand, is giving yourself up or giving to get love. The actions of both care and caretaking may look the same. The intention behind each action creates a different energy. Here are a few ways to understand and identify the difference.

CARETAKING INTENTIONS

- Constantly doing things for others with a belief that is what they want and expect.
- Abandoning oneself to give to others. Ignoring one's own feelings and giving to others as a way to avoid responsibility to oneself.
- Caretaking is used as a form of control to try to get others to like and value the giver.

CARING INTENTIONS

- Before giving to others check in and ask oneself if this is really something they want to do.
- Giving for the joy of it with no expectations about how the other person "should" respond.
- Being able to define one's own self-worth and giving kindness without needing attention and approval from others.

The difference between caregiving and caretaking is the motivation behind it. On the surface the nurturing looks the same. Ultimately, we must learn to love ourselves, take care of our ourselves and be responsible for ourselves. When we understand we are worthy of love just the way we are, we are free to show compassion and kindness with no strings attached.

"The right MIX of caring and not caring - I suppose that's what LOVE is."

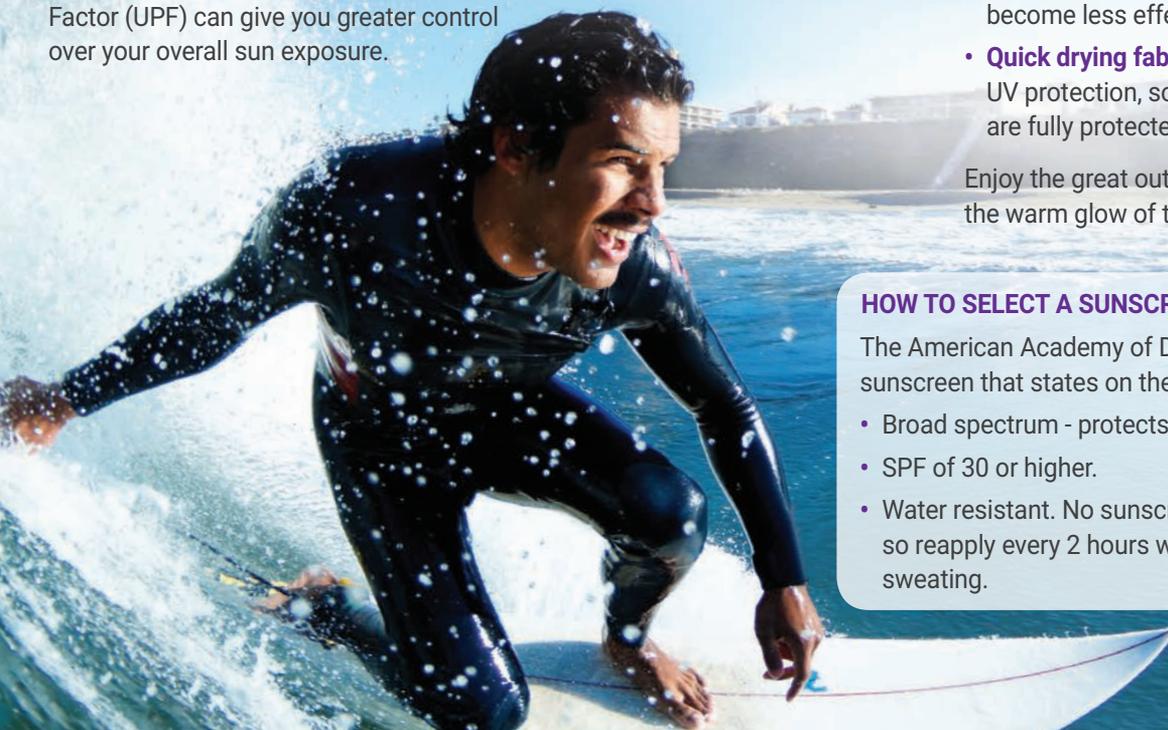
James Hilton



HOT Summer Style

The sun is hot, but skin cancer is NOT! To keep your skin looking young and reduce your risk of getting skin cancer, painful sunburn or premature wrinkles treat yourself to sun protective clothing. There is a wide variety of stylish clothing and swimwear that allows you to safely enjoy the beautiful summer days in style.

Treat yourself to sun protection clothing. Choosing clothing that has been designed for sun protection and tested to confirm its Ultraviolet Protection Factor (UPF) can give you greater control over your overall sun exposure.



A FEW THINGS TO LOOK FOR INCLUDE:

- **A higher UPF rating number to get better sun protection.** UPF is the rating system for fabric, similar to the SPF (Sun Protection Factor) rating system used for sun screen products.
- **Extended coverage.** Some shirts have flip-up sun collars and hats with brims and neck capes.
- **Looser fitting garments.** Fabric that is stretched can become less effective at blocking UV light.
- **Quick drying fabric.** Wetness causes a reduction in UV protection, so the quicker it dries the sooner you are fully protected again.

Enjoy the great outdoors and be smart when basking in the warm glow of the sun.

HOW TO SELECT A SUNSCREEN

The American Academy of Dermatology recommends choosing sunscreen that states on the label:

- Broad spectrum - protects from UVA and UVB rays.
- SPF of 30 or higher.
- Water resistant. No sunscreen is waterproof or sweat proof so reapply every 2 hours when outdoors, or after swimming or sweating.

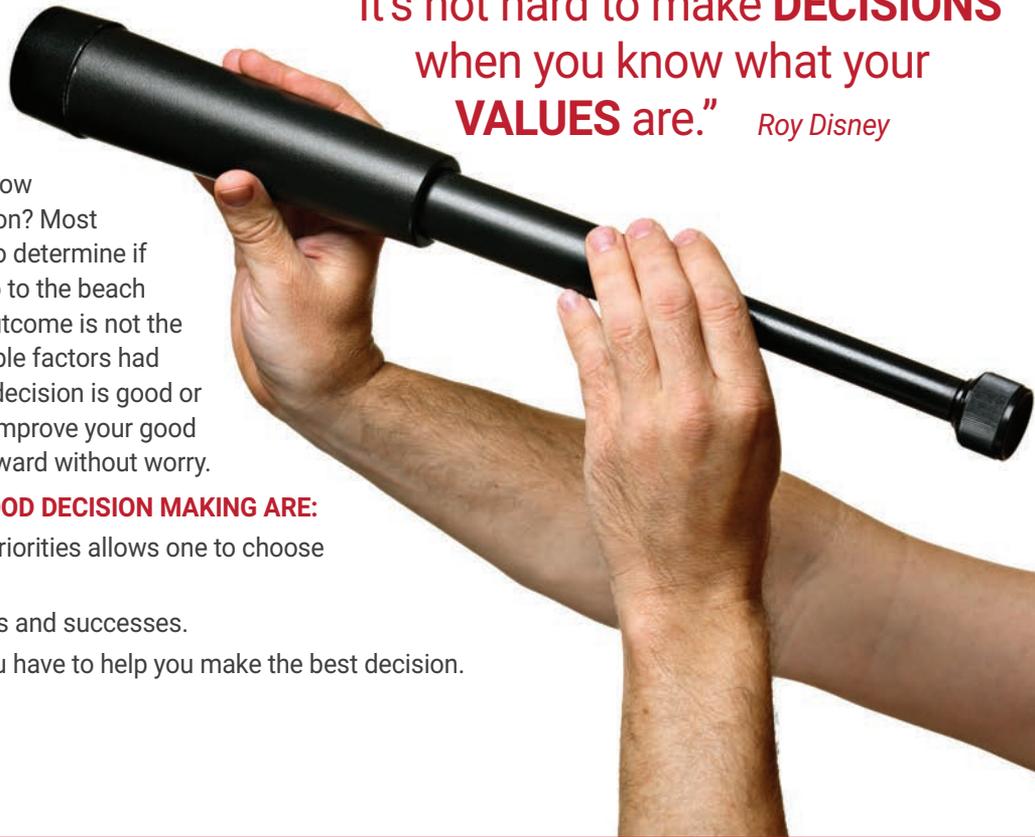
MOVE FORWARD Without Worry

Many people are afraid to make choices because they fear making the wrong ones. How can we know if we are making a good decision? Most people look at the outcome of the decision to determine if we made the right choice. If you decide to go to the beach and it rains the whole time, remember, the outcome is not the measure of the decision, but the uncontrollable factors had their affect. Instead to determine whether a decision is good or not, focus on the decision-making process. Improve your good decision making skills and learn to move forward without worry.

THREE IMPORTANT FOUNDATIONS FOR GOOD DECISION MAKING ARE:

1. Know your values. Having a clear set of priorities allows one to choose the correct path for them.
2. Experience. We all learn from past failures and successes.
3. Common sense. Use what knowledge you have to help you make the best decision.

“It's not hard to make **DECISIONS** when you know what your **VALUES** are.” *Roy Disney*



ANSWERS

1. What temperature should cold foods stay below?
 - a. 30°F
 - b. 40°F
 - c. 50°F
2. Which below is an example of caretaking (vs. caring)?
 - a. A husband gives his wife flowers because his heart is filled with love for her and he wants to express it in a way she will appreciate.
 - b. A husband gives his wife flowers because he wants a favor from her.
 - c. A husband gives his wife flowers because he wants attention.
 - d. b and c
3. What does UPF stand for?
 - a. Sun Protection Factor
 - b. Under Protection Fabric
 - c. Ultraviolet Protection Factor

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. B 2. D 3. C