

Healthy Perspectives



March 2020

"Your Source For A Happy and Healthy Lifestyle"

DIGEST

A Basic MARCH

Looking for a low-impact exercise that doesn't take up a lot of space, no fancy equipment required and can be done almost anywhere? Walking or marching in place is a great way to meet your step goals while burning calories and staying active throughout the day. If staying in the same place seems boring, remember you don't need to do it for long periods of time to get results. Even simple breaks of 5 minutes several times a day will add up and offset the harmful effects of prolonged sitting.

MAXIMIZE THE BENEFITS OF MARCHING IN PLACE WITH THESE TIPS:

- Stand tall with your back straight
- Keep abs engaged
- Relax shoulders with arms at your sides and elbows bent 90 degrees.
- Breathe deeply as you march in place while simultaneously pumping your arms at your sides.
- Increase the intensity of this exercise by marching faster and lifting knees higher.
- Decrease the intensity by slowing down, taking smaller steps and decreasing the arm movement.

Anytime you've been sitting for a prolonged amount of time, take a break to rise up and march.

"My grandmother started walking five miles a day when she was sixty. She's ninety-seven now, and we don't know where the heck she is."

Ellen DeGeneres

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**INSPIRE
TO MOVE**

A Healthy Relationship With FOOD

Do you love to eat? Have you ever used food to relieve stress or avoid feelings of sadness or loneliness? A healthy relationship with food allows a mindset of food as a source of nutrition and energy instead of a friend or foe. Set yourself up for success to eat when you are physically hungry and stop eating when you are comfortably full by:

- **Keeping a food journal.** Write down what you eat and what you are feeling at the time you eat it.
- **Preparing food at home.** Plan your meals for the week and make a grocery list of tasty and healthy ingredients to cook.
- **Balancing your food groups.** Aim to make 80% of the foods you eat from the MyPlate.gov food groups including, fruits, vegetables, lean proteins, whole grains and low-fat dairy. Drink and eat less salt, saturated fat and sugar.

“By choosing healthy over skinny, you are choosing self-love over self-judgement.”

Steve Maraboli



Calcium and Vitamin D

Your body needs calcium to build strong bones when you are young and to keep bones strong as you get older. Getting calcium from foods is best, but if you don't eat enough foods with calcium, you could take a calcium supplement (pill). Options include taking a multivitamin with calcium or a pill that contains only calcium. Talk to your doctor before you start taking any supplements.

FOOD SOURCES OF CALCIUM:

Yogurt - plain non-fat	Orange juice - calcium fortified
Mozzarella cheese - part-skim	Salmon - pink
Milk - non-fat or low-fat	Cottage cheese - 1% milk fat
Soymilk - calcium fortified	

OTHER PLANT-BASED SOURCES OF CALCIUM:

Green leafy vegetables - Kale, collard greens, spinach, arugula, swiss chard
Cruciferous vegetables - broccoli, Bok choy, and turnips
Fruits - oranges, tangerines, kiwi and papaya
Nuts and seeds - almonds, Brazil nuts, hazelnuts, chia seeds and sesame seeds
Beans and lentils - also high in magnesium, an essential mineral to help absorb calcium

RECIPE OF THE MONTH



Cheddar Spinach Egg Bites

1 teaspoon olive oil	2 tablespoons reduced-fat milk
2 small garlic cloves, minced	1 cup of low-fat sharp cheddar cheese, shredded
3 cups baby spinach	
6 eggs	

Preheat oven to 350°F. Spray a 9x13 baking dish with cooking spray and set aside. Add olive oil to saute pan on medium heat. Add garlic and saute for 30 seconds. Place spinach in pan until wilted (3-4 minutes). Combine eggs and milk in a medium bowl whisking until blended. Add cooked spinach and shredded cheese and mix to combine. Pour egg mixture into pan and spread evenly. Bake for 15 minutes. Once cooled, use cookie cutters to cut into shapes.

NOURISHING YOU

COPING With Life

Resilience or an “adaptive response to hardships” is important because it helps people bounce back easier and sooner from difficult life situations. Resilience is not a magical quality, but a skill that can be developed.



Visualize a balance scale or a seesaw. On one side are protective experiences and adaptive skills and on the other side are hard times and mishaps. When resilience skills are stacked on the positive side they can counter balance even a heavy load of difficult times by getting through the pain and disappointment without a crushed spirit.

ADAPTIVE SKILLS THAT BUILD RESILIENCY INCLUDE:

Supportive relationships. When adversity seems overwhelming, supportive relationships can build the ability to cope. Assisting others in their time of need can also benefit the helper.

Keep things in perspective. Stressful events happen, how you interpret and respond to crisis can help you look beyond the present to how future circumstances can be improved.

Acceptance. Change is a part of living and accepting circumstances that cannot be changed can help you focus on the things you can control.

Be hopeful. Optimism enables you to expect that good things will happen in your life and you deserve them.

Self-care. Engage in activities that you enjoy and take care of your mind and body.

After misfortune, resilient people are able to change course and move toward achieving their goals. The key is to identify ways that are likely to work well for you as part of your own personal strategy.



“The oak fought the wind and was broken,
the willow bent when it must and survived.” *Robert Jordan*

COLORECTAL SCREENING: Embarrassing Conversation *or* Life Saving Test?

March is Colorectal Cancer Awareness Month. Colorectal cancer screening may seem embarrassing, but remember, this test may help save your life. Colon cancer may be preventable, detectable, and treatable, if found early. 9 out of 10 people who have colorectal cancer will live for more than 5 years if they find it when it is still in an early stage. **Start the conversation with your doctor with these questions:**

- When should I be screened?
- Does it matter if one of my relatives had colorectal cancer?
- Which screening tests do you recommend for me?
- How often do I need to be screened?
- What's involved in the test?
- Are there any risks involved?
- When and how will I get results from my test?

Regular screening for colorectal cancer should begin at age 45. If you have risk factors for colorectal cancer, including inflammatory bowel disease or a family history of colorectal cancer, you might need to get screened earlier.

HEALTHY DECISIONS FOR YOUR COLON

In addition to regular screening, you may be able to reduce your risk of colorectal cancer by:

- Limiting red meat and processed meats
- Eating a variety of fruits and vegetables
- Choosing whole grains over processed
- Getting regular exercise
- Staying at a healthy weight
- Limiting alcohol or avoiding smoking



When To TRUST

Trust is a firm belief in reliability, truth, ability, or strength of something or someone. Building trust takes time. So how can we know who or what to trust when we are so used to instant gratification? Worry and fear can alter our perceptions until we lose all sense of reality. So what can build confidence and knowledge in what or who to trust? The truth is, there are no guarantees and trust is never without risk. **HERE ARE A FEW TRAITS TO HELP GAUGE TRUSTWORTHINESS IN PEOPLE:**

Credibility. Is this person or organization transparent?

Reliability. There is nothing like experience. Has this person done what they have said they will do repeatedly?

Intimacy. Do you feel heard and understood? Does communication seem one-sided?

Focus. Whose interests do they seem to have at heart?

Reciprocity. Your own willingness to trust can impact other's behavior.

The question of who to trust, will always be out there for speculation, and there is no magic way of knowing. If someone is intent on misleading you, they can pretend all of the above. Actions speak for themselves. The best way to discover if you can trust someone is to use your best judgement and behave in a trustworthy manner yourself.

"The fastest way to make a man trustworthy is to trust him." Henry L. Stimson



GOOD DECISIONS

1. Which low-impact exercise that doesn't take up a lot of space was featured in this issue?
 - a. Walking in place
 - b. Jogging in place
 - c. Marching in place
2. A healthy relationship with food includes:
 - a. Keeping a food journal
 - b. Preparing food at home
 - c. Balancing food groups
 - d. All of the above
3. Which mostly describes a colorectal screening test?
 - a. Embarrassing, but potentially life-saving test to find colon cancer early while it may be preventable or treatable.
 - b. Embarrassing to talk about and only needed if a doctor tells you it's needed.
 - c. Only necessary for older people or those who have a family history of colon cancer.

Happy St. Patrick's Day

ANSWERS: 1. C 2. D 3. A

