Healthy Perspectives DIGEST

May 2019

"Your Source For A Happy and Healthy Lifestyle"

Muscle MAGIC

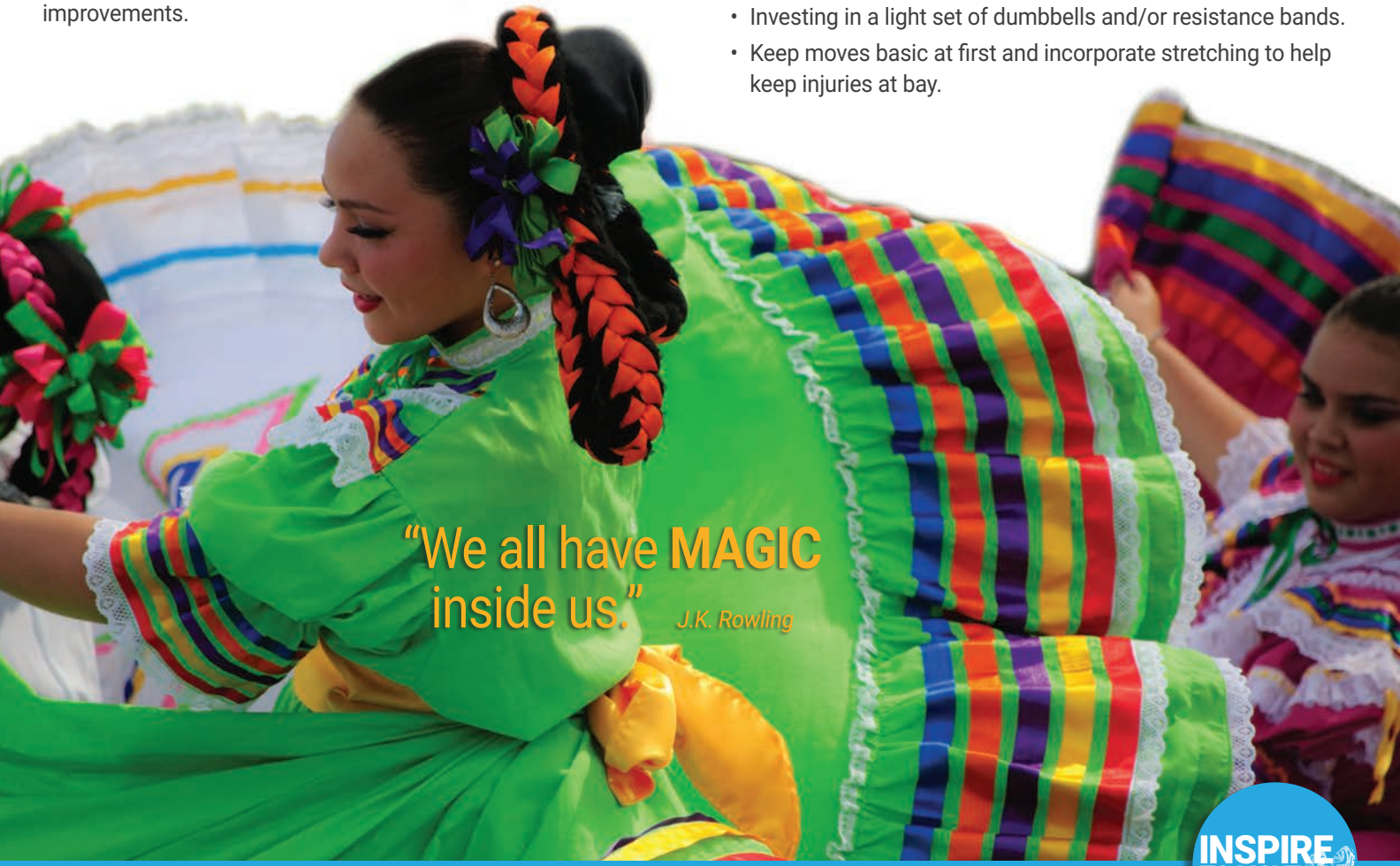
Muscles move our bodies. We need our muscles for movement we can control, such as moving our arms and legs to walk, dance, play and get us to where we want to go. Muscles are also responsible for many more processes that we can't actively control, such as pumping our hearts and moving food through our digestive system. Developing muscles through exercise can improve strength, stamina and improve health and well-being. The Academy of Nutrition and Dietetics recommends doing muscle strengthening exercises for the major muscle groups at least twice a week. Success comes from structure, support and sticking to a program. Be patient and love yourself each day, celebrating small improvements.

STRENGTH TRAINING IS ESSENTIAL TO:

- Slow the muscle loss that comes with age, increase bone density, lower risk of injury and help ease arthritis pain.
- Prevent bone thinning like osteoporosis.
- Improve balance, reduce the likelihood of falls, improve blood-sugar control, and improve sleep and mental health.
- Burn calories for weight-loss.

GET STARTED SAFELY BY:

- Practicing proper form with a qualified fitness trainer or instructor from a gym.
- Checking out books, videos, and or fitness websites for guidance on technique.
- Investing in a light set of dumbbells and/or resistance bands.
- Keep moves basic at first and incorporate stretching to help keep injuries at bay.



INSPIRE TO MOVE

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Wrap Your Head Around Food

Believe it or not, there are times when eating healthy food can work against you. Say for instance you choose to eat a salad over a cheeseburger. When you order that salad you could be underestimating the calories and your brain may play a trick on you that leaves you feeling hungry. Avoid this trick that your body can play on you:

Don't underestimate and always look at the nutrition information. It's easy to undervalue calories of a salad from a restaurant that is loaded with dressing and other extras that can add up to more calories and fat than a big cheeseburger.

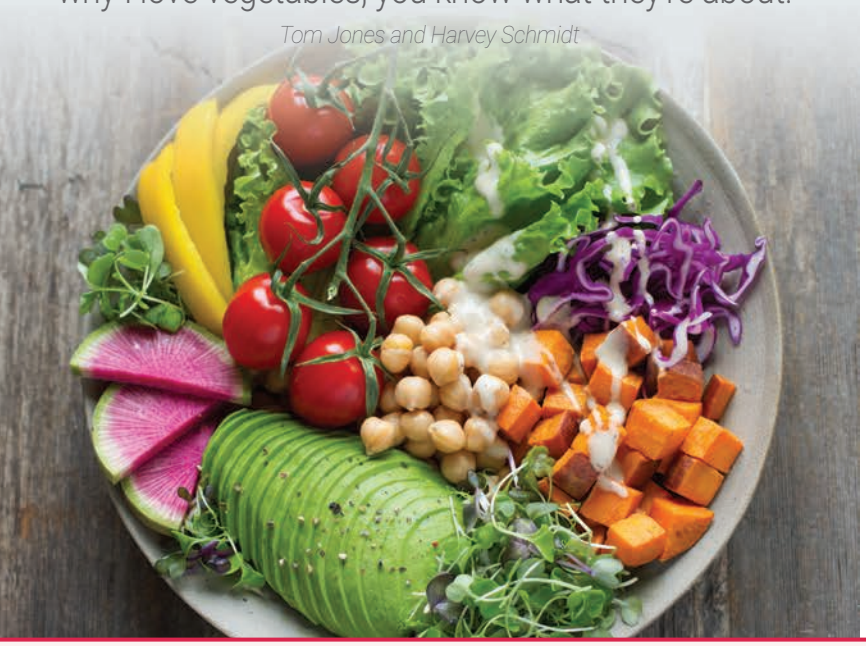
Beware of your subconscious. Studies show that when people believe food is healthy, they experience that food as being less filling.

Eat mindfully. Listen to two important cues; hunger and fullness. Use your senses to pay attention to how your food looks, smells and tastes and finally, focus on food as fuel for your body.

This doesn't mean that a salad isn't a good choice. When selecting foods choose what will satisfy your hunger. If you're hungry eat a filling meal that includes whole grains, fruits and vegetables, lean proteins and heart healthy fats.

"Plant a radish, get a radish, never any doubt. That's why I love vegetables, you know what they're about!"

Tom Jones and Harvey Schmidt



The Sensational **Strawberry**

Sweet, juicy and delicious. Strawberries are a refreshing and healthy treat. While they are available frozen, dried, in jellies, jams or made into a delicious desert, nothing beats a fresh strawberry picked and eaten right off the plant or sliced in a bowl.

One cup of sliced fresh strawberries are only 50 calories and are packed full of important minerals, vitamins, anti-inflammatory enzymes and antioxidants. Benefits of strawberries include:

- Boosting metabolism so the body burns fat instead of storing it.
- Slowing the signs of skin aging.
- Help regulate blood sugar, making strawberries a smart choice for diabetics.
- Protecting from a range of diseases such as, heart disease, stroke and cancer.

Eat strawberries, not just for their delicious taste, but also to benefit from their many healing abilities.

RECIPE OF THE MONTH

Strawberry Spinach Salad

4 cups fresh baby spinach
2 oz. crumbled goal cheese
2 tbsp crushed walnuts
1 cup sliced strawberries

2 tbsp extra virgin olive oil
1 tbsp while balsamic vinegar
Salt and pepper

Whisk together oil and vinegar in a large bowl. Season with salt and pepper. Add spinach, strawberries, walnuts, and goat cheese. Gently toss until spinach is evenly coated with dressing. Serve immediately.

NOURISHING YOU

Era of **ANXIETY**

Many of us struggle to make our mental health a priority. Deadlines, family responsibilities and life obstacles take over and leave us tired. We don't recognize our vulnerabilities to stress and mental health issues until we start to feel unwell physically. * There are actions anyone can take to manage the uncontrollable pressures of life's demand and improve our mental health:

Set boundaries. Decide what's most important, then learn to say no when taking on too many responsibilities.

Forget being perfect. Pursuing goals can lead to positive outcomes, but attempting to keep up an impossible schedule can lead to mental health distress.

Take daily breaks. Plan small quality time for yourself to focus on doing something that renews your mind, body and soul. A walk, time with a pet, music, anything that you enjoy.

* World Health Organization, Workforce 2030

"Smile, breathe, and go **SLOWLY**." *Thich Nhat Hanh*

BLOOD Flow

Not just a silent killer, high blood pressure *(HBP)* can affect quality of life. Blood vessel damage reduces blood flow throughout your body.

HBP can lead to stroke by creating conditions where vessels can burst or clog more easily.

HBP can lead to vision loss from a lack of blood flow to the retina that leads to blurred vision or the complete loss of sight.

HBP can affect your sex life. Lower blood flow to the pelvis can affect both men and woman.

HBP can lead to a heart attack from a buildup of fat, cholesterol and other substances that narrow the arteries serving the heart.

HBP can lead to kidney damage by causing damage so they are not able to deliver enough blood to the kidney tissue.

The best way to know if your blood pressure is in a healthy or unhealthy range is to get your blood pressure checked. If you are diagnosed with high blood pressure, you should monitor your blood pressure regularly. Visit https://bit.ly/2TgAWZv to download a printable blood pressure log.

HEALTHY LIFESTYLE CHOICES TO LOWER YOUR BLOOD PRESSURE:

- Not smoking
- Eating healthy foods
- Losing extra pounds
- Regular physical activity
- Limiting alcohol
- Reducing salt

HEALTH & HARMONY

Financial FINESSE

Building a strong financial foundation and ongoing plan to help reach future goals can ease the significant stress caused by money, or the lack of it. A combination of financial knowledge plus action steps and essential spending and saving behaviors can lead to the goal of achieving a positive sense of financial well-being.

ESSENTIAL FINANCIAL BEHAVIORS THAT HELP US INSTEAD OF CAUSING STRESS INCLUDE:

- Budgeting
- Saving for emergencies
- Eliminating problem debt.
- Setting aside funds for retirement.

The idea that more money will fix our problems is a commonly held belief, but the underlying issue is finding a way to better utilize current resources while seeking a balance between living in the moment and planning for the future.

"Someone's sitting in the shade today because someone planted a tree a long time ago." *Warren Buffett*

GOOD DECISIONS

QUIZ

1. **Which of the following is a benefit of strength training?**
   a. Slows muscle loss and bone thinning that comes with age.
   b. Burns calories for weight loss.
   c. Improves balance and sleep.
   d. All of the above.

2. **When can eating healthy food work against you?**
   a. Having a filling meal that includes whole grains, fruits and vegetables, lean proteins and heart healthy fats.
   b. Choosing foods that sound healthy, like salad, that may have more calories.
   c. Focusing on food as fuel for your body.

3. **High Blood Pressure (HBP) can affect quality of life as:**
   a. Blood vessel damage reduces blood flow throughout the body.
   b. Numbers mean everything.
   c. Monitoring blood pressure regularly is a pain.

ANSWERS: 1.D 2.B 3.A

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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