

Healthy Perspectives

November 2018 "Your Source For A Happy and Healthy Lifestyle" DIGEST



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DIGEST

Inspire To Move: Walk After Meals

Walking in the morning is a great routine, but walking after each meal and in the evenings, is also a good habit to develop. After dinner, it's so easy to sit all evening and go to sleep.

GOING FOR A WALK AFTER DINNER, OR ANY MEAL, CAN:

- burn calories
- help digest food eaten
- improve blood sugar levels

"AFTER lunch rest a while,
AFTER dinner walk a mile." *Unknown*

Researchers have found that walking, for 15-20 minutes shortly after each meal improved daily blood sugar levels more than a single 45-minute walk in the morning.

IDEAS TO INCORPORATE A 15-MINUTE WALK AFTER EACH MEAL ARE:

- A walk around the block. If you have a dog, they will love the extra outing.
- Do a lap around your workplace after lunch.
- If dining out, take a stroll to window shop.

It's normal to feel sleepy after a meal, but you'll actually feel better if you fight the urge to nap and walk instead.





GO STUFF IT!

It's fun to get creative with food. The art of stuffing food is combining various ingredients and textures into a delightful dish. There are many options when it comes to stuffing foods. Try choosing vegetables as your "vessel" to help exceed your daily goal of 5 servings of fruits and vegetables.

VESSEL FOOD	STUFFING IDEAS
Mushrooms	Spinach, ricotta cheese, tomato sauce
Peppers	Scrambled eggs
Avocado	Chicken or tuna salad
Grape leaves	Seasoned ground turkey and rice
Bananas	Peanut butter

Stuffing doesn't have to go inside meat and doesn't need to be unhealthy to be delicious enough to stuff your face with.

4 Ways to EAT SMART

Making smart food choices, especially around the holidays allows you to indulge a little without regret. **HERE ARE FOUR SMART EATING STRATEGIES TO SURVIVE SPECIAL OCCASION MEALS AND USE YEAR-ROUND:**

- 1. Increase your calorie budget with some extra exercise.** Getting a work out in does more than just give you a little food flexibility, it can also help create a mindset to help you resist overeating. After all who wants to do all that hard work for nothing.
- 2. Fill up on the healthy options.** Fill your plate with vegetables, salad and lean meat like white meat turkey! Treat yourself to small portions of the decadent dishes.
- 3. Eat breakfast.** Fiber and protein at breakfast will keep you from getting too hungry later. Never skip meals to save up calories for later in the day.
- 4. Try healthier alternatives.** Swap out classic favorites for lighter versions of dishes.

"We all eat lies, when our hearts are HUNGRY." *Unknown*



RECIPE OF THE MONTH



Grilled Stuffed Zucchini

- | | |
|-------------------------------|--------------------------------------------------|
| 3 zucchini, halved | 1 pinch crushed red pepper flakes, salt & pepper |
| 2 Tbsp Extra Virgin Olive Oil | 1 cup feta cheese |
| 2 Tbsp balsamic vinegar | 1½ cups cherry tomatoes, halved |
| 1 Tbsp fresh chopped oregano | ¼ cup pesto |
| 1 clove garlic, minced | |

Toss tomatoes and feta cheese with 1 Tbsp olive oil, the balsamic vinegar, oregano, garlic, and a pinch of salt, pepper and crushed red pepper. Toss the zucchini with the rest of the olive oil, grill or broil for 3-5 minutes each side. Brush the zucchini with pesto and spoon over the feta and tomato mixture.

TURN OFF The Faucet

If your sink was overflowing and spilling onto the floor, it wouldn't be smart to grab towels to start sopping up the water. The wise first step would be to turn off the faucet, then proceed to mop up the mess. Prediabetes is a sign that the faucet is on. Shut it off early, before diabetes, through simple healthy lifestyle improvements.

Diabetes is a disease that occurs when your body doesn't make or use the hormone insulin properly. It causes too much blood glucose (sugar) to build up in the blood. Prediabetes occurs when blood sugar levels are higher than they should be, but not high enough to officially be diagnosed as diabetes.

Prediabetes vs. Diabetes is like the difference between a minor inconvenience to be dealt with and a major crisis.

TO PREVENT OR SLOW CONTROLLABLE RISK FACTORS:

- Be physically active to lower stress and control blood pressure.
- Lose weight, as 5 to 10% of body weight can prevent the onset of type 2 diabetes.
- Limit eating saturated fats, sugar and salt.
- Lower cholesterol numbers.
- Don't smoke.
- Limit alcoholic drinks.



"REAL people aren't perfect, perfect people aren't **REAL.**" *Unknown*

PERFECT People

Setting expectations for people (including ourselves) to be perfect, is setting us all up for failure. We all have that family member, co-worker, friend or acquaintance that appears to be more than we can ever be; perfect. The reality is that everyone makes mistakes, changes, stumbles and grows through life. Setting up a human being to be perfect creates inevitable failure.

Instead of putting people on a pedestal or encouraging anyone to have an exaggerated view of you, offer mutual support, while being responsible for your own self-growth.

Beautiful Imperfections: Seeing the beauty of things flawed, including ourselves and others, opens space for forgiveness, acceptance and love. This love can lead to a deeper satisfaction with life with more meaning and fulfillment.



CHOICES YOU HAVE

We all have choices, even ones we may not be aware of yet. If the thought of doing something new makes you uncomfortable, you don't necessarily have to do it. You have the freedom to look into your heart and decide your true feelings before making a decision to move forward.

Does that mean you should never do anything that makes you uncomfortable? Of course not!

Sometimes you have to fight through that uncomfortable feeling and act anyway.

TO CREATE A BALANCED LIFE:

- Do two things each day that you don't necessarily want to do, but know you should.
- Pay attention to your uncomfortable feelings, but don't let them dictate your actions.

“Self-discipline is self-caring.” *M. Scott Peck*

QUIZ

1. After eating a meal, the best habit to help digestion is to:
 - a. Sleep
 - b. Watch television
 - c. Walk
2. According to the article on page 2, which is TRUE about stuffing?
 - a. Meat is the only food that can be stuffed.
 - b. Stuffing is always unhealthy.
 - c. Stuffing food can be healthy and delicious.
3. Which of the following is a suggestion to prevent or slow controllable Diabetes risk factors?
 - a. Be physically active.
 - b. Don't smoke and limit alcoholic drinks.
 - c. Limit saturated fats, sugar and salt.
 - d. All of the above.

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. ©2018 Inspired Perspectives LLC. www.InspiredPerspectives.com • info@inspiredperspectives.com • 904.641.1208

