

Healthy Perspectives

October 2019 "Your Source For A Happy and Healthy Lifestyle" DIGEST

"Lack of **TIME** is actually lack of **PRIORITIES.**"

Tim Ferriss

You Have The Time

When time is limited and demands seem unlimited it's hard to make exercise a priority. Make a list of all your "to-do items" and categorize them into "must-do", "should-do" and "nice-to-do". When you add 30-minutes to move your body as a "must-do", you will make the time to work it in.

The best time to work out is always going to be whenever works for you. However, starting your day with a good sweat jump starts your metabolism, helps you sleep better and starts your day on a high note. No matter where you fit in activity, a little can go a long way. Schedule mini-bouts of physical activity accumulated throughout the day. Here are a few ideas for short bursts of beneficial movement.

	At Home	At Work
Walk and Talk	Invite a friend, neighbor or family member to take a stroll around the block.	Have walk and talk meetings or walk in place while on the phone.
Sit for 60, move for 3	Fold the laundry, do the dishes, walk the dog or practice a mini yoga session.	Alternate sitting and standing throughout the day by taking breaks. Get up each hour to stretch and move for 3-5 minutes.
Exercise Anywhere	Do 10 squats while brushing your teeth, see how many crunches you can do between TV shows.	Take the stairs, do a few laps in the hallway or practice lunges holding the back of a chair.



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Smart Bites For Halloween Night

Candy is highly seasonal. Sales peak around holidays and Halloween reigns supreme! This time of year sweets are everywhere and temptation is around every corner. Having a plan to mindfully decide, what and when you will eat it, can help you keep your claws out of the candy bowl.

- **DON'T BUY YOUR FAVORITE CANDY.** If you will be handing out candy to trick-or-treaters, choose something you can easily resist.
- **TRACK YOUR TREATS.** It's easy to just "have a few" or "one more" fun size candy bar, but those can add up fast. Keep count on a food journal so not to lose sight of how much you eat.
- **FILL UP ON REAL FOOD.** Have a satisfying meal that is high in fiber and lean protein so you are less likely to feel hungry again soon.
- **HIT THE SPOT.** For a sweet fix, eat sweet fruits like grapes or berries. If chocolate is what you crave, choose a couple squares of satisfying dark chocolate.

Planning ahead can make sure you enjoy the treats you eat, indulge less and feel satisfied without overdoing it!

FALL Flavors

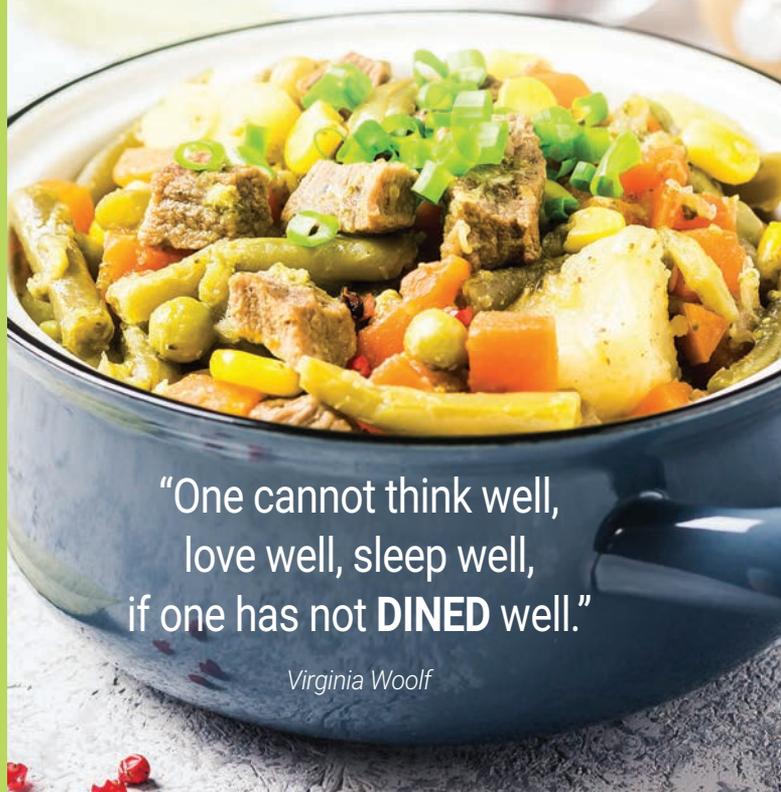
Fall may be one of the best seasons of the year, food-wise that is. Get out your slow-cooker and baking dishes and ready your kitchen for some autumn goodies. This season try exploring combinations of delicious fall-friendly fruits, roasted vegetables, nuts and spices. Savor the aroma and flavors that will fill your home and senses with autumn comfort. Combine the spices and foods below to inspire your taste buds.

FOODS

Apples
Pears
Beets
Pumpkin
Squash
Carrots
Cranberries
Pecans
Red Wine
Figs
Dates
Sweet potatoes

SPICES

Cinnamon
Cloves
Nutmeg
Rosemary
Sage
Star Anise
Ginger



"One cannot think well, love well, sleep well, if one has not **DINED** well."

Virginia Woolf

RECIPE OF THE MONTH



Spiced Pickled Beets

- | | |
|-----------------------------|------------------------------------|
| 3 Lbs. medium beets | One 2-inch cinnamon stick |
| 2 Teaspoons, Kosher salt | 2 Teaspoons whole allspice berries |
| 1½ Cups apple cider vinegar | 2 Teaspoons black peppercorns |
| 1 Cup sugar | ¾ Teaspoon whole cloves |
| 3 bay leaves | |

Preheat the oven to 375°. Put the beets in a large baking dish. Add 1 cup of water and a generous pinch of salt. Cover with foil and bake for 1 hour. Uncover, cool, then peel the beets and cut them into wedges and put aside. In a medium saucepan combine 1½ cups water with the remainder of ingredients, bring to boil, then lower to simmer for 10-12 minutes. Pour the liquid over the beets and let cool; refrigerate overnight. Drain the following day before serving.

NOURISHING YOU

Bullying Behavior

Many of us have memories of bullies from our school years or have children who have been bullied. As adults, we are not immune to bullying behavior. Intimidating bosses or co-workers, a controlling romantic partner or nasty neighbors can be labeled as harassment of the bullying kind.

An imbalance of power can lead to psychological harassment and whether it takes place at school or in the workplace, it can be devastating.

HERE ARE A FEW TIPS FOR UNDERSTANDING AND DEALING WITH BULLIES, NO MATTER HOW OLD YOU ARE:

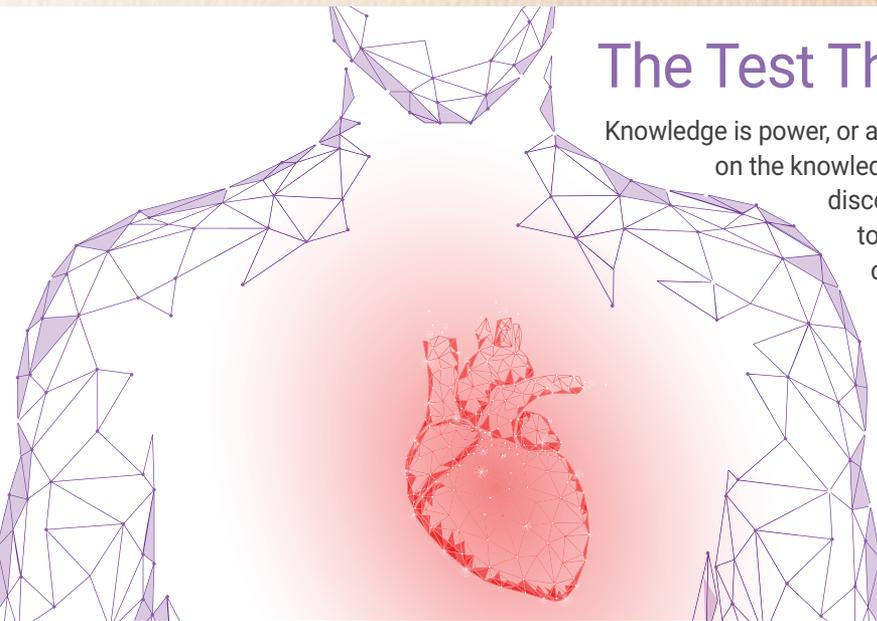
- **Don't react.** Bullies act out because they have serious insecurity issues. This means you aren't doing anything wrong. Bullies are looking for people that are willing to submit to their power plays. Keep your cool and don't take the bait.
- **Take a stand.** If a bully keeps pushing, tell them specifically what behavior they are doing that is inappropriate. Be confident and talk in a calm, respectful manner and stand up for yourself.
- **Defend their targets.** When you see someone else being bullied, stand up for the target in the moment.

Don't let a bully take over your headspace. Do your best to separate yourself from the bully without letting them get the best of you. You can't change a bully, but you can stand your ground in a calm and assertive way.



“Some people try to be **TALL** by cutting off the **HEADS** of others.”

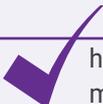
Paramahansa Yogananda



The Test That Could Save Your Life

Knowledge is power, or at least potential power. The real power comes from acting on the knowledge we gain. A weather report can help us to prepare to avoid discomfort or even catastrophe. A forecast gives us knowledge to act. The same logic can be applied to heart disease as we can gain knowledge about our risk of heart attack.

The C-reactive protein (CRP) test, which tests for inflammation in the body, can also be used to evaluate risk of developing coronary artery disease that can lead to a heart attack. Your doctor can help determine if a CRP Test is valuable for you. The first step is knowing your risk level for developing cardiovascular disease (CVD). The CRP test is most valuable for those that fall into the “intermediate risk” group.

Risk groups for cardiovascular disease (CVD)	Value of knowing C-reactive Protein (CRP) Levels
Low risk - because of low LDL cholesterol levels and no diabetes, no high blood pressure or smoking and no family history of heart attacks.	X - a high level of CRP will probably not put you at a risk level that requires action.
Intermediate risk	 helpful to know CRP level, because it can provide missing information.
High Risk	X - Known high risk factors should already be working to lower risks.

**OCTOBER IS
BREAST CANCER
AWARENESS
MONTH**

- Women 50 - 74 years old and are at average risk for breast cancer should get a mammogram every two years.
- Women 40-49 years old should talk to their health care professional about when to start and how often to get a mammogram.
- Getting regular exercise and keeping a healthy weight can help lower the risk of breast cancer.

*USPSTF





MORNING Moments

Sleep is your time to rest and morning is yours to renew your energy. Set the tone of your day with a morning routine that generates positive potential.

A few suggestions to set yourself up for daily success are:

1. **Allow yourself time.** Choose a time to wake up at every day that allows you to gradually get going instead of a rushed scramble.
2. **Replenish.** Drink a glass of water and eat a nutritious breakfast.
3. **Engage your body.** Stretch, practice yoga poses or take a short walk.
4. **Recharge your mind.** Read an interesting article or meditate on what you are grateful for this day.

Self-care needs to be something you actively plan for and incorporate into every day to manage stress and live your best life. Make a list of the things you'd like to try and slowly start incorporating them into your morning routine.

“My FUTURE starts when I wake up every MORNING.”

Miles Davis



OPEN

ANSWERS: 1. C 2. B 3. A

1. **According to the Inspire to Move article, when is the best time to exercise?**
 - a. In the mornings.
 - b. In the evenings.
 - c. Whenever works for you.
2. **Based on the article “The Test That Could Save Your Life” which “cardiovascular risk group” would find the most value from a CRP test?**
 - a. Low-risk.
 - b. Intermediate risk.
 - c. High risk.
3. **Which of the below is not a morning routine suggestion?**
 - a. Checking social media.
 - b. Get up at the same time every day.
 - c. Drink a glass of water.

OCTOBER IS BREAST CANCER AWARENESS MONTH

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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