

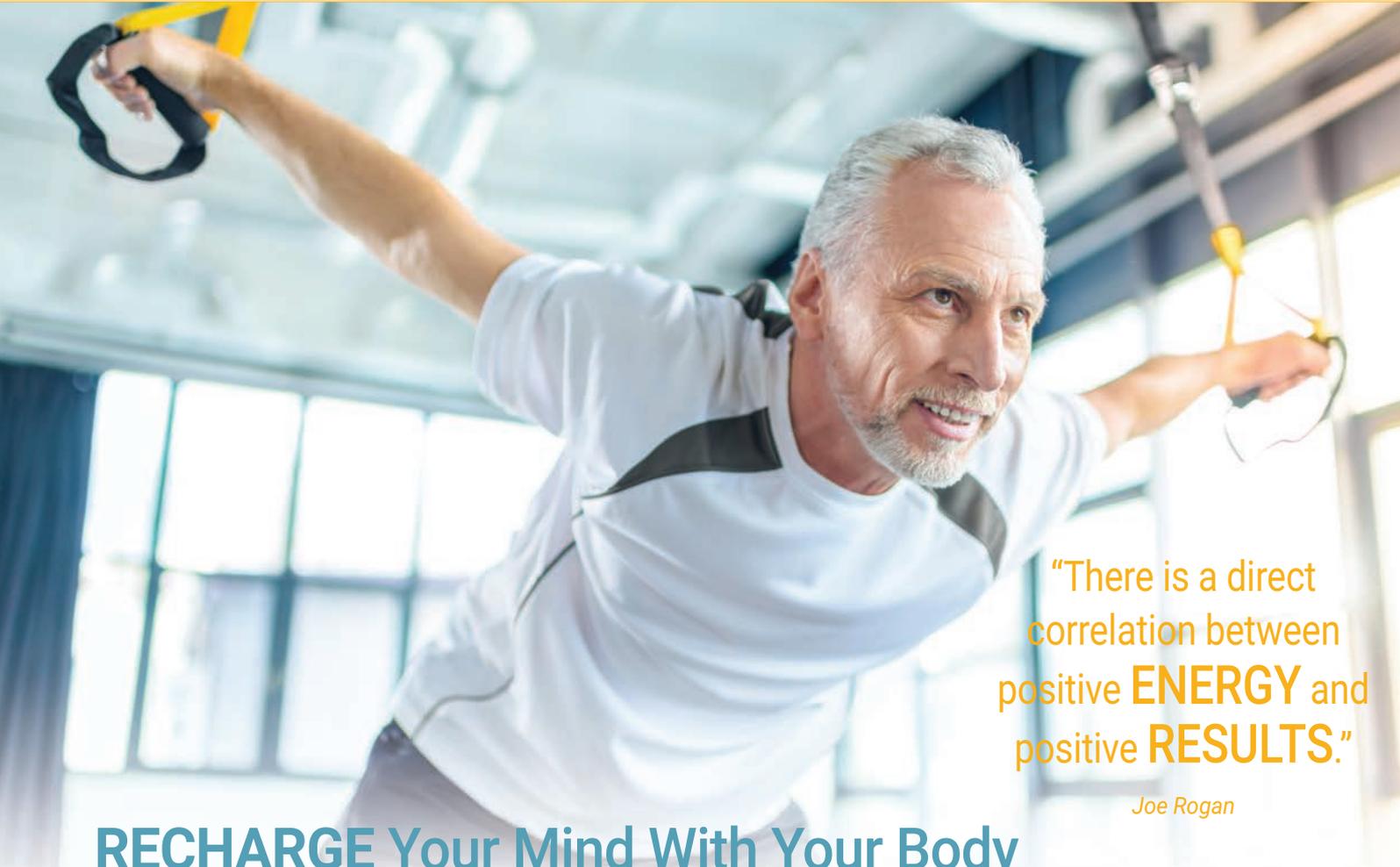
Healthy Perspectives



September 2019

"Your Source For A Happy and Healthy Lifestyle"

DIGEST



"There is a direct correlation between positive **ENERGY** and positive **RESULTS**."

Joe Rogan

RECHARGE Your Mind With Your Body

When tired or stressed, it feels like working out will just make it worse. The truth is physical activity is a powerful energizer.

HERE ARE A FEW WAYS TO MOVE YOUR BODY TO IMPROVE YOUR PHYSICAL AND MENTAL STAMINA:

Aerobic exercise like walking, swimming or biking releases powerful chemicals in the brain that relieve anxiety and increase mental energy.

Strength training such as lifting weights or using a resistance band not only builds muscle, it can improve mood, enhance concentration and increase decision making skills.

You can reap all the benefits of exercise with 30-minutes of moderate exercise five times a week including:

- **Better sleep.** Try yoga or gentle stretching in the evening.
- **More energy.** Increasing your heart rate gives you more get-up-and go power.
- **Stronger resilience** can boost your immune system and reduce the impact of stress.

It's okay to start small. Schedule a workout at the time of day when your energy is the highest. If you keep at it, the benefits will pay off.

IN THIS ISSUE: A Brighter Future | Healthy Eating On A Budget
Self Reflection | Just In Case | Self-Care Isn't Selfish

**INSPIRE
TO MOVE**



A Brighter Future

Get on the path to a brighter future. Colorful fruits and veggies combine great taste and nutrition. Aim to eat 5 servings a day of nature's perfect convenience food. A few tips to vary your veggies and add more to your day include:

- Stock up on frozen vegetables for quick and easy cooking in the microwave.
- Buy vegetables that are easy to prepare. Pre-washed bags of salad greens, baby carrots, grape tomatoes or celery sticks make quick snacks.
- Cut up peppers, or broccoli to add to stir fries, casseroles or as a snack.
- Make your own soups with a low-sodium broth and your favorite vegetables.

Use the chart below to see what counts as a serving.

FRUIT SERVINGS

Fruit Type	Serving Size
Apple	1 small (about 2" in diameter)
Banana	1 large (8 - 9" long)
Dried Fruit	½ cup
Strawberries	8 large berries
Pineapple	1 cup chopped
Grapes	32 average grapes

VEGETABLE SERVINGS

Vegetable	Serving Size
Bell Pepper	1 cup chopped or 1 large pepper
Green Beans	1 cup or approx. 20 beans
Leaf Lettuce	2 cups
Sweet Potato	1 cup mashed or 1 large
Cucumber	1 cup sliced or ½ a medium
Asparagus	4 spears

Healthy Eating On A Budget

You can save money and eat well. In fact, many healthy eating habits such as packing a lunch and cooking at home will lead to everyday savings in your pocket.

- **Plan weekly meals.** Write down the meals you want to make this week. For a helpful Grocery Game Plan Worksheet visit <https://bit.ly/2ZIU9rM>
- **Make a grocery list.** Staying organized helps to avoid buying items you don't really need.
- **Understand the price tag.** Look at the unit price and the size of the product. You may find that a larger tub of cottage cheese costs more than a smaller tub, but if the unit price per ounce is lower, then the bigger tub is still the better deal.

"If you keep **GOOD** food in your fridge, you will eat **GOOD** food." *Errick McAdams*



RECIPE OF THE MONTH



Sweet and Sour Chicken with Broccoli

- | | |
|--------------------------------|-----------------------------|
| 1 Tbsp sesame oil | 2 Tbsp rice vinegar |
| ½ Cup orange juice | 2 Tbsp low-sodium soy sauce |
| 1 Lb. boneless chicken breasts | 2 Tbsp honey |
| 6 Cups broccoli florets | 2 cloves chopped garlic |
| 1½ Tbsp cornstarch | ⅔ Tsp crushed red pepper |

Heat oil in a large skillet over medium heat. Add chicken and cook until browned and cooked through. Transfer chicken to a plate. Add orange juice to the pan, scraping up any brown bits. Add broccoli, cover and cook until tender. In a separate small bowl, whisk vinegar, soy sauce and cornstarch. Add mixture to the pan along with honey, garlic and red pepper. Bring to boil stirring until sauce is thickened. Add chicken back to pan, cook for 1 minute and serve.

NOURISHING YOU

SELF-CARE Isn't Selfish

Self-care is taking good care of your body, mind and soul every day, not just when you get sick. Self-care benefits you and everyone around you. It takes a lot of courage to dedicate “me time” every day.

6 ways to get started with your self-care include:

1. A nightly sleep routine. Aim to get 7-8 hours of sleep per night to feel better emotionally and physically.
2. Manage stress. Get outside, take a walk, meditate or just take 10 minutes to yourself.
3. Daily exercise helps both physically and mentally to reduce stress and anxiety.
4. Eat Right. Aim to cook at home, even if it's only once a week.
5. Schedule self-care time. Moments alone for reflection rest and rejuvenation, moments with friends and loved ones to feel more connected.

“There’s only **ONE** corner of the universe you can be certain of improving, and that’s your own **SELF.**”

Aldous Huxley

**GOOD
DECISIONS**

Q
D
N

ANSWERS: 1. C 2. B 3. C

1. When tired or stressed, which type of physical activity can improve your emotional stamina?
 - a. Strength training such as lifting weights or using resistance bands.
 - b. Aerobic exercise like walking, swimming or biking.
 - c. Both A and B
2. Which is NOT a suggested way that eating well can also save you money?
 - a. Planning weekly meals and making a grocery list.
 - b. Buying only fresh vegetables.
 - c. Packing a lunch and preparing meals at home.
3. Which is mostly true about emergency situations and preparedness?
 - a. Natural disasters can happen at any time.
 - b. Man-made disasters can happen at any time.
 - c. Natural and man-made disasters can happen at any time.

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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