

Healthy Perspectives



February 2018

"Your Source For A Happy and Healthy Lifestyle"

DIGEST

Inspire To Move: LOVE Your Health

The best cure for heart disease is to never get it! If you could take a medicine that prevented cancers and diseases, would you?

Well, it's here. The medicine is daily exercise.

Physical activity not only lowers risk for cancers and other diseases, it improves your ability to do all you do! While we know very few of us will be posing as swimsuit models, almost everyone faces daily activities worth staying in shape for like toting heavy groceries, enjoying vacations, picking up the kids or just getting up and down easily.



There is a distinction between physical activity from your daily chores and the overall exercise you need to:

- Get stronger to better sustain the activity of everyday life.
- Strengthen muscles that support your back and joints to improve flexibility.
- Practice cardiovascular or moderate intense aerobic activity like brisk walking to improve health.

The barriers that make daily exercise habits hard to incorporate are real:

- Take breaks at work to be active. During lunch hours or just a short break, stretch and rejuvenate.
- Take the stairs for heart healthy aerobic exercise.
- Get outside for recreation and spend time with friends, family or precious alone time in nature.

Discover YOUR reasons WHY you should be consistent with a regular exercise routine:

- It's time for yourself that you deserve to enjoy.
- To sleep better and improve your mood, to be nicer to your kids and family.
- Boost your confidence and feel good about yourself.
- Preserve your health for family and be there for many milestone-memories.
- Stay healthy to enjoy your retirement.
- Feel more energetic to do the things you enjoy in your leisure time.

"MOVEMENT IS A MEDICINE for creating change in a person's physical, emotional, and mental states."

Carol Welch

MINDFUL Eating



Are you getting popcorn at the movies? What are you having for lunch today? Are you hungry? These are some of the questions that go un-asked, un-answered and lead to mindless eating. If you wait until you walk into the theatre for someone to ask if you want popcorn, your brain already answered yes before it got to your mouth. The smell of butter and roasted kernels permeates your senses, as the memory of the tactile feel of scooping handfuls of popcorn into your mouth, to crunch and munch in the dark theater, is hard wired into your mind. Most of us don't overeat because we are hungry. Instead, often we eat due to cues:

We eat because it's **time** to eat.

Time for lunch! *"Let's hit that new burger place down the street."*

We eat because of **where** we are.

What a great day for a ball game! *"Something about a hot dog and peanuts, just feels right."*

We eat because other **people** are eating.

Met a friend for dinner. *"Well, if you're getting dessert..."*

We eat because of what's available.

I didn't have time for breakfast.

"Pop tart, sure why not? I'm hungry."

We eat and often can't explain why.

"I know I'd be happier if I could lose weight, but sometimes I just eat out of convenience."

Whether it's who's cooking at home, socializing with friends, availability of food at work, tempting restaurant menus or strategically placed grocery displays that are influencing what, when and how much you eat, you can pay attention, think of the options and make up your mind about what you'll be consuming. Eating mindfully means you:

- Plan to eat good food to sustain your body.
- Decide on your splurges.
- Take pleasure in everything you eat. Whether it's healthy or indulgent, savor every bite.

Eat with intention and focus on your eating goals. Decide what you will eat before you get there, keep healthy foods handy and when food options come your way, remember it's your choice.

FEED Your Heart & Soul

You deserve the best nourishment for your mind and body. Commit to choosing healthy nutritious options wherever you are.

If you work, chances are you eat at work:

- Pack a lunch. Foods eaten away from home tend to be less healthy.
- Pre-plan your meals. Abundant food in endless variety leads to overeating, obesity and chronic disease.
- Nutritious foods during the work day can help concentration, raise energy, improve morale and lower risk of sickness and accidents.

By making healthy food options easily available you:

- are providing the types of foods that will fuel your body with a natural energy boost.
- are NOT forced to make difficult nutritional choices. Healthy choices have already been made.
- understand that you deserve good quality nourishment that won't harm your mind/body and will preserve your health.

Elevate the importance of the quality of food you eat by:

- **Being a thoughtful shopper.** Plan meals for the week and make a grocery list.
- **Choosing to snack** on foods like carrots or filling foods like nuts so you don't let yourself get too hungry.
- **Controlling cravings.** Being aware of and recognizing cravings for carbs, fat and sugar when stressed or anxious is the first step to crushing the cravings.
- **Retrain your brain.** The more you eat healthy foods that you like, the more you will crave them.

EATING BETTER gets easier when...



"I can't have that"

turns into
"I don't want that!"

Unknown

RECIPE OF THE MONTH



Black Bean Soup

*Feb 4th is National
Homemade Soup Day*

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|---------------------------|---|
| 1 Tablespoon Olive Oil | 2 16 oz. canned, low sodium black beans |
| 1 medium onion diced | 1 can of corn |
| 2 cloves of garlic minced | 1 15 oz. canned diced tomatoes |
| 2 Teaspoon ground cumin | 1 Cup low-sodium chicken broth |
| 1 chopped jalapeno | Chopped fresh cilantro |

Add oil to a large pot, over medium-high heat add onion and cook 5 minutes. Add garlic, cumin and jalapeno and cook another minute. Add beans(undrained) to pot and lightly mash with a fork or masher. Add tomatoes (undrained), corn (drained) and broth. Bring to a boil, then reduce heat to medium, cover and simmer for 15 minutes. Serve with chopped fresh cilantro.

POSITIVE Relationships

You want positive relationships. Recognize that good relationships make us happier and healthier. Good relations with co-workers make the work environment a more enjoyable place and supportive friends and family can make life more rewarding and less stressful.

Healthy relationships encourage:

- Feeling safe to express thoughts and emotions.
- Open communication and non-judgmental, non-confrontational talk.
- Addressing issues when they happen, so they can be handled quickly and efficiently, rather than complaining or gossiping to others about them.

The way we relate to others affects quality of life. You can only control how you act or react to other people. Steps you can take to contribute to improving relationships at work and home are:

- **Listen** to what the other person is saying, rather than making assumptions.
- **Nurture** relationships by following through with commitments, being honest and showing appreciation of others.
- **Recognize healthy relationships.** Keep realistic expectations of others, be reliable, and respectful of others' time.
- **Manage conflict.** Resolve issues by taking the time to think about your feelings and discuss without degrading language.
- **Set healthy personal boundaries.** Pleasing others at your own expense is not healthy. Don't be afraid to tell someone if you need emotional or physical space.



“Our greatest joy and our greatest pain comes in our relationships with others.” *Stephen R. Covey*

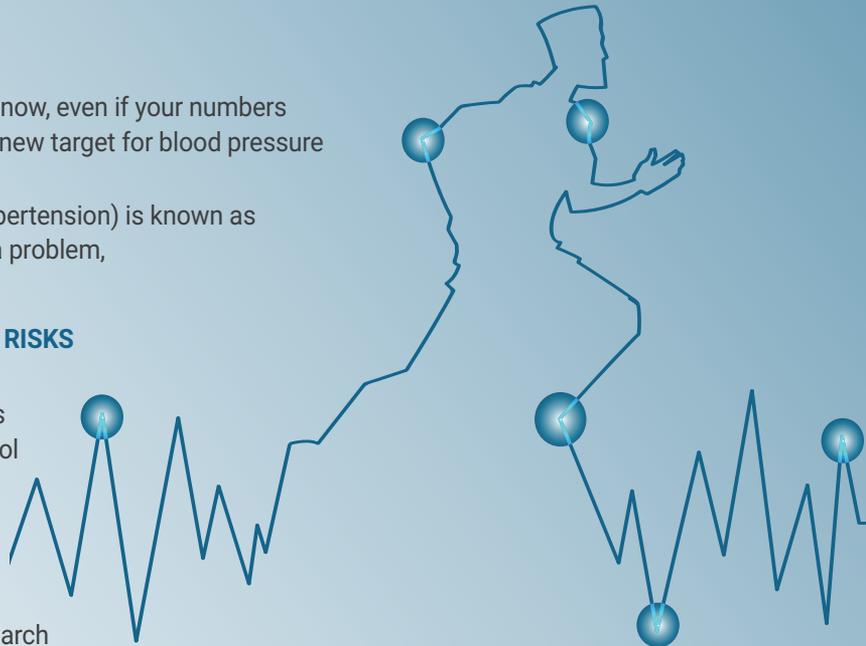
The Beat Goes On

If you didn't have high blood pressure 3 months ago, you may now, even if your numbers haven't changed. The American Heart Association released a new target for blood pressure measurements, that allows for earlier intervention.

Turning the tables on heart disease: High blood pressure (hypertension) is known as “the silent killer” because there are no symptoms or signs of a problem, (unless you regularly check your blood pressure numbers).

HEALTHY LIFESTYLE BEHAVIORS THAT CAN CONTROL THE RISKS OF HIGH BLOOD PRESSURE AND DIABETES INCLUDE:

- 1. Increasing physical activity** – Exercise or physical activity is great for your heart in general, helps lower stress, and control high blood pressure while effecting weight management.
- 2. Losing or maintaining a healthy weight** – Obesity or extra weight puts an additional strain on your heart, that it is not designed to handle.
- 3. Eating a healthy diet** – The DASH diet plan is based on research and was developed to lower blood pressure without medication. DASH stands for Dietary Approach to Stop Hypertension. It is rich in fruits, vegetables, and low-fat or nonfat dairy. It emphasizes whole grains and lean meats. Visit dashdiet.org for more information.
- 4. Lower cholesterol** – High triglycerides and low HDL (good cholesterol) increase the risk of type 2 diabetes and heart disease. Healthy eating, physical activity with reasonable weight, can help improve lipids.
- 5. Being smoke free** – Smoking is a proven risk factor for heart attack and stroke.
- 6. Limit alcohol** – Drinking to excess can cause blood pressure to rise dramatically.



New Blood Pressure Guidelines Are:

- Normal: Systolic less than 120 and diastolic less than 80
- Elevated: Systolic between 120-129 and diastolic less than 80
- Stage 1: Systolic between 130-139 or diastolic between 80-89
- Stage 2: Systolic 140 or higher or diastolic 90 or higher
- Hypertensive crisis: Systolic higher than 180 and/or diastolic higher than 120

Decisions To Protect Your World

There is a relationship between a healthy ecosystem and healthy people.

CHOOSE to respect the environment for yourself and others.

- **Use green cleaning products** that are safer for you and the environment.
- **Don't spread germs.** Use sick time wisely, wash your hands often and sneeze or cough inside your elbow.
- **Once a day** collect your dirty dishes, food wrappers or coffee cups. Take a minute to wipe down your work station.
- **Reduce your demand on natural resources.** Opt for a reusable water bottle and shutdown electronics at the end of the day.
- **Recycle used items** and conserve water by using less or collecting in rain barrels.
- **Minimize use and properly dispose** of paints, chemical cleaners and other household products. Never pour them down the drain and try cleaning with natural ingredients like baking soda, vinegar and lemons.



“WE HAVE FORGOTTEN how to be good guests,
how to walk lightly on the earth as its other creatures do.” *Barbara Ward*

QUIZ

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Q

1. **Which of the below statements is FALSE?**
 - a. Barriers that make daily exercise habits hard to follow are not real.
 - b. Barriers to daily exercise habits can be overcome by adjusting priorities and schedules.
2. **Which of the following is an example of mindful eating?**
 - a. Eating dinner because it is 6:00pm.
 - b. Packing one's lunch.
 - c. Eating hash browns because they came with the meal.
3. **Which of the reasons below best describes why high blood pressure is known as “the silent killer”?**
 - a. There are no signs.
 - b. There are no symptoms.
 - c. There are no signs or symptoms.
 - 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.IPWellBeing.com • info@IPWellBeing.com • 904.641.1208

