

Healthy Perspectives



January

"Your Source For A Happy and Healthy Lifestyle"

DIGEST



"Adventure is worthwhile in itself."

Amelia Earhart

NEW YEAR, New Adventures

When it comes to physical activity, which appeals more to you: Walking on a treadmill? Or on a dirt path? Using the rowing machine? Or paddling a kayak down the river?

Physical activity is more than exercise, it's your time to move your body, refresh your spirit, and let your inner child go out to play!

Here are a few adventurous activities to consider as alternatives to ordinary exercise:

Mountain biking will have you whizzing up and down trails and kicking up dust as you tackle terrain. It's a low impact sport that won't wear on your joints like running, and there are trails to suit all fitness levels.

Rock climbing increases cardio endurance, upper-body and core strength, and flexibility. There are indoor rock climbing facilities that are perfect for beginners to tackle.

Sledding or snowboarding in the winter can be fun and the walk back up the hill can be more rewarding than a stair climber machine.

Skiing can provide a rush, with wind in your face and snow moving briskly beneath your skis. Downhill or cross country skiing offers a cardiovascular work-out and improves balance and range of motion.

Hiking is the ultimate back to nature activity. There's no better way to fully experience a landscape than by trekking through it. Spectacular natural settings tend to accompany adventure activities and spending time outdoors and in nature is great for your physical and mental health.

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GOOD LUCK Foods

Setting yourself up for success in the year ahead is one of the best ways to celebrate the new year. Around the world people eat a variety of foods on January 1st for good luck. A few of these foods that symbolize good fortune in the new year that are sure to serve up health and happiness include:

Greens. The color green symbolizes luck. Eating a plateful of greens like kale, cabbage, green beans, or Brussels sprouts will start your year off on a healthy note.

Fish. Among the healthiest foods on the planet, some people associate fish with the new year because they swim forward in one direction.

Lentils. Highly nutritious and inexpensive, lentils are eaten on New Year's day throughout Italy to bring good fortune in the year ahead.

Pomegranates. This jewel-toned fruit is in its prime in January. Long associated in the Mediterranean as a sign of good luck and among the healthiest fruits on earth.

Black-Eyed Peas. Considered a good-luck food, black-eyed peas are actually a bean and pack plenty of protein and fiber into each serving.

“I’ve always believed in luck. I love the fact that people can change their lives instantly.”

Fiona Barton

PLAN AHEAD Eating

Planning meals and snacks ahead of time helps you stick to your goals, save money and reduce stress by putting you in control of day-to-day life.

- 1. Look at your calendar.** Think about the week ahead and plan your meals and snacks around your work obligations, social schedule and other commitments.
- 2. Check your pantry/freezer.** Doing this helps avoid buying ingredients you already have.
- 3. Choose recipes.** Select recipes with at least two similar ingredients. Aim for fish at least twice a week. Plan vegetable and whole grain side dishes based on entrees.
- 4. Make a grocery list.** Being organized and having a list maximizes your time at the store and your budget.

Utilize the **Weekly Meal Planner & Shopping List Template** provided below or make your own.

Weekly Meal Planner & Shopping List Template Example:

S										
M										
T										
W										
T										
F										
S										
Breakfast Ideas:										
Lunch Ideas:										
Snacks:										
										PRODUCE
										MEAT
										DAIRY
										MISC

RECIPE OF THE MONTH



NOURISHING YOU

Acai Bowl with Pomegranate and Coconut

- 1 medium, frozen banana
- 1 packet acai puree, unsweetened
- 1 cup vanilla almond milk, unsweetened
- 2 tablespoons pomegranate seeds
- 2 tablespoons flaked coconut
- 1 tablespoon chia seeds

Place frozen banana, acai packet and almond milk in blender and puree until creamy. Pour into a bowl and top with remaining ingredients.

OVERwhelmed

When we have too many demands it's easy to feel overwhelmed, which can make it harder to function. Work, personal and family needs can lead to an ever-growing to-do list that can feel like trying to dig out of a hole that keeps getting deeper. The brain can react to overwhelm with fear, of scarcity of time, energy, or resources. It may also be felt as a threat of failing, disappointing others, and feeling like we are not doing enough.

Effects of overwhelm can range from forgetfulness, confusion, difficulty concentrating, or thinking logically to a racing mind with an inability to problem solve. When responsibilities are piling up, instead of succumbing to overload, try these key strategies to manage the feelings:

Ground yourself with your senses in the present moment using the **5-4-3-2-1 technique**:

- 5** - Look around and name five things you can see.
- 4** - Listen and name four things you can hear.
- 3** - Notice 3 things you can touch.
- 2** - Breathe in and recognize two smells.
- 1** - Name something you can taste, like a sip of cold water.

Prioritize by moving everything that should be done down the list and stick to the things that need to get done now.

Do one thing at a time. Stop multitasking.



PLANNING Ahead

Planning ahead will make your future brighter! Once you have your plan laid out, you'll feel more grounded in the present moment, have more control of your time, and have less worry about what will happen tomorrow or next week.

WHEN YOU PLAN AHEAD IT:

- helps save money.
- creates something to look forward to.
- helps avoid conflicts.
- allows more time for people you love.
- saves energy and time.

“Planning is bringing the future into the present so that you can do something about it now.”

Alan Lakein

PLAN AHEAD

QUESTIONS TO ASK YOURSELF:

- What do you want to achieve in the coming year?
- Where are you looking to stretch past your comfort zone?
- What will you be planning ahead for in the coming months?

Get Your Ducks In A Row

Do you have a will? Ask yourself this: *Do you want to determine where your assets go, or do you want the state to do it?* No one ever plans to be sick or disabled. Yet, it's this kind of planning that can give us peace of mind for our loved ones and make all the difference in an emergency.

Coping with unexpected and serious illness or medical conditions brings emotional, psychological and spiritual challenges. Unfortunately, mundane logistical details must be managed as well. If you don't address them now, someone else will have to address them later, so best to make your wishes known now and put everything in order as you would like it.

There are many different types of legal documents that can help you plan how your affairs will be handled. State laws vary, so find out about the rules, requirements, and forms used in your state.

STEPS TO GET YOUR AFFAIRS IN ORDER INCLUDE:

- Put your important papers and copies of legal documents in one place.
- Tell a trusted family member or friend where you put all your important papers.
- Consider preparing a living will to make it easier for family members to make tough healthcare decisions for you if you are unable to make your wishes known.

“Death is not the end. There remains the litigation over the estate.” *Ambrose Bierce*

**GOOD
DECISIONS**

ANSWERS: 1. C 2. D 3. D

1. **Which is NOT a suggested adventurous activity to consider as an alternative to ordinary exercise?**
 - a. Mountain biking
 - b. Sledding
 - c. Going to a concert
2. **Which are benefits of meal planning?**
 - a. Helps achieve goals
 - b. Save money
 - c. Reduce stress
 - d. All of the above
3. **Which strategy is recommended to manage feelings when overwhelmed?**
 - a. Prioritize
 - b. Take one thing at a time
 - c. 5-4-3-2-1 technique
 - 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.

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