

Healthy Perspectives

February "Your Source For A Happy and Healthy Lifestyle" DIGEST



HEART PUMPING Cardio

Aerobic exercise is any cardiovascular activity that raises your heart rate. Activities that make you break a sweat can help improve circulation and lower blood pressure. Some of the best exercises to keep your heart strong and reduce risk of heart disease and stroke include, walking, biking, swimming, and dancing.

TIPS TO EXERCISE SAFELY:

Talk to your doctor first. It is recommended to talk to your physician before starting any exercise program.

Stop if you don't feel well. If you develop shortness of breath, tightness in chest, shoulder or jaw pain, dizziness or confusion, stop immediately and contact your physician.

Monitor heart rate. Reference a table showing target heart rate zones for different ages. You can visit heart.org for a chart from the American Heart Association.

Warm up and cool down. Every session of aerobic exercise should include a warm-up with a gradual increase in pace and a cool-down with the pace gradually decreasing.

"Every day brings a chance for you to draw in a breath, kick off your shoes, and dance."

Oprah Winfrey

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INSPIRE
TO MOVE



DINING OUT Options

When dining out, you don't have to leave your healthy eating plan at home. Many restaurants offer delicious meals and menu items that are better for you. You can also order smart with these easy, healthy swaps.

ORDER IT	86 IT
Lean meat, like skinless chicken or fish	Bacon, sausage, or fatty meats
Pico de gallo, or guacamole	Sour cream, or queso
Broth-based soup with lots of veggies	Cream-based or cheese soups
Baked potato or side salad	French fries
Black or pinto beans	Refried beans
Water, 100% juice, seltzer, or spritzers	Soda, sweet tea, or sugary cocktails

“I was at this restaurant. The sign said 'Breakfast Anytime.' So I ordered French Toast in the Renaissance.”

Steven Wright

Trim THE FAT

It is recommended that consumption of unhealthy fats such as saturated fat and trans fat are limited. This type of fat is usually solid at room temperature. Foods like butter, palm and coconut oils, cheese, and red meat have high amounts of saturated fat. However, cutting down on these fats doesn't mean you have to sacrifice flavor. **Refer the chart below for healthier options than foods with high unhealthy fat content.**

	HIGH IN SAT. FAT	LOW IN NUTR.	+ CAL. SUGAR	TRY INSTEAD
Baked goods (cake, doughnuts, or cookies)	✓	✓	✓	Fruits or vegetables
Fried foods (fried chicken and seafood, or French fries)	✓	✓	✓	Grilled, baked, steamed, or sauteed
Processed meats (bacon, sausage, chicken with skin, cheeseburger, or steak)	✓	✓	✓	Skinless chicken or fish
Whole-fat dairy products (butter, ice cream, pudding, cheese, or whole milk)	✓	✓	✓	Low-fat or non-fat milk, yogurt, or cheese
Solid fats (coconut oil, palm, or palm kernel oils)	✓	✓		Canola or olive oil

It is okay to treat yourself to these foods once in a while, but best to limit how often and how much of it you eat.



Super Easy, Healthy Baked Fruit Dessert

- | | |
|---------------------------|---------------------------------|
| 2 small apples sliced | 2 tablespoons fresh lemon juice |
| 1 cup sliced strawberries | 1 teaspoon maple syrup |
| 1 cup raspberries | 1 teaspoon ground cinnamon |
| 1 cup blackberries | 1 cup Greek yogurt |

Preheat oven to 350°F and prepare a baking dish with non-stick cooking spray. Toss all fruit in lemon juice, maple syrup and cinnamon. Bake for 25-30 minutes. Enjoy after cooling and top with yogurt.

RECIPE OF THE MONTH

NOURISHING YOU

LISTENING:

Build a Bridge Through Communication

When it comes to listening, remember that everyone wants to be heard and validated. Active listening is a thoughtful way to improve personal relationships, further collaboration and reduce misunderstandings and conflicts.

TO LISTEN ACTIVELY:

Listen, don't compare. Comparing emotions or situations by saying things like, "yes, but..." while sharing a seemingly worse situation, can be interpreted as a way to minimize or negate what the speaker is feeling.

Listen to understand rather than to respond. Resist interrupting or drifting into thought about what you will say next. Aim to get information to find out more about the person or situation.

Look them in the eyes. Eye contact connects an individual to the person with whom they are talking.

Avoid making judgments or giving advice. People want to be heard, not fixed. Trying to be helpful makes us feel good. Instead, encourage the conversation with open-ended questions, and help remind of them of their strengths and resourcefulness.

Communication is what makes us human, yet we need to learn listening skills and practice them to improve the quality of conversations and relationships.



YOURSELF

“Today you are you! That is truer than true!
There is no one alive who is you-er than you!
Shout loud 'I am lucky to be what I am!'”

Dr. Seuss

LOVE Yourself

This Valentine's Day, aim that cupid bow and arrow at yourself with self-loving affirmations that will give rise to positive thoughts and actions.

Tell Yourself:

My best is good enough.

I am worthy of love.

I have not been hurt too deeply to heal.

I can build my life around a realistic, loving way of seeing myself.

I can change lifelong patterns.

If we can love ourselves as we are, we can be loved by somebody who sees us the way we are. When we accept ourselves, we can be accepted by others and accept others as they are.

SELF-LOVE IS SIMPLE

- Caring for your own needs.
- Caring for your own wants.
- Caring for your own desires.
- Recharge to have the energy and resources to be there for others.

HEALTH
HARMONY

BOUNDARIES: Where To Draw The Line

Setting boundaries for yourself and honoring the boundaries of others can provide healthy rules for navigating relationships, whether intimate or professional. Boundaries are not rules we enforce on others. They are standards of conduct that we set for ourselves for our own benefit.

Ingredients for boundaries in social interactions include:

- Self-respect for self and others.
- Listening to, and respecting the feelings of others.
- Setting limits using communication skills (no mind reading).
- Flexibility with trusted people.

“Honoring the values of oneself and others demonstrates dignity and respect.” *Amy Cohen*



- 1. Choose which of the below is TRUE about cardiovascular activity?**
 - a. Any aerobic exercise that raises your heart rate.
 - b. Exercise that makes you break a sweat.
 - c. The best exercise to keep your heart strong and reduce risk of heart disease and stroke.
 - d. All of the above.
- 2. Which of the foods below are high in saturated fats?**
 - a. Skinless chicken
 - b. Canola or olive oil
 - c. Baked goods
 - d. Fruit
- 3. Which of the below is NOT a boundary?**
 - a. Rules we enforce on others.
 - b. Standards of conduct we set for ourselves and own benefit.
 - c. Setting limits with respect for self and others.

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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