



August 2017

INSPIRE TO MOVE

DON'T Just Do It! ENJOY IT!

"HUMAN BEINGS
need **pleasure**
the way they
need **vitamins**."

Lionel Tiger

No one wants to be pushed all the time. Stand! Stretch! Walk! Jog! Faster! Life has enough demands. We all have enough "to-do's" on our list to get through. Why not take a new perspective to enjoy and take the time for what makes you feel good and creates sensations and memories that fulfill you?

- Swimming in the crisp cool water on a very hot day.
- Walking in the woods with a breeze through your hair and the sound of the wind whistling through the leaves.
- Riding a bike down your favorite street admiring the details that you miss cruising by in a car.

Exercise doesn't have to be something you push yourself to get through everyday. Activities that bring the most pleasurable moments, when you create them, will pull you back, time and again. Allow yourself to enjoy the things in life worth getting off the couch for and activity will become part of your passion.



Can't Eat Another Bite

Would you like a box for that? It seems like such an easy question, but some people have a hard time stopping while there is still food on their plate. When you are full, the best thing to do is drop your fork, push your chair away from the table and don't take another bite.

If you eat until you are stuffed, you overate. The most beautifully balanced eating plan you can follow is to eat when you are hungry and stop when you are comfortably full. We are all born with this ability, but years of advertising and food representing rewards have made us forget to eat to live.

Re-learn to stop eating when you are full by:

1. **Eating slower.** It takes time for the brain to realize we are full.
2. **Savoring the flavor.** Nothing tastes as good as the first bite. Pay mindful attention while chewing each bite.
3. **Choosing satisfying foods** that have high fiber, protein or water content help fill you up without loading up calories.

Overeating happens, but it should be the exception, not a typical meal.

"In **EVERYTHING**, satiety closely follows the **greatest** pleasures." *Cicero*

FLAVOR FACTOR



Who wants to eat "healthy food"? Just say it out loud and feel the apprehension. Food should be delicious, crunchy, savory or sweet to be appealing. You can enjoy flavorful food and feel satisfied without overeating or even eating unhealthy foods.

Here are a few flavor enhancers to make tasty meals and snacks:

Lemon and Olive Oil

- Squeeze the juice onto fresh greens with a tablespoon of olive oil for a sensational salad.
- Peel the rind to boil with quinoa for a zesty flavor. When cooked remove rind, drizzle with olive oil and fluff with fork.
- Combine the juice, rind and oil for marinating meat.

Fresh herbs can magically flavor up dishes without adding a lot of salt, butter and fat.

- Flat leaf parsley has a clean flavor and also pairs well with lemon. Remove leaves from stems and chop to add to pasta, eggs, salads, potatoes and meats.
- Scallions or green onions add a bit of texture, color and flavor. Cut crosswise into sections and garnish salads and salsas. Add to stir-fries, perk up sandwiches or scramble into eggs.
- Add fresh basil leaves at the end of cooking for maximum flavor. Snip and add to sauces, salads and homemade pizza.

Spices and seasonings can take food from blah to marvelous.

- Black peppercorn freshly ground is one of the most popular spices.
- Crushed red pepper flakes add sharp flavor without overpowering.
- Garlic, whether freshly peeled, minced or powdered perks up your taste buds.

These are only a few of the sweet and savory favorites to make your food fabulous.

RECIPE OF THE MONTH



Lemony White Quinoa

- 1 cup white quinoa
- 2 cups water
- 1 lemon
- 1 tablespoon olive oil
- 1 tablespoon fresh flat parsley, chopped

Peel four large lemon rinds (careful to avoid any of the white area). Add the water, lemon peels and quinoa to a medium saucepan. Bring to a boil, then lower heat to a simmer and cover 15 minutes or until most of the liquid is absorbed. Remove lemon rind and fluff with fork. Add the olive oil and parsley and serve.

The QUESTIONS We Ask Ourselves

Why bother? Is it worth it? Who have I become? What is the power of self-reflection? Life moves forward like the stills in a movie and time can seem to slow down or speed up depending on how boring or exciting the scene. What if you fall asleep in the movie, and wake up somewhere in the second half, confused as to what you missed?

Some of us fall asleep in life, either because we are so caught up in a routine that seems to blend each day into the next or because we bounce through life and forget to pause and reflect inward. Self-reflection is not selfish, it's nourishing your emotional self so that you can live a life that is more satisfying and fulfilling to you.

Self-satisfaction also helps spread happiness to the people around you. Set aside time to unplug and get in touch with yourself:

1. What are my core values? Is the life that I am leading what I want it to be?
2. Am I using my time wisely?
3. Am I grateful or taking anything for granted?
4. Is my outlook generally positive? Whether we are happy or not is all about our perspective.

Having a goal and assessing whether you are moving closer to or farther away from that goal is the best way to re-direct when you're off course for your dreams and aspirations.

"If you are not mindfully **AWARE** of where you are going, you could end up somewhere far from where you **WANT TO BE.**"

Michael Woronko



Get Your Rhythm Back

Late summer nights lead to sleeping later in the mornings and make it harder to get your sleep cycle back on track. You can re-tune your internal clock to get better rest. Try a few of these simple adjustments to your daily routine to help you take control of your sleep patterns:

1. **Gradually go to bed earlier.** If you're used to going to bed at 11, then a 9:30 bedtime is too much of a leap. Start hitting the sheets at 10:45 the first few nights, then go to bed at 10:30 and keep adjusting by 15 minute increments until your body adjusts.

2. **Turn it all off.** Lights, TV, phones, tablets, your mind. Bedtime is time to relax so dim the lights and clear your mind.
3. **Open the curtains.** Expose yourself to sun first thing in the morning to help you wake up. Let the natural light in your bedroom or step outside to help jump start and wake your brain.

Just as your sleep cycle can get thrown off it's normal rhythm, a routine can get you back on schedule.



MORNING RITUALS To Improve Your Life



A morning routine generates momentum.
A few ideas to start a great day are:

- Drink a glass of water (while making coffee).
- Eat a healthy breakfast.
- Expose yourself to natural light.
- Stretch/exercise, even if for just a few minutes.

Four Financial Decisions You Won't Regret

Impulse purchases can feel good, but buyer's remorse is never pleasurable. Situations around money can be stressful or exhilarating, feelings of joyful anticipation or fearful foreboding. Whether it's planning to fund a vacation, saving for a rainy day or searching for a loan, below are four financial decisions that would be hard to regret:

- 1. Saving for an emergency.** Having money available for life's unexpected fall-outs can bring a sense of comfort and relieve anxiety.
- 2. Have a financial plan.** This can mean living on budget, contributing to a retirement account or investing, but whatever route you take, make educated decisions and focus on long-term goals.
- 3. Take your time making big decisions.** Always take the time to think through financial decisions. Should I buy that house? Can I afford a new car? How much debt can I handle?
- 4. Be generous.** Giving to those in need can be very fulfilling. When donating to non-profits, before you give, check out a charity's ratings to make sure it's legitimate and you know how your donation will be used.

Guidestar, CharityWatch and Charity Navigator are a few websites that are helpful. Look for programs that spend 75% or more of it's budgets on programs.



“The WASTE OF MONEY cures itself, for soon there is no more to waste.”

M.W. Harrison

QUIZ

- 1. In the financial article, which is TRUE?**
 - a. Don't rush big purchases.
 - b. Plan your spending and saving.
 - c. Get the facts before you buy or donate.
 - d. All of the above.
- 2. What's the best way to get your rhythm back?**
 - a. Gradually shift your schedule with small steps.
 - b. Buy an alarm clock.
 - c. Stick to rigid rules.
- 3. Values and goals add enjoyment to life, because?**
 - a. Goals come with a map showing which roads get you there.
 - b. Values show us how to live as we travel toward our goals.
 - c. When we know WHERE we're going and HOW we want to get there, we have a better trip through life.
 - d. All of the above.

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