



May 2018



Inspire To Move: MINDFUL Walking

You don't have to sit to meditate. Walking meditation can be a formal or informal practice to guide ourselves off the common autopilot type thinking that often consumes so much of our day. When you are walking, whether it's outside, in a building or at home, pay attention and be fully aware of what is around you as you walk. Having even a few minutes to bring awareness to this simple action of walking will boost your mood and is much safer than walking distracted.

1. Pay attention to the lifting and falling of your feet with each step. Notice any shifting in your body from the movement of your legs.
2. Observe any sounds, smells or colors as you walk at a natural pace.
3. Stay in the moment of open awareness of everything around you in the present moment. There is nothing that you need to do now except walk.
4. Notice the movements of your body with each step and your feet on the ground.

Visit <http://bit.ly/2u20j0k>
for A Daily Mindful Walking Practice article.

**"DON'T FORGET to stop
and smell the roses."**

Unknown





POWERFUL Potassium

Potassium is a mineral that helps muscles contract, regulate fluids and helps maintain normal blood pressure to offset the effects of sodium.

Potassium is found in a wide range of foods including fruits, vegetables, dairy and fish.

Examples are:

1 medium baked potato with skin: 930 milligrams

1 cup cooked spinach: 840 milligrams

1 cup cooked broccoli: 460 milligrams

1 cup cubed cantaloupe: 430 milligrams

1 cup chopped tomatoes: 430 milligrams

1 medium banana: 420 milligrams

1 cup chopped carrots: 410 milligrams

1 cup low-fat milk: 350-380 milligrams

Many elements of the DASH (Dietary Approaches to Stop Hypertension) diet are good natural sources of potassium. DASH is not a fad diet, but a healthy eating plan that supports long-term lifestyle changes. Potassium can be harmful in patients with kidney disease and any condition that affects how the body handles potassium and for those who take certain medications, so always check with your doctor.

For more information about the DASH Eating Plan visit <http://bit.ly/2DwM8pe>.

Feed Them BONES

Engineers and architects go to great lengths to design strong structures that are stable and withstand time. Your bones are the structure for your body and there are two key nutrients that support building strong bones, to slow disease and prevent fractures. They are calcium and Vitamin D.

Calcium is a mineral that besides keeping bones strong, is also needed by every cell to function. 99% of the calcium in our bodies is in our bones and teeth. Our body loses precious calcium every day that can only be replenished from foods that contain it. If we don't get enough new calcium to make up for daily losses, then the body starts to leach it from the bones. That leads to brittle bones, breaks and bone loss.

THE BEST WAY TO PREVENT CALCIUM LOSS IS TO AVOID WHAT DEPLETES IT:

- Drinking soda. Phosphoric acid and other chemicals.
- Caffeine causes excess urination and along with the water goes all those calcium minerals.
- Table salt leaches calcium from the bones.
- Too much protein.

Vitamin D needs to be present for the body to absorb Calcium.

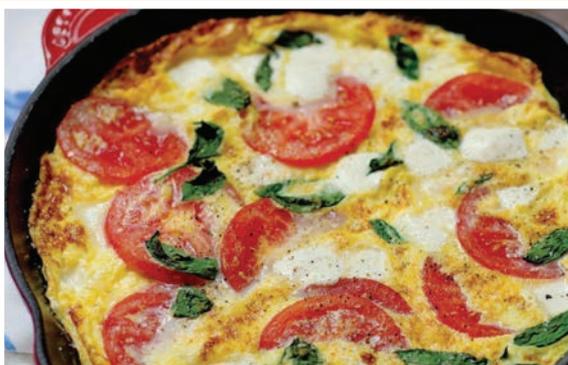
GET THE VITAMIN D YOUR BODY NEEDS FROM:

- 1. The Sun** – Exposing your bare skin to sunlight can help your body manufacture it's own vitamin D – about five to 30 minutes of sunlight between 10 am and 3 pm twice a week to your face, arms, legs or back without sunscreen.
- 2. Supplements and foods** – The Vitamin D Council recommends taking a daily supplement if you can't get enough sunlight. There are only a few foods that naturally contain Vitamin D, but some can be found in fish and seafood, egg yolks, mushrooms and fortified milk, orange juice and some cereals.

Visit the National Osteoporosis Foundation at <http://bit.ly/2FoMpix> for a Guide to Calcium-Rich Foods.



RECIPE OF THE MONTH



Fit & Fabulous Frittata

- | | |
|-----------------------|---------------------------------|
| 6 eggs beaten | 1 small tomato seeded and diced |
| 1 cup chopped spinach | 1 Tbsp olive oil |
| ½ sweet onion diced | 3 oz. shredded part skim cheese |

Pour oil in a non-stick pan over medium heat. Add onions to hot pan, cook and stir until soft. Add spinach and tomato until slightly wilted, then pour in egg mixture. Cover and cook on low until thickened. Sprinkle cheese over frittata until melted. Cut into wedges and serve.

MINDFUL Listening

Listening when someone else speaks is not as easy as one may think. It's easy to get distracted within our own thoughts and forming an opinion from what we are hearing. Mindful listening is being fully present when interacting with others. Experience higher quality conversations with others by:

- Paying full attention to what the person is saying.
- Let them know we are paying attention by showing interest through eye contact, nodding and smiling.

Instead of offering advice or explaining our perceptions, just listen and ask question that help the speaker explore their feelings and experiences.



**“DON'T RAISE YOUR VOICE,
improve your argument.”** *Anonymous*

Take A TECH BREAK

Are you addicted to your phone? The notifications of texts, tweets, likes and shares are flooding our brains with dopamine. It's okay to enjoy social media and checking in to the virtual world, but know when it's gone from mere social networking to alarming addiction.

Answer these questions honestly to help determine if lack of online engagement is leading to symptoms of withdrawal.

1. Can you put the phone away for two hours and not think about it?
2. If the phone is away do you feel like you're missing something?
3. Do you hide how much you use your phone?
4. Are you using your phone as a distraction when bored or depressed?

Whether push notifications are putting you over the edge of information overload or technology distractions are a welcome pleasure center reward, weaning yourself off your devices can re-charge your mind. Turn off electronics for a short period each day to help clear your head and re-charge your batteries . . . figuratively speaking.



Turn On Your Senses

- Take a nature hike.
- Watch the light reflect off the water.
- Look up at the clouds and notice the shapes.



Moving Outside Your **COMFORT ZONE**

Moving outside the safe and familiar is essential for growth.

AIM TO TRY SMALL CHANGES THAT TAKE YOU OUT OF THE EVERYDAY AND FAMILIAR:

- Taste a new healthy food.
- Listen to different music.
- Take a risk.
- Face a fear.

“Too many of us are
**NOT LIVING
OUR DREAMS**
because we are
LIVING OUR FEARS.”

Les Brown



QUIZ

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1. **Which is NOT a description of mindful walking?**
 - a. A formal practice of going on autopilot.
 - b. Walking while paying full attention to what is around you.
 - c. Notice the movements of your body with each step and your feet on the ground.
2. **How does potassium help to regulate blood pressure?**
 - a. by relaxing muscles
 - b. by offsetting the effects of sodium
 - c. by burning fat
3. **Which is a healthy example of moving outside your comfort zone?**
 - a. Overcoming a fear of heights by skydiving.
 - b. Starting an all kale diet.
 - c. Trying a new food like beets.

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

