



## INSPIRE TO MOVE: Recess Time

August 2016 *Digest* 

Nothing shows excitement like the ring of the bell for recess! Dozens of energetic bodies leap up at once and head for the door outside. Compare that enthusiasm with the thought of waking up for a run or driving to the gym after rush hour.

Exercise has become a chore added to our daily list of exhausting activities, when it should be our time to revitalize body and soul! Get active outside with hobbies that have you burning calories and enjoying well-deserved leisure time.

### HERE ARE SOME IDEAS TO GET YOU STARTED:

**Surfing or SUP (stand up paddle boarding).** Catch a wave paddling or surfing for fun and exercise.

**Photography.** Explore new places, take the road less traveled and those steps will add up without you even realizing it.

**Gardening.** Digging, raking, weeding, mulching, planting, fruit picking, all get the heart rate up and bring in more oxygen.

**“Work consists of whatever a body is obliged to do. Play consists of whatever a body is not obliged to do.” ~ Mark Twain**

**Volunteer.** Shelters need animal lovers to walk dogs and cuddle kittens, while community gardens need weeding.

**Bird Watching.** The fastest-growing outdoor activity in America, according to the U.S. Fish and Wildlife Service, is watching birds in the wild.

**Yoga.** Practicing in your yard, a park or on the beach connects you with nature and fresh air.

**Backpacking.** Connect with nature to hike the forest, head out to the mountains, or explore a national park.

**Fishing.** A decent pole, a few lures and some bait are all you need.

**Any sport.** Whether walking the golf course or competing with a team, getting physical gets blood pumping and hearts racing.





## Best Foods At The Vending Machine

Packing healthy snacks and meals on the go is great, but what do you do when hunger strikes and the vending machine is calling your name?

**CHOOSE SMART, AVOID EMPTY CALORIES AND GO FOR SOMETHING THAT WILL SATISFY YOUR HUNGER, SUCH AS:**

**Peanuts.** They are filling and packed with protein and heart-healthy fats.

**Wheat Crackers.** Choose crackers high in fiber and low in sodium.

**Low Fat Granola.** It pairs well with a Greek yogurt and will curb cravings for hours.

**Chex Mix.** Better than potato chips, but not a health food.

While the frosted honeybun, greasy chips or cookies may be tempting, remember, the sugar will leave you feeling guilty and hungry again in an hour.

**“Junk food drags you down.”**

~ **Miranda Lambert**



Scan this code or visit <http://ow.ly/2c0F3004FCz> for the healthiest vending machine foods from CBS News.



### Smoked Salmon Cracker

3 Wheat Crackers

3 ounces smoked salmon

1 or 2 plum tomatoes sliced

3 tablespoons

low-fat cottage cheese

1/4 teaspoon capers

Spread cottage cheese on crackers. Add capers and top with tomato and smoked salmon.



## Alcohol and Metabolism DON'T MIX WELL

Drinking alcohol makes major changes in your body. The body can't store alcohol, so it must be metabolized immediately, and that can have a detrimental effect on other metabolic processes. Alcohol can bring on malnutrition because the high levels of calories in many alcoholic drinks account for a large percentage of the body's daily energy requirements. It also impairs your body's ability to absorb nutrients and vitamins from the food you eat as your body metabolizes the alcohol.

**Blood sugar.** One of the key functions of your metabolism is to maintain adequate blood sugar levels. Drinking alcohol makes the body rush the alcohol toxins out of its system, and blood sugar levels are ignored.

**Sugars and fats.** When you're drinking, your body doesn't metabolize sugars and fats as well as it did before. That can contribute to weight gain.

**Energy.** Your body can't store calories from alcohol for later, the way it does with food calories.

**Beer belly.** Studies show that alcohol especially decreases the fat burning process in the belly area.

**Food.** It's actually more important to eat right than to eat less if you're going to be drinking. Before going out, have a dinner or snack with protein, fiber and healthy fat.

**More food.** It's not unusual to get hungry when you're drinking. After a certain amount of alcohol, you will give up and dive into the high-calorie food, which will feed your metabolism immediately ignoring other calories in your body.

## The Mosquitoes are Coming, The Mosquitoes are Coming!

It's that time of the year when mosquitoes are on everyone's mind, even more so this year because of the Zika virus that is especially dangerous for pregnant women. Mosquito season starts in the spring, and they don't completely go away until the first freeze. They'll stay around as long as it's warm and wet. The mosquito industry is a huge one with everything from special hats and clothing to repellent and misting systems for the grounds around homes.

### HERE ARE SOME THINGS YOU CAN DO TO KEEP THOSE ANNOYING CRITTERS AWAY FROM YOU AND YOURS:

1. Don't allow standing water around your home. Clean bird baths weekly. Fix leaks on faucets and hoses. Do not over-water around your home. Check lawn ornaments to make sure they don't have a place that will hold water.
2. Use insect repellent. Avoid repellents with more than 30 percent Deet, and do not use it on infants younger than 2 months. Other repellents that contain picaridin, lemon eucalyptus and IR3535 are also effective.
3. Clean debris out of rain gutters so the water will flow smoothly. Do the same at outside drains.
4. If you don't already give your dog a repellent for fleas and ticks, it's time to start. Some will kill mosquitoes and others will repel them. The mosquito is the primary source of heartworm.
5. Avoid going out at dawn or dusk when the mosquitoes are the most active.
6. If you have to go out when the mosquitos are bad, invest in appropriate clothing – bug jackets and bug pants, hats with head-net mesh face protection, long sleeves and long pants.

“Mosquitoes remind us that we are not as high up on the food chain as we think.” ~ Tom Wilson



### Tips On How To Use Insect Repellent From The EPA:

- Apply to exposed skin and clothing.
- Don't overdo it. Use just enough to cover.
- Avoid on cuts, wounds or right after shaving.
- Wash hands after application with soap and water



Scan this code or visit <http://ow.ly/nJFx3004P9J> to visit Consumer Reports ratings of insect repellents.



## Tips For A Healthy Vacation

*Don't let your vacation spoil your healthy lifestyle, and don't let your healthy lifestyle spoil your vacation.*

Travel often finds us in cities or countries with special food. Key lime pie in Key West, chocolate in Sweden, beignets in New Orleans – every city probably has its specialty. You have to try them but just remember – in moderation. Take part of that key lime pie back to your hotel for a snack later. Split the beignets with your traveling companion.

Remember, you don't have to eat everything on your plate. Look for the healthy items on the menu – most restaurants have healthy eating offerings. Plan to keep your treats to one a day, and make an effort to eat five servings of fruits and vegetables a day. It will fill you up.

Being fit has a lot to do with keeping on the move. On vacation, you can do a lot of moving, and it won't even seem like it's exercise. Kayak down a river. Learn how to surf or snorkel. Hike in a nature park. Yoga is a whole different thing when you do it on a beach. Spend your vacation in a beautiful setting, such as the ocean, a lake or the mountains. All have plenty of places to walk or bicycle where you'll be able to see amazing things and views that you would never see biking or walking at home.

Keep eating with moderation and moving, and you'll have a great vacation.



## When To **DISCONNECT**

*Are electronic devices ruling your life, and you just don't know it?*

Computers, smart phones, television, iPads – machines are running our lives. Yes, we need them, but how do we decide when to pull the plug for a while?

### IT'S TIME TO DISCONNECT IF YOU:

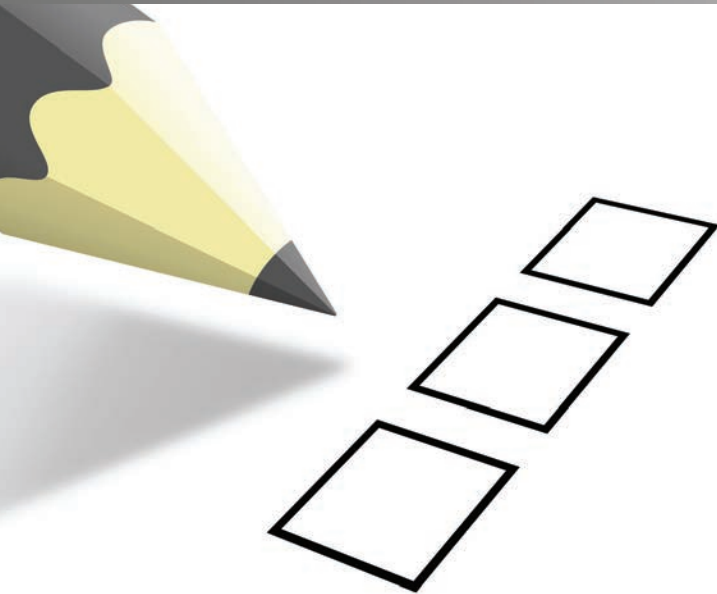
- **Want to fall asleep easier.** Going from an electric device screen to bed makes it harder to fall asleep.
- **Would like to lose weight.** Sitting in front of a screen for hour after hour can lead to obesity.
- **Enjoy human interaction.** Every week, call or email a friend you haven't seen and make a no-devices date for lunch or coffee. Make a no phones at dinner rule. Family dinners should be a time to catch up with each other.
- **Need some me time.** You should have at least 30 minutes of me-time every day with no devices. Go for a walk, take a long bath or spend time with a pet.

None of us will ever give up our electronic devices, but some times should be a no-no.

*“Life is what happens in between wifi signals.” ~ Anonymous*



## TAKE OUR QUIZ!



1. Which of the following is NOT a suggested active hobby?

- A. photography
- B. internet surfing
- C. gardening

2. Choose the healthiest option below often found in a vending machine.

- A. chocolate chip cookies
- B. corn chips
- C. peanuts

3. Which environment attracts mosquitos?

- A. warm and wet
- B. hot and dry
- C. cold and frozen

THE ANSWERS ARE: 1. B. internet surfing 2. C. peanuts 3. A. warm and wet



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