



## INSPIRE TO MOVE: A Real HOME GYM

May 2016  
*Digest*

Lack of time is one of the biggest excuses for not exercising. Working out at home can save you the time of packing clothes and driving to the gym. You don't need to buy expensive equipment to get fit at home.

### PUT TO USE THESE ITEMS YOU ALREADY HAVE IN THE HOUSE:

- 1. The floor.** From planks to burpees to crunches, there are many simple, effective exercises to do right on the living room floor.
- 2. Walls.** Wall sits are great for the lower body. Slowly slide your back down a wall until thighs are parallel to the ground and knees are directly above the ankles.

- 3. Stairs.** Climb the stairs or use the bottom step, to step up and down like an aerobic stepper.
- 4. A chair.** Stand in front of a chair, lower hips and hover just above the chair, while you squat.

When the gym is crowded, you are short on time, or it's raining outside, turn to your home as your latest piece of workout equipment.



Scan this code or visit  
<http://ow.ly/Yda3E>  
for 50 bodyweight exercises  
you can do anywhere.



"I consider my refusal to go to the gym today as resistance training."

~ Unknown

## GOOD MOOD Foods



**Emotional Eating.** Feeling down, anxious or cranky triggers an unconscious reaction to reach for foods high in fat, salt and sugar, in our attempt to self soothe. It's true that a bowl of ice cream at the end of a long day can be calming, but the soothing effects are overshadowed by the extra pounds and health risks.

### HERE ARE A FEW SUGGESTIONS TO OVERCOME HARMFUL EMOTIONAL EATING PATTERNS:

**1. Mindfulness.** Learn to identify and tolerate the feelings we are experiencing that usually fuel emotional eating. When a craving starts, stop and ask yourself:

- Am I physically hungry?
- How am I feeling right now?
- What do I feel that I need?

**2. Go for the good stuff.**

- Eat dark green vegetables like spinach, citrus and beans that contain Folate, a B vitamin that impacts mood.
- Omega-3 fatty acids in fish are associated with lower risk of depression.
- Carbs can boost your mood by producing serotonin. Choose good carbs like a piece of whole grain toast, cereal or brown rice.

**3. Eat a regular diet of whole foods and get enough sleep.** Letting yourself get run down, too hungry or feeling depleted can leave you vulnerable to cravings and emotional eating.

When life's challenges erupt or you're feeling blue, remember these tips and make a conscious effort to focus on what, when and why you are eating.



Scan this code or visit <http://ow.ly/YdwXI> for a slideshow of Mood-Boosting Recipes from EatingWell.



## BBQ Chicken Flatbread

- |   |                                      |
|---|--------------------------------------|
| 1 Whole Wheat Pita or Artisan Flatbread   | 1/4 cup low-fat cheddar cheese       |
| 2 tablespoons BBQ Sauce                   | 1/4 cup sliced red onion             |
| 1/4 cup low-fat or skim mozzarella cheese | 3 oz. cooked chicken                 |
|   | 1 tablespoon fresh cilantro, chopped |

Heat oven to 400 degrees. Cook flatbread for 2 minutes to crisp. Remove from oven and coat the flatbread with the BBQ sauce using flat side of spoon. Top with chicken, red onion and cover with cheese. Cook for 6-8 minutes. Add chopped cilantro and serve.

## Eating Healthy For The Culinary Challenged

Is cooking a barrier to your healthy eating intentions? For those who don't like to cook or don't have the time it takes to prepare a meal, there are options. Here are a few unintimidating ways to get the nutrients your body needs:

**The Crock Pot.** This automatic cooking device lets you add food in the morning and dinner is ready for later. There are limitless combinations of vegetables and lean protein to make soups and stews.

**Smoothies.** Add your favorite fruits, choose a dairy such as low-fat milk or yogurt, water or juice and even some greens and blend.

**Salads.** Just a salad sounds boring, but when you think about the multitude of choices, from a variety of greens, sliced veggies, seeds, crumbly cheeses and lean proteins, you could make a new salad every night for weeks.

**Ready made.** If your grocery store has ready made cooked food, try the rotisserie chicken. Eat plain or shred and add to salads, make burritos, or other easy to assemble dishes.

A healthy meal at home doesn't have to dirty every pot and pan in the house.

*"The onions aren't making me cry, it's being in the kitchen in general."*

~ Avinash Wandre



Scan this code or visit <http://ow.ly/YdA9y> for healthy choices when meals aren't made.





## Calm HYPERTENSION

What does mental health have to do with blood pressure? Emotional distress can lead to high blood pressure, a serious medical problem that may result in a shortened life.

### THERE ARE EIGHT MAIN WAYS TO CONTROL YOUR BLOOD PRESSURE:

1. Eat a nutritious, low salt diet.
2. Get regular physical activity.
3. Lose weight or maintain a healthy weight.
4. Manage stress.
5. Avoid tobacco.
6. Comply with medications as prescribed.
7. Limit alcohol.
8. Follow hot tub safety.

Ongoing emotional stress accelerates the heart rate, constricts blood vessels and increases blood pressure. Learning how to lower this stress by practicing calming exercises to manage emotions like anger and grief, can reduce high blood pressure.

### LOWER STRESS BY:

- Practicing Yoga or Tai Chi to induce a state of relaxation and tranquility.
- Using relaxation techniques like deep breathing, meditation or coloring, can be helpful.
- Don't let stressful situations fester. Talk about problems and reasonable ways to resolve family and work issues.
- Taking time for yourself, by practicing a hobby, or just take 30 minutes a day to do something you enjoy.



Scan this code or visit  
<http://ow.ly/YdKor>  
For 5 Yoga Poses To Reduce Hypertension.



## SLEEP AWAY Stress

Which came first, sleep deprivation causing stress, or stress causing lost sleep? Just lying awake, having those familiar thoughts, "If I fall asleep now, I can still get X hours of sleep before my alarm!" This kind of anxiety about falling asleep is part of the sleep-stress cycle that has us lying awake at night.

### LACK OF QUALITY SLEEP CAUSES STRESS SUCH AS:

- irritability
- motivation loss
- reduced patience

### HIGH STRESS GETS IN THE WAY OF QUALITY SLEEP WHEN:

- minds race instead of shutting down at night.
- being overly worried doesn't allow the sympathetic nervous system to shut down.
- this cycle of sleepless nights makes you more stressed, so you can't sleep!

### TIPS TO RELAX THE MIND AND BODY, TO TAKE THE BRAIN OUT OF OR AVOID GOING INTO OVERDRIVE:

- To clear your mind, make a list of everything that is concerning you, or your to-do's, rather than running through everything in your head.
- Essential Lavender – this scent relaxes the body and calms the mind. Smell the scent, add to a warm bath or add to tea.
- Develop your own sleep ritual. Do the same things at the same time to get ready for bed each night, as a routine to settle down.

Starting every day with a good night's sleep will help to battle stress and improve resiliency.

**“The greatest weapon against stress is our ability to choose one thought over another.” ~ William James**



## May is Mental Health Month

Like physical health conditions, address symptoms early. Early signs can include:

- Too much sleep or trouble sleeping.
- Racing thoughts or trouble focusing.
- Isolating yourself from others.
- Short temper/irritability.



Scan this code or visit  
<http://ow.ly/YdEyO>

Mental health matters for overall health. If your company offers an EAP (Employee Assistance Program) utilize it. Or, for more information or ways to get help visit the link above.

## F•O•C•U•S On Your Financial Future

One of the biggest financial mistakes people make is waiting to put money into a retirement account. Success in saving for the future needs to start now.

**How much do you need to save?** The expert rule of thumb is to put 10% of your paycheck into your retirement account. This amount can vary based on your age, anticipation of needs and inflation.

**Which type of retirement plan is best for me?** Consult with a financial professional when making decisions regarding your financial or investment management.

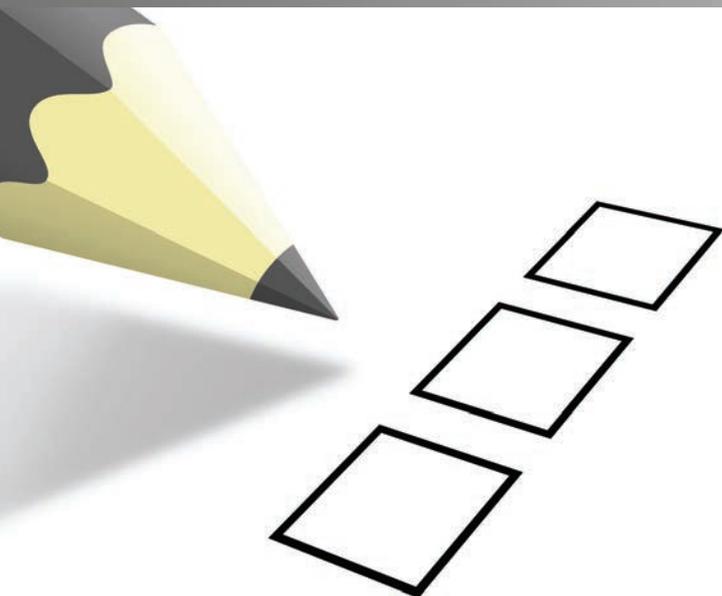
**How can I learn more about retirement planning?**

Scan the code below or visit <http://ow.ly/YdVkf> to download "Taking the Mystery Out of Retirement Planning" from the U.S. Department of Labor.



**"He who does not economize  
will have to agonize."  
~ Confucius**

## TAKE OUR QUIZ!



THE ANSWERS ARE: 1. C. Not enough time.  
2. C. Remove junk food from your house. 3. D. B and C

1. What is the biggest excuse for NOT exercising?

- A. Don't know how.
- B. Don't like it.
- C. Not enough time.

2. Which of the following is NOT advice from page 2 to overcome emotional eating?

- A. Be mindful of cravings.
- B. Choose healthy foods that contain nutrients that improve mood.
- C. Remove junk food from your house.
- D. Get plenty of sleep.

3. May's National Health Observance is:

- A. Breast Cancer Awareness
- B. Mental Health Awareness
- C. Sleep Awareness Month
- D. Both B and C

