HEALTHY You!

Your Source for a Happy and Healthy Lifestyle

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THIS EDITION FEATURES:

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BROUGHT TO YOU BY

Independence

LET THE MUSIC MOVE YOU

Human beings are innately musical. Music can inspire us to get up and move. Pairing music with exercise can boost endurance and improve performance. Plus, good tunes make exercise more fun.

If you need to create or update your exercise playlist, consider the following:

- **Choose your favorites.** It's hard to sit still when you hear your favorite songs. Mix in different types of music from different generations. Bumpin' beats, rocking guitars, and old-school classics can get you moving.
- **Set the right tone**. Choose high-energy songs to lift your mood and inspire you to push through physical challenges.
- **Let the songs carry you away.** Music that mentally gets you "in the zone" can make your workouts more productive.

Sources:
ncbi.nlm.nih.gov/pmc/articles/PMC8167645/
scientificamerican.com/article/psychology-workout-music/

EAT HEALTHIER, *FEEL* HAPPIER

Fiber is a carbohydrate, but unlike most carbohydrates, it doesn't get broken down in your digestive tract. The average American eats about 15 grams of fiber a day. But we need between 25 and 35 grams per day for good health. It's important to fill that gap.

Eating more fiber might not sound appealing, but there are many tasty high-fiber options. Fruits, vegetables, nuts, and seeds are quick snacks that are good sources of fiber. Savory meals made with chili, beans, whole grains, stir-fried Chinese vegetables, or tabbouleh can also boost your fiber intake.

There are lots of benefits to eating more fiber, including:

- More regulated blood sugar levels
- Reduced risk for developing conditions such as heart disease, diabetes, gastrointestinal issues, and constipation
- Lower levels of chronic inflammation

And if you're looking to lose weight, try eating more high-fiber foods. They take up more space in your stomach, absorb water, slow digestion, and make you feel satisfied longer, so you don't always feel hungry.

Sources:
dietaryfiber.org/explaining-the-fiber-gap/#:~:text=So%20how%20might%20you%20fill,plate%20with%20too%20many%20calories.
ncbi.nlm.nih.gov/pmc/articles/PMC4942856/
hsph.harvard.edu/nutritionsource/carbohydrates/fiber/

Peanut Butter and Pomegranate Toast

Peanut Butter and Pomegranate Toast

1 tablespoon smooth, natural peanut butter

1 slice whole-grain bread, toasted

¼ cup pomegranate arils

Spread peanut butter on toast. Top with pomegranate arils.

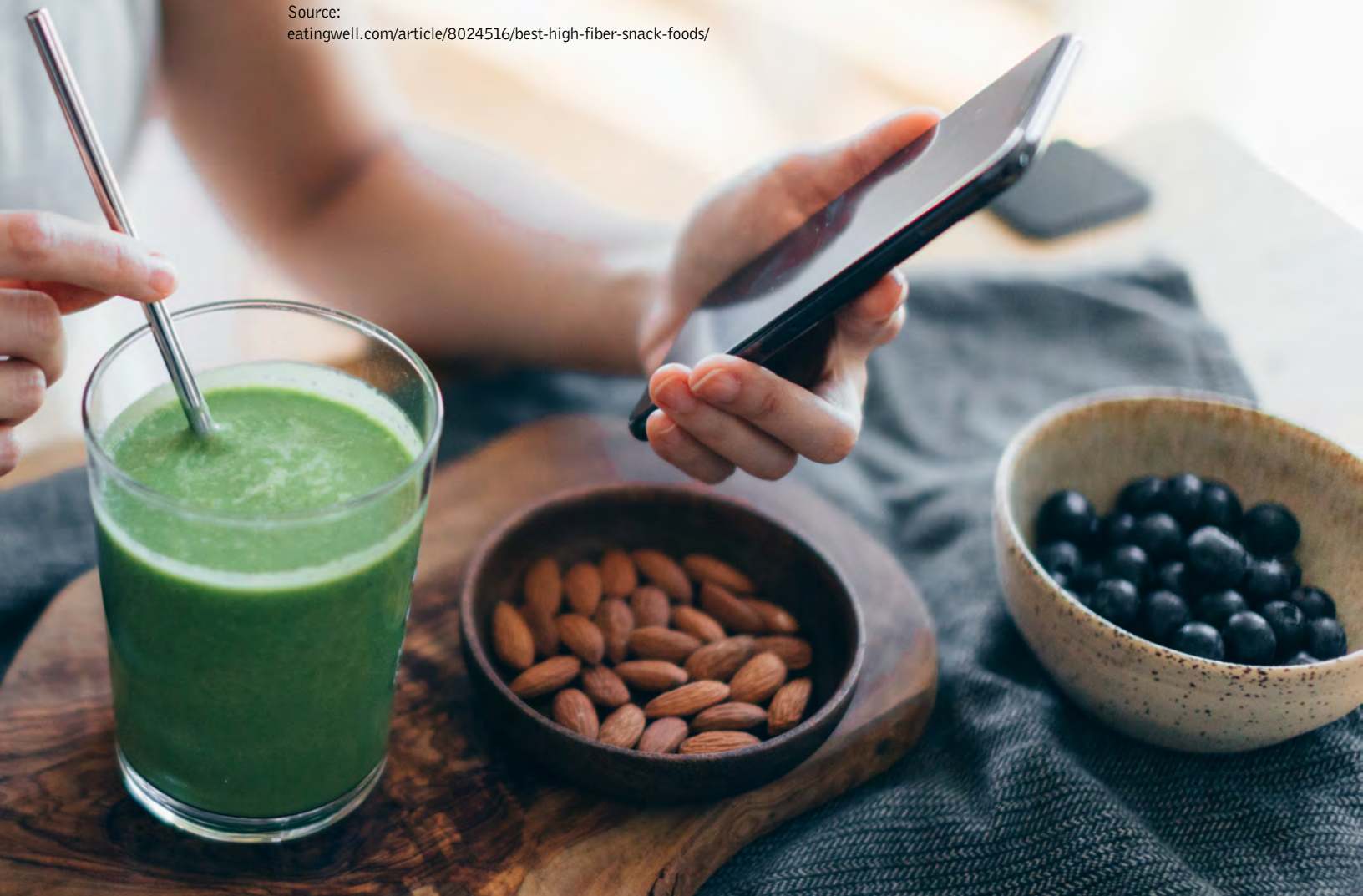
Source: eatingwell.com/recipe/7915098/peanut-butter-pomegranate-toast/

SNACK SMARTER

Looking for a snack to curb cravings? Try these healthier food swaps to fight hunger, boost your fiber intake, and feel satisfied:

Instead of	Try
Potato chips	Popcorn, roasted chickpeas, baked plantains
Sour cream or mayonnaise-based dips	Veggie-based dips like hummus, guacamole, or salsa
Soda or sweet tea	Fruit smoothie
Pretzels	Peanuts, almonds, cashews, pistachios, macadamia nuts, pecans, edamame, whole-grain crackers
Puffed cereal	Steel-cut or rolled oats

Source:
eatingwell.com/article/8024516/best-high-fiber-snack-foods/



INDEPENDENCE *versus* INTERDEPENDENCE

As an infant, everyone starts as a dependent. We need help to survive, and others must fulfill our needs.

As we mature physically, emotionally, and intellectually, we become independent. We learn how to fulfill our own needs. And we master higher-level skills like cultivating self-worth, making decisions, and forming opinions without relying on others.

Interdependence is the next level of maturity. Although we are strong enough to stand on our own, we are wise enough to understand there is greater strength in developing valued, supportive relationships with others.

In interdependent relationships, both people complement and compensate for each other in a mutual give and take. Sometimes one person may need to give more, but other times, that person may need to receive more. Healthy, balanced relationships are built on bonds that foster growth, respect, and trust.

Sources:
psychologytoday.com/us/blog/emotional-fitness/201307/independence-and-interdependence-whats-best-love
psychcentral.com/blog/balanced-life/2013/06/the-importance-of-interdependence#1

SUNSCREEN DOS AND DON'TS

Now that summer's here, it's a great time to get outdoors. But you should always protect your skin from the sun's dangerous rays, even on cloudy days. Take breaks in the shade and choose protective clothing, sunglasses, hats, and, of course, sunscreen.

Here are some sunscreen basics to keep your skin safe:

	DO	DON'T
Ingredients	Do choose a product that contains zinc, titanium dioxide, avobenzone, or Mexoryl SX. These ingredients block UVA light and remain on the skin's surface instead of being absorbed into the body.	Don't choose a product that includes ingredients that may affect hormones and/or is potentially carcinogenic, such as oxybenzone and retinyl palmitate.
Sun protection factor (SPF)	Do opt for SPF between 15 and 30.	Don't use sunscreen claiming an SPF higher than 50. There is no proof that SPFs higher than 50 offer better protection from the sun's rays.
Water Resistance	Do wear water-resistant sunscreen and re-apply every few hours.	Don't forget to re-apply after swimming or sweating.
Storage	Do store sunscreen in a cool place out of direct sunlight and heat.	Don't keep expired sunscreen because active ingredients lose potency over time.

Sources:
thehealthy.com/skin-health/sun/suncreen-dos-and-donts/
prevention.com/health/a27556739/oxybenzone-sunscreen-safety/

CHOOSING TO SHINE

When faced with setbacks, rejections, and failures, we always have a choice. The best choice is finding new strategies to move forward confidently and securely. Choosing to shine is choosing to bounce back from people or situations that provoke our insecurities and fears.

Here are some ways to shine even in life's dark moments:

- **Face your feelings.** Remember that no one feels confident all the time. Acknowledge areas that need changing and set realistic goals.
- **Stop perfectionism**. All-or-nothing thinking doesn't allow for compassion or understanding.
- **Challenge your fear.** Give yourself permission to feel insecure when you are out of your comfort zone.
- **Believe problems are opportunities for growth.** Reject the "what if" thoughts. Shift your perspective by balancing your feelings with facts.

Sources:
psychologytoday.com/us/blog/the-mindful-self-express/201512/the-3-most-common-causes-insecurity-and-how-beat-them
tonyrobbins.com/building-confidence/how-to-overcome-insecurity/

MONTHLY QUIZ

1. What can you add to your workout to distract, motivate, and energize you?

A. Colorful socks

B. A new water bottle

C. Music

2. What does the fiber gap refer to?

A. Food that is not broken down by the digestive tract

B. The difference between the amount of fiber people need and the amount that people get

C. Food that tastes like cardboard

3. Which of the following is true about sunscreen?

A. Choose sunscreen with zinc, titanium dioxide, avobenzone, or Mexoryl SX to block UVA rays.

B. Use sunscreen with an SPF lower than 15.

C. Sunscreen never expires.

1. C, 2. B, 3. A

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