HEALTHY *You!*

Your Source for a Happy and Healthy Lifestyle

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THIS EDITION FEATURES:

Your Picture of Health

Healthy Eating is Self-Care

How to Create No-Interruption Zones

Managing Stress Through Mindfulness

Made to Move

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YOUR PICTURE OF HEALTH

Your health is the canvas on which your story unfolds. Imagine a masterpiece that exudes vitality and resilience in your portrait of a life well lived. Getting routine preventive care and health screenings can help to craft a picture of health that reduces your risk of getting a chronic disease and improves your quality of life.

Early Detection

Health screenings unveil potential health issues from diseases or health conditions before there are any signs or symptoms. Many health screening tests are age-specific and may not be needed every year. Others should be done annually, including biometric testing for the following:

- **Blood pressure** is measured by how hard your blood pushes against the walls of your arteries. If your blood pressure is too high for too long, it damages your blood vessels.
- **Cholesterol** is checked through a simple blood test called a "lipid profile." High cholesterol doesn't have symptoms, so many people don't know if their levels are high.
- **Blood sugar tests** are a simple way to find out if you have prediabetes, type 1, or type 2 diabetes. For some people with prediabetes, early treatments can return blood glucose levels to the normal range.
- **Body mass index (BMI)** is a measure of body fat based on height and weight. Being overweight increases your risk of having heart disease, stroke, high cholesterol, high blood pressure, and diabetes.

Crafting a Timeless Portrait

Routine screenings allow providers to compare test results over time, increasing the chances that potential problems can be prevented by interventions like medications or lifestyle changes.

Getting routine preventive care and health screenings can help to craft a picture of health that reduces your risk of getting a chronic disease and improves your quality of life.

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HEALTHY EATING **IS SELF-CARE**

Self-care means paying attention to and supporting one's own physical and mental health. It can be difficult to fit in self-care when time is limited and demands on you are high, but eating well is one of the main ways to nourish your body and soul.

- **Aim to eat whole foods that grow on plants or trees.** The more colorful the fruits or vegetables, the healthier they are.
- **Limit processed carbohydrates**. Foods made from flour and added sugars increase the risk of many diseases and are considered "empty" calories.
- **Cooking your food is part of self-care.** Put yourself first by taking the time to provide yourself with a balanced and nourishing meal.
- **Eat regularly.** Eating small meals regularly throughout the day keeps your metabolism running, prevents overeating, and regulates your blood sugar levels.
- **Pay attention to your plate.** Mindful eating helps you pay attention to hunger signs, appreciate food, and prevent overeating.

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Eat the Rainbow

Plants contain different natural chemical compounds which give them their color. These nutrients keep the plants healthy, protecting them from insects and the sun, which, when eaten can help support a healthy human body. By getting a variety of colors in your diet, you're giving your body an array of vitamins, minerals, and phytochemicals to benefit your health.

Variety is key. Eat a wide range of colorful fruits and vegetables every day to maximize your nutrition. Assorted colors are associated with specific nutrients and health benefits:

Red: May help lower risk of heart disease and certain cancer and reduce sun-related skin damage.

Yellow + Orange: Supports eye health and may help lower the risk of heart disease and cancer.

Green: May help lower the risk of cancer and heart disease.

Blue + Purple: Helps improve brain function, lower risk of heart disease, neurological disorders, type 2 diabetes, and certain cancers.

White + Brown: May help lower the risk of heart disease, colon cancer, and other cancers.

Look for color with each meal and snack. As a general rule of thumb, strive for at least two different colored fruits or vegetables with your meals and at least one with your snack.

RECIPE

Lemon Zucchini Ribbons

Ingredients

1 tablespoon olive oil
1/2 teaspoon grated lemon zest
1 tablespoon lemon juice
1/2 teaspoon salt
1/4 teaspoon pepper
3 medium zucchini
1/3 cup crumbled goat or feta cheese

Directions

In a small bowl, mix the first 5 ingredients. Using a vegetable peeler, shave zucchini lengthwise into very thin slices and arrange on a plate. Drizzle with dressing and toss lightly to coat. Top with cheese.

Source:
tasteofhome.com/recipes/lemony-zucchini-ribbons/

HOW TO CREATE NO-INTERRUPTION ZONES

Volumes of intrusions from text messages, apps, emails, and other notifications can be overwhelming. Productive minds require quiet time at work and home to think and live without technology distractions. Interruptions are not just inconvenient; they take a toll on our mental faculties as well. Taking control over tech interruptions could mitigate the impact it has on your well-being to help improve sleep, allow for mindful eating, improve relationships, and help manage your life.

One place to start creating a no-interruption zone is the bedroom. Improve the quantity and quality of your sleep by shutting down electronic devices before bedtime to allow your body and mind to recharge. A few simple changes to your tech device habits can help you upgrade your sleep for a better night's rest. (If you can't make your bedroom technology-free, many devices have a night mode that reduces the amount of blue light they emit.)

Move it. Create a dedicated space outside your bedroom to charge your devices.

Silence it. Turn off device notifications so you aren't bothered.

Set it. Set consistent "screens off" and "lights out" times to start winding down for the night.

Dim it. Prepare your brain for sleep by keeping the lights on a low setting.

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Managing Stress Through Mindfulness

Our bodies are equipped to handle small doses of stress. Stress is your body's reaction to real or perceived harmful situations. Mindfulness helps manage stress by calming the part of the brain responsible for emotional reactivity and puts us in touch with a composed perspective when stressful events occur. A few common mindfulness exercises you can try at home or on the go, include:

Mindful breathing. Spend a few minutes bringing attention to your breath. Focus on your thoughts without trying to change them as you inhale in and exhale out.

Body scan. Get comfortable in a seated or lying down position and gradually focus your attention on one body part at a time; notice any physical sensations from the soles of your feet moving progressively towards your head without judging or reacting to them.

Loving kindness meditation. This is an exercise in which you direct positive thoughts and wishes to yourself first, then to your close family and friends, then to more distant acquaintances, and finally to everyone.

Elements of Mindfulness

Awareness. Notice what is happening in the present moment.

Focus. Pay attention to the present moment, without thinking about past or future events.

Acceptance. Whatever you may be thinking or feeling is okay.

Observation. Recognizing unpleasant sensations, thoughts, and feelings as temporary.

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MADE TO MOVE

The human body has an innate need to move and functions at its best when in motion. How do you stay physically active when you've got a full-time job, family, and a never-ending to-do list? Trying to balance time to work, sleep, and live a life despite the loads of information we must process and the responsibilities we must solve can be overwhelming. Rather than focusing on how to make more time for exercise, challenge yourself to think differently about what it means to be active and get excited to move your body.

Consider these tips to change the way you think about exercising:

- **Celebrate efforts.** Set achievable goals like going to the gym twice a week or walking once a day. Treat yourself to a little reward once you meet your goal.
- **Put yourself first.** Remind yourself that you deserve to feel healthy and use physical activity time as a recess break from work and responsibility to focus on yourself.
- **Get social.** Meet up with friends for hiking, biking, and other activities.
- **Be creative.** Identify times throughout the day to accumulate short bursts of movement. In just a few minutes, physical activity boosts metabolism.

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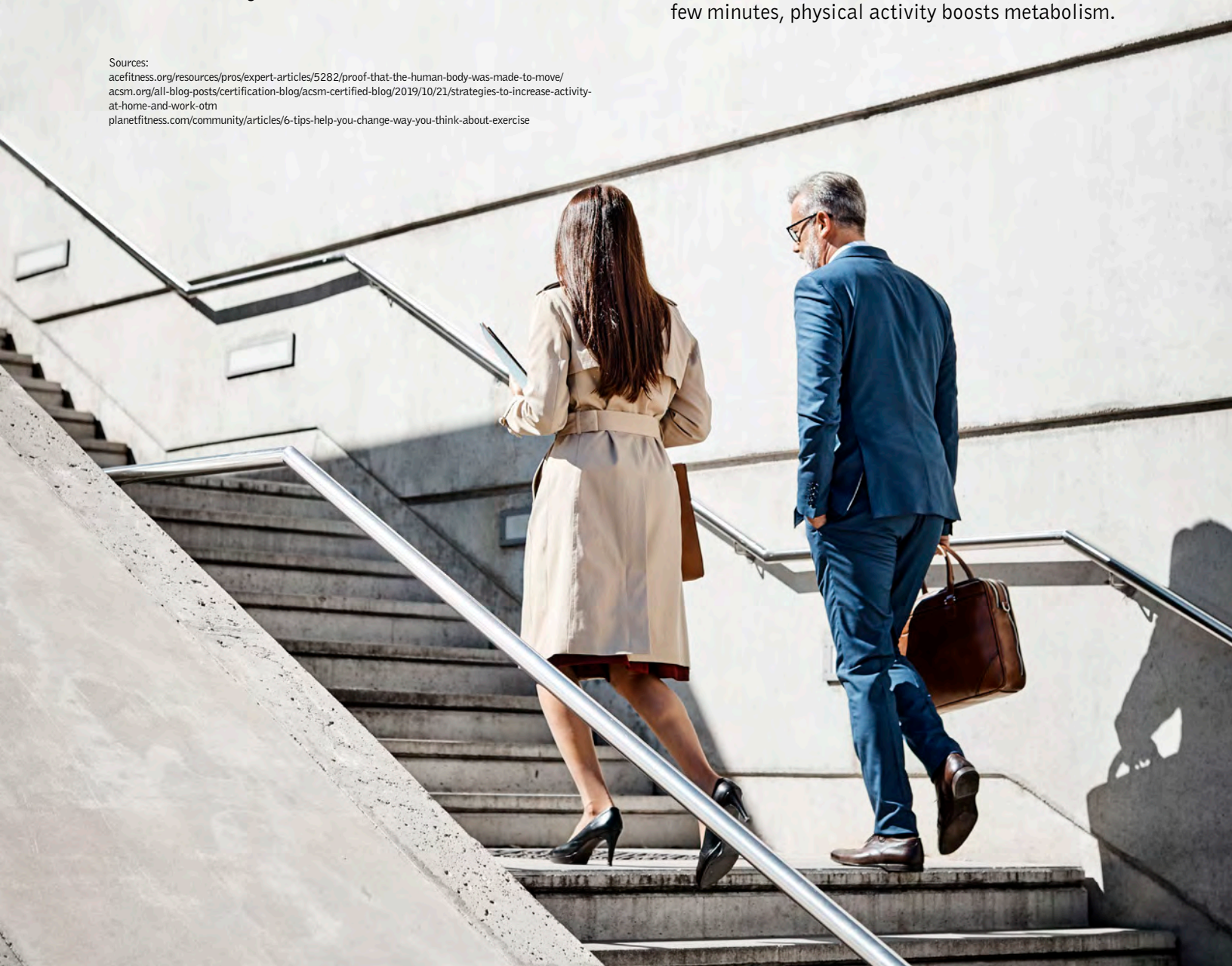

MONTHLY QUIZ

1. What is the benefit of getting preventive care and regular health screenings?

A. Unveil potential health issues to check for diseases and health conditions before there are any signs or symptoms.

B. Reduce your risk of getting a chronic disease and improves your quality of life.

C. Allow providers to compare test results over time, increasing the chances that potential problems can be prevented.

D. All of the above.

2. Plants contain natural chemical compounds that give them their color and, when eaten, can help support a healthy human body. Select the general rule of thumb to strive for eating.

A. One fruit or vegetable with your meals and at least one with your snack.

B. Two different colored fruits or vegetables with your meals and at least one with your snack.

C. Three different colored fruits or vegetables with your meals and two with your snack.

3. What are the benefits of taking control over tech interruptions to think and live without distractions?

A. Improve sleep, allow for mindful eating, improve relationships, and help manage your life.

B. Interrupt sleep, eat more, isolate, and structure your life.

C. Improve productivity.

1. D, 2. B, 3. A

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