HEALTHY *You!*

Your Source for a Happy and Healthy Lifestyle

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THIS EDITION FEATURES:

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Independence

The benefits of lifelong learning

Learning doesn't stop after school or career training. Lifelong learning means exploring new skills, hobbies, ideas, or experiences throughout life — and it can benefit your mental and emotional well-being.

Keep your brain active

Learning new things helps challenge the brain and may support memory, focus, and problem-solving skills. Reading, taking classes, trying creative hobbies, or improving technology skills are great ways to keep your mind engaged.

Simple ways to practice lifelong learning include:

- Listening to podcasts or audiobooks
- Trying a new recipe or hobby
- Learning a new language or skill
- Attending workshops or community classes
- Reading about topics that interest you

Support mental well-being

Learning can also help boost confidence and motivation. Trying something new often creates a sense of accomplishment and personal growth. It may also help reduce boredom and encourage a more positive mindset.

Learning can be social

Many learning opportunities involve connecting with others through classes, clubs, volunteer work, or team activities. Sharing common interests can help people feel more supported and engaged, which can help improve overall well-being.

Growth builds confidence

Stepping outside your comfort zone can feel challenging at first, but learning new things often helps build resilience and self-confidence over time. Small successes can motivate you to keep exploring and growing.

Start small

Lifelong learning doesn't need to be expensive or time-consuming. Even small moments of curiosity and growth can have a positive impact.

The goal isn't perfection — it's staying open to new experiences, ideas, and opportunities to grow at every stage of life.

Sources:
extension.harvard.edu
nia.nih.gov

Mushrooms:
Small food, big benefits

Mushrooms may be small, but they offer impressive health benefits that make them a great addition to meals. Often called a "superfood," mushrooms provide important nutrients while being naturally low in calories and fat.

Many mushrooms contain vitamins, minerals, antioxidants, and fiber. Certain varieties are also a natural source of vitamin D, which supports bone health and immune function. They may also contain nutrients that can boost energy, body function, and even heart health.

One of the best things about mushrooms is their versatility. They can easily be added to:

- Omelets or breakfast scrambles
- Pasta dishes or stir-fries
- Soups
- Salads
- Tacos
- Grain bowls

Healthy eating doesn't need to be complicated. Small additions — like incorporating whole, sliced, or diced mushrooms into a few meals each week — are easy ways to add flavor and texture to meals, while creating more balanced, plant-forward eating habits.

Sources:
health.clevelandclinic.org
hsph.harvard.edu

Healthy choices *made easier*

If you've got a busy schedule, grab-and-go snacks might satisfy you in the moment, but they may not support your long-term needs. Preparing healthy snacks ahead of time can provide better nutrition and more consistent energy. It also reduces your chances of making impulsive and possibly unhealthy food choices.

Why snack prep helps

Having ready-to-go snacks available can make healthy eating feel more realistic and less stressful. Balanced snacks that include protein, fiber, and healthy fats may help people stay fuller longer and avoid energy crashes throughout the day.

Easy snack prep ideas

Healthy snacks don't need to be complicated or expensive. Preparing a few items ahead of time can make a big difference.

Easy snack prep ideas include:

- Portioning nuts or trail mix into containers
- Washing and slicing fruits or vegetables
- Preparing yogurt cups with berries or low-fat granola
- Making cheese and cracker snack packs
- Hard boiling eggs

Keep it realistic

Snack prep does not need to be perfect. Even preparing two or three healthy options each week can help create better routines over time. Choosing foods you enjoy also makes healthy habits easier to maintain.

Sources:
cdc.gov
eatright.org

RECIPE

Apple cinnamon muffins

Ingredients

1½ cups flour

1 tsp. baking powder

1 tsp. cinnamon

½ tsp. nutmeg

1 egg

½ cup applesauce

1 apple, diced

Directions

1. In a bowl, whisk flour, baking powder, cinnamon, and nutmeg.
2. In another bowl, beat egg with applesauce. Combine wet and dry ingredients.
3. Fold in diced apple.
4. Spoon batter into lined muffin cups, filling ⅔ full.
5. Bake at 350°F for 18 – 20 minutes until golden and a toothpick comes out clean.

Source:
ramphealth.com

Protecting your health year-round

Immunizations are an important part of staying healthy at every stage of life. They help protect individuals, families, and communities by reducing the risk of certain illnesses and helping prevent the spread of disease.

Why immunizations matter

Immunizations work by helping the body recognize and fight harmful viruses or bacteria. Staying up to date on recommended immunizations may help lower the risk of serious illness, missed work or school, and complications from preventable diseases.

Immunizations are not just for children. Teens, adults, and older adults may also need vaccines, including seasonal or age-related immunizations. Talk to your health care provider about which vaccinations might be appropriate for you.

Stay organized

Busy schedules can make it easy to forget appointments or vaccine updates. Taking some time to get organized can help keep everyone's health on track.

Helpful vaccine reminders:

- Schedule annual wellness visits
- Ask health care providers about recommended vaccines
- Keep copies of immunization records
- Check school or workplace requirements early

Prevention supports well-being

Immunizations help keep people and communities strong. Along with healthy eating, physical activity, adequate sleep, and stress management, immunizations can help support your overall health and well-being.

Sources:
cdc.gov/vaccines
hhs.gov

Clear space, clear mind

Clutter can affect more than just physical space — it can also impact stress levels, focus, and overall well-being. Taking time to organize your environment may create a calmer, more productive atmosphere at home and work.

The science of decluttering

When spaces feel overcrowded or disorganized, it can sometimes make people feel mentally overwhelmed. Decluttering may help reduce distractions, improve concentration, and create a greater sense of control, especially during busy or stressful times.

Simple benefits of decluttering may include:

- Less stress and frustration
- Easier daily routines
- Improved focus and productivity
- More usable personal space

Start small

Decluttering does not need to happen all at once. Starting with one drawer, shelf, or small area can make the process feel more manageable and motivate you to keep going.

Easy places to begin:

- Kitchen counters
- Closets or storage bins
- Desk spaces
- Email inboxes or digital files

Create realistic habits

The goal is not perfection. Small habits like putting away used items, donating unused items, or spending 10 minutes a day tidying up can help create cleaner, more functional spaces.

Sources:
apa.org
health.clevelandclinic.org

Back-to-school fitness challenge

Back-to-school season often brings busy schedules, earlier mornings, and less free time — all of which can make staying active more difficult. A simple family fitness challenge can help everyone build healthy routines, boost energy, and reduce stress while adjusting to new schedules.

Make movement part of the routine

Physical activity does not need to be intense or time-consuming to make a difference. Small bursts of movement throughout the day can help improve mood, focus, and overall well-being.

Try simple daily challenges like:

- Walking together for 15 minutes after dinner
- Group dancing to a favorite song
- Stretching before school or work
- Taking the stairs instead of elevators
- Doing 10 squats or jumping jacks during breaks

Keep it fun and flexible

Fitness challenges work best when they feel encouraging instead of overwhelming. Stay motivated by trying new activities, setting realistic goals, and celebrating everyone's progress.

Use a chart where family members can track their activity with fun stickers or checkmarks. Choose non-food-based rewards for the winners.

Focus on consistency

Healthy habits are built through small, repeated actions. Even a few extra minutes of movement each day can support better energy, sleep, focus, and well-being.

Sources:
cdc.gov/physicalactivity
mayoclinic.org

MONTHLY QUIZ

1. Which of the following activities is an example of lifelong learning?

A. Avoiding new experiences

B. Exploring a new hobby or skill

C. Following the same routine every day

D. Ignoring curiosity

2. Which of the following nutrients can be found in some mushrooms?

A. Caffeine

B. Sodium

C. Sugar

D. Vitamin D

3. Which of the following combinations fuels your body with long-lasting energy?

A. Candy and caffeine

B. Chips and soda

C. Protein and fiber

D. Sugar and alcohol

4. Which of the following is a benefit of regular physical activity?

A. Better mood

B. Increased stress levels

C. Less focus during the day

D. Poorer sleep habits

1. B, 2. D, 3. C, 4. A

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