

THE HEALTHY Perspectives

"Your Source For Hope, Health and Happiness"



JANUARY 2011

INSPIRE TO MOVE

What Do You Like To Do?

When it comes to getting more physical activity, many people will ask, what should I do? The real question is, "What do you like to do?" Finding activities that get you moving should be things that you actually enjoy doing, otherwise, why would you keep doing it?

It's not uncommon to dread exercise in general, but what about all those games and activities that kept you busy as a kid like, hopscotch, the swings, baseball games, monkey bars, and even tag. As adults our interests changed to more sedentary pleasures like TV, going out to eat or seeing movies, nothing that is good for our bodies like play. So how can you work physical fun back into your life? Think about what you like to do and give it a try. Here are some suggestions to get you started:



"Stifling an urge to dance is bad for your health
- it rusts your spirit and your hips."

- Terri Guillemets

I LIKE TO:	SO MAYBE I'LL TRY:
Ride bikes	Riding a bike around the block, on a wooded trail or even a stationary bike at home.
Swim	Swimming laps, water aerobics
Listen to music	Taking up dancing, sign up for lessons, hit the club, or in your own living room.
Watching movies	Pull together a group for a game of action packed charades.
Spend time with my pets	Take the dog for a walk, play hide and seek
Play with my kids	Get in the game, play jump rope, hula hoop, hop scotch, baseball, football, soccer, go skating, set up small running races.
Shopping	Walk the mall and walk the mall!

NOURISHING YOU



Seasonal Treats



January may seem bleak as far as treats as we suffer through the post holiday month, but it's actually abundant with choices for hearty greens and vegetables in season like leeks, carrots, red cabbage, Brussels sprouts, cauliflower, kale, parsnips, winter cabbage and potatoes.

Special fruits and citrus fruits are brightening up shopping centers with treats like blood oranges, pears, Clementine's, passion fruit, pomegranates and tangerines. Sevilles, are a special indulgence and are available just a few weeks in the middle of the month. They have a short shelf life, but can be frozen to make marmalade, orange curd, used in fruit salads or juiced.

Overeating. Do You Mind?

How often do you eat until you are stuffed only to regret it later? Do you notice that certain emotions trigger you to overeat or crave certain foods? Are you gobbling down candies only to remember later that you swore to give up white sugar earlier in the week? Many people tend to suffer from this type of mindless eating.

Mindful eating has the power to transform your relationship with food, improve overall health, body image, relationships and self-esteem. Some components of mindful eating include:

- Making choices at meals based on awareness of hunger and feeling full or satisfied.
- Learning to identify personal triggers for mindless eating, like social pressure, emotions or trigger foods.
- Valuing quality over quantity of what you're eating.
- Appreciating the sensual, as well as the nourishing, capacity of food.

Mindfulness helps us focus our attention and awareness on the present moment, which in turn, helps to free us from habits or behaviors that keep us from meeting our goals.

Source: The Center for Mindful Eating www.tcme.org

*"Men are not prisoners of fate,
but prisoners of their own minds."*

- Franklin D. Roosevelt

Apple-Parsnip Soup

6 parsnips (about 2 lbs); peeled and cut into chunks
2 apples; peeled, cored, and quartered (Gala apples suggested)
1 onion finely chopped
3 cans (14.5 oz. each) fat-free, low sodium chicken broth
1/2 teaspoon of salt

Place ingredients in a 4 quart or larger slow cooker. Stir to combine. Cover. Cook on low 10-12 hours, or until parsnips are tender. Purée soup with hand blender until smooth. Serve immediately. Serves 6.

Calories 168, Fat 1.4g, Sodium 252.1mg,
Carbohydrates 37.4g, Cholesterol 0mg,
Protein 5.2g



HEALTH HARMONY



Time To Take Care

"The care you give your self is the care you give to your loved one." This is a quote from a caregiver. Seventy-five percent of caregivers in America are women, some are taking care of spouses/partners, some adult children taking care of parents, some parents taking care of adult children. So how do you take care of yourself as a caregiver and what does that mean?

Support. Say YES to offers of help when they come. Support groups can give an important source of understanding and connection. Talk to friends, family or professionals and take walks, breaks, and try not to withdraw.

Guilt. There is no such thing as a perfect caregiver. It's not selfish to think about yourself and your needs too. Feelings of getting frustrated or angry are okay and a way to know how well you are coping.

Set Limits. Ask for help. Learn to say no to requests that are draining rather than nurturing. You can still make choices about your life and what is right for you.

Your Body. Know the limits of your endurance and strength. Exhaustion is a major cause of illness and stress in caregivers. Talk to your doctor about medication for either yourself or your loved one to help sleep through the night.

Education. Contact someone who can help you connect with community resources and use them. You can't know it all, but you can learn all you can about the illness you are dealing with to understand what is happening.

Emotional Health and Taking a Break. Without breaks it's easy to become overwhelmed and you will experience burn out. Look to other family members to relieve you.

Having a life and outside connections helps you maintain perspective. Find daily ways to refresh your spirit even with little pleasures that can make you happy.

Source: Family Caregiver Alliance

Preserve Your Health

In addition to treating you when you are sick, your doctor can follow a program designed to help you stay healthy. Major causes of death can be prevented by making healthy lifestyle choices, and that includes practicing prevention. Keep your shots up to date, ask your doctor about appropriate cancer screenings, women should get regular Pap smears and screen for breast cancer. Follow your doctors' advice about check-ups, medicines that prevent health problems and healthy behaviors. Most preventive services are paid for by health insurance. If you aren't sure what preventive services your insurance covers read your health plan's patient manual, visit their website or call the health plan customer service line.



"If people are constantly falling off a cliff, you could place ambulances under the cliff or build a fence on the top of the cliff. We are placing all too many ambulances under the cliff."

- Denis Burkitt

Preventative Screenings are Important to:

- ✓ Prevent illness before they happen
- ✓ Detect diseases at an earlier stage when treatment is most effective
- ✓ Call attention to risk factors to stave off diseases
- ✓ Improve a person's quality of life

GOOD DECISIONS\$



Time To Inventory Your Wallet

Each year empty your wallet and study everything in it. If it's old, get rid of it so that it's not overstuffed. Once you are pared down to the essentials, make a detailed list of everything you carry including account numbers, customer service numbers and the exact name on each card. Put the list in a safe place so that if your wallet happens to get stolen or lost you'll have a complete list of everything in it to use as a reference.

5 Ways to Save \$\$\$

1. Widdle down the premium channels
2. If you use your cell phone most of the time, evaluate if you need a home landline.
3. Do you use your monthly cell phone minutes? If not, perhaps go to a cheaper plan.
4. "Staycation" instead of vacation. Visit the local sites and adventure your city as a tourist would.
5. Raising the deductible on your home or car insurance can easily save \$500 per year.

"The real measure of your wealth is how much you'd be worth if you lost all your money."

-Unknown



UPCOMING EVENTS

MID-JANUARY – Drawing for the winner of the Nintendo Wii Console & Wii Fit Plus from the names of employees and covered spouses who completed the on-line Health Power Profile (through Christian Brothers) or Health Risk Assessment (through Group Health or Kaiser) between October 1 and December 31, 2010.

THROUGH MAY 31, 2011 – Opportunity for those who have not yet completed their health risk assessment to do so. Log on to www.seattlearchbenefits.org, select Lay Employees, and then Wellness. Follow the instructions for your medical plan provider. Another drawing for the Wii Console and Wii Fit Plus will be held in June, 2011.



The information in this publication is meant to complement the advice of your health-care providers, not replace it. Before making any major changes in your medications, diet or exercise, talk to your doctor. ©2011 Inspired Perspectives LLC