

# THE HEALTHY Perspectives

"Your Source For Hope, Health and Happiness"



APRIL 2011

## INSPIRE TO MOVE

### Proper Footwear = Happy Feet!

When exercising a lot of strain and impact is absorbed by your feet. It's important to take proper care of your feet. The right footwear will help prevent injuries, stimulate correct technique and avoid blisters. Exercise shoes affect your whole body.

### A Great Fitting Pair

When looking at shoes:

- Go for a pair that are durable and will last for a long time.
- Know your shoe size or get measured to ensure a proper fit. If the shoe doesn't fit properly, it is likely to cause pain.
- Go with shoes with a strong supportive sole, so that the risk of injury due to slipping is minimized.
- Make sure toes have plenty of room. There should be space for a thumb width between the shoe and your big toe.
- Walk around in the shoes for a while to make sure they really feel comfortable, shoes shouldn't need breaking in.
- Your heels should fit closely without slipping.
- Shop in the afternoon as feet swell a little during the day.
- Try on both shoes as feet can be different sizes.

"Funny that a good pair of shoes makes us feel good in our heads - at the extreme opposite end of our bodies."

- Levene Waters

### The Right Shoe

No single pair of shoes is right for all activities. Cross training shoes are best for weight training and low impact activities. Running requires a running shoe so your feet will have enough support. If you participate in sports, you will want a sport-specific shoe to minimize risk of injury, such as basketball, golf, football, etc.



# NOURISHING YOU



## Toss The Salt Shaker and Revive Your Taste Buds!



## Get Back To Cooking

Relying on restaurant prepared or processed foods out of a box often results in too much sodium and fat, too many calories and too little good nutrition. Preparing meals at home with whole ingredients gives you more control over what you're eating. Try making food in bulk so it's easy to have on hand.

Here are some tips to get you started:

- Steam, bake, grill or broil rather than frying.
- Select lean or extra lean meats and trim visible fat from meat before cooking.
- Use low-fat or fat free milk instead of whole milk in recipes.
- Choose whole grain pastas, rice and breads vs. the more refined, lower fiber white.
- Incorporate fresh or dried herbs for flavor rather than salt.
- Use nonstick pans and sprays rather than lots of butter and oils in preparation.
- Get out the crock pot to prepare a one dish meal that is ready when you get home.

"When baking, follow directions.  
When cooking, go by your own taste."

- Laiko Bahrs

Fresh herbs are delightful but, if you don't have any on hand, dried herbs work great. Dried herbs are more concentrated in flavor so should be substituted at a 1-3 ratio (1 teaspoon dried = 1 tablespoon fresh.) Taste test first as you may prefer a little less.

- Rosemary with peas, cauliflower and squash
- Oregano with zucchini and tomatoes
- Dill with green beans or carrots
- Marjoram with brussels sprouts and spinach
- Basil with peppers, kale or spinach

## Thyme/Sage Roasted Turkey Breast

1 bone-in, whole turkey breast  
(4.5-5 lbs.), thaw if frozen  
1/2 cup apple juice  
1 small onion  
2 tbsp chopped, fresh thyme

Small bundle of fresh thyme  
Small bundle of fresh sage  
1 tsp paprika  
1/2 tsp salt

Heat oven to 325 degrees F. Cut onion in half and place inside the cavity of the turkey along with the bundles of thyme and sage. Place turkey breast skin side up on a rack in a roasting pan. Meanwhile, mix remaining ingredients in a small bowl. Roast uncovered for 30 minutes. Brush one third of the apple juice mixture over turkey. Roast another 1 hour 30 minutes until thermometer reads 170 degrees F. Remove turkey from oven, cover with foil. Let sit for 15-25 minutes before carving. 10 servings (plenty for leftover sandwiches).

Per serving (skin removed): Calories 200,  
Total fat 8g, Cholesterol 80mg, Carbohydrate 2g,  
Protein 29g.







## Limiting Alcohol To Avoid Cancer

Studies around the world have shown that drinking alcohol regularly increases the risk of getting mouth, voice box, and throat cancers. Consuming around 50 grams of alcohol or more daily can double or triple the risk for these cancers compared to the risk of non-drinkers.

More than 100 studies have found an increased risk of breast cancer with increased alcohol intake. There is also evidence that drinking alcohol is a risk factor for liver cancer and more than 50 studies have show a link between drinking alcohol and colon cancer.

Source: Center for Disease Control and Prevention



## Stress and Alcohol

It's a well-known fact that many people react to stress with alcohol. What is less well known is that alcohol exacerbates stress. People who don't have as many resources, such as social support to cope with stress, are more likely to drink in response to a stressful situation. Research tells us that alcohol causes some of the same effects on the body as other stressors. Alcohol interferes with sleep, numbs emotions and may hurt your ability to deal with the situation causing the distress.

One exception to this is red wine. Red wine may actually help you relax by inhibiting the movement of the neurotransmitter responsible for stress. \*A drink after work or with dinner can be safe and pleasurable, the problem is when chronic stress can lead to drinking to excess. Drinking "just to relax" can be a risky behavior if it's done on a regular basis. Reaching for a drink whenever you feel stressed can turn into a conditioned response, so that you are actually building a habit that can turn into dependency. Using alcohol to escape from the pressure of a problem is a risky behavior that can develop into a major dependence on alcohol.

It's important to have coping strategies that don't involve drinking. Sharing feelings with a friend, family member or healthcare professional can help you deal with worry. When you're feeling overwhelmed remember to take one thing at a time. Situations can seem impossible when looking at the whole picture. Focus on what step you need to do first, when that is done, then deal with another.

Source Dr. Oz \$5 Fixes to Stress Less Sleep Well and Lose Weight.

### Better Ways To Drown Your Sorrows:

- ✓ Talk out your problems with a friend or good listener.
- ✓ Exercises like walking, swimming, jogging, bike riding, dancing, yoga or tai chi.
- ✓ Learn other stress reduction techniques like progressive relaxation or meditation.
- ✓ Seek professional help if your problems are too difficult to solve on your own.

"Don't let your mind bully your body into believing it must carry the burden of its worries."

- Astrid Alauda

# GOOD DECISIONS\$

## Protect Yourself From Identity Theft

Being aware of the most common ways thieves steal your identity can help you to be careful so that you are a more difficult target.

Here are 5 areas to zoom in on to protect yourself:

### 1 - Skimming, Reading from ATMs or Gas Stations

They make 2 copies - 1 to the store, one to the thief. Use secure ATM's inside the bank or in high traffic areas. Carefully monitor your credit card and bank statements for anything that looks suspicious.

### 2 - Medical Identification Theft

They access your health benefits. Careful who you give your social security number to. Look over EOBs (Explanation of Benefit Forms) that come from the insurance company. Shred all medical documents before throwing them away.

### 3 - Social Network Abuse

Don't give clues to ID thieves. Keep personal information private. Limit personal information posted. Beware of sites asking you to add personal information.

### 4 - Family and Friends

Don't leave your wallet or purse where others can get it.

### 5 - Dumpster Diving

Shred all information, credit card statements, etc. Crooks can paste together pieces when you just tear it up.



*"Always be a first-rate version of yourself, instead of a second-rate version of somebody else." - Judy Garland*



## LIVE HEALTHY!

**Don't forget! You have until May 31 to take your on-line Health Risk Assessment and be entered into a drawing for a Nintendo Wii and Wii Fit.**

Christian Brothers: [https://secure.wellness-inc.com/hpo/hpo\\_login.html](https://secure.wellness-inc.com/hpo/hpo_login.html). Use site code 3637.

Group Health: Log on at [www.ghc.org](http://www.ghc.org)

- Select Fill Out Questionnaire located under HEALTH PROFILE

Kaiser: Log onto Health Media at <https://my.healthmedia.com/>.

- Select Log In for Digital Health Coaching and use your Kaiser User Name and Password.
- Select the "GO" button
- Select "Start Questionnaire"



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.