



THE HEALTHY Perspectives

"Your Source For A Happy and Healthy Lifestyle"



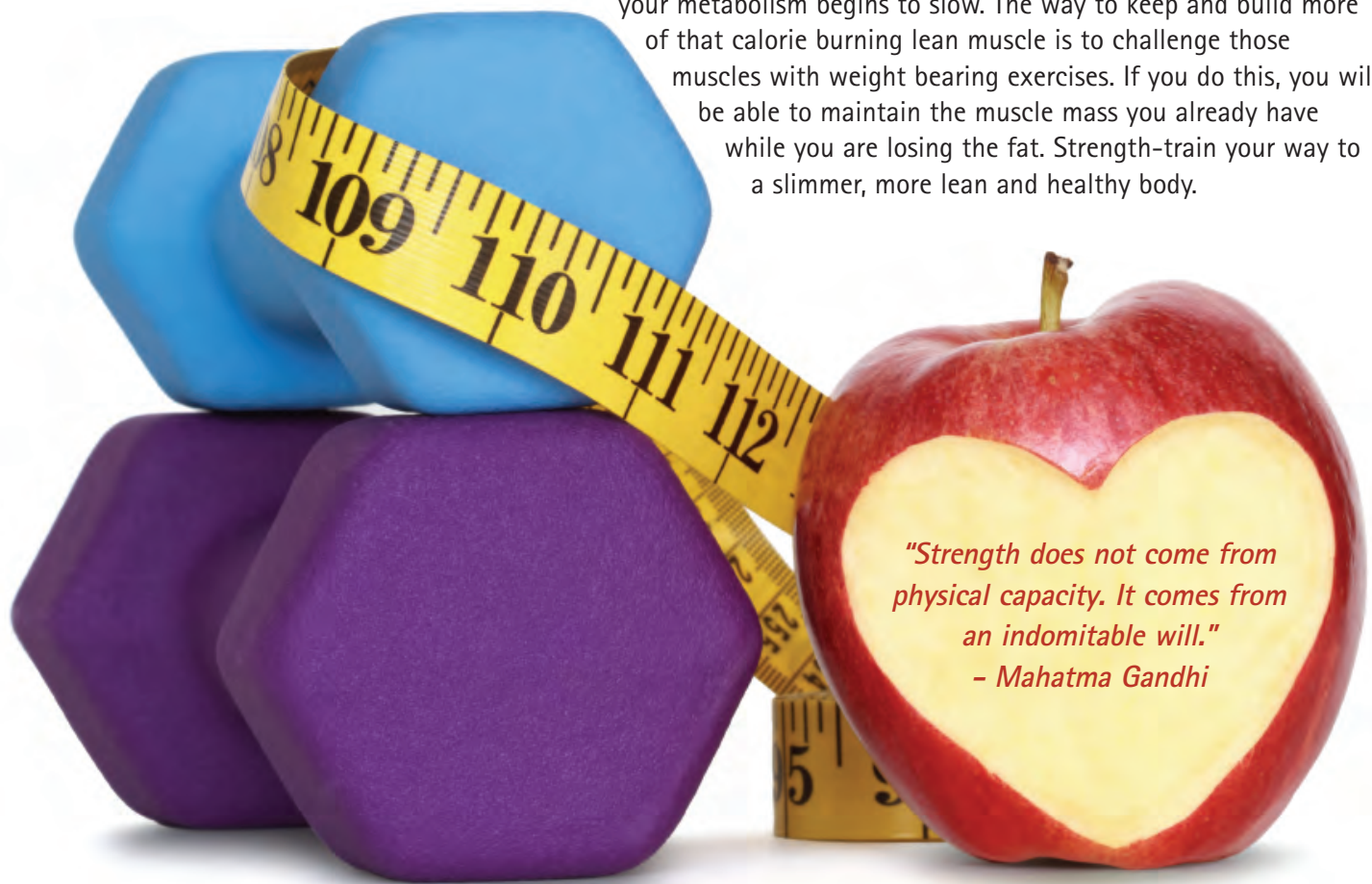
INSPIRE TO MOVE

JANUARY 2012

It's A New Year...Build It To Burn It!

Strength training is an important part of weight loss. How does your body use calories? It's your lean muscle mass, that muscle underneath your body fat that burns calories 24 hours a day, 7 days a week. As you gain muscle, your body gains a bigger generator to burn more calories.

Think about this from a weight loss perspective. Everyone has a layer of muscle under the fat. If you're eating fewer calories than you use, then those calories are burning fat, but also depleting muscle. As your muscle mass disappears, your metabolism begins to slow. The way to keep and build more of that calorie burning lean muscle is to challenge those muscles with weight bearing exercises. If you do this, you will be able to maintain the muscle mass you already have while you are losing the fat. Strength-train your way to a slimmer, more lean and healthy body.



*"Strength does not come from physical capacity. It comes from an indomitable will."
- Mahatma Gandhi*



Click on the arrow to view a slide show that includes the 7 Most Effective Exercises

NOURISHING YOU



Brussels Sprout Belief

In season, local foods are fresher, tastier and have more nutrients. Vegetables in season in January include: brussels sprouts, leeks, parsnips, sweet potatoes, shallots, turnips and winter squash. If we focus in on the brussels sprout, we find a tasty treat that started in the vicinity of Brussels in Belgium over 400 years ago.

The brussels sprout is a member of the cabbage family. Rich in protein, fiber, vitamins, minerals and antioxidants, these small, leafy green buds are a winter crop that flourishes in cooler weather. The plant is a tall stemmed cabbage that has many tiny heads that sprout along the stem at the bases of the leaves. The smaller the brussels sprout the sweeter the brussels taste.

A great staple for losing weight, 100 grams of brussels sprouts have only 45 calories but contain 3.8 grams of fiber and no cholesterol. Their flavonoid antioxidants offer protection from prostate and colon cancers. This incredibly nutritious vegetable is also a rich source of B-Complex vitamins, vitamin K, vitamin A and minerals that protect against iron deficiency anemia.

Fresh brussels sprouts are delicate in flavor, but over cooking the sprouts results in the release of a pungent smell. It's best to blanch them in boiling water for just about 5 minutes, cool, then add to recipes. As a favorite snack, Europeans prepare them roasted and salted.

"Shipping is a terrible thing to do to vegetables.

They probably get jet-lagged, just like people." - Elizabeth Berry

Roasted Brussels Sprouts

- 1 Lb. brussels sprouts, ends trimmed and yellow leaves removed
- 2 tbsp olive oil

- 1 tsp lemon juice
- 1 tbsp minced garlic (3 cloves)
- 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper

Preheat oven to 350 degrees. Coat brussels sprouts with olive oil, sprinkle with lemon juice, garlic, salt and pepper. Lay on baking sheet and place in center of oven. Roast for 30-45 minutes. Shake the pan periodically to cook evenly.



Sweet Potatoes

If you have only had sweet potato casserole covered in a marshmallow sticky mess, this is a must read! Sweet potatoes have a delicious natural flavor that doesn't need butter, sugar or marshmallows. The sweet potato has natural sugars that sweeten as it cooks. Bake potatoes in their skin long enough for the sugars to caramelize into gooey goodness.

The sweet potato is one of the oldest known and cultivated foods from the Native North America going back over 9000 years. It leads the nutritional pack over other orange vegetables including, pumpkins, carrots, butternut squash and orange bell peppers all loaded with vitamin A. Packed with nutrients, including fiber, vitamin A, calcium, magnesium and potassium the sweet potato is truly a super food. One cup of cooked sweet potato has only 200 calories and no fat.

Sweet potatoes should not be refrigerated; store them in a dry, cool and dark place. Plan on cooking your sweet potato within one week of purchase. Cooked potatoes can be stored in the refrigerator for 4 to 5 days or frozen up to 10-12 months.

Sweet potatoes can be used just like potatoes in many dishes where a little extra sweetness would be appreciated. They can be baked, mashed, "oven-fried" or stuffed. This versatile vegetable served as a side dish, main dish, or dessert is a nutritious and delicious food.



to watch a
sweet potato video
from "The Produce Lady"

HEALTH HARMONY



Beat The Winter Blues

When the temperature drops and the days grow shorter, one may suffer from Seasonal Affective Disorder (SAD). Feelings of sadness or depression that are part of the winter blues can lead to excessive eating, sleeping and weight gain.

Increasing your daily exposure to as much natural light as possible can be a helpful treatment for winter depression. Sit near a window facing south in an office or classroom to get more sunlight.

A regular pattern of sleep is necessary to maintain to keep depression at bay. If it is still dark outside when you first wake up in the morning, turn the lights on to help you wake up.

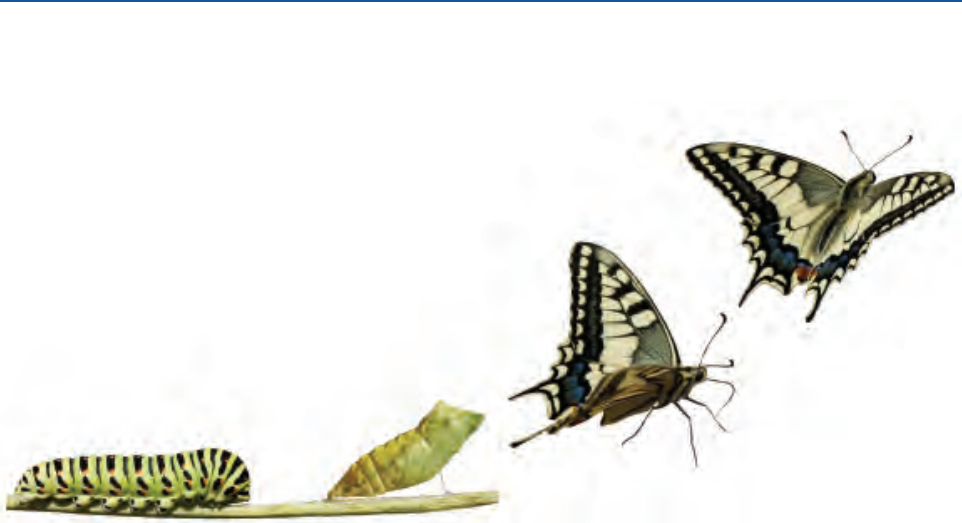
Light therapy can be an effective treatment, or you can replace regular light bulbs with broad spectrum bulbs.

If none of these techniques seem to help your symptoms, consider consulting your family physician or mental health professional.

*"Turn your face to the sun
and the shadows fall behind you."
- Maori Proverb*



to visit the National Organization
for Affective Disorders and for more
information, symptoms and treatments.



Are You Ready To Change A Behavior?

If you have a healthy goal you want to achieve, chances are you need to change your behavior to meet that goal. Start by setting reasonable and specific goals. The acronym SMART is the key to a behavior metamorphosis.

SPECIFIC - Choose a goal that is specific, such as choosing to eat breakfast everyday or limit sugar drinks for healthy eating.

MEASURABLE - Determine a way to measure progress. If your goal is to tone and build muscle, you could establish criteria based on number of reps you can perform or a strength test.

ATTAINABLE - The goal must be capable of being accomplished. A person can't go from a beginner's fitness level to a marathon runner in a few weeks.

REALISTIC - Be willing and able to work towards your goal. Evaluate your current lifestyle and commitments. Keep your expectations reasonable. If your goal is to start walking every day after work, will you be able to make arrangements in your daily responsibilities to make that happen?

TIMELY - A time frame creates a sense of urgency. Set your realistic goal grounded within a time frame that makes sense.

Three Key Elements of Change

- ✓ **1. READINESS TO CHANGE** - Do you have the resources and knowledge to make a lasting change?
- ✓ **2. BARRIERS TO CHANGE** - Is there anything preventing you from changing?
- ✓ **3. EXPECT TO CHANGE** - What might trigger a return to a former behavior?

GOOD DECISION\$

Plan Your Financial Year

It's a great time of year to make resolutions to improve your financial situation. Top basic tips for getting ahead are:

SPEND LESS THAN YOU EARN. No matter how much you get paid, you will never get ahead if you spend more than you earn. It's much easier to spend less than it is to earn more. Cost cutting can be small sacrifices that lead up to big savings.

PUT AWAY THE PLASTIC. Credit card debt is the number one obstacle to getting ahead financially.

HAVE A SAVINGS PLAN. Pay yourself first. Resolve to set aside 5 to 10% of your salary BEFORE you pay your bills. Having the money automatically deposited into a savings account from your paycheck is the best way to ensure you do this.

KNOW WHERE IT GOES. Plan with a budget so you know where your money goes. Then you can plan your spending and saving goals.

"My problem lies in reconciling my gross habits with my net income." – Errol Flynn

Click on the arrow to the right for a Financial Planning Budget Worksheet.



Live Healthy!

LIVE HEALTHY!

Don't forget to go on line to Christian Brothers, Group Health or Kaiser – whichever medical plan you are enrolled in, and complete a Health Risk Assessment (HRA). Completing an HRA gives you access to a health coach or health consultant who can help you create an action plan, including changing your eating habits or increasing your exercise.

Also, January is a good time to think about increasing your 403(b) contributions.

CLICK HERE today.



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. ©2012 Inspired Perspectives LLC.