

THE HEALTHY Perspectives

"Your Source For A Happy and Healthy Lifestyle"



MAY 2012

INSPIRE TO MOVE

How To Monitor Exercises and Why It Matters!

Monitored measurements are provided to inform us of our performance, so we can make adjustments if needed. In school, we were graded on assignments, at work we receive annual performance evaluations, and we have speedometers to inform us of how fast we are driving in our vehicles.

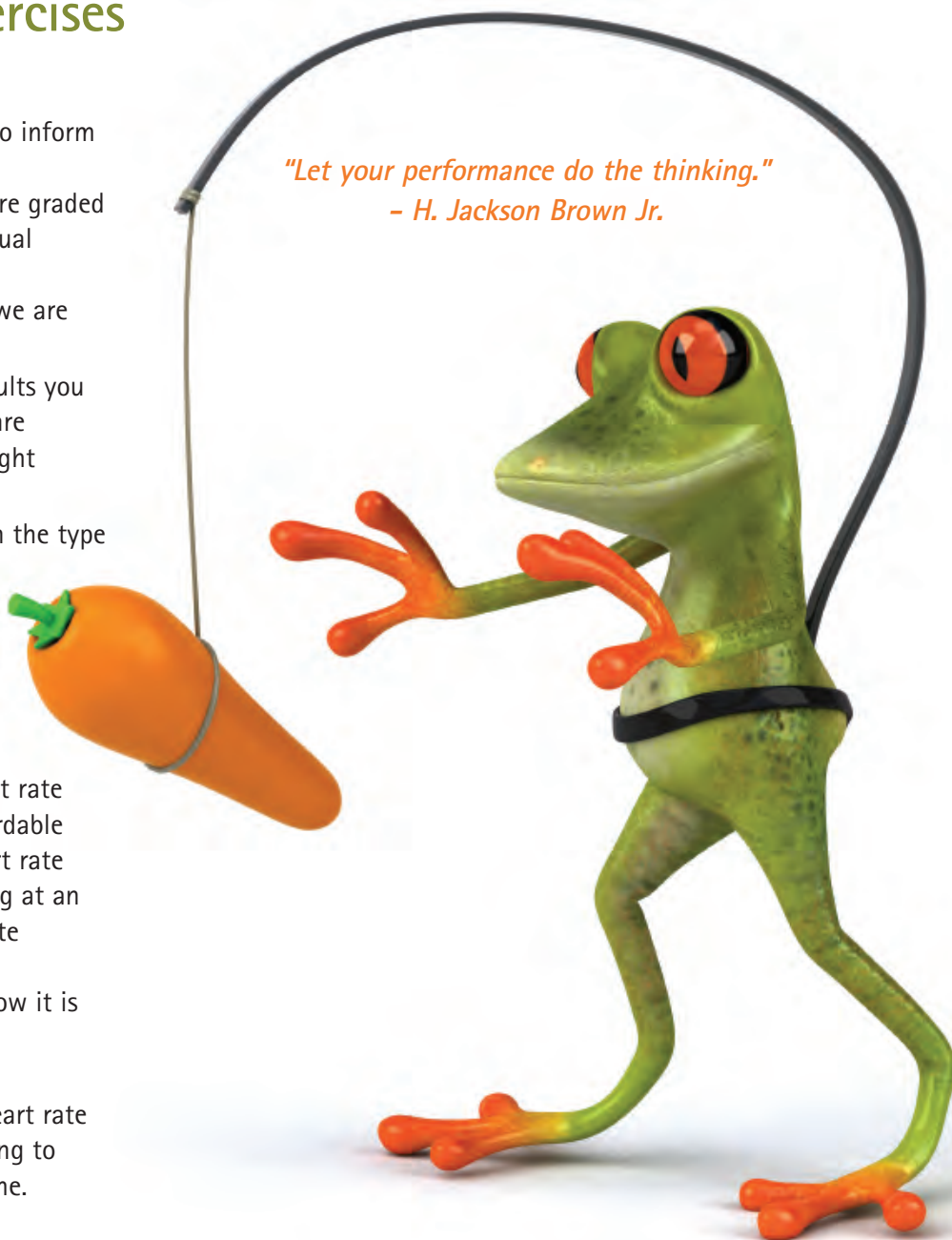
Exercising is no different. To get the results you want, you need to know how hard you are working and if you are training at the right intensity.

The monitored measurement depends on the type of cardio or strength exercise. If you are training your cardiovascular system, it is best to measure your heart rate. The faster your heart is beating, the greater the intensity of the activity (harder you are working).

Advances in technology have made heart rate monitors easy to find and far more affordable than they were 10 years ago. Use a heart rate monitor to help assure you are exercising at an adequate pace. Measuring your heart rate provides you with a window into your cardiovascular system, so you can see how it is responding.

Don't waste your time training at an inappropriate intensity. Measure your heart rate during any form of cardiovascular training to assure your training gets an A+ each time.

*"Let your performance do the thinking."
- H. Jackson Brown Jr.*



NOURISHING YOU

Tea For Brew

Whether it's savoring the aroma, warming your hands from the mug, or sipping a hot cup to relax, there are a lot of reasons to enjoy tea. A cup of tea can be calming, curb your appetite and have potential health benefits. A few compelling reasons to delight in tea are:

HEALTH BENEFITS:

- **REDUCING RISK FOR SOME CANCERS.** Some studies have shown green tea associated with a reduced risk for several cancers, and heart disease. Green, black and oolong teas have even shown to lower cholesterol.
- **BOOST IMMUNE SYSTEM.** Tea may help your body's immune system fight off infections, and protect bones. Antioxidants in tea can protect your body from effects of aging and pollution.
- **MAINTAIN A HEALTHY WEIGHT.** Tea without milk has no calories, satisfying flavors and helps you feel full.
- **HYDRATES.** Tea contributes to your daily fluid needs.
- **SPEEDS METABOLISM.** Green tea has been shown to increase metabolism and burn more calories per day.

So brew it, add lemon or milk or dunk and drink. The best way to get the best benefits from tea are to drink tea that is freshly brewed and allow it to steep for 3 to 5 minutes. To learn more about the potential health benefits of tea [CLICK HERE](#).

*"Tea is a cup of life."
- Author Unknown*



Cucumber Sandwiches

Rye, wheat or pumpernickel bread
Cucumber, peeled and thinly sliced

Softened cream cheese
Dill

Spread each slice of bread with cream cheese, sprinkle a little of the dill, place on one or two layers of cucumber. Cut off crusts and slice sandwich in sections. 37 calories per piece.



Snacks To Pair With Teas

In some countries and customs "tea time" can refer to a meal-time. Tea and a small snack can be a good way to curb appetite between lunch and dinner.

Traditional menus for a tea party can include small sandwiches or baked items. There's no need for calorie-rich cakes and pastries like crumpets, scones or clotted cream.

Lots of tasty and healthy tea time snacks include:

- Mini sandwiches. Use different kinds of breads like rye, wheat, and multigrain and add assorted fillings, hummus, sliced vegetables, low-fat chicken or tuna salad or shaved roast beef with mustard.
- Low-fat cream cheese on wheat crackers topped with melon or fruit.
- Celery stuffed with hummus
- Dunk a few ginger bread cookies or vanilla wafers for a sweet snack

*"A human being has a natural desire to have more of a good thing than he needs."
- Mark Twain*

HEALTH HARMONY



Sleep

Getting enough sleep is just as important to your health as exercise and a balanced diet. Restful regular sleep is crucial to safety, productivity and overall well-being.

Sleep is not just a period of time that you aren't awake. The brain is active and goes through several distinct phases during the night. Each phase is necessary for different functions we have to perform such as:

- Energy for quality of life.
- Brain function for thoughts and making memories.
- Safety to avoid accidents.

Long-term effects from lack of adequate sleep can lead to health problems like obesity, diabetes, and heart disease.



Click on the link to watch a video about sleep

HOW'S YOUR SLEEP?

- ✓ Try to get to bed and wake up close to the same time everyday.
- ✓ Use the bedroom for slumber – keep work, TV, and computers in another room.
- ✓ Avoid eating a heavy meal at least 2-3 hours before going to bed.
- ✓ Complete your daily workout at least a few hours before bedtime.
- ✓ Limit caffeine to improve quality of sleep.

Handling Stress At Work

Stress and work often go hand in hand. It's not a question of whether there will be stressful situations at work, but how we cope with them that affects us when they occur. Not all stress is bad. Some degree of worry can help to keep us motivated by becoming a positive channel for personal growth. It's being over stressed that can negatively impact our lives and overall health. Consider some of the below strategies suggested, to effectively navigate around work stress:

- Practice a healthy work ethic. No one ever looks back at their life and says, "I wish I would have spent more time at the office." Yes, work has its place. It can challenge and test us while financing our livelihood, but it isn't our whole world. Working is the way we make our living to help us to enjoy a better overall quality of life.
- Unclutter your desk to help clear your mind. Clutter represents postponed decisions and a lack of priority. The very act of organizing can relieve stress. When things are in order, it promotes a sense of calm.
- Look for the humor in the situation, whenever you're feeling stressed. A good laugh can lift away tension and make it easier to cope with stress in any event.
- Maintain a positive attitude. Keeping a positive viewpoint can favorably affect the outcome of any situation. Don't let negative thinking bog down your reactions.
- Seek out supportive co-workers and colleagues. Team spirit can do wonders for all when getting the job done.
- Take good care of yourself. Eat well, relax, find some fun physical activity that you enjoy doing each day to help keep you going strong and sleep 7-8 hours (minimum) each night.

Don't let stress win out by ruining a good day. Be well!

"Success is liking yourself, liking what you do, and liking how you do it."
– Maya Angelou



GOOD DECISION\$

Take A Vacation

Stress that we deal with day after day can take a toll on our bodies and our minds. A vacation can break the stress cycle. A chance to get away and relax with our families and friends helps us to break from the cycle of routine and emerge feeling ready to take on the world again.

BENEFIT FROM YOUR VACATION BY:

- Avoiding guilt. Don't feel guilty for going on vacation.
- Not stressing over email. Some people feel the worst part of a vacation is coming back to hundreds of emails. If you need time to allot each day to check a few emails, take a peek for your peace of mind.
- Planning ahead. Do your online research so you know what's available at your destination. Determine ahead of time, the types of activities everyone wants to do.
- Being adventurous. Adventure helps build memorable, bonding experiences.



"Time you enjoy wasting, was not wasted." – John Lennon



Live Healthy!

LIVE HEALTHY!

Even healthy people need regular checkups. It's important to get regular checkups and screenings as recommended by your doctor in order to detect disease early, often before symptoms appear and usually when the condition is easier to treat. Don't procrastinate – make an appointment today to take advantage of the no or low cost preventive exams provided through the medical, dental and vision benefit plans provided by your Archdiocesan employer.



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.