



# THE HEALTHY Perspectives

"Your Source For A Happy and Healthy Lifestyle"

## INSPIRE TO MOVE

### Easy Exercise For Relieving Joint Pain

JUNE 2012



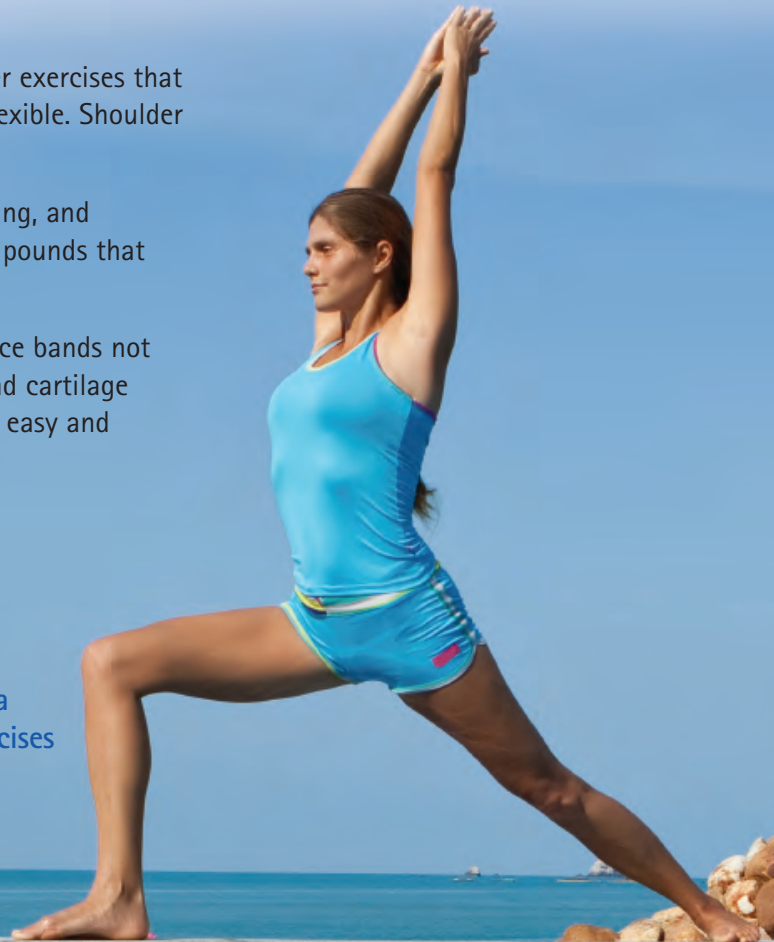
It may seem surprising, but certain exercises can actually alleviate aching joints caused by conditions like arthritis. How so? By strengthening the muscles surrounding the joints, you increase flexibility and help take stress off the joints. As long as you remember to warm up and ease yourself into a new exercise routine, you should start seeing immediate benefits. The following exercises might just do the trick:

- **Range-of-motion exercises:** yoga, tai chi, and other exercises that involve gentle stretching, keep joints and muscles flexible. Shoulder shrugs and torso rotations can also relieve stiffness.
- **Low-impact cardiovascular exercises:** walking, biking, and swimming can do wonders for shedding those extra pounds that contribute to joint pain.
- **Resistance exercises:** using free weights or resistance bands not only strengthens muscles but also builds up bone and cartilage in the joints. Pushups, squats, and leg lifts are other easy and effective exercises.

*"Blessed are the flexible, for they shall not be bent out of shape."*  
- Author Unknown



Click on the arrow for a  
slideshow of everyday exercises  
to manage joint pain



# NOURISHING YOU

## A Gluten-Free Lifestyle Made Easy



Following a gluten-free diet may be challenging, but with careful planning and smart shopping choices, it's probably easier than you think. Grains that contain gluten such as wheat, oats, barley and rye are known to be some of the most difficult foods for the body to digest. Many people with celiac disease, wheat allergies, and other digestive problems notice a huge improvement in their symptoms after cutting these difficult foods out of their diets. Try the following tips for gluten-free meal planning, shopping, and cooking:

- **Plan a weekly menu with recipes that use whole foods.** Whenever possible, use single ingredient foods, such as fruits, vegetables and eggs. Many processed foods contain gluten, so it's best to stick with "real" foods.
- **Shop the perimeter of the grocery store.** This is where you'll find many gluten-free items, including fresh produce, meat and seafood. Although most whole foods can be found in the outer ring of the store, don't overlook the inner aisles for gluten-free items like rice and beans.
- **Read labels carefully.** You may not think a product contains gluten when it actually does.
- **Prepare in advance.** For easy weeknight meals, prepare ingredients when you get home from the store. Wash and cook a pot of beans, hard-boil some eggs to have on hand for a quick breakfast, or prepare a gluten-free grain meal made from rice, quinoa, or polenta. When it comes time to actually cook your meals, much of the prep work will have already been done.
- **Make savvy substitutions.** Have fun experimenting with a variety of gluten-free recipes. You may find that certain substitutions, like gluten-free rice pasta, can be just as tasty as the original.

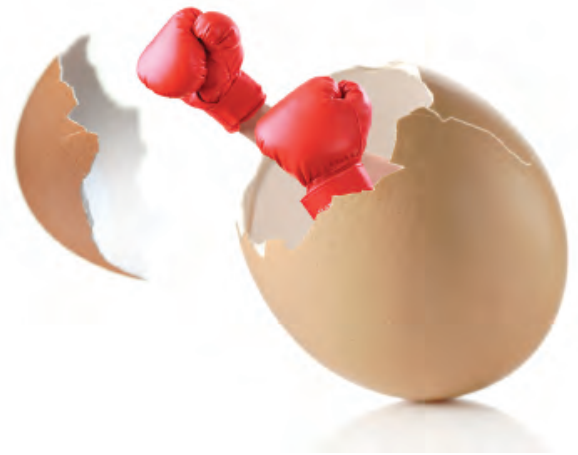
### Quinoa (keenwa) Salad

- |  |                                  |
|--|----------------------------------|
| 1 Cup quinoa (high protein grain)      | 1/2 red pepper                   |
| 1 1/2 Cups cold water                  | 1 tomato                         |
| 1/4 Tbsp salt                          | 1 cucumber, peeled and diced     |
| 1 Cup snow peas                        | 1/4 Cup chopped cilantro         |
| 1 small carrot, peeled and sliced thin | 1/2 Cup toasted sunflower seeds. |

Dressing: 1 Tbsp lemon juice, 1/4 Cup olive oil, fresh ground pepper, pinch of garlic powder.

Make Quinoa ahead following package directions.

Steam carrots and snow peas for 5 minutes; chop the tomatoes, cilantro and cucumber. Blend dressing ingredients in a separate container. Combine veggies, quinoa, dressing and sunflower seeds



## Alternative Protein Sources that Pack a Punch!

There's no denying how important protein is to our overall health. Most of the body, in fact, is made up of this essential compound. While meat is a good source of protein, it can also be high in saturated fat. A better alternative is adding vegetable proteins to your diet, such as whole grains, beans, and nuts. Foods like these deliver the necessary amino acids, which are the building blocks of protein, while also offering healthy fiber, vitamins and minerals.

Soybeans contain all the essential amino acids and can provide more protein to the body than any other vegetable. Barley, brown rice, and oatmeal are other excellent sources of protein, along with fruits and vegetables like apples, avocados, bananas, broccoli, brussel sprouts, and cauliflower. For a quick snack, almonds, cashews, peanuts, and sunflower seeds are some of your best bets.

*"If wishes and butts were clusters of nuts, we'd all have a bowl of granola."*

*- From Strangers with Candy*



# HEALTH HARMONY



## Take A Moment To Breathe

How long does it take a person to "bounce back" from a stressful event or situation? Just as a balloon needs helium to fly, people have a reservoir of energy that needs to be replenished. Changes and misfortunes are expected in life, but big changes or multiple traumatic events deflate us too fast. This lack of reserves is what we sometimes call burn-out. Resilience is the ability to adapt to change and better cope with all kinds of stress, like work, illness, and other daily life mishaps.

Keeping your resiliency resources up is easier than you may think. Simply spending time doing things that you enjoy is good for your emotional reserves. Examples are:

- Watching sports with a friend
- Reading a good book or magazine
- Soaking in a hot bath
- Spending time on a hobby

These are activities that give you a lift because they are fun or give you a sense of accomplishment. Whomever coined the phrase, "stop and smell the roses" may not have realized that this gentle reminder to take a few minutes for yourself each day, is the key to resiliency. However, this proverb may have originated from the experience of a wise person who learned to enjoy the pleasures of life.

*"A truly happy person is one who can enjoy the scenery while on a detour."*

*- Author Unknown*

## Put It Down!

Do you text when you are driving? How would you feel about your children's school bus driver texting while transporting your kids? What about the loved ones of the person in the car in front of you? Would they be okay with you texting on the road? The best way to save a life with text messaging is to REFRAIN from texting while driving. Texting drivers are even slower to respond quickly in traffic than drunk drivers.

Behind the wheel we are responsible for our own lives and the lives of others. Texting takes a driver's attention away from the road at an average of five seconds. Those five seconds is enough time to travel the length of a football field going 55 mph. (Virginia Tech Transportation Institute)

It's a common misconception to think, "This won't happen to me." Texting increases the risk of a crash or near crash by 23 times. There is a risk of this happening to you, or someone you know. So each time you get in your car:

- Put the phone out of reach, in your purse, glove compartment or back seat.
- Turn off the text message notifications if you think you'll be tempted when you hear it.
- Put it in "Drive Mode", which is an app that automatically sends a customizable reply to an incoming text, notifying the sender that the user is driving and unable to respond.

When it comes to texting and driving, both new and experienced drivers should put down the distractions and watch the road.



To see a video of how easy a crash can happen!

### 5 Ways To Cope With Change

- 1 Recognize that fear, anxiety, anger and excitement are all normal emotions when coping with change.
- 2 Identify which change is occurring to start your control response.
- 3 Reflect on other change you have gone through and how you found your way to move on.
- 4 Recognize your choices and what you can control.
- 5 Learn and build new skills. As you become more used to change, you become more resilient to change in the future.



# GOOD DECISION\$

## Better Health For Wealth

Taking care of your health, getting your preventive doctor visits and using the medical system wisely can effect your time and your wallet. Good health and financial success are more intertwined than you think.

Healthy people tend to miss fewer workdays, be more motivated and stay in the workforce longer, which are all precursors to getting promoted.

Preventive screening and well visits can help to keep people healthy, because checkups detect many conditions early enough to treat, with less invasive and costly procedures.

Quitting unhealthy habits such as smoking can be a financial benefit.

A person in their mid 20's who quits a pack a day habit could put the money that would have been spent on cigarettes into an account. A pack of cigarettes is estimated at \$4 per pack. Multiply the cost of cigarettes by 40 years.

Account for 8% growth and you will have saved \$428,000.

If greater wealth is a goal, don't underestimate your state of health to get you there.



To see a video for Four Steps to Health & Wealth from Dr. Oz

*"Early to bed, early to rise,  
makes one healthy, wealthy and wise."  
- Benjamin Franklin*



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. 4342 Ripken Circle East • Jacksonville, FL 32224 • 904.641.1208 • [acohen@IPWellBeing.com](mailto:acohen@IPWellBeing.com) • [www.IPWellBeing.com](http://www.IPWellBeing.com)