



THE HEALTHY Perspectives

"Your Source For A Happy and Healthy Lifestyle"

INSPIRE TO MOVE

AUGUST 2012



What is Functional Fitness?

Summertime is a great time to go to the beach. Lugging chairs, coolers, kids and water toys while walking in soft sand isn't the easiest of tasks. What if you could prepare for it? Build up strength for the things you need to do in life, so it's easier to get through the things you want to do, like relax on the beach with your family or friends.

There are exercises that simultaneously use multiple muscles and joints to improve strength, coordination, balance and posture, to prepare your body for real world activities. Exercises that teach the muscles to work together rather than isolating them, carry over to things you do in normal life. This is functional fitness.

More real life examples of situations that you need to be in shape for are, carrying groceries, climbing stairs without gasping for breath, and lifting your toddler without breaking your back. What good is it to have great biceps if you can't carry a suitcase down the steps without wrenching your back? Functional fitness is working out to prepare your body for normal daily functions without pain, injury or discomfort.

When you practice functional exercising, everyday activities will become easier while improving your quality of life.

"It is never too late to be what you might have been."

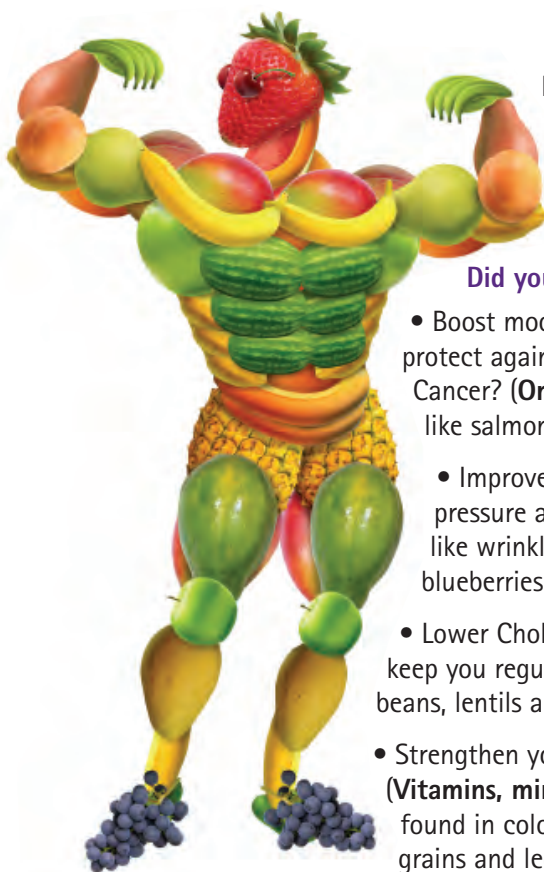
- George Eliot



Click on the arrow
for a slide show
of the 7 most
effective exercises



NOURISHING YOU



Super Foods

Functional eating has the power to transform your relationship with food, improve overall health, body image, relationships and self-esteem.

Did you know there are foods that:

- Boost mood, fight depression, may protect against Alzheimer's disease and Cancer? (**Omega 3's**: found in oily fish like salmon, sardines and herring)
- Improve motor skills, lower blood pressure and help fight aging effect like wrinkles? (**Antioxidants**: found in blueberries and spinach)
- Lower Cholesterol, control hunger and keep you regular? (**Fiber**: found in oats, beans, lentils and apples)
- Strengthen your immune system? (**Vitamins, minerals and phytochemicals**: found in colorful arrays of vegetables fruits, grains and legumes.)

[CLICK HERE](#) to learn more about super foods and their benefits for you.

Starting a vegetable garden is simpler than it sounds.

Save money on groceries and enjoy fresh homegrown better-tasting food while you reduce your impact on the environment.



Tuscan Lentil Salad

- 8 sun-dried tomato halves - chopped
- 1 Cup fennel finely sliced
- 1/2 Cup red onion diced
- 1/2 Cup water-packed artichoke hearts, drained
- 1/2 Cup black olives
- 1 Cup red pepper sliced
- 19 oz. can green lentils, rinsed and drained
- 1/2 Cup fresh flat-leaf parsley, chopped

Mix all ingredients in a bowl and top with dressing.

Dressing

- 1/3 Cup lemon juice
- 1/4 Cup extra virgin olive oil
- 1 Tbsp minced garlic
- 1 Tsp Dijon mustard
- 2 Tsp dried oregano
- Sea Salt and ground pepper



Changing Your Mindset on Food

We know that our bodies need fuel to survive but how often do we select meals based on cravings, boredom or emotion, over nutrition? It's important to know what our body needs for nourishment and energy, in order to run at peak efficiency. Even more important than knowing what foods to eat and which foods to limit is our mindset. Try to remember, foods are fuel for the body, not a festival!

Foods that make us leaner, stronger, smarter and feel great overall, can be an excellent selection motivator. Once we solve the puzzle of which foods fight disease, boost energy, and enhance concentration as well as tasting delicious, we will realize food can be fun. This type of eating is using food for function.

"What the mind can conceive, it can achieve." - Napoleon Hill

HEALTH HARMONY



Get To Know Your Moles

Most melanomas in the skin can be seen by the naked eye. With this observation, one can find and cure skin cancer before it spreads. A skin exam is the best way to screen for skin cancer.

You can check your skin every month to find any changes that should be reported to your doctor. It's easy and takes about five minutes. Start by standing in front of a mirror to look for any moles on your body.

Examine each mole to tell if:

- Each mole is symmetric. That means its equal in proportion on both sides.
- The border on each mole is well defined and clear. Fuzzy or blotchy borders should be examined.
- The mole is one color. Any change in color is a sign to get the mole checked.

Check each mole monthly for any changes. If you have a partner, consider screening the one you love. When couples check for moles with one another, they are more likely to maintain a routine.

"It wasn't raining when Noah built the ark." – Howard Ruff



To watch a video with good news on skin cancer

Skin Cancer Checks/Screenings

Preventing skin cancer is so simple.

Some tips to remember:

Apply your sunblock before you leave the house. It assures you won't forget later, plus it starts protecting you the minute you go out into the rays.

Use a sunblock with an SPF (Sun Protection Factor) of at least 15.

Reapply every two hours, after you go swimming, and if you have been sweating a lot. Some moisturizers and make-up contain sunscreen; using them daily can protect your face from premature aging and wrinkles.

Seek shade, especially from 10am to 4pm. These midday hours are the most hazardous for UV exposure.

Find a favorite pair of sunglasses. You'll look great; they'll protect the tender skin around your eyes and lower the risk of cataracts.

Don a hat. A hat shades your face and protects you from the sun. An added benefit is you won't have to spend a lot of time styling your hair.

Enjoy the sun and seek shelter in the shade to balance out your outdoor enjoyment!

Extreme Weather

- To protect oneself from heat related injuries and illnesses in very hot weather:
- Drink more water than usual.
 - Avoid excessive physical exertion.
 - Stay in the shade under umbrellas, trees or indoors.
 - Keep hot foods hot and cold foods cold to avoid bacteria.
 - Be sensible with alcohol, which can lead to dehydration.
 - Cover up with sunblock and light colored clothing.





*"When you can't change the direction of the wind
- adjust your sails." - H. Jackson Brown*

Decide Your Past

We have been taught that time only flows forward. There is, however, evidence that it flows both ways, forward and backward. As we plan for the future, we also reflect on the past, memories both good and bad, thoughts of what if, why and how.

Planning and remembering are powerful tools, best used for guiding outcomes.

Regret over the past is not as helpful as a reflection of the past, to better plan the future. Remain optimistic and kind to others, but most importantly, be kind to yourself, forgiving others weaknesses as well as your own. This goes a long way towards a happy, healthy future.

The future often alters how you perceive effects of the past. Today, if you feel fulfilled and peacefully happy, you may reflect on the past and say, "both the positive and the negative of the past helped to form who I am now, and it's good."

If it is true that perception forms reality, then the past is formed by our own current perspective.



Live Healthy!

LIVE HEALTHY!

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- Weight management, lifestyle and tobacco cessation coaching via telephone from highly trained master's and doctoral level clinicians
- Online health information, learning modules and other tools to support a healthier lifestyle.
- Call 800-311-4327 (TDD 800-697-0353) for an appointment with a health coach or go to www.guidanceresources.com to access the website (use Company Web ID **ASEAP** to register as a first time user).



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