



THE HEALTHY Perspectives

"Your Source For A Happy and Healthy Lifestyle"

Happy New Year!



JANUARY 2013 DIGEST

INSPIRE TO MOVE

Cold Weather Workouts

It's cold outside, but you still want to get in your daily walk or run. *Good for you!* Cold weather makes muscles tighter and less supple, which can leave them more susceptible to injury. A proper warm up and stretching routine is imperative. A good stretch will warm up your joints and tendons to help prevent tears and injuries.

Daily stretching helps you feel better, prevent injury, increase circulation and overall wellbeing. You never want to stretch muscles while they are still cold, so warm up before you even start stretching. You can warm up by marching or jogging in place for at least five minutes. Five minutes a day will make a huge difference in how you feel and look. After you finish your workout, remember to get in another good stretch.

*"One kind word can warm
three winter months."
- Japanese Proverb*



Flexibility Guidelines

- Adults should do flexibility exercises at least two or three days each week to improve range of motion.
- Each stretch should be held for ten to thirty seconds to the point of tightness or slight discomfort.
- Repeat each stretch two to four times.
- Flexibility exercise is most effective when the muscle is warm. Try light aerobic activity to warm the muscles before stretching.



To watch easy step-by-step stretching instruction videos or go to www.arthritistoday.org and click on "Exercise Videos and Photos" from the left navigation tab.

NOURISHING YOU

Seasonings Around The World



Intricate blends of spices can thread flavors into a tantalizingly tasty dish that are a far cry from the usual salt and pepper. Spicing up your meals makes food more flavorful, but can also optimize your health.

Cinnamon is a sweet spice that is reported to have come from China; it contains iron, calcium and even fiber. Several studies suggest that cinnamon has an effect on regulating blood sugar and blood pressure for people with Type 2 diabetes. A dash of cinnamon can satisfy your sweet tooth. Add to tea or fruit instead of sugar or sweeteners.

Chili Peppers originated in the Americas and were spread around the world as both food and medicine. A Purdue University study found that eating red peppers help to suppress the appetite and burn more calories after a meal. Other research suggests that capsaicin found in chili peppers might alter key proteins found in fat, triggering them to break down the fat.

Ginger is known for anti-inflammatory benefits. It is an effective remedy for nausea associated with motion sickness, as a heartburn remedy and a treatment for colds and flu. In Western cuisine, ginger is traditionally used in sweet foods like ginger ale, and ginger snaps. Ginger is also used as a spice added to coffee.

Cumin is a Mediterranean spice that is a good source of iron and has antibacterial properties that may kill bacteria linked to stomach ulcers. The taste of cumin is a great complement to the hearty flavor of legumes such as lentils, garbanzo beans and black beans.

Oregano a staple of Italian dishes is loaded with antioxidants and can also help fend off bacteria. Oregano goes great with sautéed mushrooms and onions. Add oregano to salad dressings and sprinkle on omelets.

Chicken Tortillas

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| Olive Oil cooking spray | 1/2 C Sliced red onion |
| 2 Boneless chicken breasts,
cut into thin strips | 2 Limes |
| 1 Tbsp Chili powder | 1 Avocado, pitted and peeled |
| 4 Whole-wheat tortillas | 1/4 C Low-fat sour cream |
| Romaine lettuce, shredded | 1 Clove garlic |
| 1 Sliced green pepper | 1/4 tsp Sea salt |
| | 2 Tbsp Chopped cilantro |

Combine the avocado, sour cream, garlic, sea salt, cilantro and juice of one lime in a blender until smooth. Set aside. Coat a large nonstick skillet with the cooking spray. Season the chicken with the chili powder and cook on medium heat until it's no longer pink in the center. Warm tortillas and place lettuce, green peppers and onions onto each tortilla. Top with chicken and spoon over the avocado/sour cream mixture. Squeeze lime over each and serve.

Eating Clean



Clean eating is a lifestyle approach to food and it's preparation. Eating and appreciating food for not only how it tastes, but also what it does for your body leads to an improved life – one meal at a time.

WHAT'S THE DIFFERENCE BETWEEN:

- Green bean casserole vs. green beans?
- White rice vs. brown rice?
- A hamburger vs. beef tenderloin?

The latter in each of the above, represent foods that are in their most natural state, or as close to it as possible.

HEALTHY EATING TIPS:

- Avoid refined, processed foods such as white flour, white sugar, white bread and traditional pasta. Instead, enjoy complex carbs such as whole grains.
- Steer clear of anything high in saturated and trans fats, fried or high in sugar.
- Look for foods with just one or two ingredients and made from the earth rather than created in a factory.
- Eat three meals a day with two snacks. Include a lean protein, plenty of fresh fruit, vegetables and a whole grain.
- Shop with a conscience and look for meats raised by ranchers.
- Consume healthy fats like omega 3 fatty acids everyday.
- Cook and pack healthy meals to take on the go and share with your family.
- Drink lots of water.



To view a slideshow on 8 Spices That Are Good For Your Health

"We are living in a world today where lemonade is made from artificial flavors and furniture polish is made from real lemons."
– Alfred E. Newman

When The Lights Come Down

The decorations come down, get put away, the family goes home, and we are then faced with the promises we've made to ourselves. The special food is eaten and the decorations are back in their boxes. Bills have piled up and leave nothing to celebrate. January is a month of coming down. It's time to get back to your daily routine.

Take advantage of the lull in activities and a break from spending to restore your financial resources. This is a good time to relax your mind from all the overstimulation, and cement the memories of good times from the holidays.

Be gentle on yourself with respect to your New Year's resolutions. If you set the bar too high, you may want to reassess your goals to make sure they are reasonable and achievable.

Make healthy choices after the indulgences of the holidays. Aim to eat well and exercise; it will enhance your mood and get you moving again.

New year's Resolutions

- a) lose weight
- b) stop smoking
- c) take a trip
- d) GO TO DENTIST



Dental Check-Up

When was the last time you visited the dentist? Regular dental check ups are essential for your oral health, and your general health. A lot of studies suggest that gum disease is related to serious conditions like heart disease.

Dentists recommend that you have a check up every six months to keep your teeth and gums healthy and to prevent or detect oral diseases. Taking care of your teeth and gums isn't just about fighting bad breath and cavities. The mouth is the gateway to your overall health; gum disease and other health problems may be linked. So even when life gets busy, don't neglect your oral health. Brush your teeth twice a day, floss after meals and see your dentist regularly.

Visit www.mouthhealthy.org created by the American Dental Association for informative, fun and easy to use information or to find a dentist.



To watch a slideshow on the Top 10 Dental Symptoms.

"I've been to the dentist several times so I know the drill!"
- Lyrics by Owl City



PAY OFF Your Holiday Bills Fast By:

- Staying out of the stores and eat at home whenever possible.
- Going cash only! Take a hiatus from using credit cards for at least a month.
- Cleaning out your closets. Go through your home, bagging up things you no longer need or want and sell them online for a little profit.

Take Our Quiz!

1. Which of the following statements is true?

- ☐ A. The longer you hold a stretch the more flexible you are.
- ☐ B. Each stretch should be held for ten to thirty seconds.
- ☐ C. Don't stretch in the winter, it's too cold.

2. Clean eating means:

- ☐ A. eating only foods that have been washed first.
- ☐ B. eating all your food until your plate is clean.
- ☐ C. eating foods that are in their most natural state or as close as possible.

3. Which of the following spices are NOT listed as good for your health?

- ☐ A. Ginger
- ☐ B. Monosodium Glutamate
- ☐ C. Cinnamon

THE ANSWERS ARE:

1. B. Each stretch should be held for ten to thirty seconds.

2. C. Eating foods that are in their most natural state or as close as possible.

3. B. Monosodium Glutamate also known as MSG is a food additive, not a spice.



Live Healthy!

LIVE HEALTHY!

Our Wellness Program through GuidanceResources, HealthyGuidance, is available 24/7 at www.GuidanceResources.com (Web ID: ASEAP) or by calling 800-311-4327. The site has on line tools for exercising and meal planning, and the telephonic service offers personalized coaching and goal setting —with the same coach each session.

CALL TODAY!

Happy New Year!



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