



# THE HEALTHY Perspectives

"Your Source For A Happy and Healthy Lifestyle"

## INSPIRE TO MOVE

### Don't Just Sit There

MARCH 2013 DIGEST



Until a few hundred years ago, humans spent the first six million years on earth with their feet moving from one activity to the next. Now, we spend most of our day in a seated position. Sitting all day isn't ideal for the body, can slow the metabolism and lead to weight gain. Extra weight may bring on other health related issues. The longer a person sits, the more their "good" HDL cholesterol drops by 20%. Sitting most of the day causes insulin levels to drop and may increase the risk for diabetes.

Even if a person is getting the daily-recommended exercise of 30-60 minutes, being inactive the rest of the day is still a health risk. The best strategy is to alternate between sitting and standing throughout the day.

#### WHILE AT HOME:

- Limit TV time to just 2 hours a day. Watch from a treadmill or stationary bike.
- Move more to burn calories with daily non-exercise activities like folding laundry, putting things away and just standing up.
- Every 30 minutes get up from what you are doing and move around for a few minutes before sitting down again.

#### WHILE AT WORK:

- Take breaks every hour to get up, stretch and walk around for about 3-5 minutes.
- Stand up and walk to the printer regularly.
- Get up and stretch while on the phone or practice standing while carrying on a conversation.
- Consider trading your chair for a large stability ball to engage your muscles.

Get consistent activity throughout the day to keep your metabolism moving along in high gear.

*"It's not whether you get knocked down, it's whether you get up." – Vince Lombardi*



# NOURISHING YOU



## To Eat or Not To Eat

Nutrition plays a key role in building fitness. Learning to eat right after a workout has its benefits. 30-60 minutes after a workout is the best time to eat carbohydrate rich foods because that is when enzymes are most active. This will quickly help muscles recover and restore energy. Proper eating after exercise revitalizes and rebuilds fatigued muscles. Protein helps with recovery and repairs muscles.

### A FEW FOLLOW UP MEAL IDEAS

#### THAT COMBINE PROTEIN AND CARBOHYDRATES INCLUDE:

- Granola, which can be mixed with low fat yogurt or eaten by the handful as an easy on the go snack.
- Smoothies with fruits like bananas and strawberries, combined with milk, yogurt, protein powder or peanut butter are refreshing and satisfying.
- Breakfast after a morning workout with eggs or an egg sandwich with a little cheese and veggies make a great power breakfast.
- Salmon with brown rice and vegetables is a meal that satisfies after a workout because it is packed with protein and lots of fiber.
- The most important nutritional strategy after exercise is fluid replacement. Drink water or sports drinks to replace what you sweat out.
- Exercise may initially inhibit appetite, but if you don't eat within 2 hours of finishing your workout it can delay your recovery and leave you with less energy for your next exercise routine.



To watch a video on What To Eat After A Workout

### Quick Breakfast Tacos

- 2 corn tortillas
- 2 tablespoons shredded part-skim Mexi-Cheese
- 2 eggs
- Salsa



Top tortillas with cheese and heat in the microwave for 25 seconds. Scramble eggs in a bowl and add to a small nonstick skillet coated with cooking spray. Stir until the eggs are cooked through. Divide the scrambled eggs between the tacos and top with salsa.



## Cooking Together

Do you want to spend more quality time with your loved ones? If you could improve your health and your relationships with one action, would you? Doing an activity, such as cooking with others can help everyone feel happier and connected. A bonus to cooking together is improved health.

### OTHER BENEFITS THAT CAN COME FROM PREPARING MEALS TOGETHER:

- **Good habits** – Set your kids up for lifelong healthy eating habits. Children who eat healthy at a young age, tend to eat healthy as adults.
- **Quality time** – Couples can make the evening into an event, instead of just another meal. Cooking with your children gives you more time to feel connected and interact with them.
- **Saves time** – Set aside a day or two a week to prepare meals ahead of time. With a little planning you can enjoy healthy and delicious meals all week instead of settling for leftovers or frozen dinners.

**So turn off the TV  
and get your recipes ready!**



For more information  
on cooking together.



# HEALTH HARMONY

## Simple Ways To Prioritize Your Days

It is possible to bring order to chaos. The solution is called prioritization. Prioritization is an essential skill to make the most of your efforts. When time is limited and demands are unlimited, arranging your "to do's" into a list can create calmness and space in your life.

### YOU'LL SAVE TIME

#### AND FEEL MORE RELAXED IF YOU:

- Make a list of things that need to be done. Put the "must-do" items on the top. Identify the "should-do" items next and the "nice-to-do" non-urgent things last.
- Assess the value of completing certain tasks. There is no correct way to determine the most important thing to do.
- Slow down and ask yourself, "Is this important? Is this urgent? Do I have to do this now?"

Prioritizing tasks is a constant effort and no plan ever remains untouched. Unexpected things will pop up and need to be fit into the overall picture. The more you practice assigning various levels of importance to your work and home demands, the more satisfied and less overwhelmed you will feel.



## The Eyes Have It

There is an old saying "the eyes are the window of the soul". There is an ancient Chinese art of face reading and the shape of the eyes is said to reveal a great deal about a person's personality. The eyes are also portals to glimpse signs of certain health problems. Sometimes signs of diabetes and cardiovascular disease are visible in the eyes long before symptoms appear.

This is a good reason to have your eyes examined regularly. By having regular eye exams, you can catch any eye problems early on when they are easier to treat.

### IN BETWEEN YEARLY EYE EXAMS, FOLLOW THESE TIPS TO MAINTAIN HEALTHY EYES:

1. Wear eyewear at home and work. Whether playing sports, doing the lawn, or working with airborne materials, eye protection gear can protect you from eye injury, vision loss and blindness.
2. Wear sunglasses with UVA and UVB protection.
3. Avoid computer strain. Position your computer so that your eyes are level with the top of the monitor, blink often when staring at the screen, give your eyes breaks by looking 20 feet away for 20 seconds every 20 minutes.
4. Eat green leafy vegetables (such as spinach, kale and collards), omega-3 fatty acids (from salmon, tuna and other oily fish), non-meat protein sources (eggs, nuts and beans), and citrus fruits like oranges. These foods have some of the best nutrients to maintain healthy eyes. Tomato-based foods and tomatoes may provide protection against age-related macular degeneration, cataracts and other eye diseases.

Most of us will experience temporary eye problems from time to time, like itching, blurriness or fatigue. Most of these are temporary and can be treated with self-care. However, a doctor should check eye problems that come on suddenly and last for more than a couple days.



Click on the arrow to watch a slide show on:  
What Eye Problems Look Like

*"The only thing worse than being blind is having sight but no vision." - Helen Keller*

## TAKE A DAY

No matter how much responsibility you have at work, always reserve at least one day a week for family.

- No phone calls
- No meetings
- No hashing work issues over in your head.

# GOOD DECISION\$



## Money Mistakes Not To Make

There is a dramatic disconnect between good intentions and actions that cause people to make money mistakes. One of the most important financial decisions people can make in their lifetime, is to plan and save for their future retirement. There are three main factors that lead people to money mistakes. Are these influencing your financial decisions?

**1. RESISTANCE TO CHANGE.** We are going along a certain path engaging in money habits and it's difficult to break out of that situation.

**EXAMPLE:** Spending each paycheck until there is nothing left to save.

**WAYS TO OVERCOME:** Have the bank automatically deduct a small amount per check directly into a retirement account.

**2. PRESENT BIAS.** Impatience or the inability to plan for long-term.

**EXAMPLE:** You feel like your retirement situation is hopeless or you don't understand it, so you put it off.

**WAYS TO OVERCOME:** Meet with a financial planner or enroll in a financial education program.

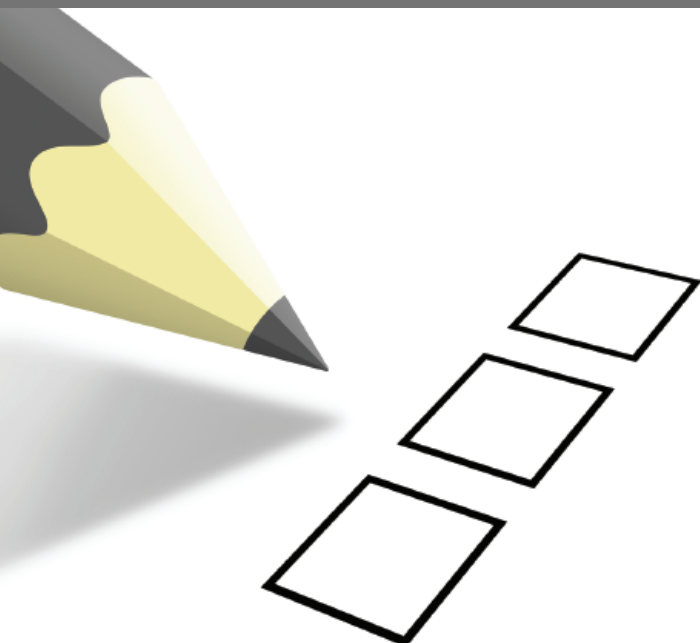
**3. LOSS AVERSION.** Do you feel the pain of a loss more than you feel the joy of a gain of the same size? Some studies suggest that psychologically, losses are twice as powerful as gains. This can lead us to take more risks, if it means avoiding a sure loss.

**EXAMPLE:** We spend more money on car repairs because we've already spent so much on the car.

**WAYS TO OVERCOME:** Think in terms of getting to where you want to be tomorrow, and what is that investment worth today.

*"The trouble with not having a goal is that you can spend your life running up and down the field and never score." – Bill Copeland*

## TAKE OUR QUIZ!



1. The best strategy to avoid the health risks from sitting all day is to alternate between sitting and standing. Which one of the following was a suggestion to move more at home:

- ☐ A. Limit TV watching to 8 hours a day
- ☐ B. Limit TV watching to your favorite reality shows
- ☐ C. Limit TV watching to 2 hours a day, watch from a treadmill or stationary bike

2. Which is not a benefit of cooking meals with another person:

- ☐ A. Quality time
- ☐ B. The dog gets extra treats
- ☐ C. Improved health
- ☐ D. Saves time

3. When prioritizing by making a to-do list, what is the correct order to list these task categories from 1-3:

- A. \_\_\_\_ Nice-to-do
- B. \_\_\_\_ Must do
- C. \_\_\_\_ Should do

THE ANSWERS ARE:

- 1. C. Limit TV watching to 2 hours a day, watch from a treadmill or stationary bike
- 2. B. The dog gets extra treats
- 3. (A) 3, (B) 1, (C) 2



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. ©2013 Inspired Perspectives LLC.  
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