

Healthy Perspectives

Wellness Coaches™
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"Your Source For A Happy and Healthy Lifestyle" DIGEST

INSPIRE TO MOVE: You CAN Do It!

November 2017



Taking the time to physically care for oneself is not an easy task. Walk into any fitness club and you will see a vast array of people and levels of fitness. Everyone at the gym is there for their own personal reasons and find within themselves the motivation to come back again the next day and the next.

For many of us being fit means maintaining a healthy weight. There are actually 4 components to being physically fit:

- 1. Lean body mass.** The relative amount of muscle, bone, fat and other vital body parts.
- 2. Cardiovascular.** Being able to sustain an elevated heart rate.
- 3. Flexibility.** Range of motion around a joint. Protects muscles and joints from injury.
- 4. Muscular strength.** The ability of muscles to exert force during an activity, such as carrying groceries.



It can be very inspiring to see other people working towards roughly the same goal, to be a more physically fit and healthier person. If you are just starting your journey to improve physical fitness, being around fit people can help remind you that it can be done. This doesn't mean comparing yourself to others, as that can be demotivating. Instead, recognize that if something can be done by one person, it can be done by others. Use this as motivation to keep persevering towards your personal transformation.

"CONSIDER the postage stamp: its usefulness consists in the **ABILITY** to stick to one thing till it gets there."

Josh Billings



New Relationship With FOOD

The foods you eat can be directly connected with your emotions. Macaroni and cheese may remind you of happy childhood memories, cookies can feel like a kind gesture from a loved one or ice cream may be associated with getting over a break up. Some people have real emotional attachments to certain foods and feel like they could never give them up or even limit themselves.

Question your relationship with food by being mindful about how certain foods make you feel. What are you experiencing when you crave them and what were you feeling when the urge to eat came on? Remove the power that certain foods have over you by:

- Eating more foods that are good for you and be mindful of how your body feels after.
- If you fall back on unconscious eating habits, don't despair, start anew.
- Transform your patterns one goal at a time. If you have several foods that you can't imagine living without, challenge yourself to go without them for just one week.

"Let's not forget that the little emotions are **THE GREAT CAPTAINS** of our lives and we obey them without realizing it."

Vincent Van Gogh, 1889

SAVORING A Holiday Meal

If you want to have a little of everything on your holiday plate you are not alone. You can savor a special holiday meal and enjoy all the delicious dishes without regret if you make a few considerations before spooning them on your plate.

White or Dark Meat? Dark meat has more calories and fat. So if you want more turkey for the same calories go for the white meat.

Stuffing or Mashed Potatoes? This is a tough one. Stuffing will set you back 371 calories and 19 grams of fat for just a ¾ cup. Compare that to a hefty scoop and it's not hard to see that mashed potatoes even with butter can be more filling for less calories.

Gravy or Cranberry Sauce? Gravy is the better choice over jellied cranberries which are full of added sugars. Remember a little goes a long way, no need to cover your food in gravy.

Sweet Potato or Sweet Potato Casserole? Sweet potato casseroles are a tradition in most homes. The added butter and marshmallows add a decadent sweetness, but if you bake a sweet potato long enough its own sugars will ooze out in a caramelized topping that is tasty and natural.

Pecan, Apple or Pumpkin Pie? Pumpkin pie is the slimmest choice, while apple and pecan have higher calories. Plus, apple pie usually is accompanied by vanilla ice cream which puts you over the top. Enjoy a small piece of pumpkin pie with whipped topping.

Don't deprive yourself, enjoy and you will feel great when you manage your plate without overdoing it!



RECIPE OF THE MONTH



Cranberry Relish

- | | |
|------------------------------------|--------------------|
| 1 cup fresh or thawed cranberries | 3 pitted dates |
| ½ medium orange, peeled and seeded | 2 sage leaves |
| | 1 Tbsp brown sugar |

Place dates and sage in a food processor for 20 seconds. Add cranberries, orange and brown sugar and pulse until combined into a coarse relish.

GO YOUR OWN WAY

Life can allow so many directions. There are many paths to choose from and every decision we make can lead us further down a path. Sometimes we are lucky enough to see a sign that lets us know we are headed to a place we don't want to go. Prediabetes is a wake-up call that one is on the path to diabetes. It's not too late to turn things around for those who are lucky enough to see this warning sign.

Prediabetes is when blood sugar is higher than it should be but not in the range high enough to be diabetes.

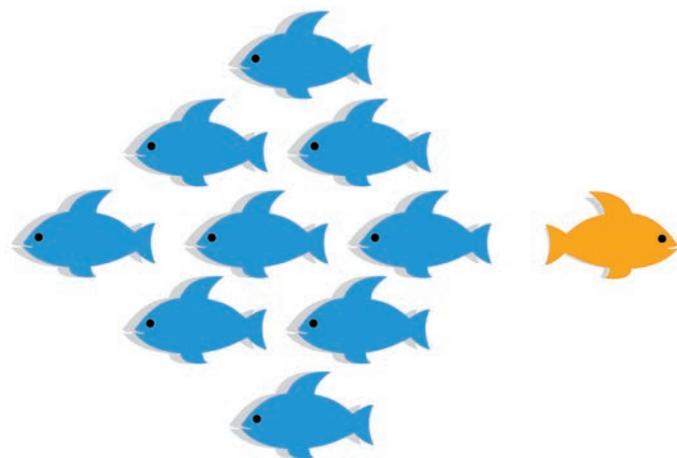
Glucose level ranges from a fasting glucose test are:

Less than 100 – Normal

100-125 – Prediabetes

126 or higher – Diabetes

Diabetes causes chronically high blood sugar levels. When your blood sugar is high, the energy you are giving your body isn't reaching the cells. That's like adding gas to a car that has a leak in the fuel line.



If you are one of the 86 million American adults with Prediabetes, then follow these 3 Key lifestyle changes:

- 1. Eat healthier**
- 2. Get regular physical activity**
- 3. Maintain a healthy weight**

The above 3 lifestyle changes can switch your path and save you from a 30 percent likelihood of developing Type 2 diabetes.

“There are always **TWO CHOICES**, two paths to take. One is easy. And its only reward is that it's easy.” *Unknown*

Breaking The Spell of ADDICTION

Things that taste good or feel good send signals to our brain that says, “we like this, do it again!” It's this reward-based learning process that makes it so difficult to fight urges to smoke or eat something sweet. We understand on an intellectual level that obesity and smoking are a leading cause of death, but when we are stressed out we can't seem to overcome the need for gratification.

Mindfulness can help break the enchantment so we can clearly see what we gain when we are caught up in our behaviors. Understanding bad habits on a deeper level can help us to lose interest in old habits and form new ones.

An example of using mindfulness to change a behavior may look like this:

- A woman's argument with her spouse creates a stress trigger.
- An urge to light a cigarette emerges.
- Instead of lighting the cigarette in that moment she pays attention to how she feels.
- She experiences the uncomfortable sensations of tightness, restlessness and tension, instead of turning away from it.
- She is curiously aware of how the urge to smoke is connected to these sensations and stays in the moment.
- Instead of fearing her feelings, she experiences them and discovers smoking isn't doing anything but distracting her from emotions she'd rather avoid.
- Our smoker is starting to become disenchanted with the behavior and she is just less interested in being hooked on cigarettes.



Urges. Cravings. Desires.

Wait it out. Instead of building in intensity, cravings only last so long.

Distract yourself. Find a healthier activity to channel your energy.

Repeat. The cravings will subside and come less and less often.

How To Accept HELP

We all go through many challenges in our lifetime. Some we can see, most we can't. It's not obvious when someone's dealing with a mental illness, caring for an aging parent, or having financial difficulty. It's important that we all have a support system. Asking for help is a strength, not a weakness. Accepting help from someone can be as difficult if not more than asking. People often offer help by saying, "let me know if there is anything I can do." Friends and relatives aren't mind readers. Tell them what you need.

WHEN PEOPLE OFFER TO HELP:

- Assume they are sincere.
- Take them up on their offer by giving them a specific task to do.

Remember that reciprocity is a door that swings both ways. Giving and taking are essential for a supportive culture.



“Nobody made a greater **MISTAKE** than he who did **NOTHING** because he could only do a little.” *Edmund Burke*

QUIZ

WELLNESS
INSPIRED
PERSPECTIVES

1. **According to the article on page 1, what are the four main components of being physically fit?**
 - a. Fitting into skinny jeans 4 weeks in a row.
 - b. Muscular strength, flexibility, cardiovascular, lean body mass.
 - c. Endurance, strength, flexibility and muscle mass.
2. **Which of the following would be the lower calorie/fat choice to manage your holiday plate?**
 - a. Cranberry sauce vs. gravy
 - b. Apple pie vs. pumpkin
 - c. Mashed potatoes vs. stuffing
3. **Which of the following is most TRUE about prediabetes?**
 - a. Blood sugar is higher than it should be.
 - b. It can be a wake-up call that one is on the path to diabetes.
 - c. It is reversible.
 - d. All of the above.

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