

Healthy Perspectives



On-site connections. Out-of-sight results.™



March 2018

"Your Source For A Happy and Healthy Lifestyle"

DIGEST

Inspire To Move:

EXERCISING in the great outdoors: *How to stay safe*

Exercising outside can be very invigorating. It allows you to breathe in fresh air while taking in the change of scenery. However, it is also important to be mindful of safety. If exercising before or after work results in exercising in the dark:

- **Take a buddy or tell someone where you will be.** If you are going alone, let someone know where you are going and bring ID. Better yet, take someone with you! Training with a loved one is a great way to bond, while doing something good for both of you.
- **Choose well-lit areas.** Avoid desolate, dark areas such as parks, hidden trails, or alleyways. Stick to well-lit, busy streets.
- **Leave the headphones, take the reflective gear.** We get it. Music is important when you're exercising. However, it also makes you unaware of your surroundings. Awareness is imperative, and that includes others' awareness of you! Wear a reflective vest and add reflective stickers to your shoes so drivers can see you.

Exercising outdoors can be an enjoyable experience, however do not forget to take safety precautions and be aware of your surroundings.



"Accidents hurt – SAFETY doesn't." Unknown



SAVOR The Flavor Of Eating Right!

Many believe that eating healthy foods means sacrificing yummy meals. Just because something is good for you doesn't mean it can't taste good, too. Often, eating better foods comes down to opting for homemade instead of store bought. So, how can you savor the flavor of eating right?

Marinate. Marinades can make food more flavorful as well as tender, before adding it to the grill or pan. Avoid packaged marinades which contain lots of sodium. Instead, mix your own. Try combining garlic with low-sodium soy sauce or Worcester sauce, onions, honey, and herbs. Use mustard, ketchup, or vinegar in your marinades.

Roast/Slow Cook. If you don't have time to marinate, roast or slow cook your vegetables and proteins. This acts as a kind of marinating. Adding herbs, seasonings and/or a liquid like wine, allows the protein or vegetables to take on the flavor you want while cooking and tenderizing in the oven or crock pot.

The first step to eating healthier is committing to it. From there, creativity will be your guide. Thinking outside the box and creating the flavors you crave will empower you to eat well without sacrificing the taste of the food you eat.

“When diet is wrong, medicine is of NO USE.
When diet is correct, medicine is of
NO NEED.” *Ayurvedic Proverb*

FEAST Your Eyes

Good vision starts with what you eat. Declining eye health and vision loss are not inevitable. Eating foods that deliver eye-friendly nutrients can help preserve your vision and quality of sight. **Focus on foods containing these 6 essential nutrients:**

NUTRIENTS	WHAT THEY DO	FOODS THAT ARE GOOD SOURCES
Lutein & Zeaxanthin	Linked to lower risk of macular degeneration and cataracts. Helps you see fine details while reading.	Green leafy vegetables (like spinach and kale) and eggs.
Vitamin C	Lowers the risk of cataracts. Smoking, diabetes and steroid use deplete the eye's of vitamin C.	Fruits and vegetables. Citrus fruits such as oranges, lemons, grapefruit and limes.
Vitamin E	Protects the eyes from free radicals that break down healthy tissue.	Nuts, sweet potatoes
Essential Fatty Acids	Support the structure of cell membranes that protect your retina.	Wild caught salmon, walnuts, flaxseeds.
Zinc	A “helper molecule” that brings vitamin A from the liver to the eye to protect pigment in the eyes.	Seafood, lean red meat, poultry, eggs, wheat germ.



RECIPE OF THE MONTH



Seared Tuna with Citrus Avocado Salsa

4 Four oz. tuna steaks

Marinade:

- 1 Tablespoon olive oil
- 2 Tablespoons lemon juice
- 1 clove garlic, minced

Salsa:

- 1/3 Cup red onion, minced
- 2 oranges, peeled and cubed
- 1 avocado, cubed
- 1/4 Cup cilantro, chopped
- 1 lime, juiced
- Salt & pepper

Make marinade: Blend ingredients and add tuna to marinate at least one hour. **Prepare salsa:** Blend ingredients in a small bowl, cover and refrigerate. **Cook:** Place steaks in a hot skillet or grill and sear 2 minutes per side for medium rare. Serve with salsa on top.

Preventing & Coping with BURNOUT

No matter how much you enjoy your job or projects around the house, burnout can inevitably occur. Burnout manifests itself as physical, emotional, and mental fatigue after long periods of demanding work. This can lead one to dread going into work and to experience lack of interest and sleep disruptions. If this sounds like stress, it's because they are similar. However, stress often occurs over a shorter period, while burnout lasts longer. So how do you avoid it, when the demands of work and home seem to keep piling up?

- **Exercise.** Adding another thing to your list of "to do's" may seem impossible, but it is always important to make time for your health. Exercise improves overall wellbeing, including alleviating stress and improving the quality of sleep.
- **Find support.** Burnout can lead to alienating oneself, but talking about how you are feeling is an important step in overcoming (and preventing) burnout and stress.
- **Take a vacation, or take a walk.** If you can't remember the last time you had a day away from chores or work, it's time to take a vacation (or a staycation). Time off is important. If you are unable to get away or take time off, remember to stop for breaks throughout the day. Take a walk at lunch with a coworker or do some stretches.
- **Identify what is most important to you.** Whether it is at home or at work, identify what you want from the effort you put in. Do you want a clean home because it brings you joy? Feeling fulfilled is important. If you feel valued at work, but don't feel creative, can a small change help? Maybe an evening art class can make up for what your daytime work is lacking.

The next time you begin feeling exhausted, cynical, and depressed after a long period of hard work, take control. Remember that burnout can be alleviated and altogether prevented by taking action and prioritizing your mental and physical health.



“What is the connection between what I want most in my life and anything I plan to do today?” *Robert Brault*

YOUR KIDNEYS AND YOU

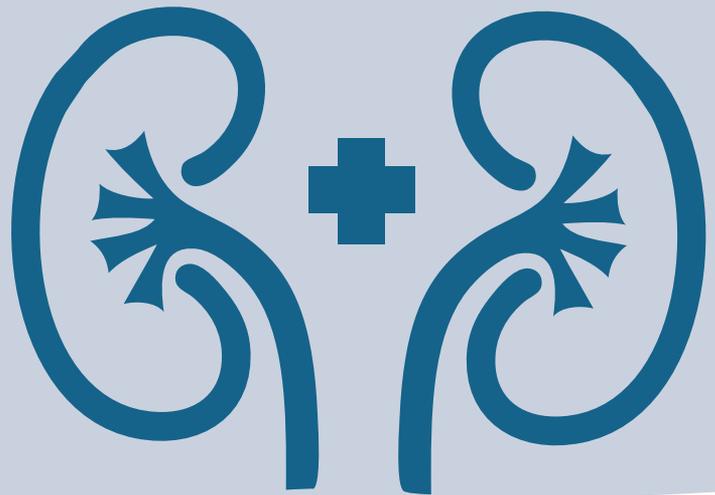
Every year you likely think about your spring cleaning routine. It's also a good time to reflect on the health of your kidneys, since the major function of your kidneys is to remove waste and excess fluid along with critical regulation to maintain a stable balance of body chemicals.

The kidneys are powerful chemical factories that affect the functions of other organs to:

- filter waste and toxins.
- stimulate red blood cell production.
- regulate blood pressure.
- produce vitamin D.

Major risk factors for chronic kidney disease are diabetes and high blood pressure, which are on the rise. Lower your risk for both kidney and heart diseases by following a healthy diet, getting plenty of exercise and avoiding alcohol and cigarettes.

Visit <https://inspiredperspectivesllc.com/your-kidneys-you/> for a video to learn more.



SPRING CLEAN YOUR MEDICINE CABINET

- Toss out open hygiene products over a year old.
- Safely discard all expired medications.
- Replenish your stock of essential items for fevers, aches and pains.



EYES

The Window To Your Health

“THE EYE is the jewel of the body.”

Henry David Thoreau



Vision screenings can be an important first step to eye health, but should not take the place of a comprehensive eye exam. What's the difference?

- **VISION SCREENINGS** are general eye tests, like, reading an eye chart from 20 feet away with one eye covered or the eye test you take getting your driver's license renewed.
- **EYE EXAMS** usually go beyond determining your needs for eyeglasses or contacts. The eye doctor will also check your eyes for common diseases, assess how your eyes work together as a team and evaluate your eyes as an indicator of your overall health. Eye exams are important for seeing more clearly, detecting disease and preserving your vision for life.

QUIZ

1. Which best describes the difference between stress and burnout?
 - a. Burn out lasts longer than stress.
 - b. Lack of interest and sleep disruption.
 - c. Physical, emotional and mental fatigue.
2. What is MOST important for your eyes?
 - a. Regular eye exams.
 - b. A proper diet.
 - c. Sunglasses
3. What is a safe way to exercise in the great outdoors?
 - a. Take a buddy or tell someone your location.
 - b. Avoid dark, lonely locations.
 - c. Take proper gear and stay aware of surroundings.
 - d. All of the above

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