



WELL-AWARE

April 2018

"Your Source For A Happy and Healthy Lifestyle"

Inspire To Move: Rainy Day Workouts

Wet weather can leave a damper on your good intentions to get active outside. A little drizzle never hurt anyone and can be refreshing when working up a sweat. If exercising in the rain has you unmotivated to move, here are a few ideas to spice up your routine on a rainy day:

Turn to the internet. There are plenty of workout and yoga videos online (even free on YouTube). These guided workouts can offer the encouragement and accountability that a real gym offers, without leaving your house.

Self-guided exercise. If you're going to miss going on a walk outdoors, try some self-guided exercises. There are plenty of things you can do such as jogging in place, doing crunches,

using free weights, getting into your favorite yoga poses, holding a plank, or doing squats. Focus on a certain area of the body and do three sets of each exercise with a one minute break in between.

Body weight exercises. If you don't have free weights at home, don't fret. You can use your own body weight! Squats and lunges use your weight and resistance to tone your legs and glutes, while pushups work your chest and arms.

Being cooped up inside due to bad weather doesn't mean you have to neglect your well-being. With these suggestions, you will be able to workout without leaving the comfort of your home, and what could be better than that?



"Some days you have to make
your **OWN SUNSHINE.**" Unknown



FORK In The Road

Deciding what to eat can be such a strenuous thinking process. Temptation lurks around every corner. Create a mindset to choose healthier foods and those donuts in the break room won't look as appealing.

TRY THESE TIPS TO DEVELOP A HEALTHY MINDSET WHEN MAKING FOOD CHOICES.

- Don't think about the calories and losing weight, instead focus on gaining good health.
- Eat more vegetables, fruits and whole grains. These foods have fiber, which will keep you feeling fuller longer and less likely to give in to poor choices.
- Plan your splurge. If you know you are allowing yourself that slice of pie after dinner, you won't feel deprived when passing on cookies in office.

There are numerous food choices to make a day and often we don't even realize we are making them. Being mindful of environmental cues or emotional triggers can help to make more mindful decisions about what and how much we eat.



FUN With Food

You can love to eat all kinds of dishes while still treating your body and mind well. So, how do you make healthy food fun?

USE CREATIVE CONTAINERS:

- *Fill mason jars* with layers of your favorite combination of salad ingredients or make fruit and yogurt parfaits.
- *Serve it on a stick.* Make kabobs with low fat cheese squares and fruit like strawberries, grapes or melon balls.
- *Stuff it.* Scoop out the insides of zucchini, squash, mushrooms or peppers and stuff with ingredients like, cooked ground meats, beans, rice, barley or cheeses.

GET COLORFUL:

- *Personal pizza creations* on whole – wheat crust with veggies of every color.
- *Top your toast.* Use spreads like nut butters on whole – wheat toast or rice cakes. Add fruit like strawberry, banana or apple slices.
- *Veggie up your cream cheese* – Start with light cream cheese, chop and add your own crunchy veggies like carrots, red peppers, celery and scallions.

ENTERTAIN:

- *Host a tapas party.* Small portions are a great way to enjoy different foods, and healthy (but tasty) options. Make baked chicken wings, stuffed mushrooms, fresh salad, roasted vegetables, and more. The options are endless.

It is possible to love food and be healthy.

“People rarely succeed unless they have
FUN in what they are doing.” Dale Carnegie



Stuffed Peppers

- | | |
|--------------------------------------|-----------------------------|
| 1 lb. ground turkey | 1 medium onion chopped |
| 1 cup cooked brown rice | 1 clove minced garlic |
| 1 cup tomato sauce | ½ Tbsp olive oil |
| 4 large peppers (green, yellow, red) | 1 Tbsp chopped flat parsley |

Preheat oven to 350°F. Cut stems and clean out peppers and place in a casserole dish. Heat oil in a large skillet over medium heat. Add garlic and onion until softened. Add turkey and cook until browned. Remove from heat, and stir in cooked rice, ½ cup tomato sauce and parsley. Stuff the peppers with the mixture and top with remaining tomato sauce. Cover and bake 35 minutes.

DROWNING A LOSS

If you are sad, grieving or dealing with a loss, will a few drinks kill you? Not likely, but worse, you could like the affect. If you are feeling down, lost and want to take the edge off with alcohol or other substances, don't mask the pain, feel the feelings. You won't die from feelings and loss is supposed to be painful. Numbing the pain now, will only make it last longer. It's better to work through it now, than later.

USING ALCOHOL IS NOT A HEALTHY COPING SKILL, BUT A TEMPTING TRAP TO:

Numb oneself by masking issues and delaying the feelings we need to address to move on.

Self-medicate, which can lead to substance abuse, addiction and a host of new problems far worse to manage than the difficulty that got you down.

Avoid anxiety. Alcohol becomes a "crutch", but one that can turn into more problems. We make bad decisions under the influence of alcohol.

Be mindful of your feelings and when choosing to use alcohol in moderation, think about why you are drinking. Assess, understand and build awareness of when you drink, how much and what emotion or trigger was behind your decision to drink. Commit to paying attention so that any decision to drink is not using it as a coping tool.

GROUNDLED With Gratitude

Take time to recognize the positive experiences you have each day. Write down or think about 3 things that you are grateful for in your life and it will affect how you feel and look at the world.

- It's easy to lose sight of what you have, when focused on what you wish was different.
- When you stop to consider what you are grateful for and why, those feelings of gratitude will linger with you past the experience.
- The mind tends to naturally focus on what goes wrong. Don't shy away from the negative. You can't escape the bad in life, but you can embrace setbacks as part of your overall journey.

Making it through tough times is never easy. Keeping spirits high and attitudes on an even keel, even during trying situations are the key to being happy. The more thankful we become, the more we feel connected to the people in our lives, our environment and ourselves.

**"Be thankful for what you have;
you'll end up having more. If you
concentrate on what you don't have,
you will never, ever have enough."**

Oprah Winfrey

Alternatives to Alcohol

1. Enjoy club soda with lime for bubbly.
2. Try a non-alcoholic beer for brew.
3. Choose mindfulness over drunkenness.

A SMART BUY

Impulse spending can hinder short-term and long-term financial goals.

TO SAVE MONEY AND AVOID UNNECESSARY PURCHASES:

- Consider the impact of each expenditure on you, your life and the lives and environment of those around you.
- Remember that nothing you buy can ever truly make you happy.
- Have a clear vision of what makes you happy and your intentions in life. If what you are purchasing is getting you closer to your goals, then it's a smart buy.

Spending more money on high quality food may be closer to your intention to live a long healthy life, than a new cell phone.

“The **PRICE OF ANYTHING** is the amount of life you exchange for it.”

Henry David Thoreau



QUIZ

1. **Which statement is MOST true?**
 - a. One should never exercise when having wet weather.
 - b. The internet is a helpful source for workout videos to try in the comfort of your home.
 - c. There are no exercises to do at home if you don't have equipment.
 - d. Squats and lunges can only be performed in a gym.
2. **What does it mean to develop a healthy mindset towards food?**
 - a. Focus on only eating foods that will lead to weight loss.
 - b. Focus only on eating foods that will lead to weight gain.
 - c. Focus on eating foods that improve your health, not worrying as much about calories and weight.
3. **Which option is a HEALTHY coping skill?**
 - a. Numbing feelings of loneliness with ice cream.
 - b. Taking 5 deep breathes before walking into a room.
 - c. Having a few drinks to ease anxiety before an event.

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