



High Desert & Inland
Employee – Employer Trust

Healthy Perspectives



May

“Your Source For A Happy and Healthy Lifestyle”

DIGEST

Fit In A MINI WORKOUT

How much time do you have to exercise? Long workdays and home responsibilities can easily take up every precious minute of the day and it can feel overwhelming to fit in the recommended 150 minutes or (2.5 hours) of heart pumping physical activity a week to maintain good health.

If time management is an issue, performing bite-sized workouts over the course of the day can provide flexibility and be as effective as one continuous session. Mini workouts are shorter sessions that break up activity into several smaller routines. When you are short on time, three 10-minute bouts of physical activity accumulated throughout the day can be easier to fit in.

A FEW TIPS TO MAKE MINI WORKOUTS WORK FOR YOU:

Schedule exercise into your day, just like you would an appointment.

Maximize your time by alternating between low-intensity and high-intensity moves.

Repeat mini-workouts three times a day, separated by one to four hours.

Short bursts of activity throughout the day can be a solution for staying healthy on days when it feels like you don't have time to exercise.

“The way we spend our time defines who we are.”

Jonathan Estrin



IN THIS ISSUE: [Superstar Fish](#) | [Eco Friendly Eating](#) | [What Now?](#)
[Prevent A Brain Attack](#) | [Choose To Be Willing](#)





SUPERSTAR Fish

Fish is delicious! There are many varieties to explore, each with its own unique texture and flavor. The following fish have great nutrition and safety profiles and are considered eco-friendly - being responsibly caught or farmed and not overfished.

Alaskan Salmon. Both wild salmon and farm salmon are great for your diet, but if budget allows, the wild variety may contain more omega-3s, vitamins and minerals.

Cod. This flaky white fish has a mild flavor and is packed with protein, B vitamins and minerals.

Herring. A single three-ounce serving contains a whopping 20 grams of protein and contains many other key nutrients.

Mahi-mahi. A tropical firm textured fish that is also called dolphinfish, but is completely different from the mammal dolphin!

Northeast Atlantic Mackerel. This oily fish is one of the healthiest available.

Rainbow Trout. These salmon relatives are largely farmed in the U.S. market where operations are held to strict environmental standards.

Sardines. An oily fish rich in many vitamins. The canned version is easy to find.

Striped bass. A firm and flaky texture full of flavor, and sustainable either farmed or wild.

Tuna. It's recommended to limit yellowfin, albacore and ahi tuna because of their high mercury content. When buying canned tuna, choose light tuna ("chunk light"), which is almost always the lower-mercury species called skipjack.

Arctic char. The meat is firm, with fine flake and flavor resembling something between salmon and trout.



ECO FRIENDLY Eating

What we put on our plates has a big impact on our health, but also on the health of our planet. Healthy foods and sustainable eating go hand in hand. **BELOW ARE SOME SUGGESTIONS THAT ARE GOOD FOR THE EARTH AND ITS INHABITANTS.**

PRIORITIZE PLANTS

GOOD FOR THE PLANET: Help preserve water in the rivers, lakes, reservoirs, and underwater aquifers that serve the needs of every human and the world's ecological systems, too.

GOOD FOR YOUR HEALTH: Fill half your plate with fruits and vegetables at every meal and eat more nuts and legumes as alternative protein sources.

GO FISH

GOOD FOR THE PLANET: Some species are at risk of being overfished or produced in ways that harm the marine environment. Visit seafoodwatch.org to search recommendations for sustainable seafood.

GOOD FOR YOUR HEALTH: Fish is a healthy, high-protein food. The American Heart Association recommends eating fish at least 2 times a week.

LOOK LOCAL

GOOD FOR THE PLANET: Shrink your carbon footprint and support the local community by choosing food produced close to home.

GOOD FOR YOUR HEALTH: Local food is often extremely fresh and offers opportunity to try new foods.

EAT MINDFULLY

GOOD FOR THE PLANET: Reflect on where your food comes from.

GOOD FOR YOUR HEALTH: Tune into hunger signals and how foods nourish your body.

"Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world." Archbishop Desmond Tutu

RECIPE OF THE MONTH



NOURISHING YOU

Baked Rainbow Trout

1 rainbow trout fillet
Olive oil
Salt and pepper

Minced garlic
Fresh lemon slices

Preheat oven to 400°F. Line a rimmed baking sheet with parchment paper. Place the fish skin side down in the center of the baking sheet. Brush 1½ Tablespoons of oil on the top of the trout. Sprinkle salt, pepper and minced garlic. Top with lemon slices. Bake for 15 minutes.

WHAT NOW?

It is easy to get tangled in worrisome thoughts. One common anxiety provoking question centers around "what's going to happen?" as no one knows what the future holds. When anxiety levels pass from occasional brief nervousness to staying stuck in a loop of debilitating sense of dread, it's time to take action to break the cycle. Here are some coping tips to help quiet constant worry:

Take things one day at a time. Focusing on what we need to do just for today, in the next hour or even in the next five minutes can help us see what is within our control.

Go easy. Pay attention to how you feel anxiety in your body (gut, heart, tense muscles). Notice it, but don't judge it or analyze it.

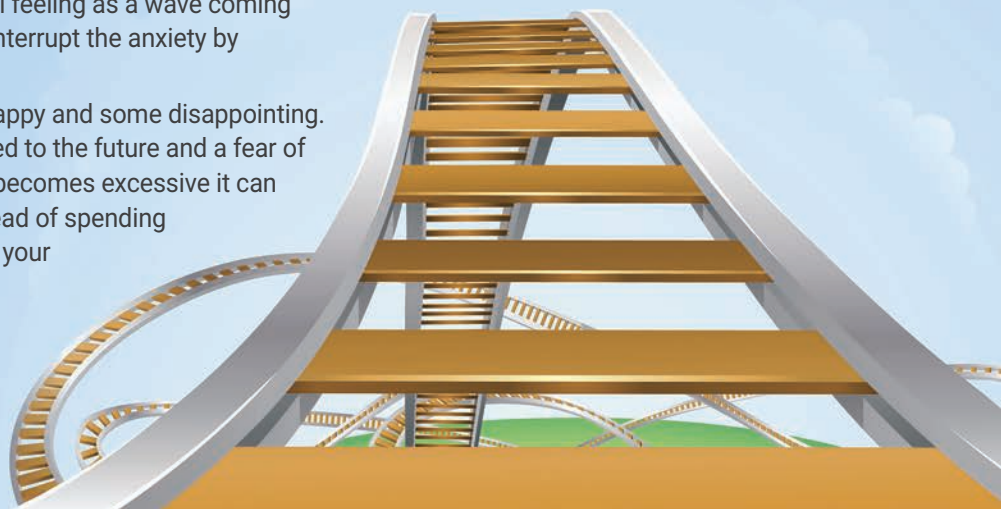
Think differently about what you are feeling. Anticipatory anxiety is expecting a disappointing outcome. Believe that it's going to be okay, by choosing to be hopeful.

Interrupt the anticipation. Think of the emotional feeling as a wave coming towards you, recognize the feelings of fear and interrupt the anxiety by appreciating something you are grateful for.

Life brings many unexpected situations, some happy and some disappointing. Worry is a feeling that almost always is connected to the future and a fear of not getting the outcome we desire. When worry becomes excessive it can block us from functioning effectively today. Instead of spending energy fretting about what you can't control, aim your attention to what you can control and trust that everything can work out okay.

"What consumes your mind
is what controls your life."

Anonymous



PREVENT A Brain Attack

The fuel pump in a vehicle delivers gas from the tank to the engine and stops running without it. Blood vessels act in a similar way by supplying oxygen and nutrients to the brain. A stroke is a brain attack where, much like a busted fuel pump, a blood vessel is blocked or bursts, and interrupts blood flow to the brain and the brain starts to die. This is the reason why, if a stroke happens, there is little time to spare when symptoms arise.

Stroke is a medical emergency and outcomes depend on how fast treatment can start. Experts say that 80% of strokes can be prevented. Many stroke prevention strategies are the same healthy lifestyle recommendations to prevent heart disease. High blood pressure is the single most important treatable risk factor for stroke. Preventing, diagnosing, and controlling it through lifestyle changes and medicine are critical to reducing risk for stroke.



SIGNS AND SYMPTOMS OF STROKE INCLUDE SUDDEN:

- numbness or weakness of the face, arm or leg, especially on one side of the body.
- confusion, difficulty speaking or understanding.
- loss of vision in one or both eyes.
- dizziness, trouble walking, or loss of balance and/or coordination.

If you think that you or someone is having a stroke, call 9-1-1 immediately.

STEPS TO REDUCE RISK OF STROKE

- Eat healthy by reducing sodium and consuming plenty of fruits and vegetables.
- Maintain a healthy weight.
- Be physically active.
- Don't smoke and avoid secondhand smoke.
- Limit alcohol use.
- Prevent or manage conditions such as high blood pressure, high cholesterol, diabetes, and obesity.

**HEALTH
HARMONY**

BELOW ARE A FEW EXAMPLES OF SPIRITUAL WELLNESS AND TIPS TO IMPROVE IT:

CHOOSE To Be Willing

Everyone at one time or another has felt a loss of direction, hopelessness, resentfulness, fearfulness, or being full of anger. These are all signs that spiritual healing is needed.

Spiritual wellness is one of the components that determines quality of well-being.

Solutions to problems, peace of mind, and freedom from despair are only a few of the potential benefits of being spiritually healthy.



SPIRITUALLY HEALTHY	TIPS TO IMPROVE SPIRITUAL WELLNESS
Willingness to trust that our care is <i>connected</i> to good things and people in the world.	<i>Spend quiet time</i> doing activities that allow for self-reflection and to feel at peace.
A sense of belonging, understanding every person has a significance and we are connected in unity by a greater purpose.	<i>Determine your values</i> by discovering what is important to you, in order to help build a framework to live by.
Choose actions that inspire and expand selfless kindness, compassion, tolerance, and forgiveness.	<i>Practice acts of kindness.</i> Giving back reminds us of the things we are grateful for.
Consideration of the needs of others and helping from selfless intentions while not draining ourselves for the sake of others.	<i>Be true to yourself</i> and live authentically with firm boundaries and a clear conscience.

“You’ll see it when you believe it.” Wayne Dyer



1. Choose the option below that best describes a mini-workout, according to the Inspiring to Move article.

- a. Bite-sized workouts sessions that break up activity into several smaller routines throughout the day.
- b. Using a smaller treadmill.
- c. Wearing shorts instead of pants.

2. Which of the following is NOT a suggestion for eco-friendly eating?

- a. Prioritize plants
- b. Buying food grown locally
- c. Selecting sustainable seafood
- d. Eating meat and potatoes

3. According to the Health Harmony article, what is a brain attack?

- a. If a blood vessel is blocked or bursts then blood flow to the brain stops. This is called a stroke.
- b. Occurs when drinking a cold beverage too quickly.
- c. When you can’t remember something, but it’s on the tip of your tongue.

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.

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ANSWERS: 1. A 2. D 3. A