

# Healthy Perspectives



High Desert & Inland  
Employee – Employer Trust



June

“Your Source For A Happy and Healthy Lifestyle”

DIGEST

## REALIZE Your Fitness Goals

Who doesn't want to live longer, have more energy, enjoy better health, and create a fit body? There is a huge gap between being aware of the positive benefits of fitness, and the desire to be fit and practicing the behaviors that accomplish it. In between awareness and desire is mindset. Developing a mental approach to overcome long-held habits, such as attitude, self-confidence, ability to deal with setbacks, and commitment level, make it possible to achieve and maintain a healthy lifestyle.

**HERE ARE A FEW GUIDING PRINCIPLES, ATTITUDES AND TECHNIQUES THAT CAN ALLOW YOU TO ADOPT OR ELIMINATE BEHAVIORS THAT YOU DESIRE:**

**Visualize Success.** Ask yourself, what do I want my health to look like at the age of 50, 60, 70? How much energy do I want to have? What do I need to start doing today to get there? Imagine your future-self enjoying the benefits of achieving those goals and experience the good feelings.

**Break old habits and establish new healthy ones.** When making choices, pause, think and choose based on values and goals.

**Set concrete goals and create milestones.** Break your goals into a small number of manageable stepping-stones between now and the final goal.

**Ingrain Health into your identity.** Make yourself a priority. Set new habits that create the lifestyle you want to live. Find areas to focus on that will help you. Move forward now.

Success in achieving any goals, including fitness, requires positive mental health habits and motivation.

“The only journey is the journey within.”

*Rainer Maria Rilke*

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INSPIRE  
TO MOVE



## MASTER The Grill

Grilled foods are generally a healthier choice than fried, plus, cooking outdoors is fun.

**FOLLOW THESE TIPS FOR HEALTHY GRILLING AT YOUR NEXT COOKOUT TO GRILL WITHOUT GUILT:**



### GRILL LEAN

If grilling meat, choose lean cuts trimmed of visible fat and skin.



### GRILL FRUITS AND VEGETABLES

Try pineapple, pears, onions, peppers, eggplant, zucchini, tomatoes, and portabella mushrooms.



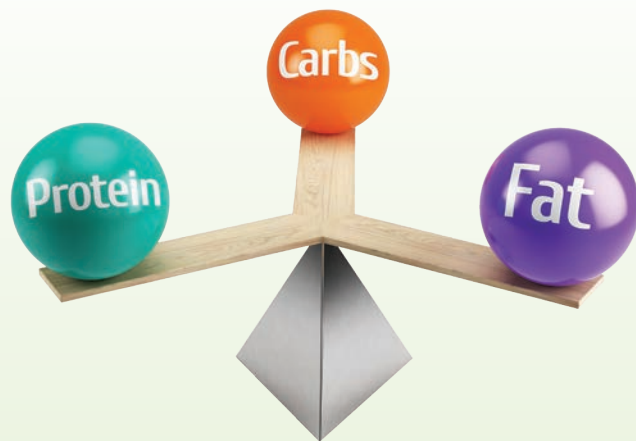
### SKEWER IT

Thread small pieces of meat or fish on a skewer alternating with vegetables.



### MARINATE

Infuse flavor into meats, fruits, and vegetables by soaking them in a tasty marinade.



## MAN EATING Myths

There is an old saying that, "the way to a man's heart is through his stomach." This proverb hints at a truth that implies the idea that men like to eat and eat a lot. There are also cultural messages of "man-sized" portions or a "hungry-man" expectation that guides people's behavior. It's true that men usually require more calories than women, but the recommended breakdown of carbohydrate, protein and fat are the same.

### THE ESSENTIALS OF A HEALTHY DIET FOR PEOPLE ARE TO:

- Eat when hungry and stop when full.
- Choose fruits, vegetables, whole-grains, protein and dairy sources that are low in saturated fat.
- Avoid trans-fats, excessive sodium and added sugar.

Shatter the myth that meat is manly, or overeating is masculine, and eat foods that will fuel a life you desire based on your personal values.

*"Moderation. Small helpings. Sample a little bit of everything. These are the secrets of happiness and good health."*

*Julie Childs*

RECIPE OF THE MONTH



## Teriyaki Portabella Mushroom

2 portabella mushrooms, cleaned and stems removed  
2 tablespoons teriyaki sauce

2 pineapple rings  
One red pepper seeded and cut in half lengthwise

Fire up the grill. Spread teriyaki sauce over the mushrooms, pepper and pineapple. Grill the mushrooms and peppers to the grill and cook 5-6 minutes per side and the pineapple 3 minute per side. Layer the mushroom with the pepper and top with pineapple. Can be served over brown rice.

NOURISHING YOU

# SUMMER READING

Whether enhancing your digital experience with an e-book, or cracking open a hard copy or soft cover, there are benefits of reading books that can positively affect your life. Reading contains both physical and mental benefits, starting from childhood and continuing through the senior years. Reading books can change your brain and your body for the better!

## READING LITERALLY CHANGES YOUR MIND BY:

**Reducing stress and helping to alleviate symptoms of depression.** Fictional reading allows a temporary escape through imagined experiences of the characters. Self-help books can offer strategies to manage stress, anxiety and depression.

**Helping to prevent age-related cognitive decline.** The National Institute on Aging recommends reading books and magazines to keep the brain thinking clearly.

**Preparing for a good night's sleep.** Reading as part of a regular sleep routine helps relax the mind. Choose a print book rather than reading on a device, as the lights from screens could keep you awake.

**Increasing the ability to empathize.** Reading fiction stories that explore the inner lives of characters may heighten ability to understand the feelings and beliefs of others.

Literature can help us to learn to replace long-established, negative ways of thinking with a new healthier approach to life and to love.



## BEST FRIEND Benefits

Best friends, whether near or far, new or old, who celebrate good times and provide support during bad times, are good for your health. **June 8 is National Best Friends Day** and it is a time to reflect on the way strong social connections can play a significant role in promoting overall health. **Meaningful, nurturing and lasting friendships add more than just fun.**

### They also bestow:

- **Emotional support.** Provides a trusted person to talk with about important matters and help to cope with traumas, such as divorce, serious illness, job loss, or death of a loved one.
- **Companionship.** Establishes a sense of belonging and allows honest conversations about feelings.

- **Encouragement.** Improves self-confidence, motivation and self-worth.

It is sometimes hard to make or maintain friendships as other priorities, such as work, caring for children, or aging parents' surface. Friends also may grow apart due to changes in interests or life situations, or moving to a new location. Developing and maintaining healthy friendships involves effort, however the enjoyment and comfort friendship can provide makes the investment worthwhile. Letting friends know you care about them and appreciate them can help strengthen your bond.

### WAYS TO MAKE NEW FRIENDS:

- Reach out to and stay in touch with people you've enjoyed chatting with.
- Introduce yourself to neighbors.
- Take up a new interest and go places where people gather.
- Extend and accept invitations.
- Stay positive and maintain a friendly attitude.

"I would rather walk with a friend  
in the dark, than alone in the light."

Helen Keller

HEALTH  
HARMONY

# CHOOSE The Right Sunscreen

Skin is the body's protective barrier from the outside world. It recognizes pain, alerts us of danger, and protects us from the sun's harmful ultraviolet (UV) rays.

**THE CHOICE TO PROTECT OUR SKIN IS EASY; DECIDING THE RIGHT SUNSCREEN CAN BE AS SIMPLE AS READING THE LABEL AND UNDERSTANDING THE TERMS:**

**Broad spectrum protection:** protect against both UVA and UVB rays. UVB rays are the main cause of sunburn and skin cancers, but UVA rays also contribute to skin cancer and pre-mature aging.

**Sun protection factor (SPF):** The SPF number is the level of protection the sunscreen provides against UVB rays. The American Cancer society recommends using an SPF of 30 or higher. SPF below 15 only protects against sunburn, not skin cancer or skin aging.

**Water resistant:** No sunscreens are waterproof or "sweatproof." For best results, reapply sunscreen at least every 2 hours and even more often if swimming or sweating.

"Invest in your skin. It is going to represent you for a very long time."

Linden Tyler



ANSWERS: 1. B 2. D 3. C

- 1. Choose the statement that is mostly TRUE.**
  - a. Overeating is a sign of masculinity.
  - b. Men usually require more calories than women, but the essentials of a healthy diet are basically the same.
  - c. The way to a man's heart is through his stomach.
- 2. How do reading books change your brain and body for the better?**
  - a. Reduces stress through a temporary escape.
  - b. Helps the brain stay healthy and thinking clearly.
  - c. Aids a good night's rest as part of a regular sleep routine.
  - d. All of the above.
- 3. Choosing the right sunscreen is as easy as reading a label. Which of the statements below is FALSE?**
  - a. Broad spectrum protection means it protects against both UVA and UVB rays.
  - b. SPF below 15 only protects against sunburn, not skin cancer or skin aging,
  - c. Water resistant sunscreens are waterproof and do not need to be reapplied after swimming or sweating.

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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