

Healthy Perspectives



High Desert & Inland
Employee – Employer Trust



July

“Your Source For A Happy and Healthy Lifestyle”

DIGEST

“Sun is shining.
Weather is sweet.
Makes you wanna move
your dancing feet.”

Bob Marley



ACTIVE All Summer

When it's hot outside, it can be tempting for adults and kids to sit inside all day, but it's cooler to be active and have fun all summer long. Children need at least an hour of physical activity a day and it's recommended adults get at least 30 minutes. A few ideas to make fitness an inclusive family activity as part of daily routines include:

Put it in Park. If the destination is a mile or less and the route is safe, walk it! If slightly longer, but still accessible, take a bike. This is a great way for kids to spend time outside, increase their activity, and enjoy quality time. Kids who are passionate about ecology will enjoy the reduced carbon footprint!

Pick favorites. Take turns having each family member choose a favorite activity that everyone participates in such as swimming, basketball, hide and seek, badminton, or walking in the park.

Dig in. Gardening encourages awareness of nature, requires time outdoors, and, as an added bonus, children are likely to eat vegetables that they have grown themselves.

Venture out. Visit walking paths and playgrounds in the area to encourage free, outdoor play and avoid boredom with staying in the same place every time.



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HEALTHY EATING

During Summer Vacation

Whether you are traveling to a swanky resort or enjoying your own backyard, healthy eating should not take a vacation. Temptation may abound with barbecues, trips to the ice cream shop, sugary drinks, and picnics, but there are many sound strategies to retain healthy eating habits year-round while still enjoying your summer vacation:

Don't drink your calories! When summer heat hits, nothing beats a cooling drink. Stick with water, and limit alcohol, soda, sweetened tea, lemonade, or juice. Try infused water: lemon, lime, melon, cucumber, mint, orange, or berry transforms it into a deliciously refreshing drink!

Use the 85/15 rule: Aim to consume fruits, vegetables, whole grains, lean proteins and dairy for 85% of the time, reserving the remaining 15% for treats like an occasional dessert, salty snack, or a rich sauce. Allow yourself to enjoy favorite foods in moderation.

Plan ahead: If you know you are dining out, check the restaurant menu ahead of time to avoid impulse ordering. When grilling or picnicking, make a big salad, a vegetarian dish, or some other healthy option that can complement the burgers and chips.

Spice it up: Herbs and spices are a great way to flavor foods without adding calories or salt. They are also full of anti-oxidants, which have additional health benefits.

Enjoy a variety of fruits and vegetables: Low in calories, high in fiber, rich in vitamins and minerals; many varieties are at their peak in summer.

“Your diet is a bank account.
Good food choices are good
investments.” *Bethany Frankel*



SATISFY Your Thirst

Hot sunny days and a refreshing beverage go hand in hand. When thirsty, nothing beats a tall, cold glass of water to cool off, but water does more than simply wet your whistle! Staying hydrated allows you to safely enjoy activities and time outdoors for longer periods. More time on the beach? Yes, please!

It's possible to get hydration from a variety of drinks and tasty water-rich foods that can satisfy your thirst and support proper hydration, too. Boost your hydration and ingest a healthy dose of vitamins and minerals in the process by reaching for these tasty treats:

HYDRATING BEVERAGES:

- Fruit-infused water
- 100% fruit juice
- Electrolyte replacement drinks
- Caffeine-free teas
- Coconut water (95% water and better than fruit juice and sports drinks)
- Skim milk or dairy-free milk

JUICY FRUITS:

- Watermelon is the most hydrating food you can eat and is low in calories.
- Strawberries contribute to daily water intake, and provide fiber and disease-fighting anti-oxidants.
- Cantaloupe delivers more than half a cup of water per serving along with vitamin A, which boosts immune health.
- Oranges provide almost a half-cup of water along with vitamin C and potassium.
- Peaches are hydrating and full of nutrients.

WATER-RICH VEGETABLES:

- Cucumbers are made up almost entirely of water and very refreshing.
- Lettuce combines water and fiber with only 10 calories a cup!
- Zucchini can contribute a significant amount of water and nutrients.
- Celery provides a crunchy snack made mostly of water.

RECIPE OF THE MONTH



NOURISHING YOU

Watermelon Gazpacho

- | | |
|---|--|
| ½ red onion | 2 cups seedless watermelon |
| 1 bell pepper,
core, seeds, and stem removed | 2 tablespoons red wine vinegar |
| 1 cucumber, peeled | Juice of ½ lime |
| 2 large, ripe tomatoes | 2 teaspoons salt (to taste) |
| | Tabasco or other hot sauce, if desired |

Cut all the vegetables into medium-sized chunks. Place all the ingredients into a blender and puree until smooth. Taste, adjust the seasoning, and chill before serving.

ACCEPTING WHAT IS: Turn Off The Pressure Cooker

Adversity can be as small as a stubbed toe or as traumatic as a death in the family, but how a person reacts to it has a major impact on overall health.

Habitual acceptance, or accepting what is, can help in dealing with difficulties and negative emotions by recognizing that they are an unavoidable part of life. When we practice acceptance, particularly in the face of an event such as a break-up, a financial setback, or a family problem, we allow the negative feelings to occur naturally, rather than denying them. This reduces the emotional suffering we may experience.

Sadness is a natural response, but fighting sadness compounds the emotional struggle. When people fight these feelings and bottle them up, they create an emotional pressure cooker – and that steam is going to escape somehow! It may come across as anger, physical illness, depression, stress, irritability, or substance use. Practicing acceptance helps reduce the “steam,” leaving us better able to address the situation.

Acceptance is not automatic; it is a habit that must be cultivated. There are several ways to start your journey:

- **Journaling:** Writing things down can serve as a release valve to our pressure cooker by helping to dump out negative thoughts, feelings, emotions.
- **Mindfulness:** You know the old saying “The first step to solving a problem is knowing it exists?” Same thing with mindfulness. The first step toward breaking unhealthy patterns is observing or recognizing them. Meditation brings mindfulness, which leads to acceptance.
- **Think of your inner child:** When you begin to react negatively, fight a feeling, or fail to accept a situation, consider yourself as a child. We are less likely to judge a child harshly, so this is a meaningful way to give yourself grace and accept that this is a process.

“Life is either a daring adventure or nothing.” *Helen Keller*



NATURE: The Anti-Stressor

Remember when you were a kid and all you wanted to do was play outside? That kid knew a thing or two about what was good for them! As well as being fun, time outdoors has many health benefits, such as added exercise, more vitamin D, reduced stress, better concentration, and improved mood. With summer in full swing, now is a great time to recapture the youthful joy of time outdoors!



HERE ARE SOME FAVORITE WAYS TO ENJOY MOTHER NATURE:

- **Take a hike:** Lace up those sneakers and head out for a brisk walk or a leisurely stroll!
- **Forest bathing:** Far more than a walk in the woods, this practice involves an immersion in the sights, sounds, and smells of the forest. Feel the sun, see the trees, hear the birds, smell the flowers, taste the fresh air, and say good-bye to your stress.
- **Test the waters:** Spending time in or near water is shown to reduce stress and boost mental health. Even if you are not a swimmer, proximity to water is good for you, so seek out chances to visit the beach, a lake, river, or pond whenever possible.
- **Sunrise, sunset:** Watching this daily miracle is a great way to gain perspective. While you observe it, visualize your troubles rising up and away or falling down and disappearing with the sun.

So what are you waiting for? Get outside!

BE SUN SAFE AND KEEP THE BUGS AWAY!

- Apply sunscreen with a minimum SPF of 30 that protects from UVA and UVB rays.
- If heading into the woods, don't forget a generous spritz of insect repellent.

**HEALTH
HARMONY**



ARGUE OR DETACH

When feeling provoked, remember that a person's tone of voice, mood, emotional state, or harsh words or actions don't have anything to do with your course of action. When someone else's emotional baggage is dropped on us, we have a choice: do we pick it up, or leave it behind?

Baggage can often come in the form of an argument. When faced with this situation, there are two possible responses:

- Escalate the argument to prove the other person wrong
- Detach, recognize this is not about you, and walk away

Simply refusing to participate in an argument by not getting too emotionally involved, physically leaving a room, or kindly ending a conversation will help leave that emotional baggage right where the other person dropped it. It's not yours, so don't pick it up!

"Discussion is an exchange of knowledge, argument an exchange of ignorance." Robert Quillen

**GOOD
DECISIONS**

1. Which of the following is a good way to encourage kids to stay active?

- Avoid talking about exercise.
- Take away privileges if they don't exercise.
- Make physical fitness a family activity.

2. Which food is best for hydration?

- Tomatoes
- Tuna sandwiches
- Ice cream

3. Spending time outdoors is good for you because...

- It reduces stress
- It encourages fitness, Vitamin D absorption, and improves your mood
- Both a and b

INDEPENDENCE DAY

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. C 2. A 3. C