

# Healthy Perspectives

August

"Your Source For A Happy and Healthy Lifestyle"

DIGEST



High Desert & Inland  
Employee – Employer Trust

## Paddle, Pedal, and Play

While it's important to stick with a physical activity schedule, sometimes routines can be dull. Spending time doing something that is for your own personal benefit increases happiness and satisfaction in life. Embracing activities that have the added benefit of keeping you physically fit and easily hitting activity goals while having fun brings a bucket of benefits!

- **Feel Better:** Finding and pursuing hobbies can improve physical health, boost your mood, and relieve stress.
- **Reduce Boredom.** Ditch the treadmill this week and find a walking group to share your passion and pace.
- **Form Social Connections:** Joining an athletic team, club, or league, or enrolling in a class or workshop to try a new sport or skill is a great way to meet new people who share your interests.

Whether you prefer paddling on water or peddling on land, there are plenty of outdoor sporting hobbies to get fit while having fun at the same time.

### HERE ARE JUST A FEW:

**Pick up a paddle:** Racquet sports like tennis, pickleball, beach paddle, and squash are great ways to find your fitness, engage in some healthy competition, and improve hand-eye coordination. For another paddling option, hit the water in a canoe, a kayak, or a paddleboard. Bonus: spending time on or near water is a proven stress reducer!

**Pedal power:** Cycling is good for the mind, the body, and the environment. Plan a ride on a scenic route through your neighborhood, a wooded trail, down a mountain, or along the boardwalk. Don't forget your helmet!

**Play ball:** Volleyball, softball, basketball, or soccer are all fun, healthy ways to enjoy sports, stay fit, and bring friends and family together. Golf is great, too, just be sure to park the cart and walk the course.



"To be really happy and really safe, one ought to have at least two or three hobbies."

Winston Churchill

IN THIS ISSUE: [Looking For Some Hot Stuff](#) | [Simply A-Mason](#)  
[It's Nearly Flu Shot Time!](#) | [Put A Cork In It](#) | [Self-Worth or People Please?](#)





## Looking For Some HOT STUFF

*Spice does more than add a zesty pop to your meal, it can:*

- Help maintain a healthy weight.
- Boost heart health by breaking down fats.
- Support gut health by reducing inflammation and enhancing the “good” bacteria in the gut.

*Different spices deliver different benefits, here's a “taste:”*

- **Cayenne pepper:** Loaded with capsaicin, a substance that has many health benefits. It adds heat and health to dishes and helps to break down fats. Sprinkle it on avocado toast!
- **Ginger:** Filled with cancer-fighting antioxidants, ginger improves digestion and relieves nausea. Grate it into a stir fry, or steep it in hot water for tea!
- **Cinnamon:** Anti-viral, anti-bacterial, anti-fungal, and helps lower blood sugar. Sprinkle it on low-fat yogurt or oatmeal for breakfast!

Although many people enjoy the taste and benefits of spicy foods, there are some who may prefer to avoid them. People who suffer from inflammatory bowel disease, ulcerative colitis, or Crohn's Disease may find that the conditions are aggravated by spicy foods. Others may experience acid reflux or nausea after consuming hot and spicy dishes. Spice or no spice, a balanced diet that suits an individual's preferences and needs is always the goal. Adding fresh hot peppers or a sprinkle of chili powder to your food is a great idea, but not if it's on a giant pile of fries!

**“Our food should be our medicine and our medicine should be our food.”** *Hippocrates*

## SIMPLY A-MASON

Rushed in the mornings? No time to pack lunch? Solution: Mason jars! In addition to providing convenience and portion control, these handy jars are eco-friendly...Hello reuse, good-bye plastic!

**Breakfast is simple: Choose one item from each row, mix it up the day before, and wake up to nutrition!**

### 1/3 cup Grain

Raw rolled oats, Cooked rice, Cooked quinoa, Flaxseed meal

### 1/3 cup Milk

Lowfat milk, Soy milk, Nut milk, Coconut milk

### 1/3 cup Fruit

Apples, Bananas, Raisins, Dried apricot

### 1 tsp Sweetener

Honey, Agave, Maple syrup, Condensed milk

### Dash of Seasoning

Cinnamon, Nutmeg, Allspice, Vanilla

**Layer a salad for lunch! Try the “Lucky 7” method for freshness.**

- 1. Dressing first.** Whether you make or buy it, put the dressing in at the bottom of the jar to prevent sogginess. If buying, keep it low sugar and low sodium.
- 2. Add the hard veggies:** celery, carrots, beets, cabbage, fennel.
- 3. Beans and grains:** chick peas, black beans, barley, brown rice, or bulgur wheat.
- 4. Pick your protein:** low-fat cheese, chicken, tuna, tofu, hard-boiled eggs.
- 5. Select the softies:** add the delicate vegetables like tomatoes, avocados and cucumbers, or fruits like berries, melon, or peaches.
- 6. Go nuts!** Add almonds, peanuts, walnuts, sunflower, pumpkin, or chia seeds.
- 7. Top it with salad greens:** spring mix, arugula, or chopped romaine, bibb, or iceberg.

When assembled, seal the jar and refrigerate. To serve, shake it up, or toss it in a bowl.



RECIPE OF THE MONTH



NOURISHING YOU

## Chia Pudding

- |  |                            |
|--|----------------------------|
| 1/2 cup chia seeds                             | 1 1/2 teaspoons vanilla    |
| 1 15-ounce can coconut milk                    | 1 teaspoon cinnamon        |
| 1/2 cup nondairy milk, such as soy or oat milk | 1/2 teaspoon ground cloves |
| 1/4 cup maple syrup                            | Pinch of salt              |

Mix all the ingredients in a sealable container, and refrigerate it overnight. Enjoy it for breakfast. If the pudding has thickened too much for your liking, you can add a bit more milk to reach the desired consistency.



## It's Nearly FLU SHOT TIME!

Most of us are still enjoying the hazy, lazy, crazy days of summer, with cold and flu season far from our minds. But as fall approaches, people will spend more time indoors, and the risk of illness can increase.

The CDC recommends that everyone over the age of six months receive a flu vaccine this year. The vaccine is considered safe and effective, and is readily accessible in many workplaces, as well as pharmacies, health clinics, and primary care providers' offices. Different vaccines are approved for people of different ages, and medical professionals can determine the correct vaccine and dosage for individuals.

In very rare cases, some people should avoid the shot, including those younger than 6 months, and those with life threatening allergies to any ingredient in the vaccine, but these cases are extremely uncommon. Always speak to your primary care physician to determine what vaccines are important for your health.



## Put A CORK IN IT

"Everything in moderation" as the saying goes, but in terms of alcohol consumption, what does that mean? The latest advice states that men should consume no more than one to two drinks daily, and women should top out at one.

Increasingly, people are "putting a cork in it" for various health reasons and finding they don't look back.

### THESE MOTIVATIONS ARE WIDE-RANGING, AND MAY INCLUDE:

- **Weight loss:** alcohol is ultimate example of "empty calories" as it is highly caloric and contains zero nutrients. Many individuals seeking to lose weight find this an obvious and manageable way to reduce caloric intake.
- **Improved mood, mindset, and relationships:** as a depressant, alcohol can have a negative effect on our mood, which alters our attitude and can impact how we treat others.
- **Better skin:** alcohol is dehydrating on the inside, and that shows on the outside!
- **General health:** alcohol can damage the liver, raise blood sugar, cause high blood pressure, contribute to digestive problems, and increase the risk of various types of cancer.
- **Addiction and substance use disorders:** as an addictive substance, alcohol poses a risk of dependency.



Many bars and restaurants are seeing demand for alternatives to liquor and have met this growing trend with fun and festive "mocktails." Gone are the days when a can of soda was the best option for a non-drinker. Many places now have full drinks menus that avoid alcohol altogether.

Creative mixologists are concocting unique and delicious options with local fruits and juices, artisanal bitters, aromatics, herbs, and teas that beg the question, "Why were we adding vodka in the first place?"

Better health, lower calories, a clear head, and no hangover? Reducing or eliminating alcohol makes us feel better and look better.

*I'll drink to that. Cheers!*

### Quench your thirst and keep it festive!

- Try a "No-jito" - juice a lime, add your favorite sweetener (we love agave!), top off with water, or club soda and finish with a sprig of mint.
- If you do wish to have a drink or two, be sure to alternate with a big glass of water to stay hydrated and avoid a hangover.

**HEALTH  
HARMONY**

## SELF-WORTH OR PEOPLE PLEASE?

Are you a giver? Do you believe that people only care about you when you are useful to them? Do you feel you need their praise and appreciation in order to feel good about yourself?

The surest way to block well-being is by basing one's self-worth on what others think of us.

- Be careful not to apologize or accept fault when you are not to blame.
- Speak up honestly. Going along with something you don't agree with just to keep everyone happy is a set up for future frustration.
- Recognize how you feel. It's okay to voice your feelings.

Self-esteem grows from loving and accepting ourselves as we are. No one is perfect and sometimes the things we consider our greatest weaknesses prove to be our greatest strengths. They provide us with opportunities for growth we never would have had otherwise.

*"When you say yes to others, make sure you aren't saying no to yourself."*

*Paul Coelho*

**GOOD  
DECISIONS**

- 1. How do sports and hobbies improve overall health?**
  - a. Improve physical fitness, mental health, and stress management.
  - b. Reduce boredom and idle time and create new social connections.
  - c. All of the above.
- 2. What of the following are benefits of spices in food?**
  - a. They are anti-inflammatory, anti-oxidant, and support heart and gut health.
  - b. They are anti-depressants.
  - c. They reduce the calories in food.
- 3. What is considered "moderate" alcohol consumption by medical authorities?**
  - a. A six pack of beer, a bottle of wine, or a pint of liquor per day.
  - b. One drink per person per week.
  - c. For men, 1-2 drinks daily and for women 1 drink daily.

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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