



High Desert & Inland  
Employee – Employer Trust

# Healthy Perspectives



September

“Your Source For A Happy and Healthy Lifestyle”

DIGEST

## KNOW The Four Types of Exercise

September says goodbye to the lazy, hazy days of summer and “turns over a new leaf” as fall approaches with cooler weather. This presents a great opportunity to embrace new activities.

No matter how far we get from our school days, September always has a feeling of “back to school,” and learning the four main types of exercise enables us to vary activities while boosting our energy and health.

- **Endurance** - Aerobic activities such as walking, swimming, and tennis keep the heart, lungs, and circulation healthy. This gives us the energy to keep going for longer periods of time. More stamina to enjoy your passions? Yes please!
- **Strength** - Lifting weights, doing push-ups, or using resistance bands keeps muscles and joints working at their best levels, which enables us to stay active and independent. Is lifting your grandchildren a priority? Try strength training.
- **Balance** - Practicing Tai Chi, standing on one foot, and using a stability ball improve balance, which is important to prevent falls, and may even extend your life!
- **Flexibility** - Stretching exercises and Yoga enhance flexibility, which improves muscle coordination, reduces injuries, and leads to better posture. All good things!

Maybe we are not all going to back to school this fall, but learning and practicing the four main types of exercise will send us back to fitness, back to health, back to wellness!

“Variety is the soul of pleasure.”

*Aphra Behn*



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## Pack A LUNCH BOX

Whether you are heading to the office, going to school, or working from home, packing a lunch is a great way to maintain a healthy weight, save money, and avoid the temptations of fast food.

Plan ahead and stock up to make an appealing and tasty lunch. The best way to assemble the menu is to bring in the right combination and quantity of foods for optimal health. Put together an assortment of fruits, veggies, healthy proteins, and whole grains to sustain you through the afternoon. **AN IDEAL LUNCHBOX SHOULD INCLUDE:**

- **1 fresh fruit:** Grab some grapes, munch a melon, or nibble a nectarine. These sweet and juicy treats pack a nutritional punch and are delicious!
- **2 vegetables:** Crunchy, flavorful, filled with nutrients - asparagus, broccoli, carrots, daikon, eggplant, fennel... healthy varieties from A to Z!
- **1 protein:** Lunching on last night's chicken or fish is a great repurpose of leftovers. Other good protein choices include tofu, hard boiled eggs, nuts, and low-fat cheese.
- **1 whole grain:** Each week, cook a large batch of brown rice, quinoa or barley. Toss it with leftover meat and veggies for a tasty and healthy grain bowl.

When you keep an assortment of these foods on hand, packing a delicious and healthy lunch is a snap!

*"Your diet is a bank account. Good food choices are good investments."*

*Bethenny Frankel*

## GET SMART: Brain-boosting Fruits and Vegetables

Fruits and veggies are packed with nutrients, and when it comes to the brain, there are several categories of produce that are especially beneficial. Foods rich in Vitamin C, flavonoids, Vitamin K, folate, lutein, and beta carotene deliver health to the head. While you are "getting smart" with fruits and veggies, be sure to shop smart!

- **Keep it simple:** Avoid pre-cut, pre-washed, prepped items. A whole broccoli is a better value than florets. Speaking of broccoli, this nutrition powerhouse is filled with Vitamin K, folate, lutein, and beta carotene, just like its cousins, kale, collards, and spinach.
- **Shop seasonally:** If you are buying strawberries in December, chances are they are shipped from far away and that will show in the price tag. Select local spring and summer strawberries and blueberries, which are loaded flavonoids, a substance that helps improve memory. When shopping, choose what's in season—asparagus in spring, zucchini in summer, kale in fall, and you will get a lot more greens for your green.
- **Be Late:** Visit farmer's markets near closing time and you may find good deals at the end of the day. Look for Vitamin C powerhouses—oranges, bell peppers, tomatoes, and kiwi contain high levels of Vitamin C, which prevents brain cell damage and supports brain health.
- **Seek variety:** Instead of the same spinach every day, be open to deals on bok choy, mustard greens, or Swiss chard.

*"Go vegetable heavy. Reverse the psychology of your plate by making meat the side dish and vegetables the main course."* *Bobby Flay*



RECIPE OF THE MONTH



NOURISHING YOU

## Brain-Boosting Kale Salad

### DRESSING:

- 2 tablespoons fresh lemon juice
- 2 tablespoons fresh orange juice
- 1 tablespoon honey
- salt and pepper to taste
- ¼ cup olive oil

### SALAD:

- 1 bunch kale sliced into thin ribbons
- ½ apple • 1 carrot
- 2 tablespoons chia seeds
- ¼ cup raisins
- ¼ cup sliced almonds

In the bottom of a large bowl, mix all the dressing ingredients with a fork. Add the kale and turn it over to coat. Grate apple and carrot into the kale, and toss again. Add remaining ingredients and toss well. Leave the salad on the counter, lightly covered, for several hours. Every so often, give it a toss, spread the dressing. Taste for seasoning; add salt, pepper, lemon juice and/or oil, if needed, before serving.

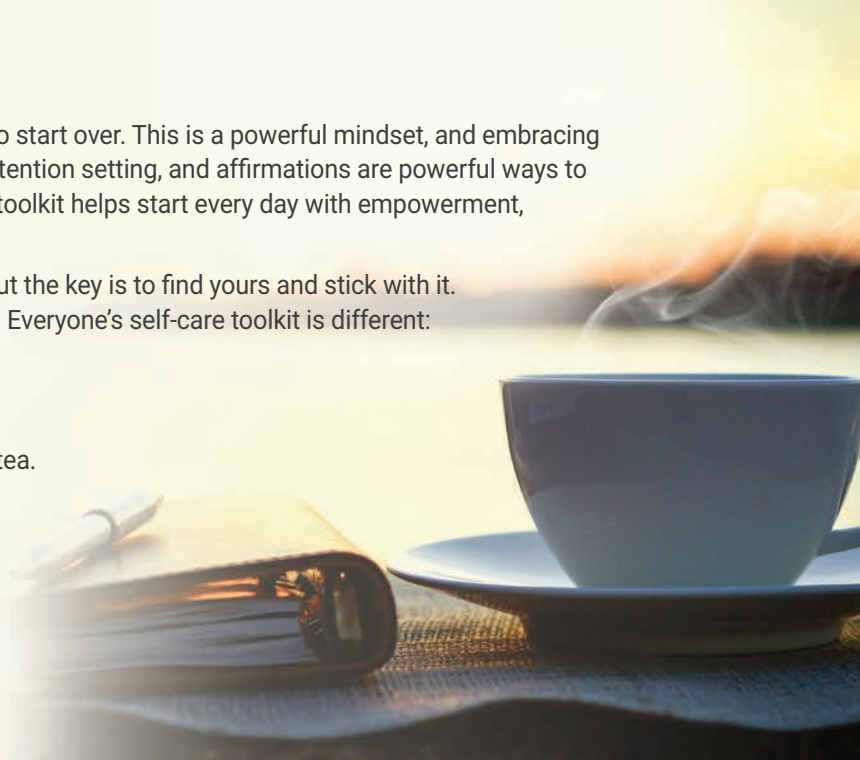
# You Deserve A GREAT DAY!

Every morning when you open your eyes, you have a chance to start over. This is a powerful mindset, and embracing it ensures a strong start to every day. Morning meditations, intention setting, and affirmations are powerful ways to set a positive tone for the day ahead. Assembling a self-care toolkit helps start every day with empowerment, positivity, and hope.

Individual rhythms and preferences will dictate what works, but the key is to find yours and stick with it. Once these practices become routine, their benefits will grow. Everyone's self-care toolkit is different:

- Launch the day with a workout.
- Open your eyes to a meditation.
- Begin with a healthy breakfast and a quiet cup of coffee or tea.
- Start with an affirmation, a positive statement that provides meaning, and say it to yourself out loud.

When you begin this process, it is essential to be patient, give yourself a chance to embrace the concept, and allow the time and space for the tools to work. Maintaining this practice will start the journey toward positivity. *Let's do it!*



## DON'T FEED The FEAR Monster

Fear is a powerful emotion with a strong effect on our minds and bodies. It produces symptoms such as accelerated heartbeat and breathing, sweating, weakened muscles, upset stomach, dizziness, and tension. Anxiety is closely related to fear; it relates to worries, thoughts or anticipations of future events, and can be equally debilitating on mental and physical health. Anxiety is a longer-term condition in which some fear symptoms persist, and can result in mental issues such as moodiness, lack of sleep, inability to focus, and isolation.

### How to Slay the Fear Monster

It is natural to feel fearful and anxious on occasion, and when these monsters lurk, there are many effective ways to contain them.

#### TRY OUR "FIVE-A" APPROACH TO SLAYING THE MONSTER:

- **Acceptance:** Recognize that overcoming fears involves growth and requires facing the fear, not avoiding it.
- **Assessment:** If you avoid situations that scare you, you might miss what you need or want to do. Evaluate these episodes, and do not let your fear dominate.
- **Awareness:** Know yourself. Keep a journal to track your triggers and patterns to help correct them.
- **Action:** Practice relaxation techniques: Meditate, take a walk, listen to music or a podcast, read, breathe.
- **Association:** Connect spiritually to something bigger than yourself, which helps ease anxiety by reducing isolation.

If you experience fear and anxiety for longer than a few weeks and symptoms impact your daily life, please consult your doctor or a mental health professional.

### Adopt A Growth Mindset

1. Strive for progress, not perfection.
2. Get comfortable with what you don't know.
3. Accept that the path to success includes mistakes, growth, and change.





# TAKE STOCK OF YOUR FINANCES

## Overcoming Financial Stress

If you are worried about finances, you are not alone; 72% of adults report feeling stressed about money. This feeling can add to the overall negative impact stress has on health. It can lead to physical symptoms such as headaches, heart disease, stomach problems, and compromised immune symptoms, as well as mental health issues such as depression and anxiety. Financial stress is especially toxic; it can impact health-related decisions, such as delaying medical care to save on costs. Taking control of your finances and making informed decisions about saving and spending can help achieve a sense of control, and set you on a path to greater financial, physical, and mental health.

### CONSIDER THE FOLLOWING STRATEGIES:

- **Examine your spending** - Is your bank charging you a fee? Do you need that extra streaming account? Is your phone plan the best deal available? Are you optimizing your grocery purchases? There may be quite a bit of savings that can be found when you take a long hard look at expenditures.
- **Do your research** - Can you restructure or refinance your debt? Do you qualify for any public programs, assistance, or entitlements?
- **Find a side hustle** - If a part-time or second job is feasible and available, grab it!

Financial challenges take a toll - so it's important to practice self-care. Eat well, exercise (walking is free!), and manage stress through mindfulness, meditation, or whatever works best for you.

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

**GOOD  
DECISIONS**

FIN  
D  
Q

1. **What are the main exercise categories?**
  - a. Endurance, strength, flexibility, balance
  - b. Ball sports, water sports, extreme sports
  - c. Aerobics and stability training
2. **What is the right combination of foods for a healthy lunch?**
  - a. Sandwich, snack, dessert
  - b. Fruit, vegetable, protein, whole grain
  - c. Skip lunch to cut calories
3. **What is the first step to conquering fear and anxiety?**
  - a. Seeing a therapist
  - b. Acceptance
  - c. Meditation

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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