

HEALTHY

You!

"Your Source For A Happy and Healthy Lifestyle."

August 2017

THIS EDITION FEATURES:

**DON'T JUST DO IT!
ENJOY IT.**

**RECIPE OF
THE MONTH:
LEMONY
WHITE
QUINOA**

***The Power of
Self-reflection***

***Four Financial Decisions
You Won't Regret***

Brought to you by

Independence 





DON'T JUST DO IT! ENJOY IT.



No one wants to be pushed all the time: Stand! Stretch! Walk! Jog! Faster! Life has enough demands. We all have enough “to-do’s” on our list to get through. Why not try a new perspective on exercise and take the time to do something that makes you feel good? Here are some activities to try:

- Swimming in the crisp, cool water on a very hot day
- Walking in the woods, feeling the breeze in your hair, and listening to the wind whistle through the leaves
- Riding a bike down your favorite street and admiring the details that you miss when you rush by in a car



Exercise shouldn't be something you push yourself to get through every day. Choosing activities that bring the most enjoyable moments will pull you back time and again. Allow yourself to enjoy the things in life worth getting off the couch for and activity will become part of your passion.

Recipe of the Month:

Lemony White Quinoa

Ingredients:

1 cup white quinoa

2 cups water

1 lemon

1 tablespoon olive oil

1 tablespoon fresh flat-leaf
parsley, chopped

Pinch salt

Instructions:

Peel lemon (careful to avoid any of the white area) and slice rind into four pieces. Add water, lemon peels, and quinoa to a medium saucepan. Bring to a boil, then lower heat to a simmer. Cover pot for 15 minutes or until most of the liquid is absorbed. Remove lemon rind and fluff quinoa with fork. Add olive oil, parsley, and salt. Mix gently and serve. Add a piece of salmon or chicken for more protein.



Flavor Factor

Healthy foods don't have to be exotic, complicated, or Instagram-worthy. Here are a few simple, healthy ingredients that add flavor without breaking the bank:

Lemon and olive oil

- Squeeze lemon juice onto fresh greens with a tablespoon of olive oil for a sensational salad.
- Peel lemon rind to boil with quinoa for a zesty flavor. When the quinoa is done, remove the rind, drizzle with olive oil, and fluff with fork.
- Combine the juice, rind, and oil for an easy, tangy meat marinade.

Fresh herbs

- Flat-leaf parsley has a clean flavor and pairs well with lemon. Remove leaves from stems and chop to add to pasta, eggs, salads, potatoes, and meats.
- Scallions or green onions add a bit of texture, color, and flavor. Cut crosswise into sections and garnish salads and salsas, add or scramble in to eggs.
- Add fresh basil to your red sauce at the end of cooking for maximum flavor. Snip and add to pastas, salads, and homemade pizza.

Spices and seasonings

- Black peppercorn, freshly ground, perks up any finished dish.
- Crushed red pepper flakes add sharp flavor without overpowering your palate.
- Garlic, whether freshly peeled, minced, or powdered enhances almost anything.



Banish the Binge

Getting healthy doesn't happen overnight, and extreme diet and exercise regimens never seem to last. So if you're looking to make over your lifestyle, try starting small. Small changes add up quickly, and, they're easier to sustain.

- 1. Slow down.** It takes time for the brain to realize we are full. Eating slowly can help the mind catch up to the stomach.
- 2. Savor the flavor.** Nothing tastes as good as the first bite. Pay mindful attention while chewing each bite.
- 3. Pick stomach-satisfying foods** that have high fiber, protein, or water content to help fill you up without loading up on calories.



The Power of Self-reflection

Do you ever feel like you're watching a movie of your life? If so, do you ever fall asleep during a boring scene and then wake up somewhere in the second half, confused as to what you missed?

If you feel caught up in a routine that seems to blend each day into the next, it's important to find time to pause and reflect inward. Self-reflection isn't selfish — it's nourishing your emotional self so that you can live a more satisfying and fulfilling life.

If you feel out of touch with your life, set aside a few minutes (now is a good time!) to ask yourself these four questions:

1. What are my core values?
2. Am I using my time wisely?
3. Am I taking anything for granted?
4. Is my outlook generally positive?

If your answers reveal that your life has gotten off track, ask yourself what you can do to re-align with your dreams and aspirations.

Get Your (Circadian) Rhythm Back

The late-setting summer sun causes some of us to sleep later in the mornings. This, in turn, can throw off your sleep cycle. But with some small changes, you can re-tune your internal clock (also called your circadian rhythm) to get better rest. Try a few of these simple adjustments to your daily routine:

1. **Gradually go to bed earlier.** If you're used to going to bed at 11, changing to a 9:30 bedtime is too much of a leap. Start winding down at 10:45 the first few nights, then go to bed at 10:30 and keep adjusting by 15 minute increments until you hit your ideal bedtime.
2. **Turn it all off.** This goes for lights, TV, phones, and tablets. Shutting down the stimulating electronics will help you clear your mind.
3. **Open the curtains.** Expose yourself to sun first thing in the morning to help you wake up. Let the natural light in your bedroom or step outside to help jumpstart and wake your brain.

Just as your sleep cycle can get thrown off its normal rhythm, a new routine can get you back on schedule.

Morning Rituals to Improve Your Life

- Drink a glass of water (while making coffee).
- Eat a healthy breakfast.
- Expose yourself to natural light.
- Stretch or exercise, even for just a few minutes.





Four Financial Decisions You Won't Regret

Impulse purchases can feel good, but buyer's remorse is never enjoyable. Spending money can be stressful or exhilarating, with feelings of joyful anticipation or fearful foreboding. Here are four financial decisions that you'll never regret:

- 1. Save for an emergency.** Having money available for life's unexpected fall-outs can bring a sense of comfort and relieve anxiety.
- 2. Have a financial plan.** This can mean living on budget, contributing to a retirement account, or investing. Whatever route you take, make educated decisions and focus on long-term goals.
- 3. Take your time making big decisions.** Always take the time to think through financial decisions. Talk to a professional if you need to.
- 4. Be generous.** Giving to those in need can be very fulfilling. When donating to non-profits, check out a charity's ratings to make sure it's legitimate. [Guidestar](#), [CharityWatch](#), and [Charity Navigator](#) are a few websites that are helpful.

Monthly Quiz:

1. Which financial decision are you unlikely to regret?

- Rushing to put an offer on a house
- Impulse-buying a new wardrobe
- Not researching a charity
- Saving for an emergency

2. What's the best way to get back on your sleep schedule?

- Gradually shift your schedule with small steps.
- Use your tablet in bed.
- Stick to rigid rules.
- Eat a big dinner.

3. Which tactic can help prevent overeating?

- Drink more water.
- Eat more slowly.
- Never eat alone.
- Don't order an appetizer.



ANSWERS: 1.) d 2.) a 3.) b

Brought to you by



Independence Blue Cross is an independent licensee of the Blue Cross and Blue Shield Association. 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.