

# HEALTHY *You!*

Your Source for a Happy and Healthy Lifestyle

September 2022

THIS EDITION FEATURES:

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**FITNESS**

PACK THE  
**PERFECT  
LUNCH  
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**Get Smart:**  
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# FALL INTO FITNESS

As we say goodbye to the lazy, hazy days of summer, September is the perfect time to get your fitness routine back on track. The cool, crisp air of the fall season makes exercising much more comfortable and enjoyable.

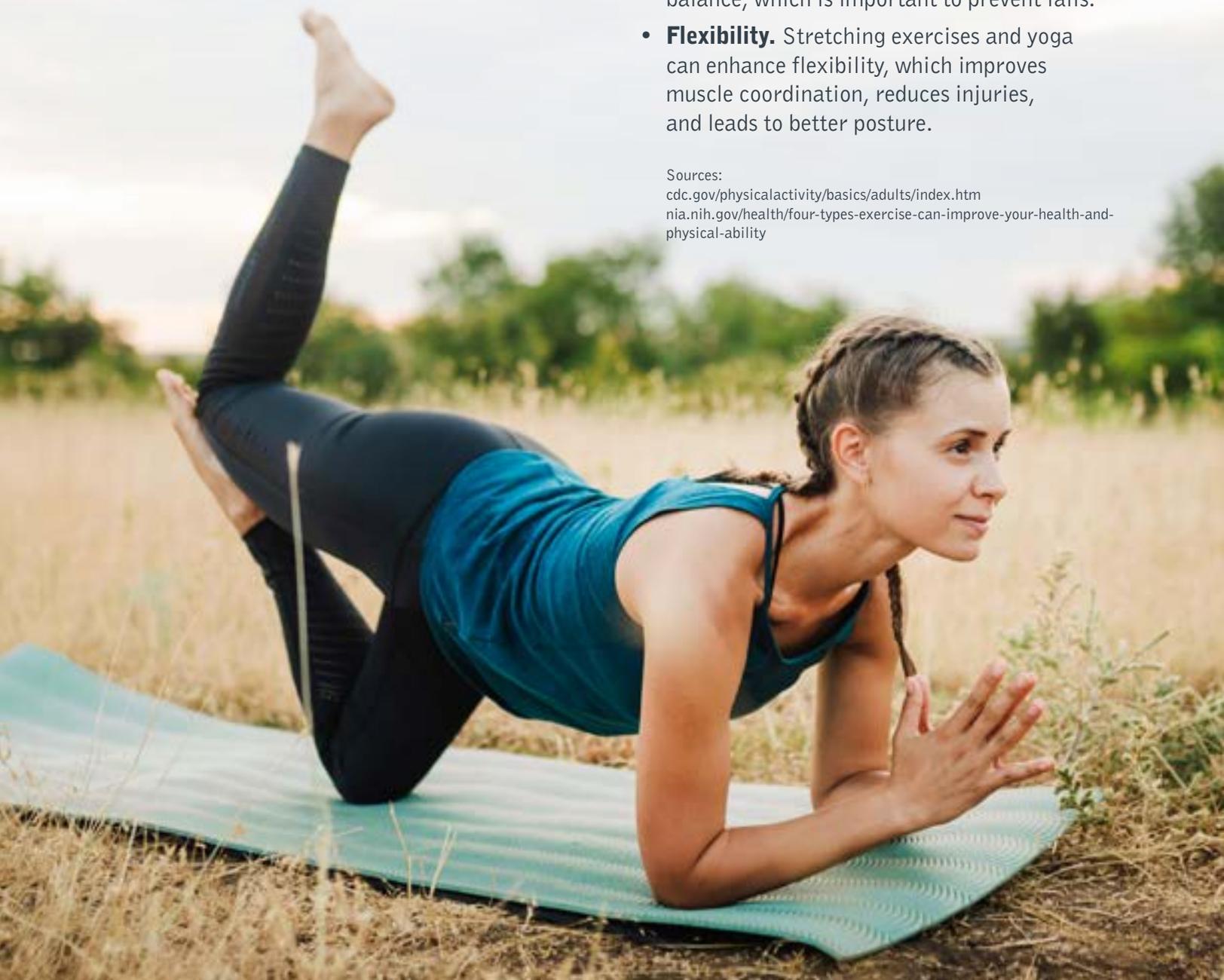
Starting a new workout routine now is especially important to help keep you motivated to stay fit throughout the colder months and holiday season. To get started, here are the four types of exercise you need to boost your health and energy:

- **Endurance.** Aerobic activities such as walking, swimming, and tennis keep the heart, lungs, and circulation healthy. This gives you the energy to keep going for longer periods of time.
- **Strength.** Lifting weights, doing push-ups, and using resistance bands keep muscles and joints working at their best levels, which enables you to stay active and independent.
- **Balance.** Practicing Tai Chi, standing on one foot, and using a stability ball improve balance, which is important to prevent falls.
- **Flexibility.** Stretching exercises and yoga can enhance flexibility, which improves muscle coordination, reduces injuries, and leads to better posture.

Sources:

[cdc.gov/physicalactivity/basics/adults/index.htm](https://cdc.gov/physicalactivity/basics/adults/index.htm)

[nia.nih.gov/health/four-types-exercise-can-improve-your-health-and-physical-ability](https://nia.nih.gov/health/four-types-exercise-can-improve-your-health-and-physical-ability)





## PACK THE PERFECT

# LUNCH BOX

Whether you're heading to the office, going to school, or working from home, making your own lunch is a great way to maintain a healthy weight, save money, and avoid fast food temptations.

A balanced diet includes a variety of healthy foods. To create a nutritious and tasty meal, here's what you should include in your lunch box:

- **One piece of fresh fruit.** Grab some grapes, munch on melon, or nibble a nectarine. These sweet and juicy treats pack a nutritional punch!
- **Two vegetables.** Crunchy, flavorful, and filled with nutrients, asparagus, bell peppers, broccoli, carrots, eggplant, and tomatoes are all excellent options.
- **One protein.** Last night's chicken or fish leftovers are perfect for lunch. Other good protein choices include tofu, hard-boiled eggs, nuts, and low-fat cheese.
- **One 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.
- **Water.** It's free of calories, sugar, and caffeine and helps you stay hydrated during the day.



# Get Smart: Brain-Boosting Fruits and Vegetables

Fruits and veggies are packed with nutrients that are good for you. Eating foods rich in beta carotene, flavonoids, folate, lutein, vitamin C, and vitamin K help keep your brain healthy. Here are the best fruits and vegetables for brain health:

- **Berries.** Strawberries and blueberries have lots of flavonoids, which help improve memory.
- **Green, leafy vegetables.** Broccoli, collards, kale, and spinach are good sources of beta carotene, folate, lutein, and vitamin K. Research suggests these foods may help slow cognitive decline.
- **Oranges.** When it comes to getting enough vitamin C, one medium-sized navel orange can help you meet your daily recommended amount. Vitamin C is a powerful antioxidant that helps fight off the free radicals that can damage brain cells, which helps prevent mental decline.
- **Bell peppers, kiwis, and tomatoes.** These foods also contain high levels of vitamin C, which helps prevent brain cell damage.

# Brain-Boosting Kale Salad

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## Salad:

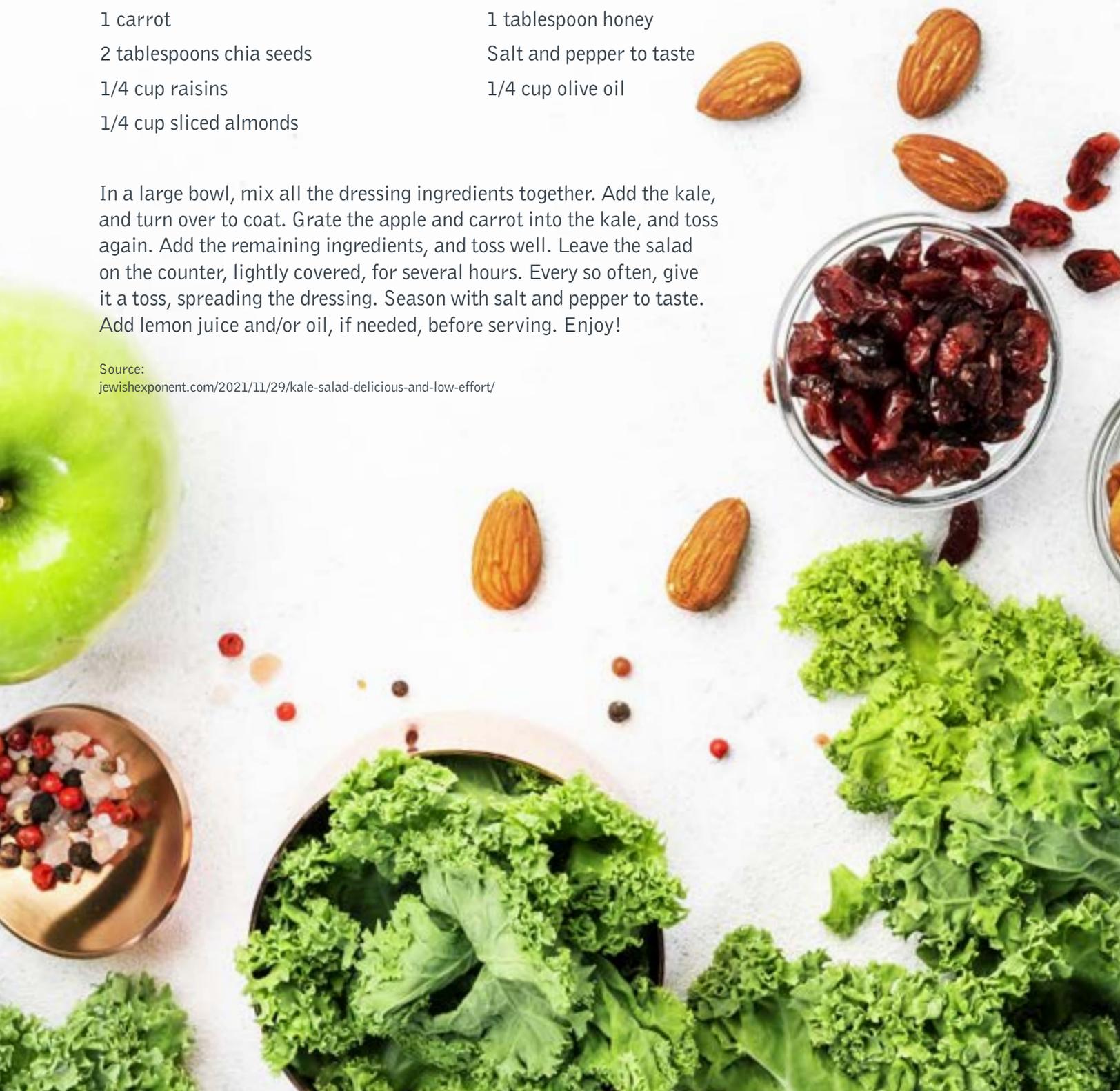
1 bunch of kale, sliced into thin ribbons  
1/2 of an apple  
1 carrot  
2 tablespoons chia seeds  
1/4 cup raisins  
1/4 cup sliced almonds

## Dressing:

2 tablespoons fresh lemon juice  
2 tablespoons fresh orange juice  
1 tablespoon honey  
Salt and pepper to taste  
1/4 cup olive oil

In a large bowl, mix all the dressing ingredients together. Add the kale, and turn over to coat. Grate the apple and carrot into the kale, and toss again. Add the remaining ingredients, and toss well. Leave the salad on the counter, lightly covered, for several hours. Every so often, give it a toss, spreading the dressing. Season with salt and pepper to taste. Add lemon juice and/or oil, if needed, before serving. Enjoy!

Source:  
[jewishexponent.com/2021/11/29/kale-salad-delicious-and-low-effort/](http://jewishexponent.com/2021/11/29/kale-salad-delicious-and-low-effort/)



# START YOUR DAY OFF RIGHT

Every morning when you get up, you have a chance to start fresh. This is a powerful mindset, and embracing it can help you set a positive tone for the day ahead.

Morning meditations can help you jumpstart your day by reducing stress and giving you more energy. The key is to find what works for you and stick with it. Here are four mindful ways to start your day:

- Work out first thing in the morning.
- Meditate for 10–20 minutes when you wake up.
- Begin your day with a healthy breakfast and a quiet cup of coffee or tea.
- Read something inspirational, such as an affirmation or a positive statement.

Sources:

[health.clevelandclinic.org/do-positive-affirmations-work/](https://health.clevelandclinic.org/do-positive-affirmations-work/)  
[psychologytoday.com/us/blog/meditation-modern-life/201201/simple-steps-start-your-day-mindfully](https://psychologytoday.com/us/blog/meditation-modern-life/201201/simple-steps-start-your-day-mindfully)



# Don't Feed the **Fear Monster**

Fear is a powerful emotion that strongly affects our minds and bodies. It can produce symptoms such as accelerated heartbeat and breathing, sweating, weakened muscles, upset stomach, dizziness, and tension. Anxiety is a longer-term condition in which some fear symptoms persist. It relates to worries, thoughts, or anticipations of future events and can be equally debilitating to your mental and physical health.

It is natural to feel fearful and anxious occasionally, but there are many effective ways to contain these emotions. Try the "Five-A" approach to overcome fear and anxiety:

- 1. Acceptance.** Recognize that overcoming fears involves growth and requires facing the fear, not avoiding it.
- 2. 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.
- 3. Awareness.** Know yourself. Keep a journal to track your triggers and patterns to help correct them.
- 4. Action.** Practice relaxation techniques: Meditate, take a walk, listen to music or a podcast, read, or do breathing exercises.
- 5. 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.

Sources:  
[mentalhealth.org.uk/publications/overcome-fear-anxiety](https://mentalhealth.org.uk/publications/overcome-fear-anxiety)

# Take Stock of Your Finances

## Overcoming Financial Stress

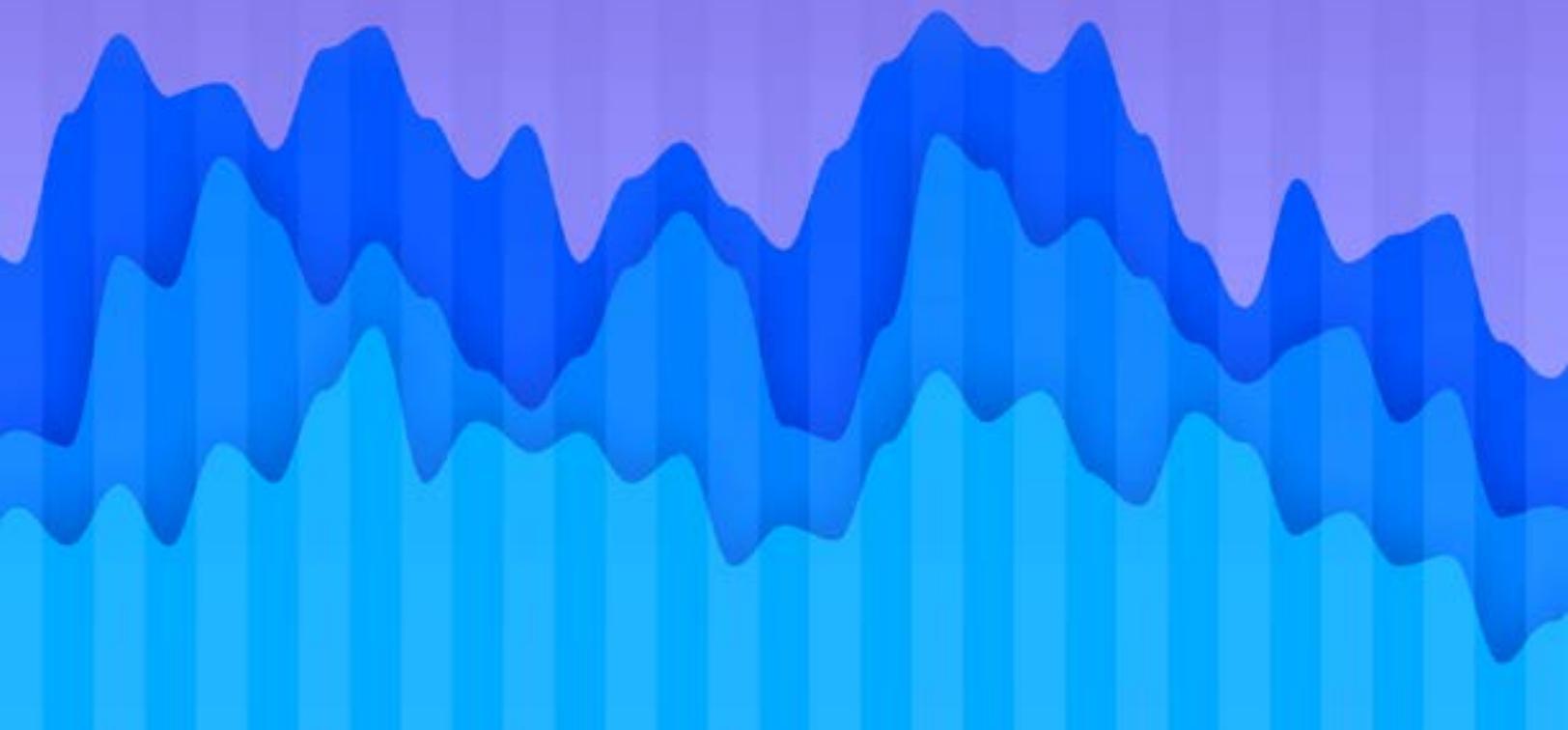
If you are worried about finances, you are not alone: 72 percent of adults report feeling stressed about money. Financial stress can take a significant toll on your overall health. It has been linked to heart disease, migraines, depression, sleep problems, and more.

Taking control of your finances and making informed decisions about saving and spending can help you achieve a sense of control and set you on a path to improved 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? When you take a long, hard look at where you're spending the most money, you may find that you can save a significant amount.
- **Do your research.** Can you restructure or refinance your debt? Do you qualify for any public programs, assistance, or entitlements? If so, it may help you save money.
- **Find a side hustle.** If a part-time or second job is feasible and available, grab it! This is a great way to earn extra money to get ahead of bills and debt.

Sources:

[verywellmind.com/understanding-and-preventing-financial-stress3144546#:~:text=If%20your%20financial%20stress%20is,symptoms%20like%20stomachaches%20or%20headaches.](https://www.verywellmind.com/understanding-and-preventing-financial-stress3144546#:~:text=If%20your%20financial%20stress%20is,symptoms%20like%20stomachaches%20or%20headaches.)



# MONTHLY QUIZ

**1. What are the main types of exercise you need to maintain good health?**

- A. Endurance, strength, flexibility, and balance
- B. Ball sports, water sports, and extreme sports
- C. Aerobics and weight training
- D. Cardio, endurance, and balance

**2. What should you include in a healthy lunch?**

- A. Sandwich, snack, dessert
- B. Fruit, vegetables, protein, and whole grains
- C. Skip lunch to cut calories
- D. Salad and water

**3. What is the first step to conquering fear and anxiety?**

- A. Seeing a therapist
- B. Acceptance
- C. Meditation
- D. Association

1. A, 2. B, 3. B

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**Independence** 

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