

HEALTHY *You!*

Your Source for a Happy and Healthy Lifestyle

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POWER HOUR

How can one hour a day change your life? If you want to feel happier, sleep better, and live healthier, try spending an hour a day being active.

Increased demands on our time make it tempting to skimp on a fitness routine. It's easy to multi-task the day away with obligations on a to-do list. But prioritizing physical activity can help you manage stress and boost your mood. Exercise also makes it easier to relax. This leads to more restful sleep, so you wake up with more energy the next day.

Take one hour each day to be active. And if you don't feel like it, do it anyway. Often, getting started is the hardest step.

Structure a traditional one-hour workout with:

- 5 minutes to warm up your muscles
- 20 minutes of cardiovascular exercise for your heart
- 20 minutes of strength training
- 10 minutes of flexibility and core exercises
- 5 minutes to cool down

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ANTI-AGING FOODS

Beautiful skin comes from within. Despite all the expensive spa treatments, creams, and serums available, beautiful skin starts with what we eat. In general, foods that are good for our skin are good for the rest of our body. Anti-aging foods are loaded with rich, natural sources of nutrients, vitamins, antioxidants, healthy fats, and water. These vibrant foods nourish a healthy glow from the inside.

Food	Body benefits	Skin benefits
Watercress	Increases circulation and delivery of minerals to cells	Reduces fine lines and wrinkles
Red bell pepper	Increases collagen production	Protects skin from sun damage
Papaya	Fights free radical damage	Delays the signs of aging
Blueberries	Prevents collagen loss	Protects skin from damage due to sun, stress, and pollution
Broccoli	Preserves memory function and bone health	Gives skin strength and elasticity
Spinach	Oxygenates the body	Promotes smooth skin and strong, shiny hair
Nuts	Repairs tissue and retains moisture	Preserves skin's natural oil barrier
Avocado	Prevents negative effects of aging	Sheds dead skin cells
Sweet potato	Promotes skin cell turnover	Contributes to soft, youthful-looking skin
Pomegranate seeds	Reduces inflammation	Slows the signs of aging

Sources:
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The Fountain of Youth

Almost every civilization has a legend about a mythical spring that restores youth to whomever drinks or bathes in its magical waters. This reverence for water speaks to its role as a life-sustaining force.

Approximately 60 to 70 percent of the human body is water, so it's important to stay hydrated. In general, drinking six to eight, 8-ounce glasses of water each day will keep your body functioning at its best.

Adults who are well hydrated also appear to be healthier, develop fewer chronic conditions, and live longer than those who do not drink enough water. So pour yourself a nice tall glass of water and start hydrating your way to better health!

Sources:

medlineplus.gov/dehydration.html

cdc.gov/healthyweight/healthy_eating/water-and-healthier-drinks.html

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RECIPE

Spinach and Artichoke Pasta

Ingredients

8 ounces whole-wheat pasta
1 tablespoon olive oil
1 red bell pepper, chopped
1 (5-ounce) package of baby spinach, roughly chopped
4 ounces reduced-fat cream cheese, cut into chunks
 $\frac{3}{4}$ cup reduced-fat milk
 $\frac{1}{2}$ cup grated Parmesan cheese
2 teaspoons garlic powder
 $\frac{1}{4}$ teaspoon ground pepper
1 (14-ounce) can artichoke hearts, rinsed and chopped

Directions

Cook and drain pasta according to package directions. Add oil to saucepan over medium heat. Add chopped red pepper, cooking until soft. Add spinach and 1 tablespoon of water. Stir occasionally, until spinach is wilted. Transfer to a small bowl and drain. Add cream cheese and milk to the saucepan and whisk until melted. Add Parmesan cheese, garlic powder, and ground pepper, whisking until thick and bubbling. Stir the red pepper and spinach mixture into the sauce, along with artichokes and pasta. Cook until warmed through.



RECHARGE YOURSELF

Eating lunch at your desk, replying to emails or chats while on a call, or powering through the day tackling item after item on a to-do list can do more harm than good. Taking breaks from work restores your energy and helps prevent burnout.

Each person has their own break style that works best for them. To maximize the benefits of your breaks, you need to determine:

- **Break frequency.** Most productivity experts suggest taking a break after 50 to 90 minutes of work.
- **Break duration.** A 15-to-20-minute break lets the brain recharge but isn't so long that it disturbs momentum.
- **Break activities.** Any non-work activity is helpful, but moving your body and getting away from a computer screen is best.

Planned distractions can make your workday more productive. And don't stress about choosing the right kind of activity. A break can be something as easy as taking a walk outside in nature.

Sources:

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apa.org/monitor/2019/01/break

inc.com/neil-patel/when-how-and-how-often-to-take-a-break.html

Microbreak Activities

- Stand up and stretch
- Read an article
- Take a walk outside

EVENING ROUTINE

It's common for people to catch up on work or respond to emails long after 5 p.m. But taking breaks after the workday is over is just as important as taking breaks during the workday. Taking back your nights, weekends, and vacations leads to greater life satisfaction and less exhaustion.

Just as sleeping in on weekends doesn't cure chronic sleep deprivation, taking a one-week vacation once a year doesn't counteract the effects of overscheduled workdays that consistently overflow into personal time. It's important to draw boundaries around your free time. And it's never too late to start.

Start planning for a productive tomorrow with an end-of-day routine that helps you switch off your business mindset.

Healthy ways to transition from work mode include:

- **Put on the kettle.** Pour a cup of decaffeinated herbal tea.
- **Go for a walk.** Get outside in nature if you can.
- **Open a book.** Reading can help relax your mind.
- **Turn on some music.** Listening to music can quiet your mind.
- **Reflect on the day.** A gratitude journal helps you focus on good things.

Choose the calm-down rituals that work for you and end your day in a healthy way.

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Build Your Nest Egg

Whether you are saving for a rainy day or retirement, putting extra money in the bank is a good step toward greater financial security. But building a nest egg takes time, and setting aside part of your income for the future can sometimes be easier said than done, especially during times of economic uncertainty.

Here are some tips to find extra money to put toward a nest egg:

Do	Don't
..... Cut or negotiate expenses where you can Take on extra debt with large, unnecessary purchases
..... Pay down high-interest debt first Accumulate high-interest debt
..... Revisit your financial goals Lose sight of long-term financial goals

Sources:
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MONTHLY QUIZ

1. What can you do in one hour to change your life?

- A. Make physical activity a priority.
- B. Sleep one less hour each night.
- C. Skip your fitness routine.

2. Which best explains the myth of the fountain of youth?

- A. It helps you find something that is lost.
- B. It shows how water is necessary for life.
- C. It encourages people to drink more.

3. What is a good activity to perform during a work break?

- A. Eating at your desk.
- B. Napping for an hour.
- C. Walking outside for 20 minutes.

1. A, 2. B, 3. C

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