

# HEALTHY *You!*

Your Source for a Happy and Healthy Lifestyle

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THIS EDITION FEATURES:

GOOD  
OLD-FASHIONED  
FUN

MORE THAN  
**JUST  
TASTE**

GREAT LEAFY GREENS

Combating  
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EMERGENCY PREPAREDNESS

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# GOOD OLD-FASHIONED FUN

Before the advent of video games, playing outside was what most kids did to pass the time. Classic outdoor games are an entertaining and active way for kids to spend time alone or with family and friends.

Here are a few classic games that will provide plenty of laughs:

- **Badminton.** Set up a net, grab a set of rackets and light birdies, and get active together.
- **Freeze dance.** All you need is some music for this classic. Everyone dances as the music plays. When it stops, each player must freeze immediately and hold that position until the music begins again.
- **Hopscotch.** Grab some chalk and draw the board on the sidewalk or driveway.
- **Hula hooping.** Master the challenge of spinning the hoop, then see who can keep it going the longest.
- **Jump rope.** Enjoy practicing basic jumping skills in a clear space. Add rhymes to increase fun and variety to the game.

Sources:  
[parents.com/fun/activities/outdoor/great-outdoor-games/](https://parents.com/fun/activities/outdoor/great-outdoor-games/)  
[verywellfamily.com/jump-rope-games-1256809](https://verywellfamily.com/jump-rope-games-1256809)



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MORE THAN  
**JUST**  
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When it comes to weight loss, diet has a greater impact than physical activity. Understanding what influences the foods you choose may help you make healthier choices.

Here are three factors that you should keep in mind:

- 1.** Appearance. The more colorful the foods on your plate are, the more tempting it appears. So, be sure to fill your plate with a vibrant assortment of fruits and veggies.
- 2.** Food memories. We all have certain foods that we associate with fond memories. It's important to be mindful of how much of these foods you're eating, especially if they're unhealthy.
- 3.** Taste. One key reason we eat particular foods is that we like the way it tastes. To expand your palate, be sure to try new foods. You may be surprised at what new flavors and healthy foods you enjoy.

Sources:

[healthline.com/health-news/smelling-our-way-to-tastier-foods](https://www.healthline.com/health-news/smelling-our-way-to-tastier-foods)

[healthcareglobal.com/procurement-and-supply-chain/eating-quality-food-key-losing-weight](https://www.healthcareglobal.com/procurement-and-supply-chain/eating-quality-food-key-losing-weight)

[webmd.com/diet/features/why-we-eat-the-foods-we-do#1](https://www.webmd.com/diet/features/why-we-eat-the-foods-we-do#1)



# GREAT LEAFY GREENS

Looking to pump up your regular lunch salad? Skip iceberg lettuce and choose green leafy vegetables that add great taste, texture, and a variety of vitamins and minerals.

Here are five choices that are low in calories and high in fiber:



**Arugula.** These pungent greens will add a peppery kick to your favorite salad. Like other leafy greens, it's packed with nutrients, including pro-vitamin A carotenoids and vitamins B9 and K.



**Bok Choy.** This Chinese cabbage with dark green leaves makes a great addition to soups and stir-fries. It has minerals that benefit your brain health, immunity, and thyroid health.



**Endive.** Curly, crisp in texture, with a nutty, mildly bitter flavor, endive can be eaten raw or cooked. It's packed with antioxidants that have been shown to reduce inflammation.



**Kale.** The slightly bitter flavor of this leafy green is good in salads, stir-fries, or roasted into chips. Plus, it's packed with calcium, potassium, and vitamins A, B6, C, and K.



**Spinach.** Best eaten fresh, spinach is easily incorporated into salads, sauces, smoothies, and soups. Spinach is mild tasting and may help stave off age-related eye problems and help control blood pressure.

## Salad shooters

- 6 Romaine lettuce leaves
- 1/2 cup chive and onion cream cheese, softened
- 1 cup grape tomatoes, halved
- 1 tbsp. olive oil
- 1 tsp. white vinegar
- Fresh ground pepper to taste
- Basil to taste

Place the lettuce leaves on a large platter. Put cream cheese into a resealable food storage plastic bag; cut off one corner of bag and evenly distribute cream cheese onto large end of each leaf. In a small bowl, mix tomatoes, olive oil, vinegar, and pepper until well combined. Distribute mixture evenly among all lettuce leaves. Top with basil.

# Combating Burnout

Burnout is brought on by prolonged or repeated stress. These days, many people are experiencing increased pressure at home and at work as we adjust to the changes and uncertainty caused by the global pandemic.

Here are four changes you can make to help prevent burnout:

- 1. Adopt self-care habits.** Take care of your health and well-being by practicing mindfulness, getting enough sleep, eating nourishing foods, and working out.
- 2. Ask for help.** Talk about feelings of stress and burnout with a spouse, family member, or friend. You may also consider talking to a doctor.
- 3. Avoid the pressure to overperform.** We all want to be recognized for our contributions, but the motivation to “prove your value” can fuel burnout. Learning to say no can help keep you from becoming overwhelmed.
- 4. Draw better boundaries between your work and home life.** Schedule regular breaks, set start and stop times for work, and minimize multi-tasking.

Sources:

[forbes.com/sites/thomasroulet/2020/12/01/there-is-another-epidemic-in-the-workplacethe-domino-effects-of-burn-outs/?sh=6370ca2b1efa](https://forbes.com/sites/thomasroulet/2020/12/01/there-is-another-epidemic-in-the-workplacethe-domino-effects-of-burn-outs/?sh=6370ca2b1efa)  
[psychologytoday.com/us/basics/burnout](https://psychologytoday.com/us/basics/burnout)



# TIME TO ADJUST

Life transitions are inevitable. While some are joyful and exciting — like marriage, the birth of a child, or a new job — other life events can be difficult and disruptive, such as a divorce or the loss of a job. When you're in the midst of a big life change, it's important to take care of your health and well-being.

Try these tips to help keep your health on track:

- 1. Be physically active.** A daily exercise routine can boost your mood and physical health, minimize stress, and elevate your energy levels.
- 2. Eat a healthy diet.** Eat healthy foods that will fuel you throughout the day.
- 3. Get connected.** Reach out to a trusted friend, family member, or professional to talk through problems and solutions.
- 4. Maintain a routine.** A routine provides structure and gives you something familiar to look forward to.
- 5. Take some “me” time.** Whether it's taking a walk, meditating, or reading a book, take a few minutes each day to do something you enjoy and unwind.

Sources:

[hbr.org/2016/09/how-to-get-better-at-dealing-with-change](https://hbr.org/2016/09/how-to-get-better-at-dealing-with-change)

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# EMERGENCY PREPAREDNESS

Preparing in advance for an emergency or disaster is a good way to help ensure you and your family can get through the situation safely and comfortably. An important part of preparedness is being equipped with the proper supplies you may need in the event of an emergency or disaster.

Here's a supply list for a basic emergency preparedness kit. You should also consider the unique needs of your family to determine any additional supplies you may need.

- Water (one gallon per person per day; 2-week supply for home)
- Food (non-perishable items that are easy to prepare; 2-week supply for home)
- Batteries
- Battery powered or hand-crank radio
- Candles and matches
- Cash
- Cell phone with charging cords
- Copies of personal documents (medical information, proof of address, home deed/lease, passports, birth certificates, insurance policies)
- Emergency and family contact information
- Emergency blanket
- First aid kit
- Flashlight
- Maps of the area
- Medications (7-day supply) and medical items
- Multi-purpose tool
- Personal hygiene items

Sources:  
[ready.gov/kit](https://ready.gov/kit)  
[redcross.org/get-help/how-to-prepare-for-emergencies.html](https://redcross.org/get-help/how-to-prepare-for-emergencies.html)



# MONTHLY QUIZ

1. According to the Great Leafy Greens article, which of the following greens is not recommended?

- A. Kale
- B. Spinach
- C. Iceberg lettuce

2. Burnout is brought on by prolonged or repeated stress. Which of the following is a way to help avoid burnout?

- A. Build boundaries between your work life and personal life
- B. Juggle multiple tasks at once in order to get through a to-do list
- C. Put aside personal needs to overperform

3. According to the Emergency Preparedness article, what items should you stock in your kit?

- A. Water
- B. Batteries
- C. Medications
- D. All of the above



1. C, 2. A, 3. D

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