

# HEALTHY *You!*

Your Source for a Happy and Healthy Lifestyle

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## THIS EDITION FEATURES:

### FIT IN FITNESS

Eco-Friendly Eating

### SUPERSTAR FISH

### TIPS TO HELP YOU WORRY LESS

Every Minute Counts

### ENHANCE YOUR SPIRITUAL HEALTH

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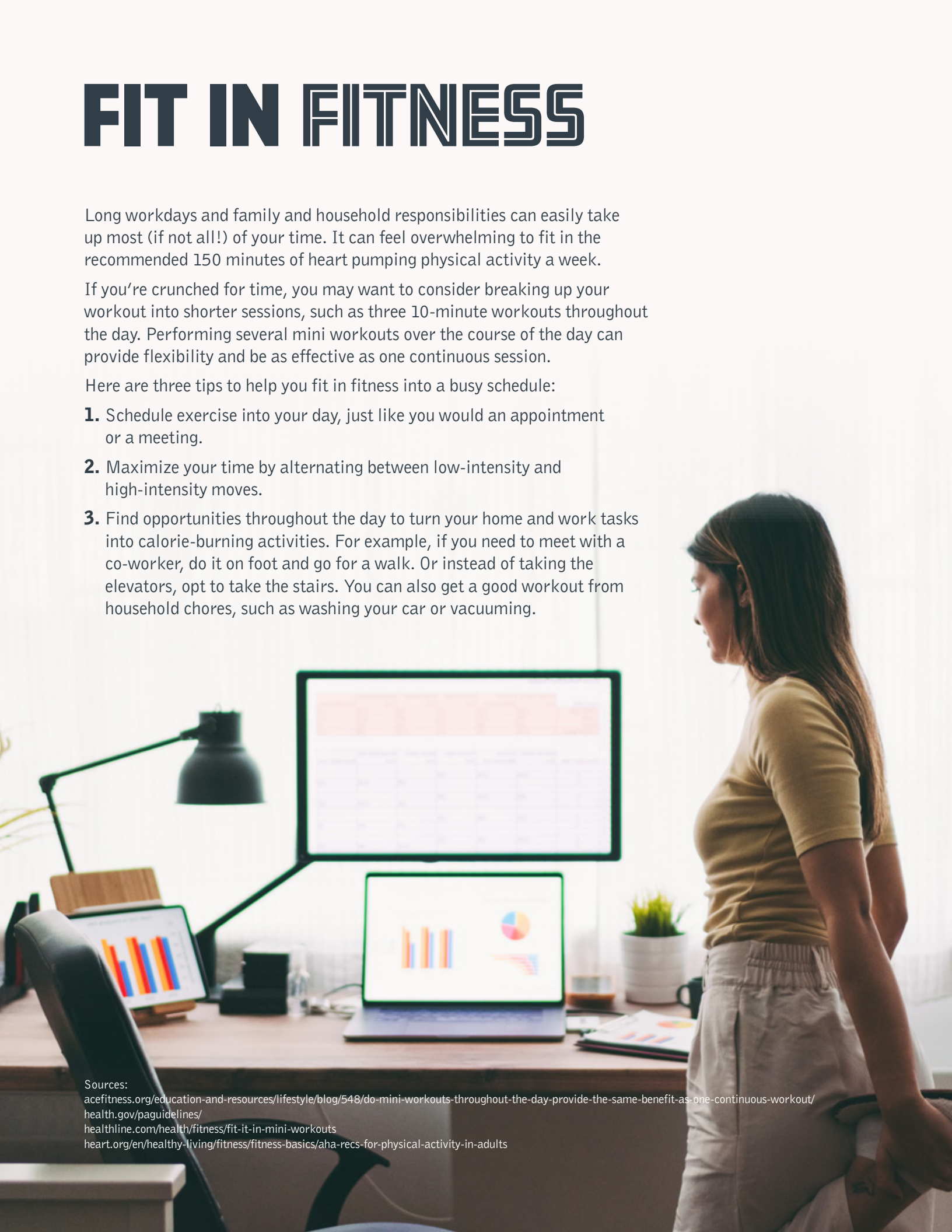
# FIT IN FITNESS

Long workdays and family and household responsibilities can easily take up most (if not all!) of your time. It can feel overwhelming to fit in the recommended 150 minutes of heart pumping physical activity a week.

If you're crunched for time, you may want to consider breaking up your workout into shorter sessions, such as three 10-minute workouts throughout the day. Performing several mini workouts over the course of the day can provide flexibility and be as effective as one continuous session.

Here are three tips to help you fit in fitness into a busy schedule:

- 1.** Schedule exercise into your day, just like you would an appointment or a meeting.
- 2.** Maximize your time by alternating between low-intensity and high-intensity moves.
- 3.** Find opportunities throughout the day to turn your home and work tasks into calorie-burning activities. For example, if you need to meet with a co-worker, do it on foot and go for a walk. Or instead of taking the elevators, opt to take the stairs. You can also get a good workout from household chores, such as washing your car or vacuuming.



Sources:  
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# Eco-Friendly Eating

What we put on our plates has a big impact on our health, but also on the health of our planet. Healthy foods and sustainable eating go hand-in-hand. Below are ways to choose foods that are healthful to your health and the environment.

<b>What to do</b>	<b>How it's good for the planet</b>	<b>How it's good for your health</b>
<p>Prioritize plant-based foods.</p>	<p>It helps preserve water in rivers, lakes, reservoirs, and underwater aquifers that serve the needs of every human and the world's ecological systems.</p>	<p>Fruits and vegetables are a key part of healthy eating. To ensure you're eating a balanced meal, fill half your plate with fruits and vegetables.</p>
<p>Go fish.</p>	<p>Some species are at risk of being overfished or produced in ways that harm the marine environment. Visit <a href="http://seafoodwatch.org">seafoodwatch.org</a> to search recommendations for sustainable seafood.</p>	<p>Fish is a healthy, high-protein food. The American Heart Association recommends eating fish at least twice a week.</p>
<p>Shop local.</p>	<p>By choosing food produced close to home, you can shrink your carbon footprint.</p>	<p>Local food is often fresher and full of flavor. It may also have more nutrients since there is a shorter time between harvest and your table.</p>

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# SUPERSTAR FISH

Fish is a delicious and healthy option for lunch or dinner. With so many varieties to explore, each with its own unique texture and flavor, the recipe options are endless!

Best of all, fish provides essential nutrients that offer significant health benefits, including heart health, brain health, and improved symptoms of depression. Here are five varieties of fish to add to your diet for good health and nutrition.

- 1. Cod.** This flaky white fish has a mild flavor and is packed with protein, niacin, and phosphorus.
- 2. Herring.** A single three-ounce serving contains a whopping 20 grams of protein and contains many other key nutrients, including selenium (an essential mineral that increases antioxidant effects in the body) and vitamin D.
- 3. Mackerel.** Atlantic and Atka mackerel from Alaska are great sources of inflammation-fighting omega-3s and low in mercury.
- 4. Salmon.** Add it to your diet to get the benefit of omega-3 fatty acids, selenium, and vitamin B12.
- 5. Sardines.** In addition to being rich in omega-3 fatty acids, sardines also provide calcium and vitamin D.

Sources:  
[healthline.com/health/food-nutrition/11-best-fish-to-eat](https://www.healthline.com/health/food-nutrition/11-best-fish-to-eat)  
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## Baked Rainbow Trout

one rainbow trout fillet

1.5 tablespoons olive oil

Salt and pepper to taste

Minced garlic to taste

Fresh lemon slices

Preheat oven to 400 degrees F. Line a rimmed baking sheet with parchment paper. Place the fish skin side down in the center of the baking sheet. Brush the olive oil on the top of the trout. Sprinkle with salt, pepper, and minced garlic. Then, top with lemon slices. Bake for 15 minutes. Enjoy!

# TIPS TO HELP YOU WORRY LESS



Life is full of unexpected situations (some good, others bad), so it's normal to feel worried about what's going to happen next or what the future holds. But, when the stress of worrying becomes excessive, it can affect your physical and mental health, hindering your ability to function effectively in the present.

If constant worrying is negatively affecting your life, here are four tips to help reduce excessive worrisome thoughts:

- **Focus on the things you can control.** Identify the things that you're worried about, and take action on the items that you can do something about right now.
- **Embrace uncertainty.** If something is beyond your control, identify what you need to do in order to accept it and let it go.
- **Give yourself some positive support.** When worrisome thoughts start to take over, ask yourself, "Is this a realistic possibility?" If the answer is no, redirect your energy and attention toward the present. If the answer is yes, make a plan to cope with the situation.
- **Seek help.** If your own coping techniques aren't helping, a professional therapist can help address your issues and offer guidance on helpful strategies and methods specifically for you.



# Every Minute Counts

When someone is experiencing a stroke, every minute counts. That's why it's important to seek care quickly. In recognition of National Stroke Awareness Month, learn the signs and symptoms so you can act fast.

A stroke occurs when a blood vessel is blocked or bursts and interrupts blood flow to the brain, preventing brain tissue from getting oxygen and nutrients. As a result, brain cells begin to die.

Signs and symptoms of stroke include:

- Numbness or weakness of the face, arm, or leg, especially on one side of the body
- Trouble speaking and understanding
- Vision problems in one or both eyes, including blurred or blackened vision
- Dizziness, trouble walking, or loss of balance and/or coordination

If you think that you or someone you're with is having a stroke, call 9-1-1 immediately. Getting treatment quickly can minimize brain damage and disability.

Sources:  
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[stroke.org/en/about-stroke](https://stroke.org/en/about-stroke)



# ENHANCE YOUR SPIRITUAL HEALTH

At one time or another, everyone has experienced hopelessness, resentment, fearfulness, or anger. At times like these, leaning on your spirituality can help you cope with these feelings; it can help you find peace and provide comfort.

Spiritual health is being connected to something greater than yourself and having a set of values, principles, and beliefs that provide a sense of purpose and meaning to life, and using those principles to guide your actions. Here are four ways to boost your spiritual health:

- 1.** Determine your values by discovering what is important to you in order to help build a framework to live by.
- 2.** Be true to yourself and live authentically with firm boundaries and a clear conscience.
- 3.** Practice acts of kindness. Giving back reminds us of the things we are grateful for.
- 4.** Spend quiet time doing activities that allow for self-reflection and to feel at peace.

Sources:

[artofliving.org/us-en/what-is-ego-5-simple-yet-powerful-ways-to-transcend-the-ego-for-good](http://artofliving.org/us-en/what-is-ego-5-simple-yet-powerful-ways-to-transcend-the-ego-for-good)  
[lhsfna.org/spiritual-wellness-what-is-your-meaning-and-purpose/](http://lhsfna.org/spiritual-wellness-what-is-your-meaning-and-purpose/)  
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# MONTHLY QUIZ

1. Which of the following is not a suggestion for eco-friendly eating?

- A. Prioritize plant-based foods.
- B. Buy food that is grown locally.
- C. Select sustainable seafood.
- D. Eat meat and potatoes.

2. To reduce worry, which of the following should you not do?

- A. Seek professional help.
- B. Embrace uncertainty.
- C. Talk negatively to yourself.
- D. Focus on the things you can control.

3. True or False: When someone is having a stroke, it's crucial to get them treatment quickly to help minimize brain damage and disability.

- A. True
- B. False

1. D, 2. C, 3. A

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