

HEALTHY *You!*

Your Source for a Happy and Healthy Lifestyle

July 2022

THIS EDITION FEATURES:

ACTIVE
ALL SUMMER

HEALTHY EATING
DOESN'T
TAKE A VACATION

SATISFY
YOUR
THIRST

THE
POWER
OF
ACCEPTANCE

ENJOYING THE
GREAT OUTDOORS

ARGUE
OR DETACH?

BROUGHT TO YOU BY

Independence 



ACTIVE ALL SUMMER

When it's hot outside, it can be tempting to sit inside all day with the air conditioning running, but it's important to remain active. Children need at least an hour of physical activity a day, and it's recommended that adults get at least 30 minutes of exercise on most days of the week. Here are a few fun ideas to get the whole family outside and moving during the warm weather months:

- Put it in park. If your destination is a mile or less and the route is safe, walk it. If your destination is slightly farther but still accessible, take a bike. Biking is a great way for everyone in the family to get active and to help reduce your carbon footprint!
- Pick favorites. Take turns having each family member choose a favorite activity that everyone can participate in, such as swimming, basketball, hide-and-seek, badminton, or walking in the park. This is a great way to enjoy quality time together.
- Venture out. Visit walking paths and playgrounds in the area to encourage free, outdoor play. Avoid boredom by visiting a new spot each time to play and explore.

Sources:
cdc.gov/physicalactivity/basics/adults/index.htm
childrens.com/health-wellness/how-to-keep-kids-active-in-summer



HEALTHY EATING DOESN'T TAKE A VACATION

.....

Whether you're traveling to an exotic location or enjoying your own backyard this summer, healthy eating shouldn't take a vacation. Check out these four tips to help keep your nutrition on track while still enjoying your summer plans:

- 1. Don't drink your calories.** Stick with water, and limit alcohol, juice, lemonade, soda, and sweetened tea. Try infusing water with lemon, lime, melon, cucumber, mint, orange, or berry for a deliciously refreshing drink!
- 2. Follow the 85/15 rule.** Allow yourself to enjoy favorite foods in moderation. Aim to consume fruits, vegetables, whole grains, lean proteins, and dairy 85 percent of the time, and reserve the remaining 15 percent for treats like a dessert, salty snacks, or a rich sauce.
- 3. Plan ahead.** If you know you are dining out, check the restaurant menu ahead of time to avoid impulse ordering. When grilling or picnicking, make a big salad, a vegetarian dish, or some other healthy options that can complement the burgers and chips.
- 4. Spice it up.** Skip the salt, and use herbs and spices to flavor foods instead. They are also full of antioxidants, which have additional health benefits.

Source:
wellnesscoachesusa.com/corporate-wellness-nutrition-services/





SATISFY YOUR THIRST

Hot sunny days and a refreshing beverage go hand-in-hand. When you're thirsty, nothing beats a tall, cold glass of water, but water does more than simply wet your whistle! Staying hydrated allows you to safely enjoy activities and spend time outdoors in the heat.

Here's a list of drinks and tasty water-rich foods that can satisfy your thirst and support proper hydration to help keep you healthy in hot weather.

Best beverages

- Fruit-infused water
- 100 percent fruit juice
- Electrolyte replacement drinks
- Caffeine-free teas
- Coconut water
- Skim milk or dairy-free milk

Hydrating fruits and vegetables

- Cantaloupe
- Celery
- Cucumbers
- Lettuce
- Oranges
- Peaches
- Strawberries
- Watermelon
- Zucchini

Sources:

cdc.gov/healthyweight/healthy_eating/water-and-healthier-drinks.html
healthline.com/nutrition/19-hydrating-foods#TOC_TITLE_HDR_9
tasteofhome.com/article/best-and-worst-hydrating-drinks-ranked/

WATERMELON GAZPACHO

Ingredients

- 1/2 red onion
- 1 bell pepper, cored, seeded, and stem removed
- 1 cucumber, peeled
- 2 large, ripe tomatoes
- 2 cups seedless watermelon
- 2 tablespoons red wine vinegar
- Juice of 1/2 lime
- 2 teaspoons salt (to taste)
- Tabasco or other hot sauce, if desired

Cut all the vegetables into medium-sized chunks. Place all the ingredients into a blender, and puree until smooth. Taste and add more seasoning (if needed). Chill before serving. Enjoy!

Source:
jewishexponent.com/blog_post/watermelon-gazpacho/



THE POWER OF ACCEPTANCE

We all face adversity throughout the course of our lives, but how you react to it has a major impact on your overall health. Accepting what is can help you deal with difficulties and the subsequent negative emotions. When you practice acceptance in the face of adversity, you allow the negative feelings to occur naturally, rather than denying them. This reduces the emotional suffering you may experience.

Sadness is a natural response to adversity, but fighting the sadness compounds the emotional struggle and creates an emotional pressure cooker – and that steam is going to escape somehow! It may come across as anger, physical illness, depression, stress, irritability, or substance abuse. Practicing acceptance helps reduce the “steam,” leaving you better able to address the situation.

Here are a few ways to cultivate acceptance:

- **Journal.** Write down your thoughts and feelings. This may serve as a release valve for your emotional pressure cooker.
- **Mindfulness.** The first step towards breaking unhealthy patterns is observing or recognizing them. Meditation brings mindfulness, which leads to acceptance.
- **Think of your inner child.** When you begin to react negatively, fight your feelings, or fail to accept a situation, consider yourself as a child. We are less likely to judge a child harshly, so this is a meaningful way to give yourself grace and accept that this is a process.

Sources:

psychologytoday.com/us/blog/click-here-happiness/202108/how-practice-acceptance
pubmed.ncbi.nlm.nih.gov/28703602/



Remember when you were a kid and all you wanted to do was play outside? With summer in full swing, now is a great time to recapture the youthful joy of being outside!

As well as being fun, spending time outdoors has many health benefits, including reducing stress and boosting your mood. So, what are you waiting for? Here are some fun things to get out and do:

- **Take a hike.** Lace up those sneakers, and head out for a brisk walk or leisurely stroll!
- **Forest bathing.** This practice involves an immersion in the sights, sounds, and smells of the forest. Feel the sun, see the trees, hear the birds, smell the flowers, taste the fresh air, and say goodbye to stress.

- **Test the waters.** Spending time in or near water has been shown to reduce stress and boost mental health. Even if you are not a swimmer, proximity to water is good for you, so seek out chances to visit the beach, a lake, a river, or a pond.
- **Watch the sun rise and set.** Watching this daily miracle is a great way to gain perspective. While you observe it, visualize your troubles rising up and away or falling down and disappearing with the sun.

Source:
health.harvard.edu/mind-and-mood/a-prescription-for-better-health-go-alfresco

ARGUE OR DETACH?

When in the midst of an argument, you may notice that someone is carrying a lot of emotional baggage. It may come across in their tone of voice, mood, emotional state, or harsh words. When faced with this situation, you have a choice: pick it up or leave it behind. Here are the two possible responses:

- Escalate the argument to prove the other person wrong.
- Detach, recognize that this is not about you, and walk away.

While it's important to empathize and support one another, each of us is responsible for our own baggage. By giving yourself some space in a situation like this, you will have the opportunity to calm down before you respond, which will ultimately allow you to respond to the other person in a more thoughtful way.



Sources:

greatergood.berkeley.edu/article/item/how_to_get_some_emotional_distance_in_an_argument

psychologytoday.com/us/blog/the-novel-perspective/202201/are-you-carrying-baggage-doesnt-belong-you

MONTHLY QUIZ

1. To help stick to your healthy eating plan, which of the following should you not do?

- A. Use herbs to flavor food.
- B. Eat your favorite foods in moderation.
- C. Drink lots of alcohol and soda.
- D. Plan ahead when dining out.

2. Which of these foods helps you stay hydrated?

- A. Watermelon
- B. Tuna sandwiches
- C. Ice cream
- D. Potato chips

3. True or False: Spending time outdoors can help boost your mood.

- A. True
- B. False

1. C, 2. A, 3. A

BROUGHT TO YOU BY

Independence 



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.