

HEALTHY *You!*

Your Source for a Happy and Healthy Lifestyle

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Independence 





LEAN ON ME

If you're looking to get more physically active, think about working out with a buddy. Exercising with another person has physical, emotional, and social benefits, such as:

- **Increasing motivation.** Partners can inspire and encourage each other to work harder for better results.
- **Nurturing relationships.** Spending time together can build stronger connections, lead to new experiences, and create memories.
- **Establishing consistency.** Having a support system makes it easier to stick with an exercise routine.

When choosing a workout companion, look for someone who has a positive attitude and is in slightly better shape than you, but with similar fitness goals. Family, friends, or coworkers make good workout buddies, but you can also look for partners in online fitness communities.

Sources:

[cdc.gov/diabetes/library/spotlights/workout-buddy.html](https://www.cdc.gov/diabetes/library/spotlights/workout-buddy.html)

[everydayhealth.com/fitness/reasons-you-should-find-exercise-partner-right-now/](https://www.everydayhealth.com/fitness/reasons-you-should-find-exercise-partner-right-now/)

[acefitness.org/certifiednewsarticle/3312/the-most-effective-way-to-motivate-your-workout-partner/#:~:text=When%20it%20comes%20to%20encouraging,%E2%80%9D%E2%80%94can%20actually%20be%20counterproductive.](https://www.acefitness.org/certifiednewsarticle/3312/the-most-effective-way-to-motivate-your-workout-partner/#:~:text=When%20it%20comes%20to%20encouraging,%E2%80%9D%E2%80%94can%20actually%20be%20counterproductive.)



Satisfying Snacks

When people think of snacks, they tend to think of candy, chips, ice cream, and other foods that aren't particularly healthy. But there are lots of nutritious snacks that can satisfy your craving for something sweet, salty, or crunchy.

Choosing whole-food snacks that contain protein, fiber, and healthy fats will help you feel fuller longer. Plus, they can give you a burst of energy.

Make a plan to eat three healthy snacks a day. That way, when cravings hit, you're prepared. Stock up on these flavorful options, and start feeling good about snacking:

Sweet

- Canned fruit (in natural juice or light syrup)
- Raisins, dates, figs
- Greek yogurt with mixed berries
- Baked apple
- Dark chocolate and almonds
- Chia pudding
- Fruit smoothie

Salty

- Apple slices with peanut butter
- Kale chips
- Olives
- Parmesan crisps
- Dill pickles
- Sardines
- Edamame

Crunchy

- Apples and pears
- Bell pepper slices
- Roasted chickpeas
- Popcorn
- Nuts and seeds
- Whole-grain crackers
- Sliced cucumber or zucchini

Sources:

heart.org/en/healthy-living/healthy-eating/add-color/healthy-snacking

healthline.com/nutrition/29-healthy-snacks-for-weight-loss

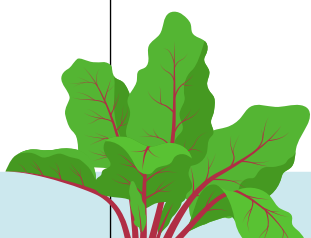
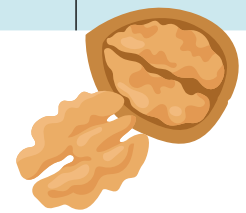


Energy-Boosting Bites

It's no secret that the food we eat, along with exercising, hydrating, and getting enough sleep, has a huge impact on our energy levels. Food provides energy, but not all foods affect energy levels in the same way.

Foods that are high in sugar or carbohydrates may give you a quick rush of energy, but they are usually followed by a crash. Whole foods provide a more consistent supply of energy throughout the day. Plus, they tend to help stabilize your mood.

The best energy-boosting bites are loaded with vitamins, fiber, protein, and healthy fats. So, fill your plate with these foods at breakfast, lunch, and dinner, and keep going strong all day long:

Fruits	From animals	Vegetables	Grains	Beans and legumes
Bananas	Fatty fish (salmon, sardines, tuna)	Sweet potatoes	Oatmeal	Soybeans, edamame
Avocados	Beef liver	Beets	Popcorn	Lentils
Apples	Yogurt	Dark, leafy greens (spinach, kale)	Quinoa	Nuts and seeds
Strawberries, blueberries, raspberries, and blackberries	Eggs		Brown rice	Peanut butter
Oranges				

Sources:
[healthline.com/nutrition/energy-boosting-foods](https://www.healthline.com/nutrition/energy-boosting-foods)
[medicalnewstoday.com/articles/323947](https://www.medicalnewstoday.com/articles/323947)

RECIPE

Nut Butter Energy Balls

Ingredients

2 cups rolled oats

1 cup natural peanut or other nut butter

½ cup honey

¼ cup mini chocolate chips

¼ cup unsweetened shredded coconut

Directions

Combine all ingredients in a medium bowl. Stir well. Use a tablespoon to scoop the mixture and roll it into balls. Store in an airtight container for up to five days in the refrigerator or up to three months in the freezer.

Makes 35 balls.

Source:
eatingwell.com/recipe/275207/peanut-butter-energy-balls/



The Reality of Social Media

The way people portray themselves on social media often does not match who they are in real life. Online lives often look exciting, with snapshots and reels of events that are happy and fun, designed for likes and shares. But that's not the full picture.

Although social media has many benefits, one of its biggest drawbacks is trying to separate peoples' glossy online lives from their real ones. This disconnect can affect how you may see yourself. Social media can unintentionally create a sense of competition with others that damages relationships as well as individuals' self-esteem.

Getting the most out of social media is all about connection and balance. If you're active on social media, take some time to reflect on how it makes you feel about yourself and others. You might want to consider limiting your screen time if you notice any of these patterns:

- Relying on social media to replace in-person interaction with family and friends
- Judging your worth by online likes, clicks, and shares
- Getting angry or jealous after reading others' posts
- Viewing other peoples' successes as your perceived failures



Source:

nytimes.com/2017/05/09/learning/are-you-the-same-person-on-social-media-as-you-are-in-real-life.html

verywellhealth.com/social-media-support-mental-health-5184108

thechicagoschool.edu/insight/from-the-magazine/a-virtual-life/

The Joy of Reconnecting

Some of the best memories come from good times with old friends. But sometimes, even good friends lose contact with each other. Real life intervenes, and then it seems like too much time has passed to try and reconnect.

But reaching out to an old friend can boost your mental health as well as theirs.

Think of a time when someone you hadn't heard from in a while unexpectedly reached out to you. If you are like most people, you were probably pleasantly surprised by their effort. It feels good to be remembered.

If you'd like to reconnect with someone, consider reaching out. But first, ask yourself a few questions:

- Is reaching out in my best interest given the history of our relationship?
- Could re-establishing contact with this person be harmful to my well-being?
- Do I have an ulterior motive for re-establishing contact with this person?
- Am I prepared emotionally for the possibility of being ignored, rejected, or ghosted?

There is great power in being able to reconnect with someone. Most people report that once initial contact is made, it's pretty easy to pick up the relationship from wherever you both left it.

Sources:

[healthline.com/health-news/reconnecting-with-old-friends-may-boost-your-mental-health-and-theirs](https://www.healthline.com/health-news/reconnecting-with-old-friends-may-boost-your-mental-health-and-theirs)





TAKE THE SHOT

The best way to protect yourself and your loved ones against influenza (flu) is to get a flu vaccine every year. The Centers for Disease Control and Prevention (CDC) urge everyone six months and older to get vaccinated against flu viruses. September and October are generally good times to get vaccinated, so plan ahead. Most people get their flu shots from a primary care provider or at a retail pharmacy or health clinic.

Benefits of getting a flu vaccine include:

- Preventing you from getting sick, especially if you are at higher risk of serious complications
- Reducing the severity of illness if you get the flu
- Protecting others, particularly babies and older family members who may be more susceptible to illness
- Minimizing absences from work or school

Source:
[cdc.gov/flu/prevent/flushot.htm](https://www.cdc.gov/flu/prevent/flushot.htm)

MONTHLY QUIZ

1. Which qualities should you look for in a workout companion?

- A. Similar taste in music and workout gear
- B. Similar goals and a positive attitude
- C. Opposite goals and a highly competitive attitude

2. Which ingredients are found in the healthiest snacks?

- A. Protein, fiber, and healthy fats
- B. Sugar, salt, and trans fats
- C. Caffeine, artificial colors, and preservatives

3. What is the best way to establish healthy connections on social media?

- A. Post your best pictures
- B. Like and share for validation
- C. Use balance and perspective



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