

HEALTHY *You!*

Your Source for a Happy and Healthy Lifestyle

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THIS EDITION FEATURES:

**NEW YEAR,
NEW ADVENTURES**

Good luck
FOODS

*Successful
Meal Planning*

**MANAGE
OVERWHELMING
FEELINGS**

**Planning
FOR
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**MAKE YOUR
WISHES KNOWN**

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NEW YEAR, NEW ADVENTURES

For many, the new year brings a renewed commitment to fitness. The most important step is to find activities you enjoy, so you're more likely to stick to them.

Physical activity is more than exercise — it's your time to move your body, refresh your spirit, and let your inner child out to play! If you aren't a fan of regular exercise, here are a few adventurous outdoor activities to consider (Bonus: spending time outdoors is also great for your mental health!).

Sources:
coach.nine.com.au/fitness/10-adventurous-alternatives-to-ordinary-exercise/14c2b300-2035-46e6-bbad-f61cfda41d24#5
huffpost.com/entry/top-25-adventure-activities_b_2403593
time.com/5118770/is-skiing-a-good-workout/

- **Hiking.** Not only is this the ultimate back-to-nature activity, hiking is a powerful cardio workout. It also boosts bone density and helps build lower body strength.
- **Mountain biking.** This low-impact sport won't wear your joints like running, and there are trails to suit all fitness levels.
- **Rock climbing.** This is a good activity for increasing your endurance and flexibility and strengthening your upper body and core. Bonus: There are indoor rock-climbing facilities that are perfect for beginners to tackle.
- **Skiing.** Downhill or cross-country skiing offers a great cardiovascular workout and improves balance and range of motion.
- **Sledding or snowboarding.** Not only is this a fun activity, but the walk back up the hill can be more rewarding than a stairclimber machine workout.

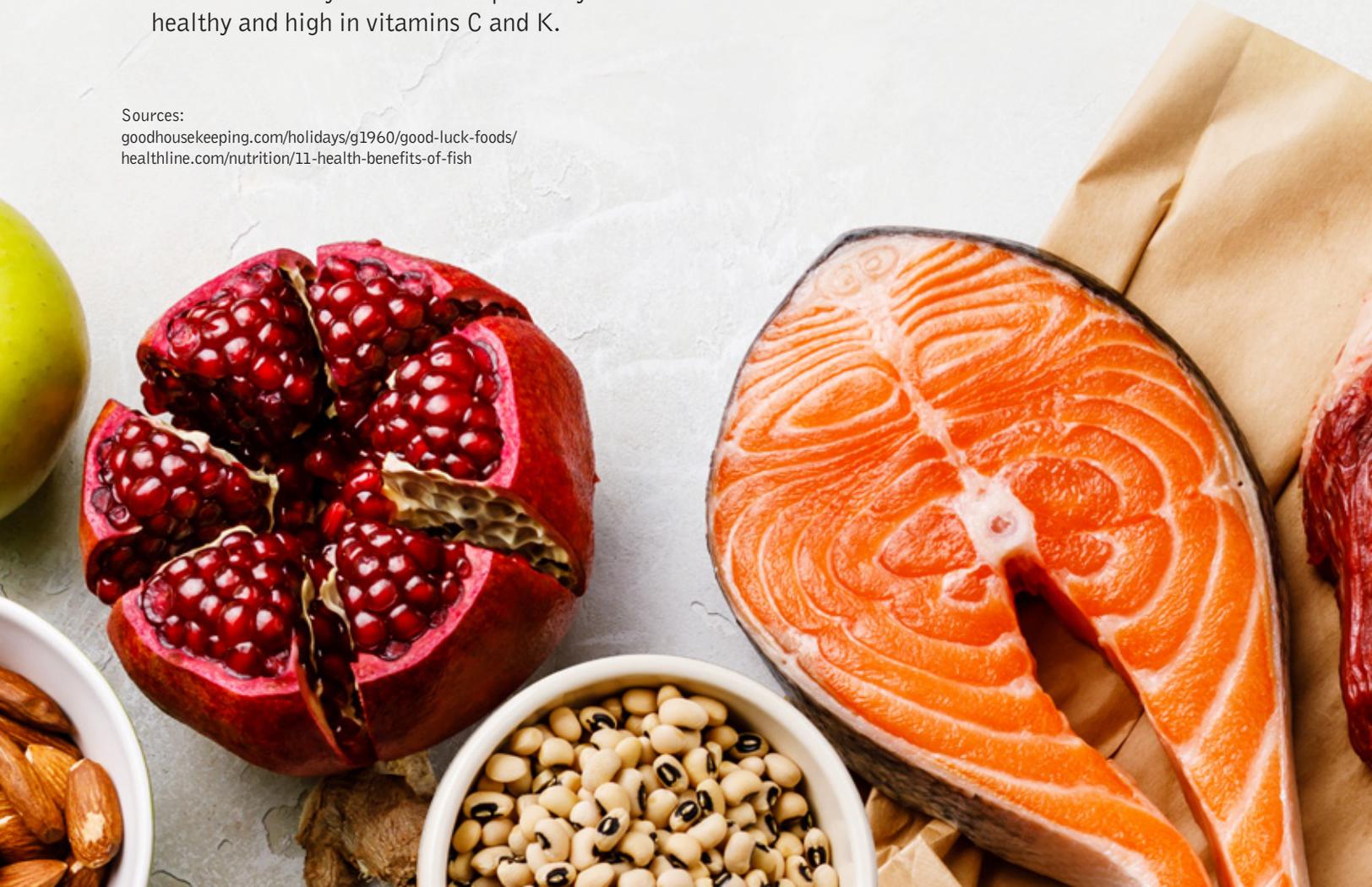
Good luck FOODS

Setting yourself up for success is one of the best ways to celebrate the new year. Around the world, people eat a variety of foods on January 1 for good luck. Here's a list of foods that symbolize good fortune and prosperity across the globe and are sure to serve up good nutrition all year round:

- **Black-eyed peas.** Considered a good luck food in the American South, black-eyed peas are actually a bean and pack plenty of protein and fiber into each serving.
- **Cabbage.** In Germany, Ireland, and parts of the United States, cabbage is associated with luck and fortune due to its green hue, which resembles money. It's also exceptionally healthy and high in vitamins C and K.
- **Fish.** Filled with heart-healthy omega-3 fatty acids and vitamins such as D and B2, fish is also a symbol of abundance around the world. In Asian cultures, people feast on whole fishes around the Lunar New Year for prosperity.
- **Lentils.** Highly nutritious and inexpensive, lentils are eaten on New Year's Day throughout Italy to bring good fortune in the year ahead.
- **Pomegranates.** In addition to being one of the healthiest fruits, pomegranates are regarded in the Mediterranean as a sign of good luck and prosperity.

Sources:

[goodhousekeeping.com/holidays/g1960/good-luck-foods/](https://www.goodhousekeeping.com/holidays/g1960/good-luck-foods/)
[healthline.com/nutrition/11-health-benefits-of-fish](https://www.healthline.com/nutrition/11-health-benefits-of-fish)



ACAI BOWL

WITH POMEGRANATE AND COCONUT

- 1 medium frozen banana
- 1 packet unsweetened acai puree
- 1 cup unsweetened vanilla almond milk
- 2 tablespoons pomegranate seeds
- 2 tablespoons flaked coconut
- 1 tablespoon chia seeds

Place frozen banana, acai packet, and almond milk in a blender, and puree until creamy. Pour into a bowl and top with pomegranate seeds, coconut, and chia seeds. Enjoy!

Sources:

Recipe revised from thelemonbowl.com/acai-bowl-with-coconut-and-pomegranate/



Successful Meal Planning

We're all busy, and, at times, life can get hectic. Planning meals ahead of time can help you relieve the stress of figuring out what to eat. It can also help you stick to your nutrition goals and save money.

Here are four easy tips to help you get started with meal planning:

- 1. Look at your calendar.** Think about the week ahead and plan your meals and snacks around your work obligations, social schedule, and other commitments.
- 2. Take an inventory of what food you have on hand.** Check your freezer, pantry, and refrigerator. Doing this will help you avoid buying ingredients you already have on hand.
- 3. Make a menu.** Select recipes that include all or some of the ingredients you already have on hand. To ensure a healthy, balanced diet, make sure you have foods from all the food groups represented in your menu.
- 4. Make a grocery list.** Head to the supermarket and grab any ingredients you need. Stick to your list to avoid buying things you don't need.

Sources:

eatright.org/food/planning-and-prep/smart-shopping/3-strategies-for-successful-meal-planning
healthline.com/nutrition/meal-prep-tips#TOC_TITLE_HDR_13



MANAGE OVERWHELMING FEELINGS

When we have too many demands, it's easy to feel overwhelmed. Work obligations, personal responsibilities, and family needs can lead to a never-ending to-do list. Being overwhelmed can lead to forgetfulness, confusion, and difficulty concentrating.

If you're feeling overwhelmed, try these strategies to manage these feelings and find your calm:

- 1. Stop multitasking.** Pinpoint the primary source of your stress and focus on finishing that task. Then, prioritize other obligations. Stick to things that need to get done now.
- 2. Use the 5-4-3-2-1 technique.** Ground yourself in the present moment to prevent your thoughts from spinning.
 - 5- Look around and name five things you can see.
 - 4- Listen and name four things you can hear.
 - 3- Notice three things you can touch.
 - 2- Breathe in and recognize two smells.
 - 1- Name something you can taste, like a sip of cold water.
- 3. Accept what you can't do or control.** Move forward with what you can do instead of dwelling on what you can't.

Sources:

hbr.org/2019/10/how-to-deal-with-constantly-feeling-overwhelmed
psychologytoday.com/us/blog/the-savvy-psychologist/202005/8-strategies-manage-overwhelming-feelings

Planning FOR THE Future

It's important to always be prepared. While we don't have absolute control over what is going to happen, planning for the future can help you feel more grounded in the present and gives you a sense of certainty.

Here are a few things to consider when planning for the future:

Sources:

forbes.com/sites/forbescoachescouncil/2020/01/09/how-to-define-your-goals-and-work-toward-them-eight-actionable-steps/?sh=500f3f14202d
hbr.org/2021/02/how-to-plan-your-life-when-the-future-is-foggy-at-best

- **Know your purpose.** What do you want in life? Why is it important? Then, create a plan around it.
- **Make a list of what you want to accomplish.** Identify your goals, developing a plan to reach them, and implement steps to attain those goals.
- **Envision your future.** Doing this can help make your plans more concrete in your head, which motivates and inspires you to reach your goals.



MAKE YOUR WISHES KNOWN

No one ever plans to be sick or disabled. But in the event of a serious illness or accident or unexpected death, having a will can make all the difference.

By making a will, you can make your wishes known now and put everything in order as you would like it. This will also save time, money, and stress for your loved ones.

There are many different types of legal documents that can help you plan how your affairs will be handled. State laws vary, so find out about the rules, requirements, and forms used in your state.

Here are the first steps to getting your affairs in order:

- Put your important papers and copies of legal documents in one place.
- Tell a trusted family member or friend where you put all your important papers.
- Consider preparing a living will to make it easier for family members to make tough health care decisions for you if you are unable to make your wishes known.



MONTHLY QUIZ

1. True or False: Outdoor physical activity is good for both your physical and mental health.

- A. True
- B. False

2. Which of the following are benefits of meal planning?

- A. Helps you stick to your nutrition goals
- B. Saves money
- C. Reduces mealtime stress
- D. All of the above

3. Which strategy is recommended to help manage feelings when overwhelmed?

- A. Multitasking
- B. Dwell on the things you can't control
- C. Use the 5-4-3-2-1 technique
- D. Don't do anything



1. A, 2. D, 3. C

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