

HEALTHY *You!*

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September 2021

THIS EDITION FEATURES:

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or SAVE FOR LATER?

BROUGHT TO YOU BY

Independence 



Back on Track

Getting back to working out after recovering from an injury can be challenging. Pushing yourself too soon can make your injury worse or make recovery take longer. Here are five tips to help you start back up safely:

- **Talk to your doctor.** Before resuming any physical activity, get your doctor's OK.
- **Listen to your body.** Some pain after exercise is to be expected, especially when you're first getting started. If the pain is bad, rest for one to three days before trying again.
- **Start slow.** A good guideline is to start at about 50 percent of your normal level of intensity.
- **Vary activities.** Do a variety of activities to help you stay fit and strengthen the part of your body that was injured.
- **Warm-up and cool-down.** A warm-up helps get the body ready for exercise by gradually increasing one's heart rate and loosening muscles and joints. A cool-down after a workout slowly brings the heart rate back to normal.

Sources:

acefitness.org/education-and-resources/lifestyle/blog/6037/getting-back-to-fitness-after-an-injury/

webmd.com/fitness-exercise/exercise-after-injury#1

webmd.com/fitness-exercise/guide/workout-injuries-prevention-and-treatment#1



OVERCOME

Emotional Eating

For some people, eating is a way to suppress or soothe negative emotions, such as stress, anger, fear, boredom, sadness, or worry. But your emotions can become so tied to your eating habits that you automatically reach for food for comfort whenever you're in emotional distress. While this may make you feel better for the moment, the effect is temporary and can lead to an unhealthy cycle of eating.

Here are a few strategies to help you control your eating habits when in distress:

1. **Don't deprive yourself.** Eat a healthy and balanced diet, but allow yourself to enjoy an occasional treat.
2. **Find alternative outlets to soothe emotions.** Recognize when you are triggered and substitute a different action to take your mind off food. For example, if stress contributes to your eating, try a stress management technique such as yoga or meditation.
3. **Get support.** Lean on family and friends or consider joining a support group.
4. **Practice mindful eating.** Pay full attention to the process of choosing, preparing, and eating your food.
5. **Take away temptation.** Don't keep hard-to-resist comfort foods in your home.

Sources:

[mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20047342](https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20047342)

[sciencedaily.com/releases/2018/02/180221180534.htm](https://www.sciencedaily.com/releases/2018/02/180221180534.htm)

secondnature.io/us/guides/mind/habit-change/overcome-emotional-eating



Best Low Glycemic Fruits and Veggies

Fruits and vegetables are the core of a healthy and balanced diet — they're low in calories, a good source of vitamins and minerals, and taste great! If you're actively managing your blood glucose, some fruits and vegetables may be better for your diet than others.

Foods low on the glycemic index scale tend to release glucose slowly and steadily, which helps maintain healthy blood glucose levels. People monitoring their blood glucose should concentrate on eating low glycemic foods to avoid blood sugar spikes.

Fruits and veggies that are low on the glycemic index include:

- Apples
- Asparagus
- Avocados
- Blueberries
- Broccoli
- Cauliflower
- Celery
- Cherries
- Grapefruit
- Green beans
- Limes
- Olives
- Oranges
- Pears
- Raspberries
- Spinach
- Strawberries
- Tomatoes

Sources:

health.harvard.edu/diseases-and-conditions/glycemic-index-and-glycemic-load-for-100-foods
medicalnewstoday.com/articles/317225#best-vegetables



Sautéed Spinach

- 1 tablespoon olive oil
- 1 clove garlic, minced
- 20 ounces fresh spinach
- 1/4 teaspoon salt
- 1/4 teaspoon crushed red pepper

Heat oil in pan over medium heat; add garlic and cook until soft. Add spinach, toss, and cook until wilted. Remove from heat, and add salt and crushed red pepper. Enjoy!

Break the Ice

For some people, making friends and connections with others comes naturally. So what happens when you encounter someone at work, your neighborhood, or at family gatherings that doesn't want anything to do with you?

While it may be disappointing and frustrating to try to connect with a person that seems emotionally distant, here's what you can do:

1. **Be empathetic.** You may not know specifically what causes a person to distance themselves. They may not want you to know, so don't push for an explanation. But have empathy when reaching out.
2. **Open up.** Have an open and honest conversation with them. By taking that first step, you may provide an opening for them, too.
3. **Give them time.** It may take time for someone to fully open up. Don't be discouraged if progress isn't made after one conversation.
4. **It's not you, it's them.** Acknowledge that their behavior may be due to something that doesn't involve you. Then, decide if you want to move forward with building a relationship or not.

Sources:

advice.theshineapp.com/articles/how-to-cope-with-someone-whos-emotionally-unavailable/

psychologytoday.com/us/blog/why-bad-looks-good/202011/how-get-close-someone-who-is-emotionally-distant

talkspace.com/blog/dealing-with-distant-people/





Aging Gracefully

September is Healthy Aging Month — a time to focus attention on the positive aspects of growing older. Here are tips and ideas for adults, ages 45 and older, to improve their physical, mental, social, and financial well-being for a healthy lifestyle.

Physical

- Eat a healthy, balanced diet.
- Get annual check-ups.
- Stay active.

Social

- Keep in contact with family. Schedule Facetime conversations with children and grandchildren if you can't see them in person.
- Make new friends, and make an effort to see old friends.
- Volunteer or join a class.

Mental

- Practice yoga to help reduce stress.
- Take up a new hobby.
- Work on puzzles and read books.

Financial

- Practice financial discipline to avoid irresponsible spending.
- Make saving for retirement, having an emergency fund, and making good financial choices part of your mindset.

Sources:
healthyaging.net/september-healthy-aging-month/
nationaldebtrelief.com/reach-financial-maturity/
nia.nih.gov/health/fun-ways-older-adults-stay-physically-active
nia.nih.gov/health/healthy-eating
unicityhealthcare.com/celebrating-healthy-aging-month-during-september/

SPEND NOW *or* SAVE FOR LATER?

For many of us, deciding whether to spend now or save for the future is a challenge. When putting together a strategy for your finances, you should determine your values and priorities and acknowledge your financial reality. Choices about how to use your money should align with who you are and the kind of person you want to be. You should also strike a balance between what benefits you today and what you'll need in the future.

Here are some questions to ask yourself to help you make the right financial decisions:

- What kind of values do you want to cultivate?
- What choice supports your efforts?
- What option is in sync with your stated priorities?

Sources:

forbes.com/sites/ericoberge/2020/02/24/want-to-make-better-financial-decisions-start-here/



MONTHLY QUIZ

1. Which is NOT a recommendation for getting back to working out after an injury?

- A. Start slow.
- B. Just do it.
- C. Listen to your body.

2. According to the Best Low Glycemic Fruits and Veggies article, which of the following statements are true?

- A. The glycemic index is a value assigned to foods based on how quickly the body absorbs glucose from that food.
- B. Celery, pears, and strawberries are low on the glycemic index.
- C. Foods low on the glycemic index scale tend to release glucose slowly and steadily.
- D. All of the above.

3. True or False? Physical, mental, social, and financial well-being are all part of a healthy lifestyle.

- A. True
- B. False



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1. B, 2. D, 3. A

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