

HEALTHY *You!*

Your Source for a Happy and Healthy Lifestyle

June 2022

THIS EDITION FEATURES:

SET YOUR MIND FOR FITNESS

Eating Well
For Life

MASTER THE GRILL

Summer
Reading

**BEST
FRIEND**
BENEFITS

**FUN
IN THE
SUN**

BROUGHT TO YOU BY

Independence 



A woman with dark hair tied back, wearing a white sports bra and black shorts, is in a starting crouch on a light-colored floor. She is looking forward with a determined expression. Her hands are on the floor, and her feet are in colorful sneakers.

SET YOUR MIND FOR FITNESS

Many people would agree with the saying that “working out is more mental than physical.” At one point in our lives, we’ve all had days where we can’t seem to find the motivation or enthusiasm to work out despite the best of intentions.

Exercise starts with mentality. Here are four ways to get into the right mindset to work out and reach your fitness goals:

- 1. Make it fun.** Try different types of workouts and activities to find out what you enjoy. Once you find an activity you like, you’ll be more likely to stick with it.
- 2. Schedule your workouts.** Treat exercise like you would an appointment or a meeting, so you’ll be less likely to skip it.
- 3. Set realistic expectations.** Don’t overwhelm yourself. Stick to one small goal; once you’ve reached it, work on a new one.
- 4. Visualize success.** Think about your short term and long term goals, and imagine that you’ve already achieved these goals. Remember the positive feelings that will come from obtaining these goals.

Sources:

mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness/art-20047624

nlp.com/Articles/NLPFitnessTraining.htm

psychcentral.com/lib/get-in-the-right-mindset-to-exercise-regularly#2

24life.com/five-ways-to-get-into-the-mindset-of-exercising-regularly/

Eating Well For Life

We have all heard that a balanced diet is key for weight loss and maintaining a healthy weight. But, it's also important for maintaining overall good health. Here are five benefits of good nutrition:

- Lowers the risk for many diseases, including heart disease, type 2 diabetes, and some cancers
- Boosts immunity
- Helps the digestive system work properly
- Strengthens bones
- Supports muscles

To eat healthfully, make sure your eating plan includes a variety of foods, including vegetables of all types, fruits (especially whole fruit), grains (at least half of which are whole grain), fat-free or low-fat dairy products, lean protein, and oils (vegetable oils and oils in food, such as seafood and nuts).

Sources:

[dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf#page=31](https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf#page=31)
myplate-prod.azureedge.us/sites/default/files/2022-01/SSwMP%20Mini-Poster_English_Final2022.pdf



MASTER THE GRILL

Summer is finally here — time to fire up the grill! Besides being delicious, grilled foods are generally a healthier choice. To make the most of your next backyard barbecue, here are four tips for healthy grilling:

- 1. Choose the right protein.** Choose lean cuts of unprocessed meats, such as fish, skinless chicken breast, and lean ground poultry.
- 2. Don't forget the veggies.** Grill an assortment of colorful veggies alone or on skewers to enjoy on your healthy plate. Some vegetables that are great to grill include bell peppers, eggplant, onions, and tomatoes.
- 3. Grill fruits for dessert.** Try apples, peaches, pears, pineapple, or plums. The natural sugars caramelize during grilling, making the fruit extra sweet.
- 4. Skip the salt.** Add herbs, spices, and vinegars to add flavor to food.

Teriyaki Portabello Mushrooms

2 portabello mushrooms, cleaned and stems removed

2 tablespoons teriyaki sauce

2 pineapple rings

One red pepper, seeded and cut in half lengthwise

Fire up the grill. Spread teriyaki sauce over the mushrooms, pepper, and pineapple. Grill the mushrooms and peppers on the grill for 5 – 6 minutes per side, and the pineapple 3 minutes per side. Layer the mushrooms with the pepper, and top with pineapple. Serve over brown rice. Enjoy!

Sources:

heart.org/en/healthy-living/healthy-eating/add-color/top-ten-tips-for-healthy-grilling-and-barbecuing

webmd.com/food-recipes/features/a-healthier-way-of-grilling

firstalert.ca/community/safety-corner/grilling-safety-tips/



Summer Reading

A summer reading list isn't just for kids. It's a great form of entertainment and enjoyment for people of all ages; it can also help expand your knowledge. Reading also offers physical and mental health benefits. If you're looking for something to do on lazy summer days, pick up a book!

Here are four benefits of reading:

- 1. Helps prevent age-related cognitive decline.** The National Institute on Aging recommends reading books and magazines to strengthen the brain and help maintain and improve cognitive function.
- 2. Increases your ability to empathize.** Reading fiction stories that explore the inner lives of characters may heighten your ability to understand the feelings and beliefs of others.
- 3. Prepares you for a good night's sleep.** Reading as part of a regular sleep routine helps relax the mind. Choose a print book rather than reading on a device, as the lights from screens can keep you awake.
- 4. Reduces stress and helps to alleviate symptoms of depression.** Reading allows a temporary escape through imagined experiences of the characters. Self-help books can offer strategies to manage stress, anxiety, and depression.

Sources:

apa.org/topics/covid-19/managing-attention-distractibility-online-learninghealthline.com/health/benefits-of-reading-books

natlib.govt.nz/blog/posts/reading-on-screen-vs-reading-in-print-whats-the-difference-for-learning



BEST FRIEND • BENEFITS •

June 8 is National Best Friends Day, so take time to celebrate those people nearest and dearest to you and let them know how much you appreciate them.

Strong social connections play a significant role in our lives. Friends can help you celebrate good times and provide support during the difficult times. Good friends are also important for your overall health. Here are five benefits of having close friends:

- Friends can help boost your happiness and reduce stress by helping you cope with stressors.
- Adults with strong social connections have a reduced risk for conditions, such as depression and high blood pressure.
- Meaningful friendships can help prevent loneliness, which is good for your mental health.
- Nurturing friends may encourage you to change or avoid unhealthy habits, and cheer you on as you work towards your goals.
- Friends provide encouragement, which may improve your self-confidence and self-worth.

Sources:

healthline.com/health/benefits-of-friendship

mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860

nationaltoday.com/national-best-friends-day/





FUN IN THE SUN

The summer is the perfect time to get outside and enjoy some fun in the sun. But it's important to protect your skin from the sun's harmful UVA and UVB rays. Too much exposure can lead to sunburn, premature aging, and skin cancer. Here are sun safety tips to keep you and your family safe in the sun:

- **Accessorize for protection.** Sunglasses protect your eyes from the sun's harmful rays, and a wide-brimmed hat can help you avoid the sun.
- **Slather on the sunscreen.** The American Cancer Society recommends using an SPF of 30 or higher. Sunscreen should be applied at least 30 minutes prior to going outside and reapplied every two hours.
- **Stay in shaded areas.** Get under an umbrella, tree, or other shelter to reduce your risk of sun damage.
- **Wear loose, long-sleeved clothing.** This will keep you cool, but still protect your skin from the sun.

Sources:

cancer.org/latest-news/choose-the-right-sunscreen.html

cdc.gov/cancer/skin/basic_info/sun-safety.htm#:~:text=Shade,you%27re%20in%20the%20shade

MONTHLY QUIZ

1. Which of the following isn't part of a healthy eating plan?

- A. Fat-free or low-fat dairy products
- B. Processed meats and fatty protein
- C. Vegetables
- D. Fruits

2. Which of the following are benefits of reading?

- A. It helps reduce stress.
- B. It strengthens your brain.
- C. Reading can aid in getting a good night's rest as part of a regular sleep routine.
- D. All of the above.

3. True or False: You don't need to reapply sunscreen during the day when outdoors.

- A. True
- B. False



BROUGHT TO YOU BY
Independence 

1, B, 2, D, 3, B

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.