

# Healthy Perspectives

January 2023

"Your Source For A Happy and Healthy Lifestyle"

DIGEST



## WEIGH IN On Movement

Weight loss success is achieved through a lifestyle that combines healthy eating patterns, regular physical activity, and stress management. When it comes to weight management, people vary greatly in how much physical activity they need. As a general guideline, work up to 150 minutes of moderate-intensity aerobic activity, 75 minutes of vigorous-intensity aerobic activity, or an equivalent mix of the two each week.

### WHAT DO MODERATE- AND VIGOROUS-INTENSITY MEAN?

**Moderate:** Breathing and heart rate is noticeably faster, but you can still carry on a conversation.

- Walking briskly at 3 mph or faster.
- Cycling slower than 10 mph on flat terrain.

**Vigorous:** Heart rate is increased substantially, and breathing is too hard and fast to have a conversation.

- Fast walking, hiking uphill, jogging, or running.
- Cycling 10mph or faster that may include hills.

**WALKING** is simple, easy on the joints and, compared to other forms of exercise, isn't likely to increase appetite.

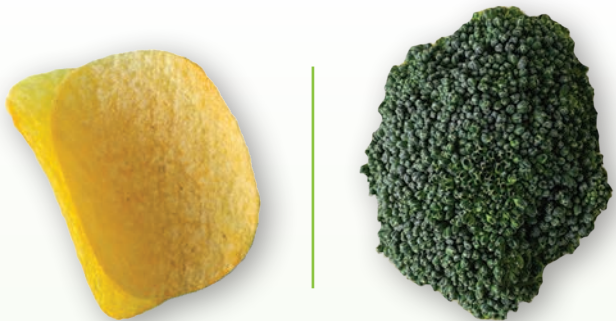
**RUNNING** burns a lot of calories, requires little equipment and can be done anywhere.

**CYCLING** outdoors or on a stationary bike is great for people of all fitness levels to burn calories.

"Just believe in yourself. Even if you don't, pretend that you do and, at some point, you will!" *Venus Williams*



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## REFLECT, REPLACE, REINFORCE

A healthy eating plan can help manage weight but eating from different food groups while staying within your recommended calorie allowance can be a challenge. It's important to approach improving eating habits with self-compassion and realistic goals. Many of us have had the same eating patterns for years that will require small incremental changes to make lasting improvements. Instead of making sudden changes, consider a thoughtful approach in which you reflect, replace, and reinforce.

**REFLECT** on your specific eating habits, whether good or bad, by tracking everything you eat and drink. Record the time of day you ate or drank them and note any feelings or circumstances when you decided to eat. The CDC offers an easy to use food and beverage diary template that can be downloaded at [https://www.cdc.gov/healthyweight/pdf/food\\_diary\\_cdc.pdf](https://www.cdc.gov/healthyweight/pdf/food_diary_cdc.pdf).

**REPLACE** unhealthy eating habits with new, healthy ones. Aim to only eat when truly hungry, plan meals ahead of time, and try eating more slowly. Visit the MyPlate Plan at <https://www.myplate.gov/myplate-plan> for a personalized plan showing your food group targets within your daily calorie allowance based on your age, sex, height, weight and physical activity level.

**REINFORCE** new, healthy habits and allow time for those new habits to develop. Take it one day at time and be patient. Radical changes can lead to short-term weight loss but may not be healthy or successful in the long run.

## Healthy Eating OBSTACLES

Conquering challenges by expecting and preparing for obstacles is an empowering strategy to overcome them. Common barriers to diet changes are described below, including ideas and tips to face them head on:

**Limited time.** Manage time by planning, prepping, and using time-saving tricks like buying pre-cut produce, using a slow-cooker, or doubling recipes to ensure leftovers, can help to guarantee you will have healthy options available.

**Mindset.** Setbacks will happen at some point. Plan for mistakes by aiming for progress, not perfection, and when obstacles do happen, just keep going forward.

**Feeling deprived.** Reinforce a positive outlook by embracing a natural curiosity to try new foods. Instead of giving up all the foods you like, learn to eat a variety of foods.

**Affordability.** Fresh produce can cost more, so consider frozen and canned options for cooking simple, inexpensive, healthy meals at home.

Identifying what's getting in your way, leads to a much better chance of success. Working with a registered dietitian can be an added support to offer accountability, encouragement, and well researched nutritional guidance customized for you and your lifestyle.

*"Yesterday's mistakes cannot affect today's possibilities unless you dwell on them."*

*Benjamin Lotter*



RECIPE OF THE MONTH

NOURISHING YOU



## Spinach Enchiladas

- |   |   |
|---|---|
| 1 medium onion, chopped                                   | ½ teaspoon ground cumin                             |
| 2 teaspoons olive oil                                     | 1 cup low-fat cottage cheese                        |
| 1 package frozen chopped spinach, thawed and squeezed dry | 1 cup shredded, reduced-fat cheddar cheese, divided |
| 1 cup picante sauce, divided                              | 8 soft corn tortillas                               |
| ½ teaspoon garlic powder                                  |   |

Preheat oven to 350°F. Add oil and onion to a large pan over medium heat, cook and stir until tender. Mix in spinach, ⅓ cup picante sauce, garlic powder and cumin until heated through. Remove from heat and stir in cottage cheese and ½ cup cheddar cheese. Spoon about ⅓ cup spinach mixture into the center of each tortilla. Roll up and place seam side down in a 13x9 in. baking dish coated with cooking spray. Spoon remaining picante sauce over top. Sprinkle with remaining cheese, cover and bake 20-25 minutes. Uncover and cook an additional 5 minutes or until bubbly.



# Life Saving GIFTS

You have the power to donate life. Every day, donors help patients of all ages: accident and burn victims, heart surgery and organ transplant patients, and those battling cancer.

**LIVES HAVE BEEN CHANGED FOREVER THROUGH:**

**BLOOD DONATIONS:** Every two seconds someone in the U.S. needs blood. It is essential for surgeries, cancer treatments, chronic illnesses, and traumatic injuries.

**HOW TO DONATE:** Find a blood drive through the American Red Cross at <https://www.redcrossblood.org/give.html/find-drive>.

**MARROW DONATIONS:** For thousands of people diagnosed every year with life-threatening blood cancers like leukemia and lymphoma, a cure exists through life-saving marrow donors. Peripheral blood stem cell (PBSC) donation is a non-surgical process similar to donating plasma.

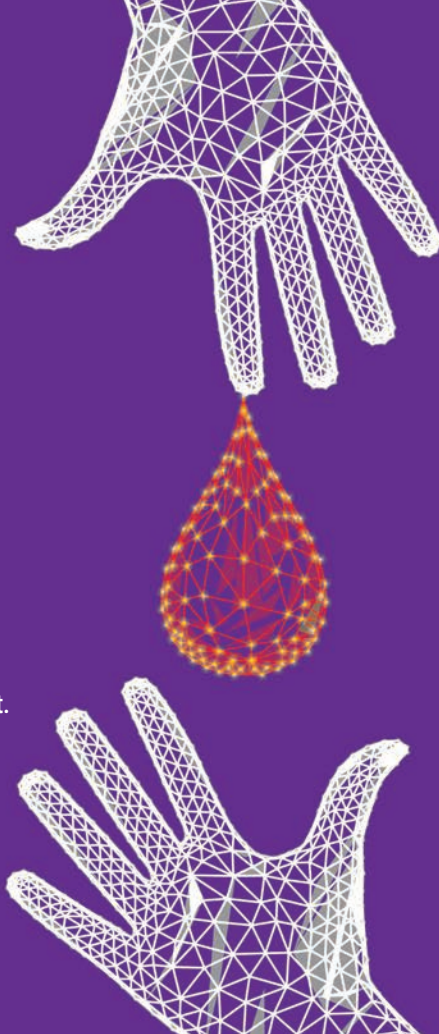
**HOW TO DONATE:** The first step to being someone's cure is to visit <https://bethematch.org/support-the-cause/>.

**ORGAN, TISSUE, AND EYE DONATIONS:** Every 9 minutes another person is added to the donor waiting list.

**HOW TO DONATE:** Learn more about the types of donations and how you can help at [donatelife.net](http://donatelife.net).

Acting out of concern for the well-being of others is altruism. Everyday life is filled with opportunities to engage in compassionate actions towards others, from holding the door for a stranger to charitable giving to others in need. Fostering helpful behaviors and doing good things for other people is generally a positive force in the world.

*"A society grows great when old men plant trees  
whose shade they know they shall never sit in."* Greek Proverb



## LOOK AHEAD (Eye Exams)

Looking ahead is thinking about what will happen in the future and deciding what options we have and choices to make. Eye exams are an important part of preserving vision, finding any possible eye diseases early, and for seeing your best.



### EYE EXAMS

### HOW OFTEN

Children 3-5 years old

At least once

People with diabetes

Every year

People at higher risk for glaucoma

Every 2 years

Maintaining a healthy weight, controlling your blood pressure, being physically active, and avoiding smoking will help you avoid vision loss from glaucoma, as well as prevent type 2 diabetes and other chronic conditions. Everyone can benefit from regular vision care to enjoy a brighter, clearer future. Be sure to check with your health care providers about how often you should have an eye exam.

If you spend a lot of time focusing on one thing, such as a computer screen, your eyes can get tired. Try the 20-20-20 rule to reduce eyestrain: every 20 minutes, look about 20 feet away in front of you, for 20 seconds.

**HEALTH  
HARMONY**



## Do You Need A WILL?

A will is a legal document that allows you to communicate your wishes clearly and precisely when you are no longer able to speak. Some people think that only the wealthy or those with complicated assets need wills, but there are many good reasons to have a will:

- It is clear direction about who gets your assets.
- It keeps your assets out of the hands of people you don't want to have them.
- Your heirs will have a faster and easier time getting access to your assets.
- Even if you don't have children, you can give gifts and charitable donations.

You can write a will yourself, but having it prepared by an attorney tends to ensure it will be worded precisely within your state's laws.

*"Every man knows that he must die, but no one believes it."*

*German Proverb*



NEEDS

1. **Which is a good example of vigorous-intensity aerobic activity?**
  - a. Walking briskly while carrying on a conversation.
  - b. Cycling and singing along to your favorite tune.
  - c. Hiking uphill breathing hard and fast.
2. **Choose the best strategy to overcome healthy eating obstacles.**
  - a. Only eating leftovers.
  - b. Planning for mistakes by aiming for progress and moving forward when setbacks happen.
  - c. Eating all new foods and giving up all the foods you like.
3. **Which are actions to take to prevent vision loss?**
  - a. Having eye exams.
  - b. Maintaining a healthy weight and controlling blood pressure.
  - c. Being physically active and avoiding smoking.
  - d. All of the above.

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.  
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