

Health & Wellness Monthly Newsletter

September 2017

FITNESS: WALKING FOR WELLNESS

Walking is one of the easiest ways to get the exercise you need to stay healthy. Experts recommend at least 2½ hours of moderate activity (such as brisk walking, brisk cycling, or yard work) a week. It's fine to walk in blocks of 10 minutes or more throughout your day and week.

- If you're worried about how brisk walking might affect your health, talk with your doctor before you start a walking program.
- Start with a short-term goal. For example, walk for 5 or 10 minutes every day. Or increase your number of steps by 300 to 500 each day.
- After you've made walking a habit, set a longer-term goal. You may want to set a goal of walking briskly for at least 30 minutes a day or work up to 10,000 steps a day. You can try to do this 5 days a week or more.
- You can use a phone app or wear a pedometer to track your steps each day.
- To stay motivated, find a walking partner, such as a family member, friend, or coworker. Daily dog walks are also a great way to keep up your walking routine.

Walk with others

- Ask family members, friends, and coworkers to join you. Set goals together.
- Join a walking group or club.
- Set a goal to take part in an organized fitness walk.
- Walk a dog every day.
- Plan family outings around walks together. Being physically active with kids sets an example they'll follow as they grow older.

Add steps whenever you can

- Instead of watching TV or going out to eat, go out for a walk.
- At work, get up and move around once an hour.
- Park your car farther away from work or other places you're going.
- Walk around your neighborhood or around a park.

Be Safe

- Know your surroundings. Walk in a well-lighted, safe place.
- Carry a cell phone for emergencies.
- Wear comfortable shoes and socks that cushion your feet.
- Pay attention to your walking surface. Use sidewalks and paths.
- Drink plenty of water before, during, and after you are active.



Source: <http://drweil.com>

6 Ways To Get Organized And Stop Putting Things Off

Procrastination is very common, whether it is related to work, home or personal life. But chronic indecisiveness and delay can eventually undermine a healthy lifestyle. The good news is there are simple ways to help overcome these tendencies. You can address procrastination through behavioral workshops, group therapy, individual therapy or with some of the following lifestyle strategies:

- **Break large jobs into small ones.** Start with a yearly plan, break it down into months, then weeks, then days. Feel free to specify detailed tasks for the days and weeks only a month or so in advance.
- **Organize your environment.** Chaotic surroundings can be distracting and stressful, and pull your focus from the task at hand. Also be sure to minimize distraction by turning your phone off or in "do not disturb" mode and turning your email off.
- **Schedule your time.** If you need to, wake an hour earlier or use part of your break time as a temporary strategy to get tasks accomplished.
- **Set reasonable goals.** Trying to achieve too much in too little time can actually set you back.
- **Set deadlines to accomplish your larger tasks.** When you achieve them, treat yourself – some flowers or a small piece of dark chocolate are appropriate and satisfying rewards.

Pace yourself. Work on a task you've been postponing for ten minutes and then decide whether or not to continue. If you discontinue the task, schedule another time to get it done.

Source: <http://drweil.com>

Safely Preparing for a Summer Picnic or Potluck

Safe Grilling – Cook food thoroughly. Use a meat thermometer to ensure the internal temperature of beef or pork reaches at least 160 °F or 165 °F for poultry.

Clean Utensils – Always use clean utensils and workspaces. Wash items thoroughly and avoid using the same items for different foods to avoid cross-contamination.

Choose Wisely – Be cautious when eating foods that should be refrigerated. Avoid mayonnaise or dairy-based items that have been in the sun.



A person can become sick anywhere from one hour to **SIX WEEKS** after eating food contaminated with harmful bacteria, viruses or parasites.

Source: <https://www.hhs.gov/>



Broccoli Salad With Avocado

Ingredients:

- 1 pound broccoli
- 1 ripe avocado
- 2 tablespoons extra virgin olive oil
- 2 tablespoons freshly squeezed lemon juice
- 1 tablespoon grainy prepared mustard

Directions:

1. Trim and wash the broccoli and cut it into bite-sized pieces. Steam or boil the broccoli in a large pot until it is just crunchy-tender and bright green, then drain it well, and cool.
2. Peel and pit the avocado, then cut it into small cubes. Fold the avocado into the broccoli.
3. Whisk the olive oil, lemon juice, and mustard together in a small bowl, until well mixed.
4. Toss the broccoli and avocado with the dressing.

Source: <http://drweil.com>