

YOUR GAMEPLAN TO LIVE

Positive Attitude – Better Health

Not only can having a positive attitude do wonders for your quality of life, it also affects your overall health. Researchers have found that in people with chronic pain, those who have a negative attitude suffer worse pain than those with positive attitudes. Stress and negativity seem to make pain sensations stronger. They also suffer with more psychological distress regarding the chronic pain.



How else does having a positive attitude help your health?

- **Better Functioning Immune System.** Without all the stress and anxiety that come with a negative attitude, your immune system is stronger and more likely to be able to fight off illness.
- **Improved Heart Health.** Stress can wreak havoc on your heart – but also people who have a better attitude tend to eat better and exercise more than those with a negative attitude, resulting in better heart health.
- **Increased Resilience.** People with a positive attitude still know that trying times happen but they are better apt to deal with them and bounce back from those hard times.
- **Faster and Better Recovery.** Researchers have found that in recovering from surgery or medical procedures, having a positive outlook makes all the difference. The better expectation of recovery



Pineapple—Beet Blast Smoothie

(August 2013 edition of Prevention Magazine. Recipe by Dana White, RD)

Ingredients:

- 1/2 cup beets (cooked or raw)
- 1 1/2 cups frozen pineapple chunks
- 1/4 cup celery
- 1 orange
- 1 cup vanilla unsweetened almond milk

Directions:

Combine all ingredients in blender and puree until smooth. Divide between 2 chilled glasses.

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a person has, the better and faster their recovery.

- **Longer Lifespan.** Having a positive attitude can help you age healthier. (Think less stress and more joy.) Therefore, with a positive attitude you may be able to avoid more health problems than those with a negative attitude. Also, those with positive attitudes that do develop health problems have a better outlook and deal with health problems more effectively, allowing them a longer life.

Don't Take Chances with Melanoma

Many of us have been in the sun a lot this summer... and throughout our whole lives. How is your skin holding up? What you need to be most aware of is your risk of skin cancer. Do you know what the most common cause of cancer deaths for young women ages 25 to 30 is? It's melanoma. Do you know what the second leading cause of cancer death is in women ages 30 to 35? It's melanoma again.

Melanoma does not discriminate by gender, age, or race. It is more common in men overall, but before age 50, the rates are higher in women. The risk of melanoma rises as you age, and the average age of diagnosis is 65.

Melanoma can appear anywhere – on your skin, but also in your eyes, mouth and even your nails. It can appear where you've had sun exposure (most common), but also where you've never had sun exposure. 90% of melanomas, though, are caused by exposure to ultraviolet light, so protect yourself by using SPF 30 or higher (lotion and/or clothing). Note: Using tanning beds when you are young – under 30 – will increase your lifetime chance of getting melanoma by 75%. (They are not healthy when you are older, either.)

<https://www.cancer.org/cancer/melanoma-skin-cancer/about/key-statistics.html>



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Protein Packed Pancakes

Ingredients:

- 1 cup navy beans, drained and rinsed
- 1 2/3 cups water
- 1 Tbsp. honey (Don't substitute as this gives the pancakes the golden color.)
- 2 tsp. oil (I use olive)
- 1 tsp vanilla
- 1/2 tsp. salt
- 1 1/2 cups rolled oats

Directions:

Add ingredients to blender in the order listed. Blend until well blended. Set aside to thicken while you heat the skillet to medium. Cook until golden brown, turning as needed.

4 servings.

<http://www.realfoodallergyfree.com/2011/12/protein-packed-pancakes/>

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Watermelon – Delicious and Nutritious



Watermelon and summer seem to go hand in hand. Summer may be winding down, but if you haven't already, now is a good time to enjoy this treat from nature. Oh so tasty, it's refreshing and healthy! Watermelon is low in calories, a good source of vitamins C and A, and

has a host of benefits! It's made up of 91% water and is a good source of hydration, electrolytes, and detoxification.

You can consume the entire watermelon as all of it is edible. People who juice this fruit often use all of it including the rind and seeds. In fact, the seeds are full of amino acids and are included in some plant protein powders. The rind can be stir-fried or pickled.

Choosing a Watermelon:

A ripe melon is usually green with dark green or yellow spots/stripes. It should have a smooth, hard rind. The inside is usually bright pink but can also come in other colors including dark red, white, yellow, or orange. Fresh watermelon are ready to eat when the bottom is yellow or cream vs bright white. You can also knock on it. It should be heavy and dense for its size.

Watermelon benefits include:

Immunity Support – Watermelon has been linked to reduced inflammation. It contains lycopene, which is a carotenoid with antioxidant properties that can help reduce oxidative stress. This fruit is also a great source of vitamin C, which acts as an antioxidant as well as an immune enhancer. Antioxidants can help fight free radicals and protect the cells against oxidative damage and stress.

Heart Health - Watermelon contains potassium and magnesium. Both of these nutrients are associated with improved heart health; and eating plenty of foods like fruits and vegetables that are rich in potassium and magnesium can positively impact blood pressure. Watermelon contains lycopene which helps to reduce inflammation,



Low Carb Cauliflower Mac and Cheese Recipe with Keto Cheese Sauce

An easy keto cauliflower mac and cheese recipe with just 5 INGREDIENTS + 5 MINUTES prep time! Rich, cheesy low carb mac and cheese will satisfy your cravings for macaroni.

Ingredients:

- 1 head cauliflower (cut into small florets)
- 3 Tbsp. butter (divided into 2 tbsp. and 1 tbsp.)
- Sea salt
- Black pepper
- 1 cup cheddar cheese (shredded)
- 1/4 cup heavy cream
- 1/4 cup unsweetened almond milk (or any milk of choice)

Directions:

1. Preheat the oven to 450 degrees F (232 degrees C). Line a baking sheet with foil or parchment paper.
2. Melt 2 tablespoons (28 g) of butter. In a large bowl, toss together the cauliflower florets with the melted butter. Season with sea salt and black pepper.
3. Arrange the cauliflower florets on the prepared baking sheet. Roast for about 10-15 minutes, until crisp-tender.
4. Heat the cheddar cheese, heavy cream, milk, and remaining tablespoon of butter, stirring frequently. (You can do this on the stove in a double broiler, or in the microwave.) Heat until the cheese mixture is smooth. Be careful not to overheat or burn the cheese.
5. Toss cauliflower with cheese sauce right before serving.

4 one-cup servings.

<https://www.wholesomeyum.com/recipes/cauliflower-mac-and-cheese-recipe-low-carb-keto-gluten-free>

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fighting oxidative stress and potentially balancing cholesterol and triglycerides. In fact, results from a 2019 study suggest that 100% watermelon juice can significantly increase serum lycopene in older women who are often low in carotenoids. Carotenoids are phytonutrients that help fight free radical damage and provide important antioxidants to ward off disease and lower inflammation. (100% watermelon juice can be purchased or make it yourself with a juicer. Remember, you can use the entire fruit.)

Pain and Soreness – Vitamin C, potassium, and magnesium aid in muscle recovery and pain relief. Vitamin C has been shown to help speed up wound healing.

Cancer Fighting Food - Watermelon is considered a cancer fighting food as it contains a good dose of antioxidants. Lycopene has been linked to a lower risk of prostate cancer in some studies and may also keep cell membranes strong so that they can protect themselves from toxins.

Healthy Weight – We all know that watermelon is sweet from its natural sugar and carbs, but because it is nutrient dense and is low in calories, eating a serving or two of watermelon can promote a feeling of fullness and curb cravings.

Acid Reflux – Several types of melons, watermelon included, can aid in the reduction of acid reflux symptoms. Melon may soothe the gastrointestinal tract and regulate pH levels while reducing inflammation and acid production throughout the body. It should be noted, however, that due to its natural fructose content, it can trigger *discomfort in some people that are sensitive*.

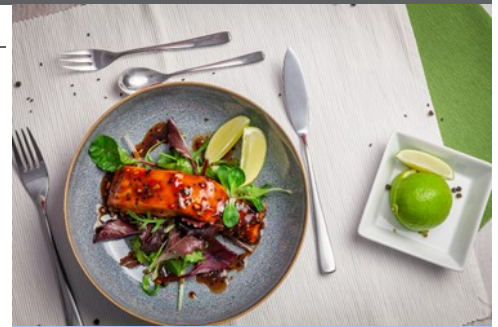
<https://pubmed.ncbi.nlm.nih.gov/30756297/>

<https://draxe.com/nutrition/carotenoids/>

<https://draxe.com/nutrition/benefits-of-watermelon/>

Seated Exercises

Do you find yourself sitting for most of the day? You get up and move around a little on your breaks, but what about the rest of the many hours you spend being sedentary? "Wait a minute, isn't being sedentary unhealthy? Is there anything I can do?" Sure, there is! Aside from getting up and walking around as often as you are able to, check out the following exercises that you can do almost anywhere, whenever you can.



Chili-Garlic Glazed Salmon

The sweet, salty, and spicy flavors of this colorful glaze permeate the salmon as it cooks, creating a succulent dish that tantalizes the taste buds.

Ingredients:

- 3 tablespoons chili sauce with garlic (such as Hokan)
- 3 tablespoons minced green onions (about 3 green onions)
- 1 1/2 tablespoons low-sugar orange marmalade
- 3/4 teaspoon low-sodium soy sauce
- 4 (6-ounce) salmon fillets
- Cooking spray (olive oil)

Directions:

Preheat broiler. Combine first 4 ingredients in a small bowl; brush half of chili sauce mixture over fillets. Place fillets, skin sides down, on a baking sheet coated with cooking spray. Broil fish 5 minutes; brush with remaining chili sauce mixture. Broil 2 more minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

4 servings.

<https://www.myrecipes.com/recipe/chili-garlic-glazed-salmon>

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Chair Squats - Just stand up with your feet hip distance apart. Arms out in front of you or on your hips. Bend as if you are going to sit down, but instead, hover above your chair for a few seconds and then stand back up again. You can also do this without the chair. Repeat throughout the day.



Seated Abdominal Crunch - With feet planted hip distance on the floor, pull your abs in tight and press your lower back into your backrest. Cross your arms in front of your chest and curl forward as you exhale. Breathe in and sit up straight again. Repeat.

Neck Stretch - Sit straight. Gently lean your head to the left and hold, then to the right and hold. Tilt your head forward and hold. Close your eyes and do it slowly. Relax.

Bun Strengtheners - Tighten your behind. Hold as long as you can, and release. Repeat.

Seated Obliques - Sit tall. Feet on floor. Hold your abdominals tight. Raise your arms overhead and lean gently to the side until you feel a tightening but no pain (and don't fall out of your chair!!) Repeat on the other side.

Upper Back Stretch - Extend your arms out in front of your body. Grasp your wrist with your other hand and gently pull your arm as you round your upper back. Hold for 10 seconds and repeat on the other side.

At the Gameplan for Living, we know that the future of healthcare is in the *prevention* of illness and injuries.

It is our mission to provide preventative care utilizing sports medicine principles and lifestyle modification training to create an atmosphere of health, safety, and performance to allow employees to enjoy an enhanced quality of life and reach their retirement—and beyond—SUCCESSFULLY!

www.gameplanforliving.com

Questions / Support:
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Flourless Chocolate Zucchini Muffins

Ingredients:

- 1/2 cup almond butter
- 1 ripe medium-sized banana
- 1 large egg
- 1/4 cup raw honey
- 1/4 cup raw cacao powder
- 2 tablespoons chia seeds
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking soda
- 1/2 teaspoon sea salt
- 1 cup shredded zucchini, squeezed of excess liquid
- Scant 1 cup dark chocolate chips, plus more for sprinkling on top

Directions:

Preheat oven to 375 degrees and line a muffin pan with baking cups. Add almond butter, banana, egg, honey, cacao powder, chia seeds, vanilla extract, baking soda, and salt to a blender and blend on high until batter is smooth and creamy. Transfer to a medium-sized bowl and stir in shredded zucchini and chocolate chips. Divide batter between muffin cups, filling each about 3/4 full. Sprinkle tops with additional chocolate chips, if desired. Bake 20 minutes until muffins are set. Allow to cool in pan. Store in an airtight container. Tip: Bake these Paleo-friendly muffins ahead of time—they're more fudge-y and flavorful the next day.

<https://thrivemarket.com/blog/flourless-chocolate-zucchini-muffins-recipe>