

YOUR GAMEPLAN TO LIVE

Your Changing Body... Weight Loss Strategies as You Age

The bottom line is that your metabolism changes from your 20's to your 30's, to your 40's and 50's, and so on.

Why? Because your metabolism slows as you age - resulting in less energy burned. This means that you need less calories as well. If

you continue to eat the way you did when you were younger, and don't exercise to accommodate, you WILL gain weight. However, recognizing and learning to adjust to these changes isn't always the easiest task. You really need to pay attention to your body's changing needs. Are you eating the same type of diet and getting the same physical activity as you did in your 40s, but you are now in your 50s? Have you been gaining weight lately?

Eat more nutrient dense foods. Eat foods that keep you full with less calories and more nutrients and fiber – vegetables, fruits, lean clean protein, healthy fats, whole grains. Eat more of the following instead of starchy carbs and skip prepared foods and snacks:

- beans like lentils, black-eyed peas, navy beans, chickpeas and so on;
- berries, apples, pears and other fruit;
- cruciferous vegetables (broccoli, cauliflower, kale, collard greens, arugula, radishes and all types of cabbage);



Apple Cider Chicken

Ingredients:

- 4 tsp. extra-virgin olive oil—divided
- 1 1/2 lbs. boneless skinless chicken thighs (about 8 depending on size)
- 1 tsp. kosher salt—divided
- 1/2 tsp. freshly ground black pepper—divided
- 1/2 cup fresh apple cider
- 2 tsp. Dijon mustard
- 3 medium firm—sweet apples, cored and cut into 1/2 inch slices (I use Gala)
- 2 tsp. chopped fresh rosemary

Directions:

Heat 2 tsp. of oil in a large skillet over medium high. Sprinkle the top of the chicken evenly with 1/2 tsp. kosher salt and 1/4 tsp. pepper. Once the oil is hot and shimmering, add the chicken to the pan, top-side down. Let cook 4 minutes, then flip and continue cooking until the meat is cooked through and reaches an internal temperature of 160°, 3 to 4 additional minutes. Remove to a plate and cover with foil to keep warm.

In a small bowl stir together the apple cider and mustard. With a paper towel, carefully wipe the skillet clean. Add the remaining 2 tsp. of oil to the pan over medium high. Once the oil is hot, add the apple slices, remaining 1/2 tsp. salt and 1/4 tsp. pepper, and rosemary. Cook for 5 minutes, until the apples are lightly tender and begin to turn golden brown. Return the chicken to the pan and pour the cider mixture over the top. Let cook for 4 to 5 minutes, until the liquid is reduced by half. Serve warm.

4 Servings

<https://www.wellplated.com/apple-cider-chicken/>

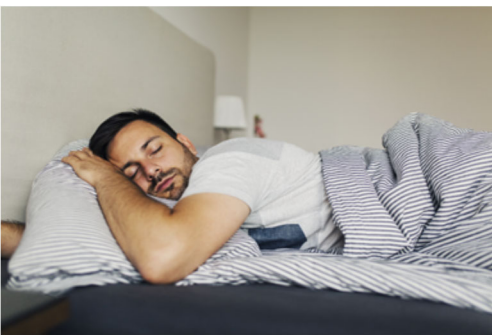
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- greens such as salad greens, spinach, beet greens and kale;
- other vegetables – think the rainbow (carrots, bell peppers, onions, tomatoes, sweet potatoes, mushrooms, cucumbers, green beans, zucchini, etc.);
- Add flaxseed and other nuts and seeds (with the exception of peanuts);
- whole grains such as brown rice, oats, popcorn, quinoa, whole wheat pasta and barley.

Watch your portions. A serving is usually MUCH less than you think. For instance, a serving of dry pasta is the size of a light bulb; a serving of olive oil is the size of a poker chip. Measure! And be aware! Everything you eat counts!

Be physically active (30 minutes minimum daily), or your metabolism could slow down even more quickly. Ideal is 90 minutes of moderate-intensity activity such as walking, yoga, yard work, etc.; and 40 minutes of vigorous activity including jogging, swimming laps, circuit weight training, dancing, biking, etc. If time is an issue, try splitting up your activity time, i.e. two 20 minute sessions (for example: biking for 20 min. and weight training for 20 minutes) at different times of the day. Every little bit adds up to big benefits!

Sleeping TOO MUCH is Risky!



Most of us know that there are consequences of too little sleep, but there are also risks of *sleeping too much*. Adults, on average, need 7-8 hours of sleep with 8 being optimal. Excessive sleep is defined as more than 9 hours a day and has been linked to an increased risk of stroke

according to a Chinese study involving more than 31,000 people. Compared to people who slept 7-8 hours, those who slept 9+ hours had a 23% greater risk of stroke. Those who also took long midday naps (90 minutes) increased their risk even more – 85% - compared to moderate sleepers and nappers. Previous studies have linked increased stroke



Crockpot Egg Casserole

An easy, healthy Breakfast Crockpot Egg Casserole that cooks overnight in the slow cooker! Made with bread, bacon, spinach and cheese. Perfect for a crowd!

Ingredients:

- 6 slices center-cut bacon—cut into bite-size pieces
- 1 red bell pepper—seeded and 1/4 inch diced
- 1 medium shallot—finely chopped (about 1/4 cup) or 1/4 cup finely chopped yellow onion
- 12 large eggs
- 2 cups nonfat milk
- 1 tablespoon Dijon mustard
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ground cayenne pepper
- 4 lightly packed cups 3/4-inch cubed day-old baguette—about 6 1/2 ounces
- 1 10-oz. package frozen chopped spinach—thawed and squeezed as dry as possible
- 14-oz. can artichoke hearts—drained, roughly chopped, and patted dry
- 1 cup shredded fontina cheese—or similar melty cheese, such as provolone or mozzarella
- 4 oz. block-style feta—crumbled

Directions:

For easy cleanup, For easy cleanup, line a 6-quart slow cooker with a disposable slow cooker liner and coat the liner with nonstick spray. In a large cast-iron skillet

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risk with more than 8 hours of sleep a night especially for women and the elderly. It is unclear exactly why stroke risk increases, however; people who sleep excessively often have a more sedentary lifestyle and above average waist circumferences, which are both risk factors for stroke.

<https://articles.mercola.com/sites/articles/archive/2020/01/02/too-much-sleep-increase-stroke-risk.aspx>

Half Ball Trainers Can Ramp Up Your Workout



Are you familiar with a half ball trainer? It looks like an exercise ball cut in half. One side is a soft dome and the other side is a solid platform. You can utilize it dome side up or flat side up. Flat side up is more challenging. The most well-known of these is the original BOSU ball invented by David Weck in 1999. They are also called balance trainer balls, stability balls, and dome balance trainers. These trainers offer an unstable surface so that no matter what exercise you are performing (using both large and small muscle groups) on it, you are improving your stability, balance and your core strength. This happens because the surface is wobbly, and you are forced to engage muscles that you probably wouldn't normally engage doing that particular exercise.

Mindful Living

Mindless Eating - we've all done it - sat down in front of the TV or computer with a whole bag of snacks (or even a meal) and just started chomping away. Some of us don't even sit down... we just open the fridge or cabinet, grab something, and eat standing up at the kitchen counter. We shift back into consciousness after 10 minutes and realize the bag's almost half gone or the plate's clean. How did that happen? What did that even taste like? *That is mindless eating.*

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Crockpot Egg Casserole

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or similar large, thick-bottomed pan, sauté the bacon over medium low, until the fat has rendered and the bacon pieces are crisp, about 10 minutes. (Resist the temptation to rush it, or the bacon will burn.) With a slotted spoon, remove the bacon to a paper-towel-lined plate. Discard all but 1 tablespoon fat from the skillet. Return the pan to the stove and heat over medium. Add the bell pepper and shallot. Cook until the pepper is softened, about 6 minutes. Remove from the heat.

In a large bowl, whisk the eggs, milk, mustard, salt, black pepper, and cayenne until the whites and yolks are completely incorporated and the eggs are slightly foamy.

Assemble the casserole: Arrange the bread cubes in the bottom of the slow cooker in an even layer. Top with half of the bell pepper mixture, then half of the spinach (break up any clumps to scatter it over the top), artichoke hearts, and fontina. Repeat with the remaining bell peppers, spinach, artichoke hearts, and fontina. Top with the feta.

Carefully pour the egg mixture over the top. If needed, use the back of a large spoon to push down the bread and cheese so that they are mostly submerged in the liquid. Sprinkle the bacon on top.

Cook for on low for 7 to 8 hours, or until the eggs are set. Remove the casserole (still in the liner) from the slow cooker and transfer it to a large plate. Let cool in the liner for 10 minutes, then carefully remove the liner. Slice and serve.

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<https://www.wellplated.com/crockpot-egg-casserole/>

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This is the exact reason we need to actively focus on **mindFUL eating**. We need to engage in the experience of eating our food! Sounds strange, but just give it a try!

- Set up a place to eat that feels relaxing.
- Take a couple breaths and look at your food before you begin.
- Take a second to appreciate and be thankful that you have a meal to eat.
- Take the first bite.
- Pace yourself as you continue.
- Take notice of your food's texture, color, and temperature.
- As you taste the ingredients, think about where they come from.
- Do the ingredients nourish your body? Will they make you feel well?

Mindless exercise - Have you ever turned on your music, started exercising, and mentally “checked out” until your half hour is up? This kind of exercise can be a good thing sometimes, but not always. It is also good to do **mindful exercise**; being aware and actively thinking about the muscle groups you're working - how they feel and how they are getting stronger with each movement. Also, focus on joints and places of tension or stress and work it out. Focus on your form so you don't end up injuring yourself. *Adapted from Prevention Magazine September 2012 “Live Life to the Fullest”*



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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Roasted Salmon with Smoky Chickpeas & Greens



Ingredients:

- 2 tbs. extra-virgin olive oil, divided
- 1 tbs. smoked paprika
- 1/2 tsp. salt, divided, plus a pinch
- 1 (15 oz.) can no-salt-added chickpeas, rinsed
- 1/3 cup buttermilk
- 1/4 cup mayonnaise
- 3/4 cup chopped fresh chives and/or dill, plus more for garnish
- 1/2 tsp. ground pepper, divided
- 1/4 tsp. garlic powder
- 10 cups chopped kale
- 1/4 cup water
- 1 1/4 pounds wild salmon, cut into 4 portions

Directions:

Position racks in upper third and middle of oven; preheat to 425 degrees F. Combine 1 tablespoon oil, paprika and ¼ teaspoon salt in a medium bowl. Very thoroughly pat chickpeas dry, then toss with the paprika mixture. Spread on a rimmed baking sheet. Bake the chickpeas on the upper rack, stirring twice, for 30 minutes. Meanwhile, puree buttermilk, mayonnaise, herbs, ¼ teaspoon pepper and garlic powder in a blender until smooth. Set aside.

Heat the remaining 1 tablespoon oil in a large skillet over medium heat. Add kale and cook, stirring occasionally, for 2 minutes. Add water and continue cooking until the kale is tender, about 5 minutes more. Remove from heat and stir in a pinch of salt.

Remove the chickpeas from the oven and push them to one side of the pan. Place salmon on the other side and season with the remaining ¼ teaspoon each salt and pepper. Bake until the salmon is just cooked through, 5 to 8 minutes.

Drizzle the reserved dressing on the salmon, garnish with more herbs, if desired, and serve with the kale and chickpeas.

6 Servings

<http://www.eatingwell.com/recipe/262763/roasted-salmon-with-smoky-chickpeas-greens>