

YOUR GAMEPLAN TO LIVE

FEELING BETTER WITH AROMATHERAPY AWAKEN YOUR SENSES...

There is no doubt that certain aromas can make us feel a certain way, conjure up memories, make us feel uplifted, or even make us hungry! The smell of baking cookies reminds us of good times as children, or good times WITH our children. It may even trigger a craving for certain foods.



The following are essential oils to match or entice certain moods. Use only pure essential oils (not a synthetic) – just a few drops, added to a bath, added to a carrier oil or a diffuser, candles, soaps, room sprays, etc. You can find many recipes on how to make the perfect combination scent on the internet and in books that will aid you in the enjoyment of your favorite essential oils.

Anxious? Try lavender, jasmine, valerian, bergamot, holy basil and sweet basil, clary sage, frankincense, geranium, patchouli, lemon balm, marjoram, fennel, or chamomile.

Would you like to feel more grounded? Try cedarwood or sandalwood, frankincense, myrrh, cinnamon, pine, or Patchouli.

Feeling down? Wild ginger, lemon verbena, bergamot, mandarin, grapefruit, geranium just may boost your spirits.

Need a boost of energy? Try peppermint, spearmint, citrus aromas such as sweet orange, lemon, lime, cardamom, grapefruit, or a mixture.

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Healthy Coconut Mango Smoothie

Ingredients:

- 2 cups coconut milk
- 1 banana – frozen, sliced or quartered (not over-ripe)
- 1 tbsp. ground flaxseed, pumpkin seeds, or chia seeds
- 1 cup mango chunks – frozen
- ½ cup pineapple chunks – fresh or frozen
- 1 large carrot - chunks
- ¼ cup Greek yogurt (2% or plain, fat-free)
- 2-4 tbsp. honey
- ½ juice of a lime

Directions:

Add all ingredients in a blender and blend until smooth. Add more milk if too thick. Makes one large or 2 smaller servings.

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Here are the most common methods for scent inhalation:

- Inhale the scent directly from the oil's bottle or inhaler tube.
- Dab a few drops of the essential oil onto a cotton ball and inhale directly.
- Add several drops of the oil to a diffuser and inhale indirectly.
- Create an aromatherapy bath by adding several drops of essential oil diluted with honey, milk, or a carrier oil to your bathwater.
- Enjoy an aromatherapy massage by adding a few drops of the essential oil to your favorite massage oil.

There are many oils to choose from (listed here are just a few), and everyone has their favorites. You can mix your own special concoction of oils for an aroma that suits you and your needs best.

SUNBURN... HOME REMEDIES FOR RELIEF

It's summer, and this means lots of time spent outside in the sun. Some of us may forget to use sunscreen, or we may just not put enough on. Whatever our excuse may be, sunburn is NO FUN! It is a REAL burn! If it is severe enough, it can take weeks or months to heal, and can eventually lead to skin cancer. People with light skin are more susceptible, but it can happen to anyone. In addition to red burned skin, a sunburn can also cause general fatigue and/or dizziness. You should also be aware that the burn may not show up right away, which is why it always seems worse the evening following the sun exposure.



Here is a list of home remedies that we've actually tried. All of them helped to reduce pain and speed healing.

- ALOE – gel or straight from the plant
- Drink EXTRA WATER! It is very important to stay hydrated, and a sunburn draws fluid to the skin's surface and away from the rest of the body.
- Take frequent cool showers or baths or cool compresses. Gently pat dry and apply a moisturizer while skin is damp.
- Use a moisturizer that contains aloe vera or soy.
- If an area is particularly uncomfortable apply hydrocortisone cream



Cauliflower Steaks with Roasted Red Pepper & Olive Salsa

Ingredients:

- 1 head cauliflower
- ½ tsp smoked paprika
- 2 Tbs. olive oil
- 1 roasted red pepper
- 4 black olives, pitted
- Small handful parsley
- 1 tsp capers
- ½ Tbs. red wine vinegar
- 2 Tbs. toasted flaked almond

Directions:

Heat oven to 220C/200C fan/gas 7 and line a baking tray with baking parchment. Slice the cauliflower into two 1-inch steaks—use the middle part as it's larger, and save the rest for another time. Rub the paprika and 1/2 tbsp. oil over the steaks and season. Put on the tray and roast for 15-20 minutes until cooked through. Meanwhile, make the salsa. Chop the pepper, olives, parsley and capers, and put into a bowl and mix with the remaining oil and vinegar. Season to taste. When the steaks are cooked, spoon over the salsa and top with flaked almonds to serve.

Photo and recipe by: <https://www.bbcgoodfood.com/recipes/cauliflower-steaks-roasted-red-pepper-olive-salsa>

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- but nothing with “-caine” in it (such as benzocaine).
- Black tea – brew 4-6 tea bags. Let it cool, then soak a towel in it and put it on the burn. You can do this as much as you need to. It helps relieve the burning sensation.
 - Cucumbers. If your face is burned, thinly slice refrigerated cucumbers and put them on your face. Let them sit there for a while. They are very cooling.
 - Coconut Oil (found at your local grocery store) moisturizes without burning tender skin.
 - Apple Cider Vinegar/water compresses
 - Ibuprofen or aspirin can help reduce swelling, redness, and discomfort.

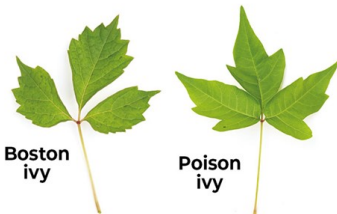
Take extra care to protect sunburned skin while it heals, and in general, use appropriate SPF, wear protective clothing that covers your skin when outdoors. Tightly woven fabrics work best. When you hold the fabric up to a bright light, you shouldn't see any light coming through. You can also find clothing made specifically to block the sun. This includes swimsuits, hats, etc. Try to stay out of the sun between 10 and 2 if you can. Ideally, you should use sunscreen all year round as sun damage can occur any time of year.

<https://www.aad.org/public/everyday-care/injured-skin/burns/treat-sunburn>

IS IT POISON IVY?

The following plants are often mistaken for poison ivy.

Poison ivy lookalike: Boston ivy



One poison ivy lookalike is Boston ivy (*Parthenocissus tricuspidata*), especially small, new growth. Unfortunately, it has a red stem, just like poison ivy, so it can be hard to tell the two apart. Usually the leaf edges are a little more jagged, and the leaves are slightly smaller. But when in

doubt, it's best to be careful! Boston ivy's juvenile foliage has three leaflets. As you look at the whole plant, you'll see woody stems and mature leaves that are not divided.



Grilled Chicken Kabobs

Ingredients:

- 4 tablespoons olive oil, divided
- 2 tablespoons freshly squeezed lemon juice
- 1 tablespoon lemon zest
- 1 teaspoon paprika
- 2 teaspoons dried oregano
- 2 teaspoons dried basil
- 1 teaspoon dried thyme
- 3 cloves garlic, minced
- 1 shallot, minced
- Kosher salt and freshly ground black pepper, to taste
- 2 pounds boneless, skinless chicken breast, cut into 1-inch chunks

Directions:

Combine 2 tablespoons olive oil, lemon juice, lemon zest, paprika, oregano, basil, thyme, garlic, shallot, salt and pepper in a medium bowl. Stir in chicken until well combined; marinate for at least 2 hours to overnight. Thread chicken onto skewers. Brush with remaining 2 tablespoons olive oil; season with salt and pepper, to taste. Preheat grill to medium heat. Add skewers to grill, and cook, turning occasionally, until the chicken is completely cooked through, reaching an internal temperature of 165 degrees F, about 10 minutes.

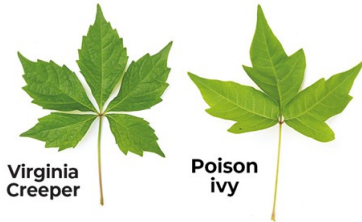
Optional: serve with sliced cucumber, feta onion, tomato and tzatziki sauce as pictured.

Recipe and photo credit: <https://damndelicious.net/2019/08/28/greek-chicken-kabobs/>

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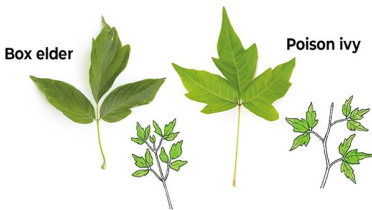
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Poison ivy lookalike: Virginia creeper



You might find a Virginia creeper (*Parthenocissus quinquefolia*) leaf with just three leaflets. But look at the rest of the vine and you'll notice that most have five.

Poison ivy lookalike: Box elder



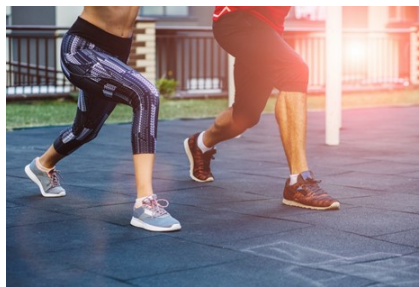
Seedlings and young plants of box elder tree (*Acer negundo*) are often mistaken for poison ivy and they tend to grow in the same places you'll find poison ivy — along the fence, behind the garage, and other places where you may not do a lot of cultivating. The differences? Box elder

stems aren't red and often have a grayish "bloom" on them. And box elder leaf stems are directly across from each other on the main stem, rather than alternating, as poison ivy leaves are.

<https://www.gardengatemagazine.com/articles/how-to/deal-with-pests/poison-ivy-lookalikes/>

INTERVAL WORKOUT DRILLS

Tennis and basketball themselves can be a great workout, but if you don't have any one to play with or just want to switch up your routine, get out of the house, or just get a change of scenery - a tennis court, basketball court, or park can be a great place to run drills and get a quick effective workout in! You can also do these workouts in your yard or driveway. If setting up in your yard or at a park, consider using small cones or other objects to mark the start point and the end point. Don't forget your yoga mat if you want to add in a few floor exercises.



You can go either vertically or horizontally the length of the court from one end to the other. Start by warming up – a good option is a brisk walk into a jog a couple times up and down the court followed by some high knees to get your blood pumping.



Super Greens Pasta Salad

Ingredients:

- 16 oz. box of your favorite pasta. (We like red or green lentil, edamame, chickpea, whole wheat.)
- 1 pound asparagus, trimmed and cut into 1-inch lengths
- 2 cups peas fresh or frozen
- 1 large garlic clove grated
- ½ pound favorite greens chopped (arugula, spinach, kale, etc.)
- ½ cup buttermilk
- ½ cup mayonnaise
- 4 Tablespoons champagne vinegar
- Ice
- Salt & Pepper to taste

Directions:

Place ice in a bowl of water for an ice bath. Steam asparagus and peas until crisp-tender – about 2-3 minutes. Transfer the vegetables to the ice bath to cool completely; drain well. Fill the saucepan with water and return to a boil; add a pinch or two of salt. Add the pasta and cook until al dente. Drain well and transfer to a large bowl. In a medium bowl, whisk buttermilk, mayonnaise, vinegar and garlic. Season with salt and pepper to taste. Toss half the dressing with the warm pasta; let cool for 30 minutes. Stir in the asparagus, peas and remaining dressing. Season with salt and pepper, and then fold in your chopped greens and serve. Note: The pasta salad can be made ahead a few hours. Just fold in the greens before serving.

Recipe and photo adapted from: https://www.foodandwine.com/pasta-noodles/pasta-salad-recipes?did=542565-20200715&utm_campaign=the-food-feed_newsletter&utm_source=allrecipes.com&utm_medium=email&utm_content=071520&cid=542565&mid=3715427449&slide=2fbc39c7-61e9-45e4-b764-5bc46672e5f2#2fbc39c7-61e9-45e4-b764-5bc46672e5f2

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Next you're going to do intervals of exercises up and down the court with breaks in between. Switch up between these exercises and complete them as many times as you'd like depending on your fitness level.

Interval Exercises:

- Walk/Jog
- Fast Jog
- Backward Jog
- Forward Lunges
- Side Shuffle – on your way back start with the opposite foot
- Side to Side Lunges - on your way back start with the opposite foot
- You can also add in 30 seconds (+ or -) of jumping jacks, jump rope, or air squats in between drills

When you get tired, take a break and walk the length of the court for a few intervals.

At the end of your drills, add in a few floor exercises:

- Pushups
- Plank Hold
- Mountain Climbers
- Side Plank Hold (each side)
- Side Leg Raises (each side)
- Glute Bridge

Be sure to bring plenty of your own water and only workout outside when it's a comfortable temperate - not too hot. Perform exercises at your own fitness level and never start a new routine without checking in with your doctor first.

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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Grilled Vegetable Foil Packets

Ingredients:

- Ears fresh sweet corn cut into 4 pieces
- Small red potatoes (about 1/2 lb.), each cut in half or quarters
- Carrots, cut diagonally into 1 to 1 1/4-inch chunks
- Medium zucchini, cut into 1-inch chunks
- Medium onion, cut into thin wedges
- Teaspoon dried thyme
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- Salt and pepper

Directions:

Heat grill. In large bowl, combine corn, potatoes, carrots, zucchini and onion. In small bowl, combine oil, minced garlic, and thyme. Pour mixture over vegetables and toss to coat. Cut four 18x12-inch pieces of heavy-duty foil. Wrap each packet securely using double-fold seals, allowing room for heat expansion. When ready to grill, place packets, seam side up, on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 25 to 35 minutes or until vegetables are tender.

To serve, open packets carefully to allow steam to escape.

Photo Credit and recipe: <https://www.pillsbury.com/recipes/grilled-vegetable-foil-packs/668a7319-094b-430c-8f39-25e15abbb2f2>