

Partners in Prevention

Taking Health & Safety to Higher Ground

March 2021

YOUR GAMEPLAN TO LIVE

Motivation and Self Purpose

Having a “PURPOSE” is a great help in staying motivated. Self purpose comes in many ways, shapes, and forms: it can be measured in a lifetime, decade, year, day, and everything in-between. For some people it comes naturally, but others have to search to find it or make it happen. Which type of person are you?



If you know your purpose, identify it in words now.....

For most people, however; that may not be the case. You must make purpose and find purpose. Make it a habit to wake up every day, and ask yourself: what is my purpose(s) in life today? Try it tomorrow upon awakening. Write yourself a reminder, and post it so that you remember to think of it each day.

For example: if you have a child, your purpose for the day may be to make sure your child’s needs are being met and that they are happy, but for the decade, your purpose may be to make sure your child’s life gets off to the right start – mentally, socially, physically, and emotionally.

Your personal purpose could possibly be to become physically and mentally conditioned so you will be able to become a healthier, more centred person. Or perhaps you have certain goals to achieve at work, and your purpose is to work towards them.

If you’re going through a rough time, maybe your purpose is to nurture yourself and take the steps to get yourself back on track - or to do the same for a friend or relative in need.

Purpose varies as you move through life, but it is important to always have some type of purpose, EVERYDAY, even if you consider it “small.”

When you have purposes in your life, you are much more likely to be an all around motivated person. What do you consider your purpose to be today? What do you consider your purpose to be longer term?



Summer Vegetable Sauté

Ingredients:

- 1 tbsp. olive oil
- 2 cloves garlic crushed
- 2 medium zucchini, cut in half, then into sticks
- 1 pint grape tomatoes, halved lengthwise
- 3 cups baby spinach
- 1 tbsp. fresh lemon juice
- Freshly ground black pepper

Directions:

Heat oil on medium-low heat in a large skillet. Add garlic and cook for 1 minute. Turn up heat to medium and add zucchini. Sauté for 3-4 minutes, then add tomatoes. Sauté for 1 more minute, then add spinach. Once spinach has wilted – about 3-4 minutes – add lemon juice and black pepper. Turn off heat. Stir through, then serve.

Serves 6

<http://lowfatcooking.about.com/od/summer/r/summervegsaute.htm>

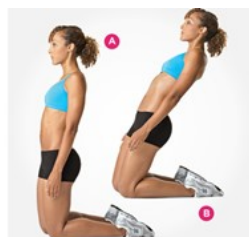
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3 No-Crunch Core Exercises

T-Stabilization. Assume a pushup position. Your body should form a straight line from your head to your ankles. Keeping your arms straight and your body rigid; shift your weight onto your left arm and rotate your torso up and to the right until you're facing sideways. Pause for 3 seconds, then lower back down to the starting position. Rotate to your left. That's one rep. Continue to rotate back and forth.



Hinge. Kneel on the floor with your hands at your sides. Resist the urge to sit back and rest your weight on your heels. Your back should be straight and your knees bent at a 90-degree angle (A). Keeping your head and spine in line with your thighs, slowly lean back a few inches (B). Hold for 3 seconds, then return to the starting position. Do 5 to 10 reps.



Teaser. This is an advanced Pilates move. Lie on your back with knees bent to a 90-degree angle with feet lifted. Tighten abs as you inhale, and lift arms up and back overhead. Exhale and swing arms forward, straightening legs so your body forms a V. If needed, put hands on the floor for support. Roll down slowly, bending knees and bringing arms overhead. Do 15 reps. (If you cannot do a full Teaser, try the modified version pictured on the right – with knees bent and begin in a seated position vs laying.)



Mental Health Tools in Your Toolbox



We are social beings, so no wonder quarantines, isolation, and social distancing affect us in such a negative way. Feeling isolated, bored, and lonely can wreak havoc on our mental and physical health. It can send stress levels through the roof, trigger anxiety and depression, and increase risk for heart disease and stroke. BUT --- there are steps we can take to protect ourselves while strengthening our connection with others. The following are some tools to draw from your

toolbox when you are feeling low... or better still, before you feel low. These tools are interchangeable and helpful for a healthy mental outlook no matter what circumstance you find yourself in.

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Creamy Chicken and Mushrooms

Ingredients:

- 4 4- to 5-ounce chicken cutlets (see Tips)
- 4 cups mixed mushrooms, sliced if large
- ½ cup dry white wine
- ½ cup heavy cream
- 2 tablespoons finely chopped fresh parsley

Directions:

Step 1: Sprinkle chicken with 1/4 teaspoon each kosher salt and pepper. Heat 1 tablespoon canola oil in a large skillet over medium heat. Cook the chicken, turning once, until browned and just cooked through, 7 to 10 minutes total. Transfer to a plate.

Step 2: Add 1 tablespoon oil and mushrooms to the pan; cook, stirring occasionally, until the liquid has evaporated, about 4 minutes. Increase heat to high, add wine and cook until it has mostly evaporated, about 4 minutes. Reduce heat to medium; stir in cream, any accumulated juice from the chicken and 1/4 teaspoon each salt and pepper. Return the chicken to the pan and turn to coat with the sauce. Serve the chicken topped with the sauce and sprinkled with parsley.

Tips: You can make your own chicken cutlets from two 8- to 10-ounce boneless, skinless chicken breasts. Remove the tenders (the strip of meat on the underside of the breast) and save for another use. Cut each breast in half crosswise. Place between pieces of plastic wrap. Pound with a meat mallet or skillet until about 1/2 inch thick.

Serving Size: 1 Cutlet and Generous 1/4 Cup Sauce

<https://www.eatingwell.com/recipe/259645/creamy-chicken-mushrooms/>

(Your Gameplan to Live, continued from page 2)

"I feel depressed."

Tools in the Toolbox

Talk to someone – A friend, relative, a professional

Move and groove – Don't sit around. Take a walk, clean a closet, any type of movement can help.

Negative thoughts to positive – Try to notice that you are thinking in a negative way. How can you think more positive?

Express gratitude – What are you thankful for? Say it aloud or write it down. Do this each and every day.

Smile even if you don't feel like it.

Realize that hope and contentment come from within. Being grateful helps.

Add mindfulness to each day. Work on doing things on purpose. Take notice of what is around you that is good.

Enjoy the simple things in life – a smile from your child, funny antics from your pet, new growth on the trees, etc.

Get outside for a daily dose of sunlight. You will be surprised how much being outside will help you to feel better. Make it a priority.

If you have thoughts of suicide seek help. Don't wait. Tell a friend or relative, your doctor, or an acquaintance. Call the suicide hotline at 800-273-8255.

"I feel lonely."

Be your own friend. Talk to yourself as if you were talking to a good friend.

Get outside. It's easier to succumb to loneliness inside than when outside.

Get in touch with people: phone, zoom, social media, online communities, outdoor meetups.

Help others. Helping others helps you.

Distract yourself with things you enjoy or things you need to do.

Take care of your overall mental health. Work on all aspects of feeling well mentally. Look in your toolbox.

Remember... this isn't forever.

"I'm going stir crazy."

Go outside. It's easy to be stir crazy indoors.

Do fun things with your kids. Enjoy simplicity of life. Laugh.

Structure your day. Make a plan.

Exercise

Practice acceptance.



Summer Grilled Veggie Pizza

Ingredients:

- 1 teaspoon olive oil
- 1 teaspoon balsamic vinegar
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 medium zucchini, cut lengthwise into (1/4-inch-thick) slices
- 1 medium yellow squash, cut lengthwise into (1/4-inch-thick) slices
- 1 (12-inch) packaged pizza crust (whole wheat if you like)
- 2 plum tomatoes, cut into (1/8-inch-thick) slices
- 1/4 cup (1 ounce) finely grated pecorino Romano cheese
- 2 tablespoons thinly sliced fresh basil
- 1/2 teaspoon finely chopped fresh oregano

Directions:

Combine oil, vinegar, salt, pepper, zucchini slices, and yellow squash slices in a large bowl, tossing gently. Place mixture on grill rack coated with cooking spray; grill 2 minutes on each side. Lightly coat pizza crust with cooking spray; grill 1 minute on each side or until lightly toasted. Arrange zucchini and squash over crust. Arrange tomatoes over squash; sprinkle with pecorino Romano cheese. Grill about 5 minutes. Remove and sprinkle with basil and oregano.

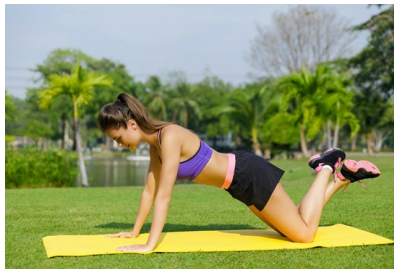
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Travel online if you can't travel in person.
Nothing is permanent including your situation.

How Fit Are You?

Do you step on the scale on a regular basis; or try on old clothes, suck in your stomach and check yourself out in the mirror? This can definitely help you decide if you've lost some weight or look the way you want to, but it isn't the best fitness assessment. For health reasons, you should also focus on whether or not you have good flexibility, balance, muscle strength and, of course, cardiovascular function.



Pushup Test for Upper Body Strength

- Before beginning, warm up a bit; try marching in place for a few minutes making sure to move your arms back and forth for momentum.
- Get in pushup position: hands shoulder-width apart and elbows fully extended. Women can place knees on the ground and cross their feet for modified pushup.
- While keeping a straight line from the toes, to hips, and to the shoulders (keep your glutes in line with your body, not sticking up in the air), lower your upper body so your elbows bend to 90 degrees. Keep your core tight.
- Push back up to the start position -that is one rep. Continue with this form and complete as many repetitions as possible without breaking form.
- *Average Pushups for Men by Age: Ages 20 to 29 = 35 to 44 pushups, Ages 30 to 39 = 24 to 34 pushups, Ages 40 to 49 = 20 to 29 pushups, Ages 50 to 59 = 15 to 24 pushups, and Ages 60+ = 10 to 19 pushups
- *Average Pushups for Women by Age: Ages 20 to 29 = 17 to 33 pushups, Ages 30 to 39 = 12 to 24 pushups, Ages 40 to 49 = 8 to 19 pushups, Ages 50 to 59 = 6 to 14 pushups, and Ages 60+ = 3 to 4 pushups

*Numbers based on the American College of Sports Medicine.

There are other types of tests you can take for aerobic fitness, flexibility, etc. A good source for finding these tests is to visit: www.adultfitnessstest.org/.

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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Quinoa Asparagus Salad

Author: Sylvia Fountaine



Ingredients:

- 1 cup quinoa (dry)
- 1 ½ cup water
- Pinch salt
- 1 bunch asparagus, chopped into 1 inch pieces
- 2 cups shelled fresh English peas (available at Trader Joes) or substitute shelled edamame, radishes, cucumber, snow peas or even spring greens.
- 3 scallions – thinly sliced at a diagonal
- ½ cup fresh dill (2 x .5 ounces packages) chopped (or sub Italian parsley)
- ½ cup Italian parsley, more to taste.
- ¼ cup sliced or slivered almonds, toasted (optional, or sub other nut or seed)

Dressing:

- 1/3 cup olive oil
- zest from 1 lemon
- 1/3 cup fresh lemon juice (1–2 lemons)
- 1/2–1 teaspoon kosher salt
- pepper to taste
- Optional garnishes- crumbled goat cheese or feta, sliced avocado, sunflower sprouts or pea shoots, flower petals- chive blossoms are nice.

Directions:

1. Rinse the quinoa and place it in a pot with the water and pinch of salt. Bring to a boil, cover, lower heat, and allow it to simmer on low heat for 12-15 minutes. Turn off heat, and let sit covered for 5 -10 minutes, then uncover, fluff with a fork and let it cool.
2. While the quinoa is cooking, blanch the peas and asparagus in salted boiling water for just a few minutes, until bright and tender. Rinse under cold water.
3. Place the cooled quinoa and blanched veggies in a bowl. Add the scallions, dill and almonds and give a toss. Add the oil, lemon zest and lemon juice and salt, pepper and stir again.
4. Taste, adjust salt and lemon, adding more if you like. If you are making this ahead, be sure to taste before serving as flavors will mellow – so I'll usually add a little more salt and lemon.
5. Serve with optional avocado, feta, goat cheese, sunflower sprouts.

Notes: If making this ahead – be sure to taste this right before serving and adjust salt and lemon once more -because quinoa has a tendency to soak up all the flavor! Wait until serving to add any cheese, sprouts or avocado, so salad looks beautiful and fresh.

<https://www.feastingathome.com/tabbouleh-salad-with-quinoa/#tasty-recipes-22636-jump-target>