

YOUR GAMEPLAN TO LIVE

Foods That Make You Age Faster

1. EXCESS SUGAR. When there is excess sugar in the body, it attaches itself to collagen, making the skin look stiff and inflexible. Check food labels; sugar is hidden EVERYWHERE. Look at drinks! For instance, a 20 oz. bottle of Minute Maid lemonade contains 67 grams of sugar; a 20 oz. bottle of Vitamin Water has 32 grams of sugar; and a 16 oz. Hi C fruit punch drink contains 56 grams of sugar.



2. TRANS FATS. Like sugar, excess trans fats make the skin look stiff and inflexible. Trans fats clog and stiffen the arteries and smaller blood vessels as well. These are usually in spreads like margarine and shortening, cake mixes, ramen noodles, fast food, frozen foods, baked goods...check labels!

3. EXCESS SALT. Salt dehydrates the body. When you are dehydrated, you become fatigued, which makes you look tired and worn out. In addition, excess salt contributes to kidney disease, high blood pressure and interferes with bone metabolism.

4. TOO MUCH CAFFEINE. Coffee and caffeinated products also dehydrate the body, making you look tired and worn out. If you're drinking too much, you probably aren't getting a sufficient amount of sleep.

5. ARTIFICIAL SWEETENERS. Artificial sweeteners such as aspartame are associated with headaches and joint pain and can make you crave sweets. Some have known carcinogens, but newer ones aren't as clear.

6. TOO MUCH ALCOHOL. Alcohol dehydrates your body and causes wrinkles, loss of collagen, redness and puffiness. Moderation is key here. If you follow the correct serving sizes and frequency, alcohol (especially red wine) has shown to have health benefits.

7. EMPTY CARBOHYDRATES. An overconsumption of carbohydrates can damage the collagen and fibers in your skin. Processed white bread is a classic offender. Many foods, though, have carbohydrates that you may not even realize. "Good" carbohydrates can be found in whole grained foods and fruits and vegetables.

8. TOO MUCH SODA. Soda is loaded with either sugar or artificial sweeteners, neither of which is good for you. A lot of times the problem here is also *dehydration*, because soda drinkers tend to fill up on mostly soda and often do not get enough water.

9. CHARRED MEAT. Char on your meat may contain hydrocarbons, which are very inflammatory to the body. This **can break down essentials for your skin like collagen, which leads to an aged appearance.** Though, there is no need to give up on BBQ with your friends, just make sure that you remove the black char from your meat.



Collagen Kale Smoothie

Ingredients:

- 2 cups baby kale leaves
- ½ cup frozen pineapple
- ½ cup frozen strawberries
- ½ cup frozen diced peaches
- 1 medium apple, cored
- 1 scoop collagen powdered protein
- ½ cup reduced fat coconut milk
- 1 ½ cup water

Directions:

Add all ingredients to a high-speed blender. Blend until smooth. If too thick, add a little bit of cold water.

Pour into glasses and enjoy!

Serves 2.

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Allergies and Your Exercise Routine

When you have allergies, even short exercise bouts outdoors can be challenging. Follow these tips before heading outdoors to exercise to make your workout less itchy and sniffling.



1. What triggers your allergies? It's important to know what you're allergic to. There are different readings for different types of pollens. A tree pollen level above 50 is high, for example, while one to 10 is considered low. Check a web site such as that of the American Academy of Allergy Asthma and Immunology, which tracks pollen counts for trees, mold, weeds, and grass across the U.S.

2. Watch the Clock. The pollen count is highest between 5 a.m. and 10 a.m. and again at dusk, so plan your workouts for other times of the day when pollen levels are lower.

3. Watch the Sky. Avoid outdoor exercise on dry, warm, windy days, which bring the highest pollen levels. Many pollens cause eye problems, including a noncontagious form of "pink eye" that others can't catch. High humidity can cause problems, as well. If the air feels heavy, it can make breathing feel difficult. The humidity also contributes to mold growth, which can trigger symptoms in some people. On the other hand, rain clears the air, making it a good time to go outdoors if you have allergies.

4. Pick the Right Exercise. Start-and-stop activities such as tennis are more likely to trigger asthma symptoms in some people than activities that don't stop, like running. Swimming is usually excellent for building up your lungs. Biking also is good. But chlorine from indoor pools can be irritating to some people, so use caution and leave the area if you have trouble breathing. Running in cold weather also may trigger symptoms. Those problems usually are caused by spasms in your airways, which are not a true allergy. With proper treatment, you should be able to do any sport or activity without a problem. If not, you may need to take another look at your treatment plan.

5. Listen to Your Body. If you're taking medicine and you still feel tired after exercising outdoors, or if it causes symptoms that you don't like, you may want to stay indoors.

6. Take Your Meds Before You Sneeze. Start taking allergy medications weeks before the season. Don't wait until you have symptoms. If you know you have spring allergies, take an over-the-counter medication starting around Valentine's Day and through the summer. Check with your doctor if you take a prescription. Take medications that have worked for you in the past. Pay attention to the weather, particularly when winter weather turns warm and pollens and molds release into the air.

www.webmd.com/allergies/features/allergies

Morning, Afternoon and Evening Tips for Weight Loss

1. SKIP THE SNOOZE BUTTON

The first step to starting your day off on a healthier foot is actually getting out of bed. Regularly hitting the snooze button signals sleep deprivation, which is linked to weight gain. Science shows avoiding the snooze button also leads to a better mood. To break your dependence on an alarm, gradually start going to bed earlier until you wake up before it goes off.



Roasted Spring Vegetables with Arugula Pesto

Ingredients:

- 4 cups baby or new potatoes, halved or quartered
- 5 teaspoons extra-virgin olive oil, divided
- 4 cups peeled baby carrots
- 1 bunch asparagus, trimmed and cut into thirds
- ½ teaspoon salt
- ½ cup baby arugula for garnish
- 1 clove garlic, peeled
- 5 cups baby arugula
- ½ cup finely shredded Asiago cheese
- ¼ cup toasted pine nuts
- ¼ cup extra-virgin olive oil
- ¼ teaspoon salt

Directions:

Preheat oven to 425°F. Toss potatoes with 2 teaspoons oil and spread on a baking sheet. Roast for 5 minutes. Toss carrots with 2 teaspoons oil and spread on another baking sheet. Place the carrots in the upper third of the oven and roast potatoes and carrots for 15 minutes. Toss asparagus with remaining oil and add to the pan of potatoes. Continue until all the vegetables are starting to brown.

In a food processor mince garlic then add arugula, cheese, pine nuts, ¼ cup oil and ¼ teaspoon salt. Pulse/process until the mixture is a smooth paste. Toss the roasted vegetables with 1/3 cup pesto and ½ teaspoon salt in the large bowl. Transfer to serving dish and garnish with arugula.

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2. DRINK A TALL GLASS OF WATER FIRST THING

When you're dehydrated early in the morning, your body might mistake thirst for hunger, leading you to overeat at breakfast. Research shows drinking two 8-ounce glasses of water before meals can help people lose more weight.



3. EAT A WELL-BALANCED BREAKFAST

Give your body a little nutrition to get things going, recommends Dr. Kathryn Boling of Mercy Medical Center. "If eating a bigger breakfast works for you, then that's great, as research shows we burn more calories as the day progresses," she says. Instead of skipping breakfast to 'save your appetite' (which can lead to binge eating later on) lean into foods high in protein and fiber-like Greek yogurt or eggs with whole-grain toast.

4. THINK SAVORY OVER SWEET

Leaning into sweet treats in the morning could lead to cravings throughout the day, says Boling. "The more sugar you eat, the more you may want to eat," she adds. "If you're going to go sweet, make sure it's naturally sweet and not processed." This could mean a piece of fruit with a savory breakfast like oatmeal, eggs or make-ahead burritos.

5. MOVE YOUR BODY

Research shows fat oxidation (burning fat as a fuel source) increased over a 24-hour period when exercise was performed before a morning meal. Starting your day with a workout can also support your metabolism for more efficient muscle building and serve as a pick-me-up to help you feel alert and ready to tackle the day. Another reason to love morning workouts: You'll get it out of the way and have a sense of accomplishment that keeps you motivated to stick with healthy habits the rest of the day.

6. BOOK LUNCH LIKE YOU'D BOOK A MEETING

Now that more people are working from home, many are having issues with going to the kitchen too often throughout the day, says Boling. "Many of us aren't moving around as much, and some are eating because it feels good when you're lonely. If you stick to a lunch schedule — like a meeting — you may be better about mindlessly wandering into the kitchen regularly, which can result in unnecessary calories." Set time on your calendar to sit down to a proper lunch without distractions.

7. REACH FOR SOUP

Regardless of the season, soup is a great pick for a midday meal. Research shows a warm, low-calorie soup can help you eat roughly 20% fewer calories than usual. This could give your weight-loss efforts a noticeable boost over time. The aroma and taste alone are satisfying, plus the volume of soup inside your stomach helps you feel fuller, longer.

8. HAVE A POST-LUNCH SNACK

If you're avoiding snacking for weight-loss, you could be making a big mistake. Consuming too few calories can slow your metabolism and increase hunger. Opt for RD-approved snacks with a combination of protein and healthy fats to help you feel satiated, longer, like an apple and string cheese or hummus and veggies. If you're in a pinch and looking at grab-and-go picks like protein bars, "be sure to read the nutrition labels so you know what you're putting into your body since some have artificial ingredients and added sugars," says Brooke Van Paris, nutrition coach and certified trainer at Life Time. Pro tip: Pre-portion your snacks to avoid overeating.

9. MAKE SURE TO MEAL PREP

Weekend afternoons are ideal for meal prep — a strategy that's proven to aid weight loss. When you have a plan, you'll be less likely to eat on impulse. "That means less frozen pizza in a pinch," says Van Paris. "Pre-planning your meals also helps you be



Baked Parmesan Zucchini Chips with Black Bean Salsa

Recipe & Photo by My Fitness Pal Recipes

Ingredients:

- 1/4 cup (48g) dried black beans, cooked, drained and rinsed
- 1 tablespoon avocado oil
- 2 large egg whites
- 1/4 cup (20g) shredded Parmesan cheese
- 1 teaspoon dried oregano
- 1/4 teaspoon granulated garlic
- 2 medium zucchini, cut into 1/4-inch slices
- 2 large tomatoes, chopped
- 1 large jalapeno, chopped
- 1 tablespoon lime juice

Directions:

- Soak and cook the beans without salt, then drain and rinse. Makes about 3/4 cup.
- Preheat oven to 425°F (219°C). Line a large sheet pan with parchment paper and drizzle with avocado oil, spread to coat the pan. Reserve.
- In a medium bowl, combine the egg whites, Parmesan, oregano and garlic and whisk well.
- Slice the zucchini into 1/4-inch thick, diagonal slices and place in the egg white mixture. Toss to coat. Place each zucchini slice on the oiled sheet pan so the slices aren't touching. Bake for 25–30 minutes, flipping the chips with a spatula after 15 minutes. When browned and crispy, remove from oven and serve immediately.
- While the chips bake, mix the salsa. In a medium bowl, combine the tomatoes, black beans, jalapeno and lime juice. Toss to mix.

Serves: 4 | Serving Size: About 3/4 cup chips with 1/2 cup salsa

<https://blog.myfitnesspal.com/baked-parmesan-zucchini-chips-with-black-bean-salsa>

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more mindful of nutrition and getting in proteins, healthy fats and complex carbs.” Batch cooking veggies, proteins and whole grains is a great place to start so you can easily mix-and-match grain bowls for quick, nutrient-dense meals.

10. AVOID EATING TOO LATE

When you sleep, the body, in general, slows down all its functions, including metabolism. “Not allowing the body to digest and absorb all the food you had for dinner can result in the extra calories being stored in the body as fat,” says Dr. Jaydeep Tripathy, a primary care doctor at Doctor Spring. If your schedule requires eating late at night, keep portion sizes small and try to eat a bigger lunch or afternoon snack instead.

11. HAVE A CUP OF TEA

Warm up a nice, calming cup of tea before you go to bed, and you could sleep better and lose more weight. “Tea has a calming effect that can help you sleep more soundly, which is essential for weight loss,” says Tripathy, who adds that teas have catechins, a flavonoid that acts as a metabolism booster, helping your body break down fats faster. “Opt for decaffeinated tea at night to avoid messing up your sleep schedule.”

12. WEAR BLUE LIGHT BLOCKING GLASSES

Blue light from your devices, including your cell phone, iPad and computer, can mess with your sleep cycle, especially when you’re using them closer to bed. Wearing blue light glasses an hour before bed can help minimize those harmful blue rays. It’s also a good idea to “put your phone on the yellow light setting and limit your screen time,” says Van Paris. “Even better, reach for a book. This gets your brain even more ready for bed and can help you get to sleep sooner.”

13. SCHEDULE YOUR BEDTIME

Just like scheduling your meals, picking the ideal time to get into your sheets can help you give your body the time it needs to recover and ultimately lose weight. Not getting enough sleep can put a dent in your weight-loss efforts, as hormone shifts cause a surge in hunger and cravings. Stick to a bedtime routine that allows for 7–8 hours of quality shut-eye.

Make progress every day while you work on mini fitness and nutrition goals, like walking more steps or learning to track macros. Go to “Plans” in the MyFitnessPal app for daily coaching and easy-to-follow tasks to keep you motivated.

https://blog.myfitnesspal.com/morning-afternoon-and-evening-tips-for-weight-loss/?%24web_only=true&utm_source=mfp&utm_campaign=20210504_MFP_Newsletter_Tuesday_14D&utm_content=hero

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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Paleo Chipotle Crab Cakes

Prep Time: 5 minutes
Cook Time: 10 minutes
Total Time: 5 minutes

Ingredients:

- Avocado oil for frying
- 1 pound canned crabmeat (or fresh lump)
- 1/3 cup mayonnaise
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground chipotle powder
- 1 tablespoon Dijon mustard
- 2 tablespoons grass fed gelatin (not collagen)
- Up to 1/4 cup cassava flour (adding it in 1 tbsp. at a time)

Directions:

1. Combine all ingredients except for avocado oil in a mixing bowl.
2. Line a baking sheet with parchment paper and take small handfuls of the crab cake mixture, forming them into patties, around an inch thick or so.
3. Place them on a baking sheet and once all the patties have been made, transfer the baking sheet into the freezer for 5 minutes.
4. While the uncooked crab cakes are chilling, heat the avocado oil in a skillet over low/medium heat.
5. Remove the crab cakes from the freezer and gently place them one at a time into the hot oil.
6. Allow them to cook for around 5 minutes on each side, flipping them carefully with a thin, flexible spatula.
7. Serve warm – if you’d like to make a dipping sauce, mix 1/4 cup Dijon, 1/4 cup mayonnaise and 1 tablespoon coconut aminos together in a bowl for dipping.

Servings: 4

Recipe and Photo: <https://predominantlypaleo.com/paleo-chipotle-crab-cakes/>