

## YOUR GAMEPLAN TO LIVE

### FITNESS MOTIVATION: FIND YOURS!

Motivation is usually the culprit of what comes between a person and their fitness. Finding motivation can be easy some days, harder other days, and depending on the person, it can change often or stay the same for a while. For some people it can depend on mood, environment, attitude, stress, etc. **FIGURE OUT WHAT MOTIVATES YOU.** Here are some examples of what motivates people...



**Competition.** Some people thrive on competing with others, and some people thrive on competing with themselves.

**Feeling Good.** Exercise lifts your mood, beats stress, and leaves you with a feel-good attitude to get you motivated about other aspects of your life. Not to mention, it makes you feel better about yourself and your body.

**Getting Back to How You Used to Look.** (Or closer to it...) Put photos out around your house or office of a time in your life when you liked how you looked and would like to see yourself that way again (realistically, of course!).

**Lack of Energy, Depression, Anxiety, Illness.** People get sick and tired of being sick and tired, so they want to take action against it. Daily exercise is one of the best ways to beat the blues, enhance immunity, and boost energy.

**Family and loved ones.** Many people want to be healthy and active for their family members so that they can take good care of them. People are also motivated to look better for their spouse or want to stay fit in order to be a good role model for their children.

**Results.** Once you get started, the results are great motivation. You start to see results and you'd like to maintain and want more.

**Involvement and Social Aspects.** Group classes or even just belonging to a gym can make you feel involved and included in something. It's a great way to make new friends or casually socialize.

**Occupation.** In some occupations, being physically fit could be crucial for staying safe or performing at your best.

**Anger, Frustration, Negative Emotions.** When you're feeling angry and frustrated, you can acquire pent up energy that's trying to make its way out of your body. Exercise can be a very effective way to start dealing with these types of emotions.



### Roasted Cauliflower Recipe

#### Ingredients:

- 1 Head Cauliflower, cut into florets
- 2 Tablespoons extra virgin olive oil
- 2 Tablespoons balsamic vinegar
- 1 Teaspoon garlic
- 1/4 Teaspoon salt
- 1/2 Cup Parmesan cheese (grated or shredded)
- Ground pepper to taste

#### Directions:

Preheat oven to 450°F. Toss cauliflower, oil, garlic, salt and pepper. Roast on a large baking sheet until it starts to soften and brown on the bottom, 15 to 20 minutes. Toss the cauliflower with balsamic vinegar and sprinkle with cheese. Return to oven and roast until the cheese is melted and any moisture has evaporated, 5 to 10 minutes more.

**4 Servings, 150 Calories, 10 grams of fat.**

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## CHARACTERISTICS OF WEIGHT LOSS SUCCESS

**What exactly do you want?** If your ideal weight is 145 and you weigh 165, you know that you need to lose 20 pounds. You also know that you want to lose fat and not muscle, and you want to look toned and feel healthy and energetic. This is being specific to be terrific! This gives you clarity and motivation, which gives you a better chance of success.



**You need to be realistic about your weight loss goals.** NO, you will not be able to lose 10 pounds before you hit the beach on the weekend. NO, it is not likely that you will be able to resist all the goodies on Thanksgiving and just eat salad and veggies. You WILL have challenges. You WILL have setbacks. Be prepared mentally for these. Plan in advance for healthier options at restaurants: which foods are lean, and which are not, which are nutrient dense and which are a basic disaster for your health. After a cheat day, plan to work out longer and a bit harder the following day. Plan to eat super clean to make up for your day of decadence. Setbacks are fine as long as you know how to jump back on the wagon of health soon after.

**Give your willpower a helping hand.** It will certainly be difficult to resist unhealthy foods if you have cakes, cookies, and salty snacks in your cabinets at home. Get rid of junk food, and stock up on fruits, vegetables, and foods that you LIKE and are easy to grab but won't derail your weight loss efforts. If you are tempted, though, learn to substitute with something else. Maybe instead of dessert, go brush your teeth and use some mouthwash. Or instead of plopping down in front of the television, take a quick walk first with the kids or the dog... you get the picture!

**Realize that CHANGE takes time.** Weight loss involves changing bad habits. This will be easier if you break up large tasks into small ones... baby steps. Make lists. Plan your day: your meals, your workouts. Plan your food preparation. Make a list for the grocery store. Try to stick to your list. It gets easier as time goes on.

**Use a Food Diary.** Log everything you eat and drink daily. This helps tremendously by making you aware of what you are consuming and cuts back on mindless eating, which many of us do a lot. You can do this on a note pad or download an app to your phone. There are many out there. Among the most popular: MyFitnessPal, Cara, RiseUp, HealthifyMe, LifeSum, MyPlate, etc. These may or may not have a free version (usually with ads) as well as versions that cost a small fee.

**Stay motivated.** Involve others in your endeavor for good health. A workout buddy or friends that are also interested in healthy eating can be very motivating. Read up on healthy foods and activities. You will be surprised by all the interesting information you will find!

## REDUCE STRESS BY SIMPLIFYING YOUR LIFE

Sometimes we become stressed because our lives are a bit out of control. Of course, there are things that we can't control, but there are many other things that we can. So, what can we do to get ourselves back on track? SIMPLIFY!



**Don't be a YES-Man or Woman!** Learn to say no! You don't HAVE to do everything everyone asks you to do! Sometimes a polite, but firm, "No, sorry, I'm just too busy to do that right now." is completely appropriate!



## Baked Chicken Wings

*Still finger lickin' good without all the fat and grease.*

### Ingredients:

- 3 tbsp. Olive oil
- 1 tbsp. Dijon mustard
- Dash of Cayenne pepper
- 1 tsp. Minced garlic
- 1/2 tsp. Salt
- 1/2 tsp. Black pepper
- 1 tbsp. Lemon juice
- 1/2 tsp. Lemon zest
- 16 Chicken wings, each halved at the joint with the tip removed
- 1 cup freshly grated Parmesan cheese
- 6 tbsp. freshly chopped parsley
- 1 1/2 cups dry whole wheat breadcrumbs
- Baking pan
- Aluminum Foil
- Cooking spray

### Ingredients-Dip:

- 1 cup fat-free Greek yogurt
- 1/2 tsp. chopped fresh parsley
- 1/4 tsp. Lemon zest
- 1/2 tsp. Lemon juice
- 1/4 tsp. Salt
- 1/4 tsp. Black pepper
- 1/8 tsp. Worcestershire sauce
- Small bowl

### Directions:

Combine olive oil, dijon mustard, cayenne pepper, minced garlic, salt, pepper, lemon juice and lemon zest in a large bowl, whisk until combined. Place wings in a ziplock bag and pour mixture over the wings. Marinate in the refrigerator for 1 to 4 hours. Preheat oven to 425 degrees. Line a baking pan with foil. Spray foil with cooking spray; set aside. Mix together Parmesan, parsley, and breadcrumbs in a shallow dish. Coat wings in breadcrumb mixture. Place on prepared pan. Bake on lowest oven rack for 20 minutes, then turn and cook for 10 more minutes. While the wings are baking, combine the dip ingredients in a small bowl and serve along with the wings.

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**Get ORGANIZED!** Don't just dump your things wherever you happen to be, i.e. keys on the table, shoes on the dining room floor, jacket on the banister, mail piled up on the kitchen counter, etc. When you are in a rush, it can make you feel nuts trying to find what you need. Instead, create special places for things, and put your belongings away regularly. PLUS - getting yourself organized can be quite cathartic... a relaxing task if you don't rush yourself... and don't forget your closets! A place for everything will make you feel more at ease!

**Get some extra help if you need it.** A cleaning person once a month or so, an accountant to do your taxes rather than doing them yourself, a trainer to help jump start you on your quest for fitness, a dry cleaner to do your shirts rather than washing, drying, and ironing them yourself, etc.

**Email can wait!** You don't have to check your email constantly, and you don't have to return every email instantly. If you have alerts on your phone, turn them off during certain times of the day, and consider having 2 accounts - one for important correspondence and one for junk and fun.

**Keep your gym bag ready to go.** When you get home from the gym, unload your dirty things, and automatically restock it with what you will use the next time. Big time saver when you are in a hurry!

**Clean out your purse and wallet.** Get rid of gum wrappers and pieces of paper you don't need. Re-stock with what you do need, and organize your things in whatever pockets, etc. that you have available for use.

**Stock your desk and your car** with things that you regularly need.

## DON'T FALL ASLEEP AT THE WHEEL

Ever have trouble remembering the last few turns you made? If so, you might want to pull over. Driving while drowsy is far more common, and dangerous, than you might think. In a recent poll, it was revealed that 60% of Americans reported driving during extreme fatigue in the previous year. And 37% confessed to actually *nodding off*. Yikes! Researchers suspect many motorists simply don't recognize the signs that they're too drowsy to safely drive, or just assume they can stay awake anyway. But research shows feeling sleepy is just as dangerous as being sleep deprived. Both are associated with a dramatic increase in crash-related critical injuries or death due to falling asleep at the wheel.



Drowsiness and driving leads to an eightfold increase in the risk of injury or death from falling asleep at the wheel. Sometimes you're so tired that you can't think straight enough to know just how dangerously tired you really are (similar to when a drunk person can't recognize how drunk they are).

Here are some signs that you are so tired that you're not capable of driving:

- Tired eyes
- Constant yawning
- Foggy brain
- Nodding head

...these are the obvious ones.



## Easy Roasted Root Vegetables

Recipe by: Diabetic Living Magazine

### Ingredients:

- 12 ounces rutabaga, peeled and cut into ¾-inch pieces (about 3 cups)
- 8 ounces celery root, peeled and cut into 1-inch pieces (about 2 cups)
- 8 ounces peeled baby carrots (1½ cups)
- 8 ounces fingerling potatoes, halved if large
- 3 medium parsnips, peeled and cut into 1-inch-thick slices (about 1½ cups)
- 1 medium fennel bulb, cored and cut into thin wedges (about 1 cup)
- 2 shallots, peeled and cut into thin wedges (1 cup)
- 2 tablespoons olive oil
- ½ teaspoon salt
- ½ teaspoon ground pepper

### Directions:

- Preheat oven to 325°F. Combine rutabaga, celery root, baby carrots, fingerling potatoes, parsnips, fennel, and shallots in a shallow roasting pan. Add oil, salt, and pepper; toss to coat. Bake, uncovered, for 1 hour, stirring occasionally.
- Increase oven temperature to 425°F. Bake, uncovered, about 10 minutes more or until the vegetables are tender and lightly browned.

<http://www.eatingwell.com/recipe/270183/easy-roasted-root-vegetables/>

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But here are a few other less obvious clues you're at risk for falling asleep at the wheel:

- Frequent squinting and blinking
- Missed streets or exits
- Difficulty picturing previous turns or stretches of road

If you ever experience any of these situations while driving, pull over, park, and nap in a safe place.

Official statistics show that drowsy driving results in **over 100,000 automobile wrecks every single year** and those are clearly conservative numbers because fatigue often plays a major role in many accidents where it is not officially documented.

Too many people are tempted to think that they know exactly when they are in danger of falling asleep and they can prevent it from happening. Unfortunately, though, sleep just does not always work like this. If the hundreds of thousands of people who have died from falling asleep on the road could tell you, they would. Adapted from: Sharecare.com "Drowsiness Linked to Falling Asleep at the Wheel"

<http://www.end-your-sleep-deprivation.com/effects-of-sleep-deprivation.html#ixzz2kMyanYxE>

## CHEAT DAYS: CAN A SINGLE JUNK FOOD MEAL HURT YOU?

Research suggests that it can. A small Canadian study examined the immediate effects of two different styles of eating. Researchers had 28 non-smoking men fast for 12 hours and then did a baseline ultrasound evaluation of the function of the artery at the elbow crease. The men were then asked to eat two different meals. The first meal included salmon, almonds and vegetables cooked in olive oil. With this meal, 51 percent of the calories came from mostly healthy monounsaturated fats (omega-3 rich). In the junk food meal (a sausage, egg and cheese sandwich plus hash browns) 58 percent of the calories came from mostly saturated fats, but none from omega-3 fatty acids.



At 2 and 4 hours after each meal, ultrasounds found that following the junk food meal; the men's arteries dilated 24 percent *less* than they had during the 12-hour fast. However, after the Omega-3 rich meal, their arteries dilated normally and maintained good blood flow. <http://www.drweil.com> 11/9/2012

The same results were found in another study published in the *Journal of the American College of Cardiology*, where researchers compared two high fat meals; one meal high in saturated fat and one high in polyunsaturated fat. Three hours after eating the saturated fat meal, the inner lining of the participants' blood vessels showed reduced ability to expand and increase blood flow. Six hours after the high saturated fat meal, the "good" HDL cholesterol's protective ability to prevent inflammation was also impaired. This is significant because inflammation is linked to plaque buildup in the arteries. In contrast, 6 hours after eating the meal high in polyunsaturated fats, HDL's protective effects were actually enhanced.

'A study published in March 2018 reported how the bodies of 10 healthy men responded to a milkshake consisting of 1,000 calories and 80 grams of saturated fat, which mainly is found in animal products and is considered to be an unhealthy fat. The results of the study showed that, within four hours, all participants had negative effects to their:

- **Blood fats:** Triglycerides and fatty acids significantly increased.



## Easy Italian Wedding Soup

Recipe by: Robin Bashinsky

### Ingredients:

- 4 tablespoons extra-virgin olive oil, divided
- 1½ cups chopped yellow onion
- ¾ cup chopped carrot
- ¾ cup chopped celery
- 2 tablespoons minced garlic
- 6 cups unsalted chicken broth
- 6 ounces orzo, preferably whole-wheat
- 1½ tablespoons chopped fresh oregano
- ½ teaspoon kosher salt
- 24 cooked chicken meatballs (12 ounces),
- 4 cups baby spinach
- ¼ cup grated Parmesan cheese

### Directions:

- Heat 1 tablespoon oil in a large pot over medium-high heat. Add onion, carrot, celery and garlic; cook, stirring occasionally, until the onion is translucent, 4 to 5 minutes. Add broth, cover and bring to a boil. Add orzo, oregano and salt; cover and cook, stirring occasionally, until the orzo is just tender, about 9 minutes.
- Stir in meatballs and spinach; cook until the meatballs are heated through and the spinach is wilted, 2 to 4 minutes. Serve sprinkled with cheese and drizzled with the remaining 3 tablespoons oil.

<http://www.eatingwell.com/recipe/269824/easy-italian-wedding-soup/print/>

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- **Arteries:** They were less able to relax and dilate by some measures.
- **Blood cells:** These changed in shape and started to interact in a way that created unhealthy enzymes, affecting arteries and blood vessels.
- **Immune systems:** The men's immune systems reacted as if there was an infection (<https://utswmed.org/medblog/high-fat-foods-heart/>).'

In conclusion, cheat meals don't have to be foods that are high in fat and calories. You can still eat out and make healthy choices while indulging. For instance, if you are eating healthy every day, but love fries, and want a serving of them on a cheat day, don't order the double cheese burger with fries and a shake. Instead, go for a healthy salad and fries or maybe the chili and an order of fries. You can also opt for sides of vegetables as your meal and go ahead and order the fries with that for your fry fix. And... if you are craving a burger, have the burger but skip the fries and the shake. Or better still, have a grass-fed burger, which is most definitely a healthier option. A few restaurant meals or rich treats can add up to several thousand calories more than you eat when you're "being good" during the week. For example, feed your sweet tooth with low-fat yogurt or a few pieces of dark chocolate instead of a milkshake – or even low-fat yogurt with some dark chocolate chips on top!

We all have to live a little bit, so don't be afraid that one rich meal will cause a heart attack or another heart event. But it's important to remember that there's no free ride to heart health, particularly for people at high risk for heart disease.

<http://www.webmd.com/heart-disease/news/20060808/fatty-meal-affects-arteries> 8/8/2006

**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!**

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Questions / Support:  
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## Pumpkin Spice Latte Cookies



Recipe by Adam Dolge

### Ingredients:

- 3 cups white whole-wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 large eggs
- 1 (15 ounce) can unseasoned pumpkin puree
- 2 cups light brown sugar
- 1 cup grapeseed or canola oil
- 3 tablespoons milk, divided
- 1 tablespoon pumpkin pie spice plus 1 teaspoon, divided
- 3 teaspoons instant espresso powder, divided (Omit if caffeine is an issue.)
- 1 teaspoon vanilla extract
- 8 ounces reduced-fat cream cheese, softened
- 4 tablespoons (½ stick) butter, softened
- 1 cup confectioners' sugar

### Directions:

- Preheat oven to 375°F. Line 2 baking sheets with parchment paper.
- Whisk flour, baking powder, baking soda and salt in a medium bowl.
- Beat eggs, pumpkin, brown sugar and oil in a stand mixer or with an electric hand mixer until well combined, about 1 minute. Add 2 tablespoons milk, 1 tablespoon pumpkin pie spice, 2 teaspoons espresso powder and vanilla and beat until well combined, about 1 minute. Add the flour mixture in 3 parts, mixing until just combined after each addition.
- Using 2 tablespoons per cookie, drop mounds of the dough onto the prepared pans, at least 2 inches apart. Bake the cookies until firm and dry to the touch, 12 to 14 minutes. Let cool on the pans for 5 minutes, then transfer to a wire rack to cool completely, about 20 minutes. Repeat with the remaining dough.
- Beat cream cheese, butter and confectioners' sugar in a stand mixer or with an electric hand mixer until very smooth, about 2 minutes. Add the remaining 1 tablespoon milk and 1 teaspoon each pumpkin pie spice and espresso powder in a small bowl; beat until combined, about 30 seconds. Spread the frosting on the cookies.

### Note:

- To make ahead: Refrigerate for up to 3 days.
- Equipment: Parchment paper
- Omit espresso powder if baking for children.

<http://www.eatingwell.com/recipe/275797/pumpkin-spice-latte-cookies/print/>