

YOUR GAMEPLAN TO LIVE

Quick and Effective Relaxation Breathing Exercise

This is a relaxation technique that you can practice almost anytime and anywhere.

The key is to breathe deeply from the abdomen, getting as much fresh air as possible in your lungs. Breathe from your abdomen rather than from your upper chest. This will help you to inhale more oxygen. The more oxygen you get, the less tense, short of breath, and anxious you feel.

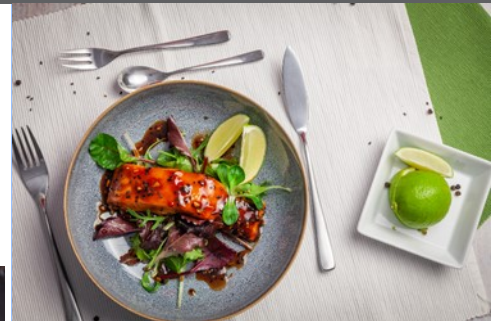


- Sit comfortably with your back straight or lying down. Put one hand on your chest and the other on your stomach.
- Breathe in through your nose to a count of 4. The hand on your stomach should rise. The hand on your chest should move very little. Hold for a count of 4.
- Exhale through your mouth slowly as if you are breathing through a straw (lips pursed) to a count of 8, pushing out as much air as you can. The hand on your stomach should move in as you exhale, but your other hand should move very little.
- Keep your shoulders relaxed. Keep your jaw relaxed. If you feel tension in other areas of your body, relax them.
- Aim for 5 to 10 minutes, but just a few rounds of this will help you to feel more relaxed.

Who Tends to Stick with an Exercise Plan the Longest?

According to a poll in the United Kingdom, people who began their exercise program to boost their mood, stuck with their plan the longest. Right behind were people who wanted to keep fit and take care of their health. Coming up last were those who were working out just to look better or maintain slimness as a reason, which lasted on average less than 2 months.

The study by Vitabiotics found that 62% of adults are more likely to stick to a diet or fitness program if they have a solid goal in mind. Everyone has some kind of reason to start a fitness regimen, but some motives are more successful than others. We all have the best of intentions to stick with it for the long haul, but this isn't always easy.



Chili-Garlic Glazed Salmon

The sweet, salty, and spicy flavors of this colorful glaze permeate the salmon as it cooks, creating a succulent dish that tantalizes the taste buds.

Ingredients:

- 3 tablespoons chili sauce with garlic (such as Hokan)
- 3 tablespoons minced green onions (about 3 green onions)
- 1 1/2 tablespoons low-sugar orange marmalade
- 3/4 teaspoon low-sodium soy sauce
- 4 (6 ounce) salmon fillets
- Cooking spray (olive oil)

Directions:

Preheat broiler. Combine first 4 ingredients in a small bowl; brush half of chili sauce mixture over fillets. Place fillets, skin sides down, on a baking sheet coated with cooking spray. Broil fish 5 minutes; brush with remaining chili sauce mixture. Broil 2 more minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

<https://www.myrecipes.com/recipe/chili-garlic-glazed-salmon>

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So, what are your reasons to begin or sustain a fitness program? Think about your goals and be realistic about reaching them. Having something to aim for can motivate you at least in the short term, but losing interest is common. Thinking more along the lines of a permanent lifestyle change for your good health and well-being ends up being a better motivator than something short-lived. You will also want to incorporate healthy eating as JUST working out rarely gives us the results that we want to achieve.



10 Exercises for Your Mental Toughness

On this Labor Day, traditionally thought to be the last weekend of a summer break, it doesn't really feel like we had a summer at all. With Stay-at-Home Orders, beaches closed, and "essential travel only" strongly encouraged, to say recreational and relaxation activities have been severely limited is an understatement.



Now is not the time to let yourself feel like a victim. To spend time complaining about your circumstances will only prevent you from getting to where you need to go. It is during challenging times too many people use excuses to develop and reinforce bad habits. It only takes a bad habit or two to go off track and stall your progress.

Regardless of where you are right now in life; whether you are worried about your future or you feel secure; whether you are just starting out or have years of experience, it is your mental toughness, the way you think, that will determine your success moving forward. Here are *ten exercises* that will *strengthen your mental toughness* and prepare you to handle whatever the future brings.

Practice Gratitude. Focusing on what's gone wrong, keeping track of all your problems, or having pity parties with friends, only weaken your mental state. Struggles and sorrow are life events. We cannot control them. However, feeling sorry for yourself is a choice. You get to choose how you will respond to life's events.

Find 3-5 things to be grateful for every morning before you start your day. It will remind you of what you do have, including people that support you and believe in you.

Focus on what you can control. Thinking takes energy. You only have so much energy each day. Worrying and complaining about things you cannot control is a waste of your energy resources. If you take that energy and focus on things you can control, you'll position yourself to handle whatever comes your way.

Be aware of the attention you give to things out of your control – like what others say or situations you cannot fix. Dedicate your energy to productive things such as a job search, finishing a project at home, or helping a family member. Accept you cannot control everything and focus on influencing others instead of controlling them.

Healthy Fall Pumpkin Chili Recipe



Ingredients:

- 2 tbsp. olive oil
- 1 onion, diced
- 7 cloves garlic, chopped
- 1 tsp. sugar
- 1 tbsp. chili powder
- 1 tbsp. ground cumin
- 1 tsp. pumpkin pie spice
- 2 tsp. oregano
- 2 tsp. ground coriander
- 1 lb. ground turkey
- 3 tbsp. tomato paste
- 2 green + 1 orange/yellow bell pepper, seeded and chopped
- 2 cans (14.5 oz. each) fire-roasted tomatoes, with juices
- 3 cups chicken or turkey broth
- 1 (14 oz.) can black beans, rinsed well and drained
- 1 (14 oz.) can red beans, rinsed well and drained
- 1/2 cup pure pumpkin puree
- Kosher salt and freshly ground black pepper
- Shredded cheddar cheese for topping, optional

Directions:

1. In a large, heavy pot or Dutch oven, heat olive oil until hot. Add onion and garlic, stirring until fragrant, about 30 seconds. Add sugar, chili powder, cumin, pumpkin pie spice, oregano and coriander. Stir to combine, 10 seconds.
2. Add ground turkey to pot and sprinkle 1 tsp. salt over it; cook/stir to break up into small pieces. When turkey is cooked through, add tomato paste and stir 30 seconds.
3. Add bell peppers, fire-roasted tomatoes with juices and broth. Scrape bottom of pan while stirring. Bring chili to a simmer; simmer covered for 20 minutes. Add beans and pumpkin puree. Bring chili back to a simmer for 15-20 min. or until heated through. Remove from heat. Add additional kosher salt and freshly ground black pepper to taste. Serve warm, with shredded cheddar cheese if desired.

Notes: Chili keeps well; simply cover and chill in fridge. Reheat by bringing back to simmer on stovetop. Make it meatless by using veggie broth and omitting turkey.

<https://www.chewoutloud.com/healthy-fall-pumpkin-chili-recipe/>

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Take back your power. You cannot be a victim and in control at the same time. When you are placing blame, you are giving away your power. If your neighbor is driving you crazy or your spouse makes you feel guilty, you are giving others power over you. If the traffic made you late or your boss made you work overtime, you're giving power to your situations.

You must realize only you have the power over the way you think. You get to choose how you respond. You decide that your neighbor is trying to upset you, but you refuse to allow it to happen. You decide that the guilt trip your spouse is trying to take you on is not your issue. Instead of having to work late, you are choosing to stay and help on a project.

Focus on changing your vocabulary to help you realize you can choose control. Instead of you having to go to work, you get to go to work. When you empower yourself, you will feel in control of your future.

Embrace Change. Life is constantly changing. It seems more apparent now than ever before. Throughout history, people have worried that change will make things worse. When you fight to remain comfortable in doing things the same way, you lose out on opportunities that come with change.

Practice becoming comfortable with being uncomfortable. Taking a new job, moving to a different city, leaving an unhealthy relationship, all start as uncomfortable. As you become comfortable with change, your ability to adapt will improve opening more opportunities for you in the future.

Minimize comparisons. We tend to compare ourselves to others. The worst part of this tendency is we generally compare ourselves to those we think are in a better position than we are. These comparisons generally serve little benefit. Seeing a family member buy a home or a friend get a new car that you can't afford stirs up feelings of envy and jealousy. Remember when someone reaches a goal it doesn't minimize your accomplishments.

While comparing ourselves to those less fortunate does shift our focus more readily to gratitude, the only comparison one should practice is the comparison to one's self. Are you getting better each day? Is your health improving? Are your finances getting better? Are you learning each day? Are you becoming more understanding and compassionate?

Look to the Future. The past does not equal the future unless you live in the past. Lessons learned in the past will help prepare you for the future. Timing is everything. Generally, the timing has to do with growing enough (through mistakes) to be prepared to handle the success coming your way.

As painful as the past may have been, you must make peace with it. You may have to forgive someone. You may have to let go of regret. You cannot get to where you want to go if you continue to place blame for where you are.

Persist. Believe it or not, most people quit before trying. The fear of failure prevents making an attempt. Others give up after one try. Success stories are filled with people overcoming tremendous odds and multiple failures before achieving success.

Over 60% of self-made millionaires have gone bankrupt before finding success. 80% of those 60% have gone bankrupt twice before achieving success.

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Spiralized Zucchini, Quinoa and Turkey Sausage Stuffed Peppers



Choose firm, glossy bell peppers that are wide at the top and at the base so the peppers will easily stand on their own when stuffed with the spiralized zucchini, quinoa and ground turkey mixture.

Ingredients:

- 6 bell peppers of assorted colors
- Kosher salt and freshly ground black pepper
- 2 medium zucchini spiralized or diced, about 4 cups
- 2 tablespoons olive oil divided
- 1 pound ground turkey
- 4 cloves garlic minced or pressed
- ½ teaspoon dried fennel seed crushed
- 1/8 teaspoon crushed red pepper flakes
- 1 cup chopped yellow onion
- 1 cup crushed tomatoes or tomato sauce
- 4 cups cooked quinoa
- ½ cup grated Parmesan cheese plus more for garnish
- ¼ cup chopped fresh basil

Directions:

1. Preheat the oven to 375°
2. Remove the stems and core the bell peppers, removing all of the seeds, then rinse. Lightly sprinkle the inside of the peppers with kosher salt and place in a microwave safe dish with ¼ cup water. Microwave for 5 to 7 minutes or until they start to soften. Remove and set aside.
3. Spiralize or dice the zucchini. Heat 1 tablespoons of the olive oil in a large skillet over medium high heat. Add the zucchini and season with a sprinkle of kosher salt. Toss the zucchini and cook until it just begins to soften, about 2 minutes, then transfer to a bowl and set aside.
4. In the same pan, heat the rest of the olive oil until hot then add the ground turkey, pressed garlic, fennel seeds, crushed red pepper flakes and season with kosher salt and freshly ground black pepper. Cook for about 5 minutes or until cooked almost through, stirring often. Add the onion and continue to cook until the onion softens. Stir in the crushed tomatoes and cook for another minute. Remove from the heat and stir in the quinoa and zucchini. Toss with the Parmesan cheese and the fresh basil and season to taste.
5. Transfer the peppers to a 3-quart baking dish and fill them with the sausage and quinoa mixture. Sprinkle the tops with more Parmesan cheese if desired and bake for 20 minutes or until peppers are tender and cheese is browned. Serve hot

Recipe and photo - <https://www.foodiecrush.com/spiralized-zucchini-quinoa-sausage-stuffed-peppers/#worm-recipe-container-35262>

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Don't let a failure define you. Look at failures as lessons. Practice learning from every setback. Improve areas of weakness and you too will find success on the other side of failure.

Embrace solitude. We're naturally social creatures. This is why shelter-at-home is having such a negative effect on individuals' outlook on life. Many people despise being alone. Some individuals cannot handle being in silence with their thoughts.

Practice using alone time to your benefit. Use the time without distractions to put your thoughts on paper, to get in touch with your feelings. Take time to reflect daily. Reflection is a powerful tool to evaluate your progress and adjust to improve your results.

Avoid entitlement. One of the biggest problems we have today is people thinking they are owed something. When people are striking for higher wages or protesting for the government to give them something, they will never be satisfied. Waiting to be given something isn't a productive way to achievement.

When you focus on all that you can give rather than what you think you deserve, you'll end up getting more than you expected and find fulfillment in the process. Regardless of where you are in life, you always have gifts to offer others.

Enjoy the journey. In today's "instant gratification" world, expecting instant results only creates disappointment. Individuals that have put on 25 lbs. over 20 years cannot expect to lose the weight in a week without experiencing disappointment.

Self-growth takes time. Experience comes with time. Life lessons don't happen overnight. Bad habits and poor choices allow us to drift off course. If negative outcomes were immediate then success could be too. The reality is both failure and success are results of consistent, routine, mundane decisions made over a long period of time. You must think of your efforts to change as a marathon not a sprint. Obstacles are detours not roadblocks.

Remember, there is greatness within you. You must choose greatness. It won't develop on its own. ***I believe in you!***

"While you cannot change your destination overnight, you can change your direction."

Take Action Today!

Published by Bryan M. Balch, Results Coach. *Helping Individuals and Businesses Achieve Desired Results 9/8/2020.*
<https://thriveglobal.com/stories/10-exercises-for-your-mental-toughness/>

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

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AIP, Keto, Whole 30, Paleo-Friendly Breakfast Porridge

Gluten-free, grain-free, nut-free, egg-free, dairy-free.

Ingredients:

- 2-3 tbsp. lightly toasted sunflower seeds (or 1 tbsp. tahini)—if you can tolerate. For seed substitute, use an additional 2 tbsp. of coconut flakes or coconut butter (ground)
- 2 tbsp. unsweetened shredded coconut
- 2 tbsp. chia seed or flaxseed (omit for AIP or substitute with 1 tbsp. collagen/gelatin powder)
- 1/2 tsp. cinnamon
- 1 tsp. ginger, ground
- Pinch of turmeric, ground
- Pinch of sea salt
- 1/2 cup water or coconut milk, more if needed
- 1 cup chopped squash, cooked (ex: butternut squash or kabocha/or acorn squash)
- Pure maple syrup or raw honey
- Extra toppings: berries or cherries, pomegranate seeds, other fruits, coconut cream or coconut yogurt to top.

Directions—Stove Top Instructions:

1. Combine all dry ingredients (sunflower seeds, coconut chia, and spices) and grind in a coffee grinder or blender until you get a flour-like consistency. If you are short on time, use tahini instead of sunflower seeds and just mix all together. SEE NOTES FOR SEEDLESS option.
2. In a small bowl, add the dry mixture with water or coconut milk, let it adsorb and form a gel. Feel free to save a little bit of the gel for topping!
3. Scoop cooked squash and gel mixture into a blender and blend until smooth.
4. Heat the porridge stove-top on medium heat just until it starts to bubble. Stirring occasionally.
5. Remove from heat, pour into your favorite bowl, and top with the dry mixture you set aside.
6. Optional Add in → 1 tsp of ghee if desired, helps improve digestion and healthy fats help absorb the nutrients adding in more nourishment.
7. Top with fresh berries, extra milk, etc.

NOTES FOR AIP substitutes – seeds are used if well tolerated. If you need SEED substitutes, you can use ground coconut flakes or coconut butter mixed with a pinch of cinnamon, sea salt, and/or grated orange zest or ginger root in place of the sunflower seeds/tahini.