

## ***YOUR GAMEPLAN TO LIVE***

### **FIGHTING FATIGUE TAKES MORE THAN A FULL NIGHTS SLEEP**



**Avoid simple carbohydrates in the morning.** Cereal, muffins, sugary lattes, bagels, etc. – skip these for breakfast! To get your day started feeling energetic, try protein and fruits and veggies such as scrambled eggs and berries or a green smoothie with protein. Why? Simple carbohydrates raise your blood sugar

very quickly and then crash down quickly, all before you really even get your day started...setting you up for fatigue. Also avoid snacking on simple carbohydrates. Your snacks should energize you- not sap you of energy! Reach for the nuts, an apple with nut butter, hummus and vegetables, a slice of cheese and grapes, plain Greek yogurt and berries, etc.

**Get your sleep.** Yes, the title of this article states that a full night's sleep isn't the only thing needed, but it is EXTREMELY important, of course! A full night's sleep is the first step, but it will be tough to beat fatigue without the rest of these lifestyle components. Habitual sleep loss will lead to chronic drowsiness.

**Stay hydrated and limit caffeine.** Your body is made up of 2/3 water. People don't realize how much dehydration can lead to fatigue, so drink plenty of water! Also, limit caffeine intake to the beginning of the day, or only very small amounts in the early afternoon. You may not even realize that it is your caffeine consumption that is keeping you up at night.

**Exercise.** This may seem like the last thing you want to do when you are fatigued, but if you fight through that feeling and just do it, you will feel better. If you are so tired that all you can do is a moderate 10-



### **Avocado, Kale and Spinach Smoothie**

#### **Ingredients:**

- 1 cup kombucha
- 1 cup non-fat plain yogurt
- 1/2 medium avocado
- 1 medium banana, frozen
- 1 medium kiwi fruit, peeled
- 2 cups spinach
- 1 cup kale, packed

#### **Directions:**

In a powerful blender, place the kombucha and yogurt, then add the avocado, banana and kiwi; top with spinach and kale. Secure the lid, insert the tamper and turn on the blender. Blend on high speed until smooth and creamy. Serve immediately.

Serves 1-2.

Recipe and photo: <https://blog.myfitnesspal.com/avocado-kale-and-spinach-smoothie/>

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minute walk – then do it! Something is always better than nothing. Once you get into the habit of regular exercise, you will be in a positive cycle that will gradually keep boosting your energy to fight chronic fatigue for good.

**Incorporate meditation or deep breathing into your day.** Active relaxation can be much more effective than passive relaxation (AKA zoning out in front of a TV). Focusing on relaxation, such as deep breathing and meditation is good for just about everything from relieving stress to healthy digestion. There is an abundance of meditation/relaxation apps, videos, and audios to help you get started with beginner to advanced guidance. One that we find especially wonderful is the INSIGHT app. There is a yearly fee, but we have found it to be well worth it if you are serious about getting into meditation. You Tube has many videos as well.



## TO BUY – OR NOT TO BUY - ORGANIC

Of course, consuming ALL organic foods would be ideal, but it tends to be expensive, so below is a list of the top foods to buy organic and some foods that need not be organic to be considered safe from contaminants.

- Meat (beef, pork, chicken, turkey) - Organic is free of antibiotics, growth hormones, and pesticides.
- Milk
- Eggs

**Fruits and vegetables listed below should be organic whenever possible as these 12 (+1), called the Dirty Dozen of 2020, have the highest levels of pesticides even after being washed.**

- |                 |                 |
|-----------------|-----------------|
| 1. Strawberries | 8. Cherries     |
| 2. Spinach      | 9. Pears        |
| 3. Kale         | 10. Tomatoes    |
| 4. Nectarines   | 11. Celery      |
| 5. Apples       | 12. Potatoes    |
| 6. Grapes       | 13. Hot Peppers |
| 7. Peaches      |                 |



### A HEALTHIER ALTERNATIVE TO A FOOTBALL SEASON FAVORITE

## Baked Chicken Wings

#### Ingredients Chicken Wings:

- 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 zip lock 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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The following foods are called the **Clean 15 (for 2020) – least contaminated, so purchasing non-organic should be fine:** Pineapple, kiwi, papaya, onions, avocado, sweet corn, frozen sweet peas, asparagus, cauliflower, cabbage, mushrooms, broccoli, eggplant, cantaloupe, honeydew melon.

**Foods not on these lists are not considered the worst nor the best as far as pesticides are concerned, so choose what you feel is best. It should also be noted that these lists change from year to year.**

<https://www.ewg.org/foodnews/dirty-dozen.php>

## MAKING THERAPY WORK FOR YOU

Therapists/counselors definitely have their share of work to do -- they certainly have an immense responsibility -- but they can't do it ALL for their client and that is the part - the client's contribution - that isn't always understood. And it often raises another question: "How do I know whether I'm doing what I need to do so that I'm not wasting my time during counseling/therapy?" So, here's some advice on how not to waste time in therapy and take an active role in making it work for you:



1. **Make sure you connect with your counselor.** Not everyone will be a good match for you. If you find that you and your therapist don't click, find someone else.
2. **Don't dwell on your past** or make it your big excuse not to be able to move forward.
3. **Don't hold back:** Forge an authentic connection with your therapist, after all, they are paid to help people for a living.
4. **Be curious, not judgmental** of yourself; observe yourself honestly without attacking yourself. *Be kind to yourself!*
5. **It isn't necessarily so;** just because you're having certain thoughts doesn't mean your thoughts are true! Start building a better narrative and choose your thoughts and beliefs *consciously*.
6. **Do something!** Continue your psychological work outside of sessions. Assess what you talked about, what you were feeling, and figure out ways to help yourself.
7. **Give yourself the gift of time.** Seeing positive change takes time. Don't be in a hurry to be done with therapy. For most people, going just a couple of times won't make much of a difference in how you feel.



## Vegetable Chili

### Ingredients:

- 1 (28-ounce) can fire-roasted crushed tomatoes
- 1 (14.5-ounce) can petite-diced tomatoes
- 1 (15.5-ounce) can black beans, rinsed
- 1 (15.5-ounce) can kidney beans, rinsed
- 1 tbsp. chili powder
- 2 tsp. ground cumin
- 1 tsp. ground coriander
- 3 cloves garlic, pressed
- 1 onion, chopped
- 1 large carrot, chopped
- 1 large red pepper, chopped
- 3/4 c. wheat berries
- Salt and freshly ground black pepper
- Sour cream, grated cheddar cheese, sliced scallions, fresh cilantro, and lime wedges, for serving

### Directions:

1. Combine crushed tomatoes, diced tomatoes, chili powder, cumin, coriander, garlic, onion, carrot, pepper, wheat berries, and 3/4 cup water in a 5- to 6-quart slow cooker. Season with salt and pepper. Cook, covered, until wheat berries are cooked but still chewy, 7 to 8 hours on low or 5 to 6 hours on high.
2. Stir in both beans and cook until warmed through, 8 to 10 minutes. Serve with sour cream, Cheddar, scallions, cilantro, and lime wedges alongside.

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## FOCUS for Relaxation

Stressed? Got too much on your mind? Want to try a simple meditation? Take a deep breath – in through your nose – and out through your mouth (breathe out slowly as if you are blowing through a straw). Repeat a few times. Then, focus on anything... a picture on the wall, a book on your desk, or a button on your sweater. Breathe normally and stay focused on that one object. Any time you think of something else, go back to focusing on that one object. Try to stay intent upon that object for several minutes. After a few minutes of focusing, take a few deep breaths as described above. This technique helps to clear the mind and gives you a little mini-relaxation session any time you feel you need it.



## Buffalo Cauliflower Salad

This roasted Buffalo cauliflower salad tastes indulgent but is absolutely virtuous. The salad is packed with all the Buffalo wing essentials--carrots, celery, a creamy dressing and blue cheese. And cauliflower, with all its nooks and crannies, is even better at soaking up Buffalo sauce than chicken wings!

### Ingredients:

- 6 cups 1-inch cauliflower florets (1 medium head)
- 2 tablespoons extra-virgin olive oil
- ¼ teaspoon salt, divided
- ½ cup buttermilk
- ⅓ cup mayonnaise
- 3 tablespoons chopped fresh chives and/or dill
- ¼ teaspoon garlic powder
- ¼ teaspoon hot sauce
- 1 tablespoon butter, melted

### Directions:

Preheat oven to 450 degrees F. Toss cauliflower with oil and 1/8 teaspoon salt in a medium bowl. Spread on a rimmed baking sheet. Roast the cauliflower until it is starting to soften and brown on the bottom, about 15 minutes. Meanwhile, whisk buttermilk, mayonnaise, herbs, garlic powder, pepper and the remaining 1/8 teaspoon salt in a large bowl. Set aside.

Combine hot sauce, butter and lemon juice in a medium bowl. Add the roasted cauliflower and toss. Return the cauliflower to the baking sheet and drizzle with the sauce left in the bowl. Roast until the sauce is thickened, about 5 minutes more. Stir to coat the cauliflower completely. Add lettuce, carrot, celery and onion to the dressing in the large bowl; toss to coat. Serve the salad topped with the Buffalo cauliflower and blue cheese.

**Serving Size:** 1 1/3 Cups

Source Recipe and Photo: EatingWell Magazine, April 2019  
<http://www.eatingwell.com/recipe/270986/buffalo-cauliflower-salad/>

## SIMPLE AT-HOME EXERCISES FOR LOWER BODY STRENGTH

### Side Lying Hip Abduction



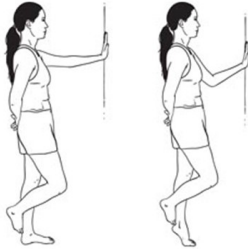
Lie on your side on a mat/floor with your legs lengthened out or bottom knee bent (pictured). Your lower arm can be bent and placed under your head for support and your upper arm comes in front with hand placed on the floor. Your hips and shoulders should be stacked up and aligned vertically to the floor. Engage your abdominal muscles then raise the upper leg off the lower leg. Keep the knee straight and the foot in a neutral position. Do not allow the hips to roll forward or back. Return the leg to your starting position in a slow, controlled manner. Switch sides. (A common mistake is raising the leg too high in this exercise.)

### Standing Calf Raises

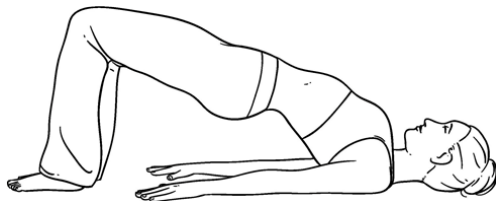
Stand 6-12" away from a wall with your feet hip-width apart and toes facing forward. Place your hands on the wall, shoulder height. Slowly rise up onto your toes, lifting your heels off the floor. Keep your knees

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straight. Do not allow the feet to rotate. Use your hands on the wall to support your balance. Hold the raised position briefly then slowly lower your heels back to the floor. (You can also do this exercise one side at a time, which is pictured.)



**Glute Bridge**



Lie on your back on an exercise mat or the floor in a bent-knee position with your feet flat on the floor. Place your feet hip-width apart with the toes facing away from you. Gently contract your abdominal muscles to flatten your low back into the floor. Attempt to maintain this gentle muscle contraction throughout the exercise. Keep the abdominals engaged and lift your hips up off the floor. Press your heels into the floor for added stability. Avoid pushing your hips too high. Lower back down slowly.

<http://www.acefitness.org/acefit/fitness-programs-article/2863/Top-25-At-Home-Exercises/>

**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](http://www.gameplanforliving.com)

**Questions / Support:**  
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## Immunity-Boosting Turmeric Chicken Soup

### Ingredients:

- 1 Tbsp. avocado oil
- ½ small yellow onion finely diced\*
- 2 large carrots peeled and chopped
- 1 large parsnip peeled and chopped
- 3 stalks celery chopped
- 3 cloves garlic minced\*
- 1 lb. boneless skinless chicken breasts chopped
- 2 tsp dried parsley
- 1 tsp ground turmeric
- ½ tsp ground ginger
- ½ tsp sea salt to taste
- 3 cups chicken bone broth
- 2/3 cup full-fat canned coconut milk
- 1 small head kale chopped

### Directions:

1. Heat the avocado oil in a large stock pot or Dutch oven over medium heat. Add the onion and sauté, stirring occasionally, until translucent, about 5 to 8 minutes. Add the carrots, parsnips, celery, and garlic and continue sautéing, stirring occasionally, until vegetables are softened but still al dente, about 3 to 5 minutes.
2. Add the chopped chicken and cook just long enough to brown the meat, about 2 to 3 minutes.
3. Add the remaining ingredients, stir well and cover. Cook at a gentle simmer, stirring occasionally, for at least 30 minutes (ideally one hour). Taste soup for flavor and add more sea salt if desired. Serve and enjoy!

Photo and Recipe: <https://www.theroastedroot.net/immunity-boosting-turmeric-chicken-soup/>