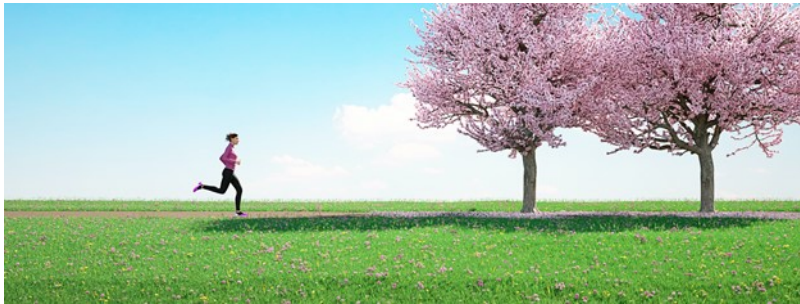


Spring into an Outdoor Workout



Spring has arrived (yay!) and the weather is getting nicer if you live in the north; consider giving these outdoor activities a try to renew your exercise routine. You can enjoy being outside while getting in shape! Try something new and get out of your comfort zone to surprise your body! You don't have to stop doing what you love but do it a bit differently or mix it up. Use the world as your gym!

Upper body workout – Get toned up with an outdoor fitness class or play softball or tennis. Try paddle boarding or kayaking. Both activities are so much fun and a great upper body workout. Check out the parks in your area. Many have bars available for chin-ups and dips. Or do some triceps dips using benches. Don't forget push-ups! Inside or outside, standard or modified (on your knees), these are a great upper body strengthener.

Lower body workout – Bike rides and hikes (especially up hill) will give the muscles in your legs an excellent workout. Also, power walking, running, and doing squats and lunges outside are all excellent leg lower body workouts. If you previously have not been doing much, be sure to start slowly and build up.

Full body workout – Look for an outdoor yoga class; get friends and family involved to share activity sessions together; go golfing; or try something new like Orienteering! Orienteering is a low to moderate intensity outdoor workout that is an adventure! Using a map and compass, this activity calls for you to navigate the woods using your own know-how. With check points along the way, also called control points, you race the clock as you make your way to the finish. For more information on this fun activity, check out orienteeringusa.org and get outside and explore!



Watermelon, Blackberry and Mozzarella Salad

Ingredients:

- 3 cups watermelon, chopped
- 12 oz. whole blackberries (thawed if frozen)
- Juice of one lemon (about 3 tablespoons)
- 8 oz. mozzarella balls (or chopped mozzarella)
- 1/4 cup extra virgin olive oil
- 1 cup fresh basil leaves, sliced
- Salt and pepper to taste

Directions:

1. In a large bowl, combine all of the ingredients and stir to combine.
2. Top with additional basil as a garnish (optional). Enjoy!

<http://onehungrybunny.com/2017/08/blackberry-and-watermelon-caprese/>

What is Your Natural Stress Response?



Stress is a normal psychological and physical reaction to the demands of life. Did you know that a small amount of stress is good for you?

It helps motivate you to get things done. Too much stress has the opposite effect, increasing your risk for everything from

backaches and headaches to heart disease and lower immunity. Too much stress is known as the “silent killer” and that's why it's so important to reduce stress if it's gotten out of hand.

Common Reactions to Stress:

- You may eat more and crave fatty and sugary carbohydrates. (Your body releases the hormone, cortisol, when you're stressed, which increases insulin levels.) Or maybe you lose your appetite.
- You feel like you don't have the time or energy to exercise or do much of anything physically.
- You may not spend time with family or friends – secluding yourself or “shutting down” completely.
- You may lean on vices, such as smoking and drinking.
- You may sleep a lot more than usual, or a lot less than usual.
- You may feel anger or frustration that causes reactions such as yelling or crying.

Take a minute to think about how YOU naturally and repeatedly handle stress. It's helpful to KNOW yourself and your reactions.

Stress and Heart Disease

According to Marc Gillinov, heart surgeon at the Cleveland Clinic and coauthor of the book, *Heart 411*, there's a strong connection between emotional stress and heart disease. Men who frequently display anger over time, appear to have a greater risk of heart disease. People who are pessimistic, cynical, anxious, or depressed don't fare much better. In fact, most negative emotions have been associated with a greater risk of heart disease.

What to Do

Our mental outlook on life is very closely connected to how we deal with stress. When we can't cope, everyday pressures seem overbearing-- sapping our energy and mood. Over time, chronic stress can even lead to emotional issues, such as anxiety and depression.

We've all heard about the power of positive thinking. Learning how to stay upbeat has amazing effects. The most crucial element in staying positive may be learning how to avoid negative, destructive thinking.

Brothy Tortellini Soup with Spinach, White Beans and Basil

Ingredients:

- 2 tablespoons olive oil
- 1 onion, diced
- 6 garlic cloves, chopped
- 2 cups celery, diced
- 8 cups veggie or chicken stock
- 1 teaspoon dry Italian herbs (or thyme or rosemary)
- 1 teaspoon salt, more to taste
- 1/2 teaspoon pepper
- 8-10 ounces fresh tortellini (spinach or cheese)
- 1 can white beans drained, rinsed
- 8 ounces chopped baby spinach
- 1 cup fresh basil, chopped
- Squeeze of lemon
- Garnish: Drizzle of olive oil, chili flakes, pecorino, Romano or parmesan



Directions:

Heat oil in a large heavy bottom pot or Dutch oven over medium-high heat. Add the onion and sauté 3-4 minutes stirring. Add the celery and garlic, lower heat to medium, and sauté 5-6 minutes until celery is tender. Add the broth and turn heat to high, bringing to a boil. Add salt and Italian seasoning. Taste the broth and adjust salt to taste.

Once boiling add the fresh tortellini and simmer until cooked, 4-5 minutes (look at package directions for timing). Add the white beans and simmer just a few minutes until they are heated through. Turn heat off. Add the chopped fresh spinach and the basil. Give a stir. Add a little squeeze of lemon (1-2 teaspoons). Taste, adjusting salt and pepper. You want the broth slightly salty-the tortellini and beans will soak up much of it as it sits.

Serve in bowls with a drizzle of olive oil, pecorino cheese and a light sprinkle of chili flakes.

Recipe and photo: Feasting at Home - <https://www.feastingathome.com/brothy-tortellini-soup-w-spinach-white-beans-basil/#tasty-recipes-32364-jump-target>

(Human Maintenance, continued from page 2)

Make the conscious decision not to do this! Stop yourself EVERY TIME. Set up new behavior... positive thinking. After you learn how to do this - you will notice more and more positive change and get much more joy in life.

Having the right attitude will also help you rationally and logically get through stress, put the stressors in perspective, and allow you to make healthy decisions such as eating right, exercising, and keeping a good balance of life.

For many of us, thinking in a positive manner is NOT EASY. There is help out there. Counseling in person and online. Books, videos, and apps are available to help as well. Associating ourselves with positive people helps. Make working on a positive attitude a priority. It will pay off in a big way!

Taking Care of Memory – Brain Health



Think back on your favorite memories, or how about just remembering all the things you need to do each day, or where you left your keys/phone/parked car? Our memories make up the fabric of our lives, and when we have serious problems with our memory, it can really affect our very being. Our memories don't always work perfectly, of course, and we have all lost our keys, forgotten where we've parked, or forgotten someone's name. We can help ourselves and our memory, however, and starting now versus when our memories might really decline is a great choice.

Physical activity is brain healthy. In study after study, researchers have found that physical activity is associated with higher cognitive function and decreased risk of memory loss over time. People who exercise regularly actually have less brain shrinkage as they age vs. people who are sedentary. Exercise at least 3 times a week and lower your risk of dementia by 40-50 percent.

A healthy immune system is brain healthy. Make sure your vitamin D level is adequate. You can get a blood test to see where you are at. Most doctors agree that vitamin D is very important to good health. Eat enough protein and inflammation-fighting herbs and foods such as berries, broccoli, leafy greens, carrots, citrus, avocados, nuts and seeds, onions, mushrooms, garlic, ginger, and turmeric. Stay hydrated! *If you suspect that you have a lingering infection from Covid or Lyme disease, work with a doctor who can properly diagnose and treat you. These infections (and others) can affect your brain and memory!



Spring Salad with Asparagus, Goat Cheese, Lemon and Hazelnut

Ingredients:

- 1 bunch of thin asparagus, cut in half lengthwise
- 1 cup fresh peas, or frozen defrosted
- ½ cup cooked and prepped fava beans, (or frozen defrosted lima beans)
- 5 radishes, thinly sliced
- 2 medium raw zucchini made into ribbons with vegetable peeler (no seeds)
- ½ bunch red leaf lettuce chopped bite size and a generous handful of arugula mixed together or combination of salad greens of your choice
- 4 oz. of chevre goat cheese
- Zest of one lemon, you can cut up a few slices for garnish after
- ½ cup toasted hazelnuts, slightly cracked open
- Shaved Parmigiano Reggiano for top of salad
- Extra lemons for dressing
- Olive oil

Directions:

Roast asparagus on a sheet pan drizzled with olive oil for 5 or 10 minutes on 375° just until the raw taste is gone. (You don't want limp asparagus; they should still have a good bite to them, so keep checking.) Cool off and slice lengthwise.

Make a lemon and olive oil dressing using 2 parts fresh lemon juice to 4 parts olive oil. In a bowl mash up goat cheese and loosen it up with 2 Tbs. of the lemon dressing. Gently toss and coat sliced asparagus into the mixture, adding salt and pepper to taste.

On a large platter assemble greens, peas, fava beans, radishes, zucchini ribbons ending with the goat cheese coated asparagus on top. Sprinkle toasted nuts all around. Spoon lemon dressing over it all, as much as you think you need. Add shavings of Parmigiana Reggiano on top. Garnish with a few lemon slices.

Source: <https://www.prouditaliancook.com>

A healthy lifestyle is brain healthy. The same things that reduce the risk of stroke and heart disease also help to improve memory. These include drinking alcohol in moderation or avoiding it completely, quitting smoking, and limiting or avoiding sugary and processed foods.

Supporting our organs for detoxification is brain healthy. Avoid toxic exposure and understand that these 4 organs are important in detoxifying our bodies.

Skin – Sweat through exercise and saunas.

Kidneys – Hydrate! Drink plenty of water daily... even if you are not thirsty.

Liver – Quit drugs, smoking, alcohol (or moderation), and eat cruciferous vegetables (like broccoli, cabbage, cauliflower, Brussels sprouts).

Gut – Choose organic clean food and eat plenty of fiber.

Foods that help memory include tea, coffee, oily fish, leafy green vegetables, walnuts, pumpkin seeds, berries, dark chocolate. These foods are super healthy and are brain strengtheners.

Quality sleep is important. Aim for 7-8 hours per night and develop a sleep routine that promotes relaxation. If you snore, get an evaluation for sleep apnea. Treat it if necessary.

Keep your mind young by learning new things. Keep your mind challenged and busy. Stimulate your brain by traveling, learning a new language, taking classes, starting a new hobby, playing games, or learning to play a musical instrument. Make learning new things a part of your life no matter how old you are. It's fun and helps to promote the growth of new brain cells and pathways.

<https://www.apa.org/topics/learning-memory/enhance-memory>

[https://www.providencehealthplan.com/-/media/providence/website/pdfs/health-coaching-heal/php-brain-and-immunity-boosting-foods.pdf?](https://www.providencehealthplan.com/-/media/providence/website/pdfs/health-coaching-heal/php-brain-and-immunity-boosting-foods.pdf?sc_lang=en&rev=44e1730935584949a67607f73f9d4ab3&hash=B90CDB3016BEDE5987E01E7EE5599C1C)

[sc_lang=en&rev=44e1730935584949a67607f73f9d4ab3&hash=B90CDB3016BEDE5987E01E7EE5599C1C](https://www.health.harvard.edu/healthbeat/foods-linked-to-better-brainpower)

<https://www.health.harvard.edu/healthbeat/foods-linked-to-better-brainpower>

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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info@gameplanforliving.com



Coffee-Infused Overnight Oats

Ingredients:

- 1/2 cup old fashioned oats
- 1/4 cup coffee
- 1/4 cup unsweetened milk of choice
- 1/2 scoop vanilla protein powder
- 1 tablespoon chia seeds

Directions:

In a jar or small bowl, combine the oats, coffee, almond milk, protein powder and chia seeds. Put the lid on the jar and give it a shake; stir if using a bowl. Chill overnight.

Nutrition (per serving) Recipe makes one serving:

Calories: 293; Total Fat: 7g; Saturated Fat: 1g; Monounsaturated Fat: 2g; Cholesterol: 18mg; Sodium: 76mg; Carbohydrate: 36g; Dietary Fiber: 10g; Sugar: 4g; Protein: 21g. (Nutritional values based on the use of unsweetened almond milk.)

Nutrition Bonus: Potassium: 168mg; Iron: 17%; Vitamin A: 3%; Vitamin C: 10%; Calcium: 25%

Article printed from Under Armour: <https://blog.myfitnesspal.com>

Photo and recipe: <https://blog.myfitnesspal.com/overnight-coffee-oats-recipe/>