

INSECURE?

Feeling insecure is pretty much universal. We are not alone as nearly everyone feels the impact of insecurity at some point. It's a normal part of life. Once we remember this, we should find it a bit easier to take a more realistic and positive look at ourselves. This process doesn't come naturally to most of us, so being mindful of the way we think is something that we need to work on each and every day.



Don't compare yourself to other people. This is a sure way to feel not only insecure, but also to feel unhappy and even overwhelmed. For those that we view as having it all, we need to remember that we don't know what is going on beyond what we see or what we are told, and more often than not, they have their own struggles. Weighing ourselves up against others makes us less able to see how special we are.

We need to be thankful for everything we've been given – daily. Appreciate the big and the small things, and it doesn't hurt to write these things down so that thinking this way becomes habit. During the times that we feel especially insecure or uncertain, take some deep breaths and concentrate on what there is to be grateful for in that moment.

Have confidence that you can make positive change in your life if this is what you desire. Map out a clear and realistic plan – examples: to improve your health, take a different career path, manage your time, etc. Write down what you want to accomplish. Keep it simple. Then research, if necessary, and write down the steps you need to take to reach your goal. Stay on the path but realize that there will probably be ups and downs and you may fall and need to get up again - no big deal – it happens to literally everyone. Talk to other like-minded people and accept support. You may become the support for someone else as this process becomes easier. Read and watch videos on the subject you are interested in. Education is a good tool for your toolbox in accomplishing your goals.



Turkey Sausage Zucchini Boats

Ingredients:

- 6 medium zucchini
- 1 pound lean ground turkey
- 1 small onion, chopped
- 1 celery rib, chopped
- 1 garlic clove, minced
- 1- ½ teaspoons Italian seasoning
- ¾ teaspoon salt
- ¼ teaspoon cayenne pepper
- ¼ teaspoon paprika
- 1 cup salad croutons, coarsely crushed
- 1 cup shredded part-skim mozzarella cheese, divided

Directions:

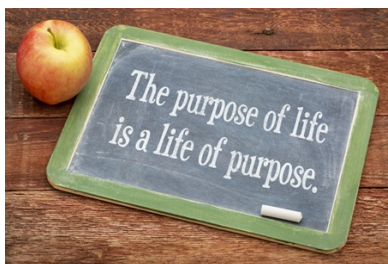
1. Preheat oven to 350°. Cut each zucchini lengthwise in half. Scoop out pulp, leaving a ¼ in. shell; chop pulp.
2. In a large skillet, cook turkey, onion, celery, garlic and seasonings over medium heat 6-8 minutes or until turkey is no longer pink, breaking up turkey into crumbles. Stir in croutons, 1/2 cup cheese and zucchini pulp. Spoon into zucchini shells.
3. Transfer to two ungreased 13x9-in. baking dishes; add ¼ in. water. Bake, covered, 30-35 minutes or until zucchini is tender. Sprinkle with remaining cheese. Bake, uncovered, about 5 minutes or until cheese is melted. Servings: 6

Recipe and Photo: <https://www.tasteofhome.com/recipes/turkey-sausage-zucchini-boats/>

Remember, you are a wonderful and unique individual, and whether you are happy as you are or would like to make some changes – you are worthy and capable.

MOTIVATION AND SELF PURPOSE

Having “PURPOSE” is a great help in staying motivated. Self-purpose comes in many ways, shapes, and forms: it can be measured in a lifetime, decade, year, day, and everything in-between. For some people it comes naturally, but others must search to find it or make it happen. Which type of person are you?



If you know your purpose, identify it in words. For many people, however; that may not be so easy. They don't think about purpose at all... but finding and recognizing purpose - making it a mindful thought – can really aid in motivation. Try to make it a habit to wake up every day, and ask yourself: what is my purpose in life *just for today*? Try it tomorrow upon awakening. Write yourself a reminder and post it so that you remember to think of it each day.

For example: if you have a child, your purpose for the day may be to make sure your child's needs are being met and that they are happy, but for the decade, your purpose may be to make sure your child's life gets off to the right start – mentally, socially, physically, and emotionally. Your personal purpose could possibly be to become physically and mentally conditioned so you will be able to become a healthier more centred person. Or perhaps you have certain goals to achieve at work, and your purpose is to work towards them. If you're going through a rough time, maybe your purpose is to nurture yourself and take the steps to get yourself back on track - or to do the same for a friend or relative in need.

Purpose varies as you move through life, but it is important to always have some type of purpose, EVERY DAY, even if you consider it small or insignificant. When you have purpose in your life, you are much more likely to be an all-around motivated person. What do you consider your purpose to be today? What do you consider your purpose to be longer term?

GIVE INTERVAL TRAINING A TRY

The concept of interval training (HIIT) is to alternate between high-intensity exercise and low-intensity recovery periods. For weight loss, interval training has been proven to be more effective than steady-state cardiovascular exercise as it burns more calories over a short



Zucchini Crust Pizza

Ingredients:

- 2 cups shredded zucchini, squeezed dry
- ½ cup egg substitute or 2 large eggs, lightly beaten
- ¼ cup all-purpose flour
- ¼ teaspoon salt
- 2 cups shredded part-skim mozzarella cheese, divided
- ½ cup grated Parmesan cheese, divided
- 2 small tomatoes, halved and sliced
- ½ cup chopped red onion
- ½ cup julienned bell pepper
- 1 teaspoon dried oregano
- ½ teaspoon dried basil
- Chopped fresh basil, optional

Directions:

Preheat oven to 450°. In a large bowl, combine first 4 ingredients; stir in 1/2 cup mozzarella cheese and 1/4 cup Parmesan cheese. Transfer to a 12-in. pizza pan coated generously with cooking spray; spread to an 11-in. circle.

Bake until golden brown, 13-16 minutes. Reduce oven setting to 400°. Sprinkle with remaining mozzarella cheese; top with tomatoes, onion, pepper, herbs and remaining Parmesan cheese. Bake until edges are golden brown and cheese is melted, 10-15 minutes. Sprinkle with chopped fresh basil, if desired. Yield: 6 slices.

Photo and recipe: <https://www.tasteofhome.com/recipes/zucchini-crust-pizza/print/>

(Human Maintenance, continued from page 2)

period of time. It is meant to be difficult but quick, so you can spend less time working out and more time doing other things.



Benefits of Interval Training

- **Burns more calories** - The harder you exercise, the more calories you burn — even if intensity is increased for short periods of time.
- **Boosts overall fitness** - As cardiovascular fitness improves, you will be able to exercise with more intensity and extend your workout if you so desire.
- **More interesting workout** - Increasing intensity in short intervals can add variety and challenge to your exercise routine.

Though interval training is probably not for someone just starting out with exercise, you can build up to it with regular cardio workouts. There is no rule on how long your different intensities of exercise need to be, so you can adapt interval training to what works best for you. Start by adding an interval training workout to your regular routine once a week.

For instance – walking. If you’re beginning your fitness journey, you could alternate a leisurely walk with periods of walking fast with arms pumping. This might be for 20 or 30 seconds of “hard” followed by a few minutes of an easy walk. If you’re in good shape, you might incorporate short bursts of jogging or sprinting into your walk. This might consist of 90 seconds of walking with bursts of 30 seconds of a sprint for a total of 15 minutes.

A typical HIIT (High intensity interval training) session should last anywhere between 5 minutes and 15 - 20 minutes. Overuse injuries can arise if workouts are too long; cap HIIT workouts at 30 minutes.

There are many HIIT videos and apps available to make your workout easier and interesting if you are interested.

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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Veggie Omelet with Goat Cheese

Ingredients:

- 4 large eggs
- ¼ cup 2% milk
- ¼ teaspoon salt
- 1/8 teaspoon pepper
- 4 teaspoons olive oil, divided
- 1 cup thinly sliced zucchini
- 4 small fresh mushrooms, chopped
- ¼ cup finely chopped green pepper
- 1 cup fresh baby spinach
- 3 green onions, thinly sliced
- 2 garlic cloves, thinly sliced
- ¼ cup crumbled goat cheese

Directions:

1. In a small bowl, whisk eggs, milk, salt and pepper. In a large nonstick skillet, heat 2 teaspoons oil over medium-high heat. Add zucchini, mushrooms and green pepper; cook and stir 3-5 minutes or until tender.
2. Add spinach, 2 sliced green onions and garlic; cook and stir 1-2 minutes longer or until spinach is wilted and garlic is tender. Transfer vegetable mixture to a small bowl. In same pan, heat remaining oil. Pour in egg mixture. Mixture should set immediately at edge.
3. As eggs set, push cooked portions toward the center, letting uncooked eggs flow underneath. When eggs are thickened and no liquid egg remains, spoon vegetable mixture on one side; sprinkle with cheese. Fold omelet in half; cut in half and slide onto plates. Sprinkle with additional green onions. 2 Servings.

Photo and recipe: <https://www.tasteofhome.com/recipes/veggie-omelet-with-goat-cheese/print/>