

### Strength Training for the Win!

Strengthening exercises, also called resistance training, is beneficial for most everyone. The goal is to work a set of muscles to fatigue through repetition but not to elevate heart rate for an extended period like a cardio workout. Strength training exercises include weight machines at the gym, free weights, resistance bands and straps, weighted medicine balls, your own body weight (push-ups, sit-ups, planks, squats...), and using weighted items like cans, bottles, etc.



According to the American Diabetes Association, strength training exercise done regularly can increase insulin sensitivity and lower blood glucose. The American Heart Association states that resistance workouts increase the strength of our bones, muscles, tendons, and ligaments. This is important as we age because our risk for bone fractures and osteoporosis rises.

Are you trying to lose weight? Strength training boosts metabolism because muscle burns more calories than fat, so a toned body will use up more calories throughout the day even when doing nothing. The following are a few tips to achieve your goals with the help of strength training.

**Be realistic.** Realize and be OK with the fact that steady and slow wins the race. Time, consistency, and hard work will get you results. And if you mess up, i.e. skip workouts, eat poorly, etc.? Don't be hard on yourself and give up. Just jump back in and continue with your workouts.

**Quality is better than quantity.** Work hard and use proper form. Don't rush through your exercise. Perform it slowly and carefully to your limit. Going too fast, being sloppy, pushing past what you can do can cause injury.



### Blueberry Peach Quinoa Porridge

#### Ingredients:

- 1/3 cup dry quinoa
- 1/2 cup milk of choice
- 1 cup water
- 1/4 cup blueberries
- 1/2 peach, diced
- 1 tbsp. almonds, optional
- 1 tbsp. hemp or chia seeds, optional
- Dash of honey or stevia for added sweetness, optional
- Dash of sea salt

#### Directions:

Combine quinoa and water in saucepan and turn to medium/high heat. Once the quinoa reaches a boil stir, then lower heat and simmer. After 10-12 minutes, add the milk, blueberries and peaches, stirring occasionally. Let mixture of quinoa, milk and peaches simmer for 3 to 5 more minutes, stirring occasionally. Remove from heat, then top with whatever you like.

Servings: 1, Calories: 370; Fat: 12g; Sodium: 95 mg; Carbohydrates: 55g; Fiber: 7g; Sugars: 16g; Protein: 13g

(Human Maintenance, continued from page 1)

**Perform exercises that work best for you.** Strength training can be split up into muscle groups so that you're not spending a long period of time working your whole body and you aren't sore all over. The following is a sample workout routine. You may want to begin with a 30-minute workout and choose weights so that you can perform 3 sets of 10 repetitions for each exercise. Start light and work your way up over time. Take a break of 30 – 60 seconds between sets.

- Monday – Work back and biceps
- Tuesday – Work chest and triceps
- Wednesday – Work legs and calves
- Thursday – No strength training
- Friday – Work shoulders and abs
- Saturday – No strength training
- Sunday – No strength training

For optimal results perform weight training exercises at least twice a week focusing on the major muscle groups (above). Check with your doctor before beginning a fitness program.

**Include cardiovascular exercise.** For best results, include 30 minutes of aerobic exercise (walking, swimming, biking, etc.) 5 days a week.

**Warm up and cool down.** Warm up your muscles with at least some light activity before weight training and cool down afterwards – stretching is ideal.

**Be mindful of your nutrition.** Listen to your body and eat healthfully when you are hungry. Enjoy your meals. Stay hydrated and don't wait until you are thirsty to drink water. By then you are on your way to dehydration.

## Keep Your Berries Fresher Longer!



Berries are super healthy – low in sugar and high in nutrients and fiber, but they never seem to last long enough in the fridge! If we don't use them up within a day or two, they become moldy. They're expensive, and nobody wants to waste money or be disappointed that their fresh container of berries is spoiled. We've been seeing all over the internet, a strategy for keeping berries fresh longer, and we tried it. It works, and the berries do not taste like vinegar!



## Spinach Salad with Steak & Blueberries

*Combine steak, walnuts, blueberries and feta cheese in this simple salad and you have yourself a healthy and satisfying supper.*

### Ingredients:

- 1 cup fresh blueberries, divided
- 1/2 cup chopped walnuts
- 3 tablespoons fruity vinegar, such as raspberry vinegar
- 1 tablespoon minced shallot
- 1 teaspoon sugar
- 1/2 teaspoon salt, divided
- 3 tablespoons olive oil
- 1 pound sirloin or strip steak (1-1 1/4 inches thick), trimmed
- 1/2 teaspoon freshly ground pepper
- 8 cups baby spinach
- 1/4 crumbled feta cheese

### Directions:

Step 1: Preheat grill to medium.

Step 2: Pulse 1/4 cup blueberries, 1/4 cup walnuts, vinegar, shallot, sugar and 1/4 teaspoon salt in a food processor to form a chunky paste. With the motor running, add oil until incorporated. Transfer the dressing to a large bowl.

Step 3. Sprinkle steak with pepper and remaining 1/4 teaspoon salt. Oil the grill rack. Grill the steak about 5 minutes per side for medium-rare, 6 minutes per side for medium. Let rest on a clean cutting board for 5 minutes.

Step 4. Add spinach to the bowl with the dressing; toss to coat. Divide the spinach among 4 plates. Thinly slice the steak crosswise. Top the spinach with the steak, feta and the remaining blueberries and walnuts.

4 Servings. Serving Size: about 2 cups.

Per Serving: 390 calories; protein 29.2g; carbohydrates 11.1g; dietary fiber 3.4g; sugars 5.6g; fat 26.2g

Recipe and photo - <https://www.eatingwell.com/recipe/250100/spinach-salad-with-steak-blueberries/>

(Continued on page 3)

(Human Maintenance, continued from page 2)

Combine 1-part white vinegar with 4-parts water in a bowl. Rinse off any debris, and then soak the berries in the water/vinegar solution for 2-5 minutes. This gets rid of any mold, bacteria, or pests. Rinse with plain water and dry the berries thoroughly. Use a salad spinner if you have it, and then pat them dry with a paper towel. Grab a container and line it with fresh paper towels. Once the berries are fully dry place them in the container and top with another paper towel. Place the lid on and put them in the refrigerator. They should stay fresh for up to two weeks! Note: This works best for strawberries, blueberries, and blackberries. Raspberries are very delicate. Give it a try but be extra gentle. This is also a good cleaning solution to use for grapes.

## Stand Up!

If your daily job/routine requires you to sit all day, you might want to think about what you can do to change that up a bit. Studies have shown that spending hours upon hours in your seat increases your risk of weight gain, diabetes, heart disease, and a shortened life. The good news is, you CAN find ways to get off your duff during the day.



- ⇒ Take a few laps around the parking lot or office during breaks.
- ⇒ Conduct your meetings while walking instead of sitting.
- ⇒ Stand when you can at your desk. There are now standing desks as well as treadmill desks.
- ⇒ If your chair is on wheels, don't wheel around from area to area of your workspace. Get up and take the step or two to get what you need. It adds up.
- ⇒ Every 30 minutes or so, rise from your chair: you can do seated squats, walk around your work area, go get a drink, go to the restroom, march in place a few times, anything to break up your long stints of sitting.
- ⇒ While you are sitting, do some leg/core exercises. Come up and down on your toes, alternate raising your knees, straighten and bend your knees, squeeze your glutes tight, then release. Squeeze your abs in tight, then release. Repeat.

## Journaling for Better Health

Journaling is a powerful tool to support positive change, overcome hurdles in your life, and work towards goals. It is often used in therapy and in medical treatment. It has been proven to aid in decreasing stress, anxiety, and depression. In fact, through a brain imaging study, UCLA scientists discovered that putting feelings down into words

(Continued on page 4)



## Zucchini Noodles with Avocado Pesto & Shrimp

### Ingredients:

- 5-6 medium zucchini, trimmed
- 3/4 teaspoon salt, divided
- 1 ripe avocado
- 1 cup packed fresh basil leaves
- 1/4 cup unsalted shelled pistachios
- 2 tablespoons lemon juice
- 1/4 teaspoon ground pepper
- 1/4 cup extra-virgin olive oil plus 2 tablespoons, divided
- 3 cloves garlic, minced
- 1 pound raw shrimp (21-25 count), peeled and deveined, tails left on if desired
- 1-2 teaspoons Old Bay seasoning

### Directions:

**Step 1:** Using a spiral vegetable slicer or a vegetable peeler, cut zucchini lengthwise into long, thin strands or strips. Stop when you reach the seeds in the middle (seeds make the noodles fall apart). Place the zucchini "noodles" in a colander and toss with 1/2 teaspoon salt. Let drain for 15 to 30 minutes, then gently squeeze to remove any excess water.

**Step 2:** Meanwhile, combine avocado, basil, pistachios, lemon juice, pepper and the remaining 1/4 teaspoon salt in a food processor. Pulse until finely chopped. Add 1/4 cup oil and process until smooth.

**Step 3:** Heat 1 tablespoon oil in a large skillet over medium-high heat. Add garlic and cook, stirring for 30 seconds. Add shrimp and sprinkle with Old Bay; cook, stirring occasionally, until the shrimp is almost cooked through, 3 to 4 minutes. Transfer to a large bowl.

**Step 4:** Add the remaining 1 tablespoon oil to the pan. Add the drained zucchini noodles and gently toss until hot, about 3 minutes. Transfer to the bowl, add the pesto and gently toss to combine.

4 Servings, Serving Size: 1 3/4 cups each

Per Serving: 446 calories; protein 25.9g; carbohydrates 15.8g; fiber 6.6g; sugars 6.6g; fat 33.2g

Recipe and photo - <https://www.eatingwell.com/recipe/257004/zucchini-noodles-with-avocado-pesto-shrimp/>

(Human Maintenance, continued from page 3)

produces therapeutic changes in the brain that makes sadness, anger, and pain less intense.

### Keep a HAPPINESS Journal!

Everyone can benefit from this simple practice. Simply write down the happy moments of your day. Being aware of the good things in your life can help you to feel more positive, and having a positive attitude not only makes you feel happier, but it also makes others around you feel happier and makes you less stressed and healthier as well!



**Gratitude** – It is easy to take what we have for granted. We are deluged with advertisements and media showing us all that we don't have. However, if you start each day with a list of at least 3 things that you're grateful for in that moment, you're already on your way to a more positive day.

**The good vs. the bad** – Since you're writing about what happened during your day, you will likely do some venting, so be sure to balance each negative thing that happened with something positive no matter how small. This helps to show your perspective.

**Time and space** – Journaling doesn't need to take up more than a few minutes of your time, but it can add up to a better day. Try to get some focused private time to write down your thoughts. Aim to write daily and give yourself a few extra minutes to reflect on what you've written.

**Lock and key?** – Not really but make your journal private – for your eyes only – so that you feel free to express yourself.

<https://www.sciencedaily.com/releases/2007/06/070622090727.htm>  
<https://positivepsychology.com/benefits-of-journaling/>

**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:  
[info@gameplanforliving.com](mailto:info@gameplanforliving.com)



### Fish Tacos with Watermelon Salsa

(Food Network)

#### Ingredients:

- 4 cups diced seedless watermelon
- 1/2 small red onion, finely diced
- 1/2 cup roughly chopped fresh cilantro
- Juice of 2 limes, plus lime wedges for serving
- 1 jalapeno pepper, seeded and finely diced
- 1 tablespoon plus 2 teaspoons extra-virgin olive oil, plus more for brushing
- Kosher salt
- 1-pound skinless wild striped bass fillets
- 1 teaspoon chipotle chili powder
- 1 romaine lettuce heart, thinly sliced
- 8 corn tortillas
- 1 avocado, sliced

#### Directions:

Make the watermelon salsa: Combine the watermelon, red onion, cilantro, lime juice and jalapeno in a bowl. Toss with 1 tablespoon olive oil and 1/2 teaspoon salt and set aside. Preheat a grill to high. Sprinkle the fish on both sides with the chili powder and 1/2 teaspoon salt; drizzle both sides with the remaining 2 teaspoons olive oil. Brush the grill with olive oil, then add the fish and grill until marked and cooked through, 4 to 5 minutes per side. Transfer the fish to a plate and break into bite-sized pieces. Meanwhile, toss the lettuce with 2 tablespoons of the juices from the watermelon salsa and a pinch of salt. Warm the tortillas on the grill and fill with the fish, watermelon salsa, avocado and lettuce. Serve with lime wedges.

4 servings, Per Serving: Calories 437; Total Fat 18g; Protein 25g; Total Carbohydrates 45g

Recipe and photo from <https://www.foodnetwork.com/recipes/food-network-kitchen/fish-tacos-with-watermelon-salsa-recipe-2042926>