

Learning to Like or Even LOVE Exercise

Do you like to exercise; or do you view it as a necessary evil... or even worse, dislike it so much that you don't do it at all? What if you could learn to like it? It would surely make working out easier and put you into a positive frame of mind as well as a healthier body! The U.S. Office of Disease Prevention and Health Promotion reports that there are 5 factors in loving exercise and making it a habit. They are enjoyment, self-efficacy, social support, accountability, and integration into your daily life. We think that enjoyment is first on the list for a reason! We are more likely to stick with something we like.



Schedule exercise. This is important because it is very easy for everything else in our lives to take priority over exercise. It shouldn't be viewed as a free-time activity but rather as something important... because it IS important for good health - both mentally and physically. Reserve AT LEAST 30 minutes, three times a week at a minimum for yourself to exercise. If at first 30 minutes seems too long, then reserve 15 or 20 minutes. If you need more time, then reserve a longer period. If you'd like more days, then reserve more days. Don't feel guilty about taking this time. You deserve to be healthy, and your loved ones deserve for you to be at your best. In fact, think of it as an appointment that you would not cancel.

Self-confidence. If you feel unsure of yourself, your fears can become bigger than your desire to exercise. Even if you don't feel confident, act as if you are confident. You will be surprised at how it can change you in a positive way over time.

Start by taking stock of your values. Are you loyal, compassionate, generous? These are just examples, but you need to take pride in your values. They make you who you are.

Negatives to positives. Don't shut down your negative feelings regarding exercise, but learn to recognize them and then turn them around to more positive thoughts. Think of the reasons that you will succeed instead of the reasons you will fail. Focus on feeling confident. You can do this.

Don't use weight loss as a reason to exercise. Trying to be slimmer and to possibly look like someone we see on TV or someone else we know, can be depressing. Plus, focusing on exercising to lose weight makes working out feel like an obligation. Instead, we should be exercising to take good care of ourselves. We want to feel better, be healthier, get stronger, and enjoy feeling energized!

The fun factor. Choose exercise that you enjoy. What did you enjoy doing when you were younger? Perhaps try a version of that. Do you enjoy nature? Take walks or hikes. Does dancing bring joy to your heart? Just turn on some music and dance at



Spring Salad with Asparagus, Goat Cheese, Lemon and Hazelnut

Ingredients:

- 1 bunch of thin asparagus, cut in half lengthwise
- 1 cup of fresh peas, or frozen defrosted
- 1/2 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)
- 1/2 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
- 1/2 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 them off and slice them lengthwise. Make a lemon and olive oil dressing using 2 parts fresh lemon juice to 4 parts olive oil. In a bowl mash up your 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 Parmigiano Reggiano on top. Garnish with a few lemon slices.

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

(Human Maintenance, continued from page 1)

home. Are you social? Head to the gym or walk with friends. Take a karate class or yoga. When you find an activity that makes you happy, you'll look forward to your exercise time.

Looking at other lifestyle factors. Are you too tired to exercise? Too achy? Of course, if you think you have an issue, you should see your health care provider. But your lifestyle can affect how you feel. What are you eating... or not eating? Are you eating fresh fruits and vegetables? Are you getting enough protein and fiber? Do you limit your sugar? Are you drinking plenty of water and taking the right supplements? What about stress? Do you have effective ways to manage it? Are you getting enough sleep? All these things affect how we feel. Try to get yourself in balance along with exercise and you will find that you feel better both physically and mentally.

Find like-minded people. Seeking out people to talk to and exercise with who are also into health and fitness can be inspiring and fun.

Enjoy. As you start to make exercise a habit and do it regularly, you will begin to notice positive changes in how you feel and how you look. Enjoy these benefits as they come.

<https://health.gov/news-archival/blog-bayw/2018/01/5-factors-help-people-stick-new-exercise-habit/index.html>

Not Into Weights? Try RESISTANCE BANDS!

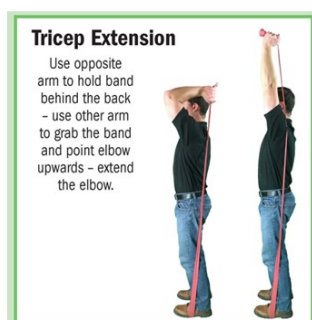
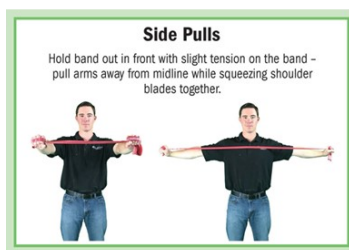
Resistance bands are one of the safest methods to increase muscle and bone strength according to Johns Hopkins Medicine. Like traditional weights, resistance bands provide a force that your muscles must work against (causing muscles to contract, which stimulates bone as well as muscle growth). They are often used by athletes and in physical therapy. Yoga and exercise studios use them.

Types of Resistance Bands: There are flat bands and tubular bands with handles. Bands normally come in varying levels of color-coded levels resistance.

Advantages: Resistance bands are lightweight and compact. They can be used anywhere and in many ways.

Disadvantages: Certain exercises require that you stand or kneel on the band, or secure it in some way. Sometimes it is difficult to find a stabilizing point, other than yourself, depending on your location. It is important that you are taught proper form so that you do not cause yourself injury (as in any exercise done improperly). Talk to an exercise professional.

EXAMPLES of Upper Body Resistance Band Exercises.



Chicken & Spinach Soup with Fresh Pesto

Ingredients:

- 2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided
- 1/2 cup carrot
- 1 large boneless, skinless chicken breast (about 8 ounces), cut into quarters
- 1 large clove garlic, minced
- 5 cups reduced-sodium chicken broth
- 1 1/2 teaspoons dried marjoram
- 6 ounces baby spinach, coarsely chopped
- 1 15-ounce can cannellini beans or great northern beans, rinsed
- 1/4 cup grated Parmesan cheese
- 1/3 cup lightly packed fresh basil leaves
- Freshly ground pepper to taste
- 3/4 cup plain or herbed multigrain croutons for garnish (optional)

Directions:

1. Heat 2 teaspoons oil in a large saucepan or Dutch oven over medium-high heat. Add carrot (or bell pepper) and chicken; cook, turning the chicken and stirring frequently, until the chicken begins to brown, 3 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in broth and marjoram; bring to a boil over high heat. Reduce the heat and simmer, stirring occasionally, until the chicken is cooked through, about 5 minutes.
2. With a slotted spoon, transfer the chicken pieces to a clean cutting board to cool. Add spinach and beans to the pot and bring to a gentle boil. Cook for 5 minutes to blend the flavors.
3. Combine the remaining 1 tablespoon oil, Parmesan and basil in a food processor (a mini processor works well). Process until a coarse paste forms, adding a little water and scraping down the sides as necessary.
4. Cut the chicken into bite-size pieces. Stir the chicken and pesto into the pot. Season with pepper. Heat until hot. Garnish with croutons, if desired.

Nutrition information: 5 - 1 1/2 cup servings. 226 calories, 9 g fat, 19 g protein, 6 g fiber, 211 mg sodium

<http://www.eatingwell.com/recipe/252453/chicken-spinach-soup-with-fresh-pesto/>

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Do You Frequently Experience Upper Back or Neck Pain?

Upper Cross Syndrome is a common cause of upper back or neck pain and is often the result of a sedentary lifestyle or poor posture. Symptoms include:

- Rounded shoulders, forward head posture, or a hunched upper back
- Frequent headaches, neck pain, upper back pain, or shoulder pain



Cause? The cause of this pain comes from a *muscle imbalance* that includes:

- Tightness of the anterior pectoral muscles (chest) and upper trapezius (neck/shoulder) muscles
- Weak cervical flexors (neck running down to upper back) and rhomboids (upper back)

What to do? To correct this imbalance, specific stretches and strengthening exercises can be done to help decrease the pain.

- *Stretching* the pectoral muscles in the front of the shoulders and the muscles in the back of your neck will help relieve the tension that pulls the head forward and rounds the shoulders.
- *Strengthening* the muscles in your mid and lower back will help to hold the upper body in neutral position and improve posture.
- When in a good neutral position with the head straight above the spine, there is less stress on postural muscles and less of a chance to experience pain or injury to the area.

If you are concerned that you may have pain from Upper Cross Syndrome or are experiencing any neck and upper back pain, you may want to contact your healthcare provider or your trainer. If you have an Occupational Athletics Trainer onsite, contact him or her for a full evaluation.

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

Questions / Support:
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Slow Cooker Turkey & Bean Chili

Ingredients:

- 1 Tbs. canola oil
- 1 lb. lean ground turkey
- 1 medium onion, diced (approx. 1 cup)
- 3 cloves minced garlic
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 (15-ounce) can no-sugar added tomato sauce
- 1 (14.5-ounce) can diced tomatoes
- 2 (15-ounce) cans kidney beans, drained and rinsed
- 2 Tbs. chili powder
- 2 tsp. dried oregano
- 1 tsp. ground cumin
- 6 oz. (10-15 chips each) baked tortilla chips

Directions:

In large nonstick skillet, add oil, ground turkey and onion. Cook until meat is no longer pink, about 10 minutes. Add garlic, salt and pepper. Cook 1 minute longer.

Transfer to (4-quart) slow cooker. Stir in remaining ingredients: tomato sauce, diced tomatoes, kidney beans, chili powder, dried oregano and cumin.

Cover and cook on low for 8 hours or until heated through. Season with salt, to taste, and serve with optional toppings if desired.

Energizing Tips (Optional):

- Add ¼ cup Greek yogurt to bump up calories and protein.
- Slice in ¼ medium avocado to bump up calories and healthy fats.

<http://blog.myfitnesspal.com/slow-cooker-turkey-bean-chili/>