

Feel Your Best with the Pillars of Health

Good health isn't made up of just one thing. We need to address various aspects of life to work towards greater vitality, well-being, and optimum health. Some of you may have heard of the *pillars of health*. They are basically lifestyle factors (as we refer to them) and are the ideals to live by (or strive for) to achieve balance for optimum health – body, mind, and spirit (our WHOLE BEING). These pillars include but are not limited to:



- **Nutrition** Eat fresh nutrient-dense whole food- raw or cooked in a healthful way. Enjoy what you eat and spend time dining with family and friends.
- **Physical Activity** – It can add to longevity, keep weight in a healthy range, boost mood, improve sleep, reduce risk of disease, keep bones and brain healthy. Choose what you like to do and move your body!
- **Restorative Sleep** – is very important to our total health as this is the time to recharge body and mind.
- **Emotional Wellness** – being able to navigate our feelings and understand and work towards what is healthy.
- **Social Wellness** – “refers to the relationships we have and how we interact with others. Our relationships can offer support during difficult times. Social wellness involves building healthy, nurturing, and supportive relationships as well as fostering a genuine connection with those around you,” according to the University of California, Davis. This is important to overall health and wellbeing.
- **Spiritual Wellness** – is having a set of guiding beliefs, principles, or values that give meaning and purpose to life... believing in something bigger than ourselves. A strong spirit can carry us through anything.
- **Intellectual Wellness** – Keep your mind sharp with inspiration and mental exercise; expand knowledge and learn new skills.
- **Positive Thinking** – Our thoughts have the power to create our reality. Negative thoughts about yourself, others, or your surroundings affect total well-being and mental wellness.



Mango Lime Sorbet

Ingredients:

- 4 cups frozen mango chunks
- 1/4 cup honey
- 1/4 cup fresh lime juice

Directions:

Thaw mango chunks 15 minutes. Place in blender or food processor, and puree with honey and lime juice. Transfer to shallow glass or metal bowl, and place in freezer. Freeze 30 minutes. Stir puree every 15 minutes until ready to serve.

6 Servings



Immune Boosting Orange-Carrot Smoothie

Ingredients:

- 2 carrots, washed, peeled, and chopped
- 1 frozen banana (cut into quarters)
- 2 oranges, peeled, segmented
- 1 inch fresh ginger, peeled
- 1/2 cup milk of choice
- 2 tablespoons fresh lemon juice
- 1/4 tsp turmeric powder
- 1/8 tsp ground cinnamon
- 1/3 cup plain yogurt
- 1 cup ice
- 1 tsp honey

Directions:

Add all ingredients to a high-powered blender; process until completely blended.

(Human Maintenance, continued from page 1)

- **Financial Wellness** – means living within your means and appropriately planning for the future.
- **Environmental Wellness** – is respecting and caring for your immediate surroundings and in the world around you.
- **Stress Management** - Some amount of stress is healthy; however, if you let stress overtake you, health goes downhill. The goal is to achieve personal harmony and balance.

Strength Training with Just Your Body Weight

Physical activity is one of the main pillars to attain optimal health. To maintain muscle strength and mass, strength training is important... especially as we age. There are many ways to do it, but exercises using only your body weight are very convenient. They are effective, require no special equipment, and can be done at home, at work, while traveling, or in a gym. The benefits of strength training are numerous and include:

- Increased strength of connective tissue, muscles, and tendons.
- Enhanced mood.
- Reduced risk of disease.
- Improved bone density.
- More calories burned throughout the day.

The following are some very effective bodyweight exercises: pushups, plank, squats, lunges, jumping squats, burpees, triceps dips, and bridges. There are many more. You will find lots of information online with videos on how to properly execute these exercises. Proper form on a few, below.

Plank



Squat



Bridge



Common Mistakes When You Have a Cold

Pretending You Aren't Sick. Many people want to just ignore a cold — after all, you tested negative for covid, and you have more important things to do than sit home and treat it. The best thing to do is acknowledge the fact that you're still sick, slow down, and take measures to rest and get better. Ignoring a cold may make it harder for you to recover quickly and could set you up to



Pepper Jack Chicken with Succotash

Ingredients:

- 4 ounces pepper-jack cheese, shredded
- 2 cups baby arugula, roughly chopped
- 2 large skinless, boneless chicken breasts (12 ounces each)
- 1 tablespoon olive oil, plus more for brushing
- Kosher salt
- 1 1/2 to 2 tablespoons Cajun spice blend
- Vegetable oil, for the grill
- 1 cup frozen lima beans, thawed
- 1 medium yellow summer squash, diced
- 2 cups corn kernels
- 1 cup grape tomatoes, halved
- Juice of 1 lime

Directions:

Combine the cheese and arugula in a bowl. Cut a deep 2-inch-wide pocket in the thickest part of each chicken breast with a paring knife. Stuff with the arugula mixture. Brush with olive oil and season with salt and the Cajun spice blend.

Preheat a grill to high. Grill the chicken until blackened and a thermometer inserted into the thickest part registers 155 degrees F, 8 to 10 minutes per side. Transfer to a cutting board.

Meanwhile, heat 1 tablespoon olive oil in a skillet over high heat. Add the lima beans, squash and corn, season with salt and cook until the squash is just tender, 2 to 3 minutes. Add the tomatoes and cook 2 more minutes. Remove from the heat and stir in the lime juice. Slice the chicken and serve with the succotash.

4 Servings

Per serving: Calories 462; Fat 16 g (Saturated 6 g); Cholesterol 120 mg; Sodium 1,018 mg; Carbohydrate 30 g; Fiber 7 g; Protein 48 g

<https://www.foodnetwork.com/recipes/food-network-kitchen/pepper-jack-chicken-with-succotash-recipe-2105215>

(Human Maintenance, continued from page 2)

catch something else when your body's defenses are down.

Washing Your Hands In A Hurry. You already know that hand washing is one of your best natural defenses against germs in general. Many of us have become hand washing experts! But too many people still aren't doing it *enough or LONG enough*. Healthy hand washing includes lathering up on all sides, between the fingers and under your nails for at least 20 seconds, or about the time it takes to sing "Happy Birthday" twice, according to the CDC's recommendations.



Not Humidifying the air. Dry nostrils are more prone to viruses, and if you're already sick, dry air can worsen a sore throat. Use a humidifier.

Neglecting to Stay Well Hydrated. When you have a cold and your head feels heavy, you may not feel like eating or drinking. It's so important, though, to drink plenty of fluids. Grandma's remedy, chicken soup, isn't just folklore — it really helps! Your mucous membranes are better at trapping and disposing of the virus that has invaded your nasal cavities when they are moist. In addition, nose sprays such as Xlear or a saline spray can help your nasal passages to stay moist as well. Talk to your doctor, however, before you use other types of nose sprays.

Not eating. You might not have much of an appetite, but it's important to eat something. Calories and nutrients fuel your body and help your immune system to make you better. Stick with highly nutritious foods such as berries and greens and other fruits, vegetables, and lean protein. Stay away from sweets and junk.

Requesting an antibiotic. Antibiotics will not cure a viral infection. They only kill bacteria. It can also lead to antibiotic resistance as well as to possibly cause you side effects.

Ignoring How Tired You Feel. You really do need extra sleep when you're sick. That's especially true if you're running a low-grade fever, which sometimes happens with colds. Sleep helps your body fight off illness. It may seem cliché to remind yourself to get plenty of rest, but it's necessary if you want to bounce back quickly and help your other cold remedies do their jobs.

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:
info@gameplanforliving.com



Grilled Fish Tacos with Watermelon Salsa

Ingredients:

- 4 cups diced seedless watermelon
- ½ small red onion, finely diced
- ½ cup roughly chopped fresh cilantro
- Juice of 2 limes, plus lime wedges for serving
- 1 tablespoon plus 2 teaspoons extra-virgin olive oil, plus more for brushing
- Kosher salt
- 1 pound fish of choice (mahi-mahi, salmon, grouper, cod, etc.)
- 1 teaspoon chipotle chile powder
- 2 cups lettuce thinly sliced
- 8 corn or flour tortillas
- 1 avocado, sliced

Directions:

- Make the watermelon salsa: Combine the watermelon, red onion, cilantro, lime juice in a bowl.
- Toss with 1 tablespoon olive oil and ½ teaspoon salt and set aside.
- Preheat a grill to high. Sprinkle the fish on both sides with the chile powder and ½ 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 cooked through, 4 to 5 minutes per side.
- Transfer the fish to a plate and break into bite-size 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