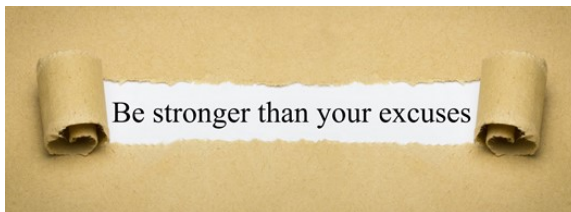


Fitness Motivation – Find Yours!



Baked Parmesan Tomatoes

Ingredients:

- 4 tomatoes, halved horizontally
- 1/4 cup freshly grated Parmesan cheese
- 1 teaspoon chopped fresh oregano
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- 4 teaspoons extra-virgin olive oil

Directions:

Preheat oven to 450° F. Place tomatoes cut-side up on a baking sheet. Top with Parmesan, oregano, salt and pepper. Drizzle with oil and bake until the tomatoes are tender, about 15 minutes.

Per serving (4 servings): 91 calories; 6 g fat; 4 mg cholesterol; 6 g carbohydrates; 3 g protein; 2 g fiber; 375 mg sodium.

http://www.eatingwell.com/recipes/baked_parmesan_tomatoes.html

Motivation is usually the culprit of what comes between a person and their fitness. Finding motivation can be easy some days, harder other days, and depending on the person, it can change often or stay the same for a while. For some people it can depend on mood, environment, attitude, stress, etc. **FIGURE OUT WHAT MOTIVATES YOU.** Here are some examples of what motivates people...

Competition. Some people thrive on competing with others, and some people thrive on competing with themselves.

Feeling Good. Exercise lifts your mood, beats stress, and leaves you with a feel-good attitude to get you motivated about other aspects of your life. Not to mention, it makes you feel better about yourself and your body.

Getting Back to How You Used to Look. (Or closer to it...) Put photos out around your house or office of a time in your life when you liked how you looked and would like to see yourself that way again (be realistic!).

Lack of Energy, Depression, Anxiety, Illness. People get sick and tired of being sick and tired, so they want to take action against not feeling well. Daily exercise is one of the best ways to beat the blues, enhance immunity, and boost energy.

Family and loved ones. Many people want to be healthy and active for their family members so that they can take good care of them. People are also motivated to look a certain way for their partner or want to stay fit to be a good role model for their children.

Results. Once you get started, the *results* are great motivation. You start to see results and you'd like to maintain and want more.

Involvement and Social Aspects. Group classes, or even just belonging to a gym, can make you feel involved and included in something. It's a great way to make new friends or casually socialize.

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Occupation. In some occupations, being physically fit could be crucial for staying safe or performing at your best.

Anger, Frustration, Negative Emotions. When you're feeling angry and frustrated, you can acquire pent up energy that's trying to make its way out of your body. Exercise can be a very effective way to start dealing with these types of emotions.

Cutting Back on Sugar for Good Health

Consuming too much sugar is harmful to brain health and can lead to memory deficiencies and issues with mood and behavior, sugar addiction, and a decline in overall health. **The American Heart Association recommends no more than 25 grams of added sugar per day for women and 38 grams for men.** Most

Americans, however, consume much more than the daily recommended amount of sugar, and it's not hard to do. We most often think of cookies, cakes, soda, and candy as the high sugar foods, but sugar is found in a wide array of products especially in processed and packaged foods and drinks. The best way to limit the consumption of foods high in sugar is by eating a natural diet consisting of whole, real foods. If you want to add a little sweetness to your coffee or tea and avoid sugar, you can try natural, low-calorie sweeteners such as monk fruit, erythritol, or unprocessed stevia. Help to keep your brain and body healthy! Consume sugar in moderation and within the recommended guidelines.



Read food labels from top to bottom. Items on food labels are listed in order from largest to smallest quantity. If one or more of the names for sugar are at the top of the list, that's a sign that the product is high in added sugar.

Watch out for hidden sugar. Even if you don't add sugar to your food or drink, you may still be consuming sugar without realizing it. Know that sugar may be listed as *glucose, fructose, sucrose, maltose, lactose, dextrose, or starch*. Keep an eye out for corn syrup, high-fructose corn syrup, fruit juice, raw sugar, maple syrup, molasses, agave, brown sugar, confectioners powdered sugar, and honey which also contain sugar.

The following foods are an example of "healthy" foods that can also be high in sugar.

- Pre-made smoothies
- Flavored bottled water
- Instant oatmeal
- Granola bars
- Milk alternatives
- Yogurt
- Nut butters
- Gummy vitamins



Lemony Lentil Salad with Feta

This delicious and healthy lentil salad comes together in just 30 minutes and makes a wonderful hot-weather meal. Serve with whole-wheat pitas, if desired.

Ingredients:

- ½ cup lemon juice
- ⅓ cup chopped fresh dill
- 2 teaspoons Dijon mustard
- ¼ teaspoon salt, or to taste
- ½ cup extra-virgin olive oil
- Freshly ground pepper, to taste
- 2 15-ounce cans lentils, rinsed, or 3 cups cooked brown or green lentils
- 1 cup crumbled feta cheese, (about 4 ounces)
- 1 medium red bell pepper, seeded and diced (about 1 cup)
- 1 cup diced seedless cucumber
- ½ cup finely chopped red onion

Directions:

Whisk lemon juice, dill, mustard, salt and pepper in a large bowl. Gradually whisk in oil. Add lentils, feta, bell pepper, cucumber and onion; toss to coat.

Make Ahead Tip: The salad will keep, covered, in the refrigerator for up to 8 hours.

Per Serving (6 servings): 280 calories; protein 12.6g; carbohydrates 23.6g; fiber 10.6g; sugars 4.2g; fat 15.6g; sodium 535.9mg

Recipe and photo - <https://www.eatingwell.com/recipe/252087/lemony-lentil-salad-with-feta/>

(Human Maintenance, continued from page 2)

- Bottled tea
- Sports drinks
- Salad dressing
- Flavored Greek yogurt
- Protein powder
- Ketchup
- Whole wheat bread

Note - Excessive sugar intake is not healthy, but this doesn't apply to whole fruits (which contain fructose). Rather, they are "real" food, high in nutrients, fiber, and satisfyingly filling. Dried fruit is highly nutritious as well, but one piece of dried fruit contains about the same amount of nutrients as the fresh fruit, so a little goes a long way.

<https://www.cdc.gov/diabetes/basics/low-blood-sugar.html>

<https://www.texasinstituteofneurologicaldisorders.com/uncategorized/effects-high-sugar-diet-brain/>

<https://www.mindbodygreen.com/articles/how-to-lower-blood-sugar>

Why Do We Procrastinate?

Most of us procrastinate at one time or another, but some of us procrastinate all the time. Why do we do it?

We want instant gratification. Going to the gym for the first time in months isn't going to give us the end results we want at the end of that first workout. Of course, it takes longer than that! Eating healthfully isn't going to give us the results we want by the end of one day, either. Because we can't get instant results, we give up.



We fear something. We might not start a new task because there are problems within it that we haven't yet figured out (often because we haven't put thought into it yet). Or... we might be afraid we're going to fail or look stupid. We're most often afraid of the unknown – making us want to put it off.

It's easy not to do things, because there are no negative consequences right now. When we were in school and had a teacher looking over our shoulders to make sure we did our work, we tended to *do the work*. But as an adult, who is going to hold you accountable? Nobody. You must be self-motivated or find somebody to hold you accountable.

We overestimate our future self. We often have a long list of things we plan to do because we think we can do a lot... in the future. The reality is usually a little (or a lot) off the mark in that we just can NOT do all that we planned, so we procrastinate and don't do anything! For the same reason, we think it's OK to procrastinate because we're going to do it later, FOR SURE. We imagine our future self to be incredibly productive and focused! Except, our future self is also lazy, and doesn't do it either.

(Continued on page 4)

Air Fryer Chicken Sandwich with Sriracha Mayo



Ingredients:

- 2 boneless, skinless organic chicken breasts
- 1 cup 1% buttermilk
- 1 cup pickle juice
- 1 large egg (beaten)
- Salt
- ½ cup all-purpose flour
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- 1/8 teaspoon cayenne pepper
- Olive oil spray
- 4 tablespoons light mayo
- 1 tablespoon sriracha
- 12 dill pickle chips
- 4 whole wheat potato rolls

Directions:

1. Pound out the thicker end of the chicken breast to make the thickness even on both ends, about ½ inch thick, this will ensure the chicken cooks evenly, then cut each breast in half to make 4 pieces.
2. Whisk buttermilk and pickle juice in a bowl.
3. Add chicken and toss to coat; cover with plastic wrap and chill at least 6 hours or overnight.
4. Combine flour, garlic powder, paprika, ½ teaspoon salt, and cayenne pepper in a shallow bowl.
5. Whisk egg in another bowl.
6. Line the air fryer basket with an air fryer parchment liner (these are sold on Amazon, look for parchment with the holes).
7. Working with one chicken breast at a time, dip chicken in flour mixture, shaking off excess. Then into the egg and back into the flour, using the back of a fork to coat well so it adheres.
8. Shake excess then transfer to the prepared air fryer basket and spray tops with oil. (For best results, let the chicken sit 15 minutes or refrigerated longer help keep the breading on)
9. Air fry in batches as needed 380F until golden and cooked through, about 15 to 18 minutes, turning halfway depending on the thickness, or until an instant-read thermometer inserted into the thickest part of the breast reads 165°F.
10. Meanwhile combine sriracha and mayo in a small bowl.
11. To assemble sandwiches, place the mayo on the top of rolls, place the chicken on the bottom roll followed by the pickle chips and tops of rolls.

Per Serving (1 sandwich)

Calories: 334, Carbohydrates: 31g, Protein: 35g, Fat: 8g, Sodium: 796mg, Fiber: 6g, Sugar: 7g

Recipe and photo - <https://www.skinnytaste.com/air-fryer-chicken-sandwich/>

How Do We STOP Procrastinating?

Stop and think. Think: Instant gratification in the form of goofing off or eating junk food can lead to problems later. Be realistic: Fears are overblown and shouldn't stand in your way. Think: Not having negative consequences now doesn't mean there won't be consequences later. Think about what you're doing and start to do the most rational thing.

Fake it 'til you make it! You can even fool yourself on this one. Attitude is a CHOICE! CHOOSE to put a smile on your face and do what you must do even when you really don't like it. Learn to enjoy the process.

Set up accountability. If no one is looking over our shoulder, we tend to let ourselves slack off. So set up a procrastination-proof environment — find people to hold you accountable. Friends, family, fitness trainer, nutritionist, counselor... whomever you want it to be!

Do what excites you. (Motivation!) If you do what you're excited about most of the time, you'll be less likely to put it off. Focus on why it excites you, rather than the dreaded aspects of the activity – maybe it's the OUTCOME?

Adopt a POSITIVE attitude! Procrastinating can be directly related to ATTITUDE. Stop thinking negatively about things – having a POSITIVE attitude will give you the power and energy to just get it done. Read and listen to empowering audio/video. Hearing someone else's words can be motivating.

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Questions / Support:
info@gameplanforliving.com



Oatmeal Berry Smoothie Bowl

When you want oatmeal AND a smoothie bowl, try this delicious Oatmeal Berry Smoothie Bowl made with oats, frozen berries and bananas.

Ingredients:

- 1/2 cup frozen, mixed berries
- 1/2 medium frozen ripe banana, sliced (1/2 cup)
- 1/3 cup cooked oats, from 3 tablespoons dry cooked with 1/3 cup water
- 2 tablespoons nut or dairy milk
- Optional Toppings: banana, blueberries, raspberries, sliced strawberries, hemp, chia

Directions:

Cook the oats in water according to package directions. Place the liquid into the blender, add the oats, then the berries and bananas and blend until super smooth. Pour into a bowl and top with your favorite toppings.

Serving (1 bowl)

Calories: 154, Carbohydrates: 33.5g, Protein: 3g, Fat: 2g, Sodium: 23.5 mg, Fiber: 6g, Sugar 13g

Recipe and photo—<https://www.skinnytaste.com/oatmeal-berry-smoothie-bowl/>