

HEALTHY *You!*

Your Source for a Happy and Healthy Lifestyle

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THIS EDITION FEATURES:

A Breath of Fresh Air

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the Supermarket

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from Summer to Fall

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AmeriHealth
Administrators



A Breath of Fresh Air

Green spaces can provide calm retreats in your busy life. Being in nature improves your physical and mental health. It calms you down, lowers stress, and reduces heart rate and blood pressure. Cities, suburbs, and rural areas all have green spaces where you can relax and enjoy nature.

- **Urban and suburban locations.** You can turn rooftops or sidewalks green in cities by planting gardens and trees. In the suburbs, joining a community garden can help you connect with others and beautify your neighborhood.
- **Rural landscapes.** Larger green spaces such as meadows, forests, and fields offer opportunities for activities like hiking, birdwatching, and farming. These activities help maintain the natural ecosystem.
- **Community spaces.** Green areas are perfect gathering spots for family picnics, meeting up with friends, or hosting events that strengthen neighborhood connections.

Being in green spaces can make you feel more relaxed by offering a welcome break from the noise and rush of everyday life.

NAVIGATING THE SUPERMARKET

Trying to find healthier food choices for you and your family? Here's how you can make smarter choices when you visit the grocery store:

- **Shop with a list.** Keep your shopping in focus by making a list and sticking to it. Only buy what you need. Avoid extra snacks and sweets that catch your eye.
- **Shop the sales.** Before you go, check out the store's sales. Clip coupons or load them onto your store's digital coupon app. You can save money and try healthy foods you might not usually buy.
- **Stay on the perimeter.** Most stores keep fresh foods like fruits, vegetables, meats, and dairy around the outer edges of the building. Do most of your shopping there and fill your cart with whole, nutritious foods.
- **Consider frozen and canned foods.** These options can be just as nutritious as fresh foods, especially if they don't have added sauce, salt, or sugar.

These tips can help you control the foods you bring home. You'll feel good knowing you're choosing healthy food and saving money, too. Smart shopping is smart eating!

Source: myplate.gov



Eating for *Energy*

Fueling your body with nutritious foods is the key to feeling great all day long. When your body is well-fueled, you have the energy to do the things you enjoy. Avoid bad habits like skipping meals, snacking on foods high in fat and added sugars, and eating large meals, all of which can zap your energy.

Follow a healthy eating plan with well-balanced meals and snacks by:

- **Getting your vitamin B-12.** Foods high in vitamin B-12 include salmon, lean beef, low-fat dairy, leafy greens, mushrooms, avocados, and eggs.
- **Boosting your intake of omega-3s.** Choose oily fish (like salmon, mackerel, and sardines), ground flaxseeds, walnuts, edamame, and omega-3-fortified eggs.
- **Limiting refined carbohydrates.** Choose high-quality carbohydrates, such as vegetables, fruits, beans, peas, brown rice, and oatmeal.
- **Packing high-protein snacks.** Trail mix, turkey roll-ups, Greek yogurt, hard-boiled eggs, peanut butter with celery sticks, cheese, and almonds are all good options.
- **Staying hydrated.** Drinking plenty of water or other unsweetened, non-caffeinated, and non-alcoholic beverages throughout the day can help increase energy levels.

Sources:
eatright.org
usda.gov





RECIPE

Oatmeal Raisin Energy Bites

Ingredients

1 cup old-fashioned oats
¼ cup almond butter
¼ cup honey
¼ cup pecans, chopped
¼ cup raisins
¼ cup toasted coconut

Directions

Mix all ingredients in a large bowl until well combined. Chill mixture for 15 to 30 minutes. Scoop mixture by tablespoon, rolling into a ball. Store in refrigerator for up to one week or freeze for up to three months. Makes 12 bites.

Technology Time-Out

Technology is helpful, but sometimes it can prevent you from connecting with yourself, others, and the world around you. To help find a balance that works for you:

- **Set clear boundaries.** Limit screen time and designate areas in your home, like the dining room or bedroom, as device-free zones.
- **Turn off notifications.** Choose times when you want to avoid digital interruptions and distractions.
- **Focus on face-to-face.** Whenever possible, opt for in-person meetings, which can deepen connections.
- **Take regular breaks.** Screen-free time can help clear your mind and improve your mood. Use this time for relaxing activities such as walking outside, playing with pets, or cooking. Encourage your friends and family to try it, too.
- **Schedule tech time.** Dedicating specific hours of the day for technology can help you better manage your time and ensure periods without digital distraction.

By being intentional with your technology use, you can create more room in your life for the people and things that truly matter.

Source: Wellness Coaches SharePoint Engagement Tools: Disconnecting from Technology and Limiting Screen Time (ramphealth.com)



Shifting from Summer to Fall

Fall brings cooler weather, earlier sunsets, new school routines, and lots of festive planning and decorating. As a result, many people find “all the fall” a bit overwhelming.

Instead, consider how the changing seasons can help you refocus on your health and well-being. Make the most of the transition with these suggestions:

- **Maintain exercise habits.** As the weather cools, stay intentional with your exercise habits. Be prepared to bundle up for outdoor activities as the weather gets chilly. Or create an indoor activity room.
- **Get some daily sun.** As the days become shorter, less exposure to natural light can lead to a lack of vitamin D. Try to get outside in the sunlight for at least 15 minutes a day.
- **Stay hydrated.** The temperature may be dropping, but your water intake should not.
- **Boost your vitamins.** Increasing your vitamin C intake can help strengthen your immune system before cold and flu season starts.



The Benefits of Stretching

Discover the key to a happier, more relaxed life: daily stretching. The stresses of daily life can sometimes be overwhelming, but daily stretching offers a simple remedy. Just a few minutes each day can work wonders for your body and mind. No gym required!

You can stretch anytime or anywhere, including at home, the office, or even while traveling. The benefits of stretching include:

- Releasing tension and promoting relaxation
- Improving flexibility, reducing the risk of injury, and enhancing mobility
- Giving you a chance to pause, breathe, and refocus
- Lowering stress hormones and boosting your mood

Incorporating daily stretching into your routine requires little time or effort, but the benefits are profound. Whether it's a quick stretch upon waking, a midday break at your desk, or a relaxing routine before bed, prioritizing stretching can lead to a happier, healthier, and more balanced lifestyle. So, why not take a moment today to stretch and reap the rewards?

Source:
mayoclinic.org/healthy-lifestyle/fitness/in-depth/stretching/art-20047931



MONTHLY QUIZ

1. Which of the following is a benefit of spending time in green spaces?

- A. It increases traffic noise.
- B. It raises your stress levels.
- C. It lowers your blood pressure and heart rate.
- D. It uses more of your daily energy.

2. Which of the following is NOT an energy-draining habit?

- A. Skipping meals
- B. Eating large meals
- C. Consuming foods high in vitamin B-12
- D. Choosing snacks high in fats and sugar

3. Which of the following is an effective method to manage technology use?

- A. Increase screen time to stay connected.
- B. Keep devices on during all meetings.
- C. Define specific hours for technology use.
- D. Rely on technology for time management.

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