



# Wellbeing Insights



Living a Better, More Vibrant Life

## Be Inspired to Move

October | 2013

### Fall: a Super Season for Moving Your Body

**H**ow many New Year's Eves have you spent sipping champagne and vowing to get more fit in the coming year? Start now and be ready for that "resolution." Fall is a great time to start a physical activity because with the change of seasons comes a renewed time to rethink and restart. You can create good habits for the holiday season and the upcoming winter months.

Walking, hiking and cycling are all awesome in the Fall. In places where snow falls early, try cross country skiing or snowshoeing. Or, if you live near the beach, get outside, throw the frisbee around, or play a vigorous game of fetch with your dog. Fall is also great time to learn something new. Many classes get started in the Fall, so look around and see if something intrigues you. Fall is the perfect time to gain new physical skills, if you learn something new now,



by next summer; you'll have mastered the skill.

Strive for the 3C's: commitment, convenience, and consistency. You have to start planning exercise, just like meetings, dinners, and getting kids to practice, and everything else. It's better to work out for 10 minutes a day rather than one hour every month. Lastly, remember people are motivated by different things. It's important to discover what your individual motivation is – what's your reason, what's your "why."

***"All that is important is this one moment in movement. Make the moment important, vital, and worth living. Do not let it slip away unnoticed and unused." ~ Martha Graham***



Pink isn't a traditional autumn hue, but the color sparkles bright in October for Breast Cancer Awareness Month. One in eight women gets breast cancer; a mammogram can mean the difference between life and death. Tell someone.

## Pumpkin Power

**T**he seeds of this seasonal gourd are a nutritional gold mine – not to mention delicious! Make fresh or use store-bought seeds to create a topping for soups, salads and roasted veggies. And there are nine grams of protein in each one ounce serving of pumpkin seeds.



**M**ake your food tasty, enjoyable and satisfying without using full fat and salt – just add spice! We have an expectation of what good food should taste and feel like in our mouth and we often perceive a lack of fat as a lack of flavor. But this isn't true. Spices and herbs can add a new and very enjoyable dimension to your food. Try these spices for a really tasty alternative:

### Meats:

**Beef:** bay leaf, marjoram, nutmeg, onion, pepper, sage and thyme

**Chicken:** ginger, marjoram, oregano, paprika, rosemary, sage, tarragon, thyme, dill

**Pork:** garlic, onion, sage, pepper, oregano, coriander

**Veal:** bay leaf, curry, ginger, marjoram, oregano

**Fish:** curry, dill, dry mustard, lemon juice, paprika, pepper, marjoram, garlic

**Lamb:** curry, garlic, rosemary, mint

## Spice Up Your Life



### Vegetables:

**Carrots:** cinnamon, cloves, marjoram, nutmeg, rosemary, sage

**Corn:** cumin, curry, onion, paprika, parsley

**Green Beans:** dill, curry, lemon juice, marjoram, oregano, tarragon, thyme, pepper

**Greens:** onion, pepper

**Peas:** ginger, marjoram, onion, parsley, sage

**Potatoes:** dill, garlic, onion, paprika, parsley, sage, pepper

**Squash:** cloves, curry, marjoram, nutmeg, rosemary, sage, ginger, cinnamon, ginger, onion

**Tomatoes:** basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper

### Roasted Pumpkin Seeds

Mix 1 cup pumpkin seeds, 1 tablespoon chopped fresh rosemary, 1 tablespoon sea salt, 1/3 cup sugar, and a pinch of ground cayenne pepper in a bowl. In another bowl, whisk 2 egg whites until foamy, fold in dry ingredients, and toss to coat. Spread in an even layer on a parchment paper-lined baking sheet and roast at 350 degree Fahrenheit for 25 minutes or until golden.

Enjoy!



*“The two biggest sellers in bookstores are the cookbooks and the diet books. The cookbooks tell how to prepare the food, and the diet books tell you how not to eat any of it.”*  
~ Andy Rooney

## Becoming More Zen

If you're a person with thoughts that move a thousand miles a minute, bouncing from one idea to another – sometimes leaving you anxious and unable to focus or relax, or keeping you up at night, meditation might be your ticket to greater tranquility. Even if you are a chronically overbooked person, you can reap benefits from short (even five minute) sessions.

People can have 70,000 thoughts a day – we can't stop them but we can learn to stop paying attention to each and every one of them. That's the reason to concentrate on a mantra – it has no meaning and allows the mind to let go.



- Choose a place where you won't be disturbed. Sit comfortably so that you are fully at ease. You should sit any way you like as long as you can stay alert.

- Close your eyes and take a few moments to observe the inflow and outflow of your breath. Then, take a slow, deep breath through your nose, while thinking or silently repeating the word "So."

- Then slowly exhale through your nose while silently repeating the word "Hum." Continue to allow your breath to flow easily, silently repeating: So . . . Hum . . . with each inflow and outflow of the breath. Whenever your attention drifts to thoughts in your mind, sounds

in the environment, or sensations in your body, gently return to your breath, silently repeating: So . . . Hum.

- Do this for 15 to 30 minutes. Just breathe easily and effortlessly. When time is up, keep your eyes closed for a moment to rest in the stillness and silence. Allow the peace and calm to soak into your body to carry with you as you move into the activities of your day.

## When to Move On...



How do you know if you are chasing your tail or banging your head against a brick wall, or if you are making progress in a situation? Moving on is a metaphor for making a decision, be it a television show, a lifestyle habit, or a relationship. Whether it's moving on from a set of behaviors, old habits, addictions, a relationship, job, or any situation, it is important to recognize when you've come to a standstill or a dead end.

Often, it feels safe to stay in a situation whether it is working for us or not. There are no simple step-by-step instructions for knowing when it's time to move on and try something different, but the most knowing sign is that little voice within you. The truth can be hard to accept, and it can take courage to realize that something isn't working in your life and you need to make a change and start fresh. But remember, you'll often find as you close one door that another opens.

*"It is our choices that show what we truly are, far more than our abilities." ~ J.K. Rowling*

## Take Our Quiz



### Test Your Knowledge About October

- 1. For what Latin number is October named?**
  - a. One
  - b. Ten
  - c. Eight
  - d. Nine
- 2. What is the flower for October?**
  - a. Chrysanthemum
  - b. Petunia
  - c. Calendula
  - d. Dahlia
- 3. October is associated with Spring in the Southern Hemisphere**
  - a. True
  - b. False

**Answers:**

1. Eight
2. Calendula
3. True

## Give Your Cell Phone a Checkup

**W**hen it comes to smart phone safety, do you need a wake-up call?

**Disinfect it:** Research shows that the average cell phone contains about 10 times more germs than a toilet seat – so clean it daily with a reusable microfiber cloth that sanitizes touch screens.

**Avoid risks:** There's no such thing as safe texting or talking on the phone behind the wheel, even if hands-free. "We actually can't do these complicated tasks simultaneously" says the Georgia Institute of Technology in a study of distracted driving. The phone pulls our minds off the road and our reaction time slows, increasing the chance of missing signs, pedestrians and other cars.

**Shield yourself:** It's still debatable whether cell phone radiation increases cancer risk, but taking precautions can't hurt. Try to keep your phone at least an inch from your body (i.e. not in your pants



pocket). When the signal is weak or the battery is low, your phone emits more radiation to connect, so avoid making calls during these times.

**Add ICE:** First responders to emergencies typically look for an emergency contact on your phone, so include your go-to-person's name and number under "ICE" (in case of emergency) in your contact list.



*Wellbeing Insights*

A Monthly Publication of CBIZ Wellness Solutions

