



Wellbeing



Living a Better, More Vibrant Life

Insights

February | 2014

Be Inspired to Move:

Exercise: What's Love Got to Do With It?

A lot! As we go about our daily lives, we rely on our loved ones to encourage and challenge us. Likewise, our partners, children, and friends count on us, to support them, pace them, and make life more enjoyable.

The same holds true when it comes to exercise. It can be hard to push ourselves that extra mile. Sometimes, and especially during the winter months, it's hard to just get off the couch! Don't be afraid to tap into your family network; recruit a loved one to exercise with you! Loved ones who workout together benefit from: enjoying quality time and conversation, trying new activities without feeling intimidated, exploring running trails and parks safely and accomplishing shared goals.



Never-the-less, don't underestimate the importance of choosing the right partner. You don't need to pick someone at the same fitness level as yourself, but, it's important to be on the same page about what you hope to accomplish. An active athlete may get easily frustrated with the pace of a newbie, unless the athlete agrees in advance to play the role of "coach." Select a person that has a positive, can-do attitude, and who you can depend on to follow through, rain or shine.

If exercising with a loved one isn't possible, a pep talk or check-in on the phone may be beneficial. Agree to work out at the same time, albeit different places, and commit to call or text each other "high fives" or words of encouragement following the activity. You also might consider joining group workouts or fitness classes- like walking clubs or boot camps-near home or work.

Otherwise, get out there ... together! Climb an indoor rock wall with your teenager, go to a yoga class with a friend, help your mom with her garden, or schedule a workout-style date with your spouse. Start enjoying more quality time and better health.

*Life isn't about finding yourself;
Life is about creating yourself*

~ unknown



Beans, Beans ... the Magical 'Fruit'

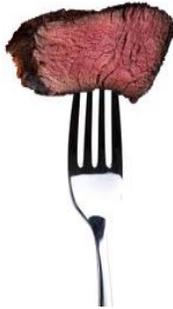


We all know the funny quip about beans and digestion, but, legumes are good for much more than a laugh! Among all groups of food commonly eaten worldwide, no group has a more health-supportive mix of protein-plus-fiber than legumes. From a single, one-cup serving of beans you get nearly 15 grams of fiber and 15 grams of protein.

Beans are also nutrient dense, and are also a good food option if you are trying to achieve or maintain a healthy weight as they are low in fat and an excellent source of protein.

When it comes to beans – how many can you name? (Challenge your co-worker!) Bean types include: adzuki beans, black beans, black-eyed peas, broad beans (fava beans), calico beans, cannellini beans, garbanzo beans (also called chickpeas), kidney beans, lentils, lima beans, mung beans, navy beans, peanuts, pinto beans, soybeans (also called edamame).

Get Out of the Red ... Meat That Is



Red meat contains proteins and vitamins that your body needs to function efficiently, but a 20 year study explains that eating red meat can increase your chances of developing heart disease and certain cancers. Some types of red meat appear to be worse for your heart than others. Eating one hamburger, one serving of bacon, or one hot dog per day ups a person's risk by 42 percent, 41 percent, and 35 percent, respectively, compared with eating those foods only once or twice a month (if ever).

The good news is that you don't have to cut out red meat altogether to improve your heart health. If you eat red meat more than once a day, cutting back to one

serving every other day can substantially reduce your risk. Our suggestions:

- 1) Limit your red meat to two 3- to 4-ounce portions per week and avoid processed meats as much as possible.
- 2) Second, start small. Eat more lean meats and add 1 or 2 meat-free days into your week.
- 3) Third, consider using fish, poultry, soy products, nuts and beans to replace red meat. If you have chosen to cut red meat out of your diet, replace the red meat with foods that can make up for red meat's proteins and vitamins. Keep in mind that the average person requires at least 50 to 100 calories of protein per day.

White Chicken Chili

This heart healthy (warm!) dish is bursting with flavor.

- 10 ounces white chunked chicken
- 3 cups cooked white beans
- 1 can (14.5 oz) low-sodium diced tomatoes
- 4 cups low-sodium chicken broth
- 1 medium onion, chopped
- 1/2 medium green pepper, chopped
- 1 medium red pepper, chopped
- 2 garlic cloves, minced
- 1/4 teaspoon of chili powder, cumin, oregano and cayenne pepper

Toppings:

- 6 tablespoons shredded reduced-fat Monterey Jack cheese
- 6 ounces low-fat baked tortilla chips (about 65 chips)
- Whole avocado sliced

In a large soup pot, add the chicken, beans, tomatoes and chicken broth. Cover and simmer over medium heat.



Spray a nonstick frying pan with cooking spray. Add the onions, peppers and garlic and sauté until the vegetables are soft, 3 to 5 minutes. Add the onion and pepper mixture to the soup pot. Stir in the chili powder, cumin, oregano and, as desired, cayenne pepper. Simmer for about 10 minutes, or until all the vegetables are soft. Ladle into bowls and sprinkle each serving with 1 tablespoon cheese and 1 teaspoon cilantro. Add a couple of slices of avocado on top. Serve with baked chips on the side (about 6-8 chips with each serving of chili).

Everyone Deserves a Fair Fight

Hopefully most of our conversations with our partner or loved ones are warm and fuzzy. The reality, however, is that sometimes we share difficult experiences, and have ‘not-so-pleasant’ interactions. It’s normal to have disagreements, but it’s also important to emerge with your relationship intact. If you are going to “fight,” follow these ground rules:

1. Make sure the other person is ready.

Don’t pick a fight when the other person is tired, stressed out, or under the influence of alcohol and, as a result, is likely to be unproductive.

2. Take a timeout.

If an argument gets too heated, or another person cannot clearly express their feelings, agree to take a break.

3. Use “I” statements.

If something is bothering you, take ownership of it (e.g., “I feel hurt because...” or “I feel embarrassed when...”) rather than “you” statements that label your partner. If a nasty name does slip out, apologize, sincerely.

4. Try not to speak in generalities.

Be specific. Often times our feelings get hurt over miscommunications, so discussing a situation gives each person an opportunity to clarify their intentions.

5. Give each other enough time.

If you monopolize the argument, the other person may walk away feeling unheard and unsatisfied with the result. Be sure to be cognizant of the other person’s non-verbal cues.



6. Check in to make sure you’re on the same page.

In the conversation, give each other feedback. Try restating what the other person has communicated.

If you can’t seem to find common ground, or if you frequently walk away feeling badly about yourself or the other person, reach out to a professional. And remember, physical violence and verbal abuse is never acceptable – seek support from your doctor, trusted clergy, professional counselors or law enforcement right away.

“To get the full value of joy you must have someone to divide it with.”

– Mark Twain

Don’t Take Your Relationship for Granted



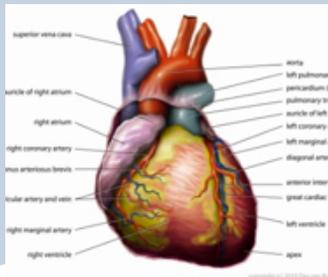
If you’re not connecting in your relationship like you want, here are 3 ways to help:

First: Appreciate and have gratitude. Focus on appreciating the other person, and feeling gratitude for the things they have brought to your life or the times when they have been there for you. Focus on what you love about the other person and draw on loving memories.

Second: Set some goals together. One of the quickest routes to reconnecting is setting a mutual goal that you can strive for as a couple. Sit down together (try going out rather than staying at home) and think about what you would like to see happen.

Third: Talk about what’s working – and what isn’t. Be honest and gentle. Agree to continue doing the things that bring you closer (and ideally do them even more) and make an effort to change what causes friction or stress.

Take Our Quiz!



Little Organ ... Big Power!

1. On average, about how big is the human heart?
 - a. Size of a golf ball
 - b. Size of your fist
 - c. Size of a grapefruit
2. Each day, about how often does your heart beat?
 - a. 10,000 times
 - b. 60,000 times
 - c. 100,000 times
3. A good belly laugh can send how much more blood flowing through your body?
 - a. 20%
 - b. 5%
 - c. Does not have an effect
4. What is the most common time of the week that people suffer a heart attack?
 - a. Saturday night
 - b. Monday morning
 - c. Wednesday afternoon

Answers:

1. Size of your fist
2. 100,000 times
3. 20%
4. Monday morning

Rock the Runway (or Office Hallway) in RED



Red is a bold color! Very rarely does a person wearing a red dress, pants, or tie go unnoticed.

If you are normally shy about wearing this standout color, here are three reasons why you should go for it this month:

1. If you have to give a presentation or have to collaborate with others to make key decisions, consider wearing red to grab attention and inspire others to take action. A little bit of red, like a scarf, can be effective.

2. Show your support of efforts to prevent heart disease. Friday, February 7th is the official National Wear Red Day! Coronary heart disease is the number one cause of death in the United States and it's largely preventable. Wear red as a visible pledge to take care of your own heart!

3. As red is known as the color of energy and passion; wear it on Valentine's Day to express yours! Caution however, that some view red as the color of alarm, so when in red, wear it with a smile.

The color red may have different meaning in different cultures. In some cultures, its worn in pre-wedding tradition, as red signifies purity, joy, and celebration. The color red may signify happiness and prosperity or used to attract good luck.

“The food you eat can be either the safest and most powerful form of medicine, or the slowest form of poison.”

~ Ann Wigmore

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