



Wellbeing



Living a Better, More Vibrant Life

Insights

Be Inspired to Move:



It's that time of year again—the snow's melting, the sun's shining, and those thick sweaters in the closet are about to go into storage. It's the perfect time to reignite your motivation by breaking away from your boring routine and embrace springtime. Kick off spring with a healthy start by getting the right gear, revamping your routine, and doing some "spring cleaning" in your pantry. Here are simple tips to help you learn how to love moving.

Set a Schedule... but Be Realistic

If you haven't been working out much this winter, don't write down that you'll do cardio exercises for 30 minutes a day, six days a week. You'll only find yourself getting frustrated and will be more likely to give up on your workout program. Post your exercise plan in places you'll look frequently, like the calendar app on your smartphone or at your desk at work.

Team Up

You're more likely to stick with your plan if you've got a partner in crime. Choose someone who has similar goals whose schedule fits with your own. Your best bet: Get together at the same time four days a week, whether it's before work or just before dinner.



Keep Track of Your Progress

Chart your progress, whether it's with a high-tech online tracker or an old-school journal. Seeing incremental improvements can boost your motivation.

Don't Expect Perfection

Don't fall into "all or nothing" thinking. Expect that you'll miss a day or two, or that sometimes your workout wouldn't go well, but don't let it be an excuse for giving up. There are always going to be

reasons to give up, so use your reason to carry on when that little voice says, 'sit on the couch.'

Don't Compare Yourself to Others and Forget the Past

We've all seen those toned, fatless specimens of health. Don't compare yourself to them, forget about them. Do not let them deter you from your goal. Don't let past negative experiences with exercise hinder you – your goal now is to stay healthy and enjoy your life!

"Never allow the fear of striking out keep you from playing the game." ~ Babe Ruth



Grapes – A super fruit

Red, green or black, grapes are a naturally sweet and a super-ingredient. Sweet and tart with beautiful colors and flavors unique to each variety, grapes are a wonderful addition to recipes. They are versatile in nearly every style and cuisine – so have fun finding more ways to make grapes part of your table.

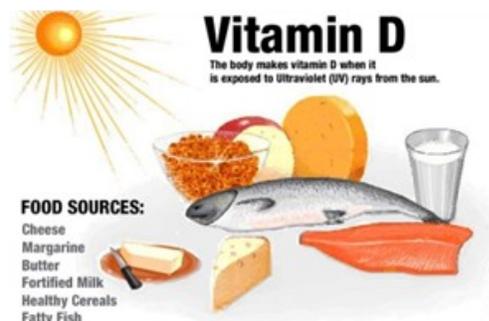
Ideas like marmalade glazed pork chops with green grapes, sea scallops with red grapes, salmon and red or black grapes, or grape and rice stuffing are just a few examples. Grapes also make a great addition to salads or smoothies, or as a substitute for tomatoes in many recipes. Add them to baked chicken or on homemade flatbread pizzas.

A ¾ cup serving of grapes has just 90 calories and provides potassium and 25% of your daily recommended amount of vitamin K, as well as being a natural source of antioxidants and polyphenols for a healthy heart. Grapes are a great way to add health and flavor to your foods.

The Power of Vitamin D

Yes, vitamin D is good for bone health. That news is old hat. Yet interest in vitamin D is skyrocketing. In fact, hundreds of studies have been done on vitamin D in the last few years. Vitamin D

- Reduces risks of illness and colds
- Reduces the risk of diseases including diabetes, heart disease, cancers, and autoimmune disorders
- Protects against mental decline, depression, allergy, and frailty
- May influence the adult health of an unborn child during pregnancy



So, it makes sense to get enough vitamin D. That sounds simple enough. But people with limited sun exposure may have lower D levels. So can those who live where there's air pollution or at higher latitudes where UVB rays are weak. Food is another possible source of vitamin D, like wild-caught salmon and mushrooms. Some dairy products and juices have added vitamin D as well. However, adults and kids still don't get enough vitamin D from food sources so we need to get vitamin D from taking 600 IU supplement according to the Institutes of Medicine (IOM).

Anyone can be low. Studies show that 30 to 50 percent of people don't get enough vitamin D. Being overweight can affect your vitamin D levels, too. If you are concerned about your vitamin D level, talk to your doctor about the amount that's right for you. Taking too much Vitamin D supplement can be risky so it's important to get the right dosage.

Vitamin D Booster – Red Grape Tuna Salad



Ingredients

- 3 ounces drained tuna (packed in water)
- 1/2 cup halved red grapes
- 1 tablespoon slivered almonds
- 1 tablespoon chopped fresh mint
- 1 tablespoon lemon juice
- 2 teaspoons olive oil
- 1/8 teaspoons black pepper
- 1 whole-grain pita, halved

Combine first 7 ingredients (through pepper) in a small bowl. Toss gently. Serve in pita halves.

"Everything around us is made up of energy. To attract positive things in your life, start by giving off positive energy." ~ Unknown

The concept is simple – within each of us lies an invisible bucket. Our bucket is the direct result of our daily interactions, and throughout the day our bucket is either being filled up or emptied.

As we engage in positive relationships we are filled with positive emotions, but when we encounter negative energy our bucket is “dipped from” and we are left feeling subpar and less than the best versions of ourselves.

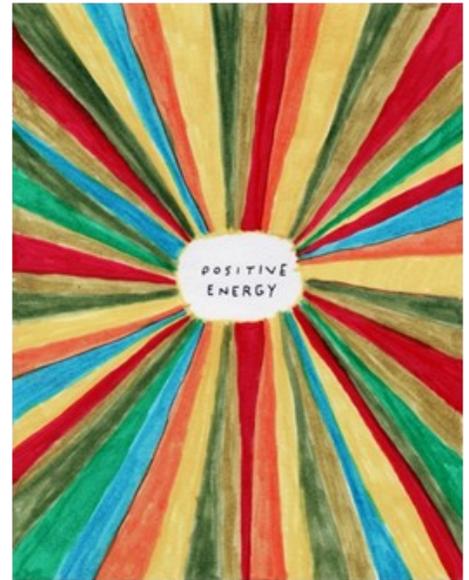
Be a bucket filler. What we say and do to others can deeply influence our relationships, productivity, health, and happiness. As we fill other people’s buckets with positive emotions, we also fill our own. Likewise, when we dip from their bucket, we depreciate ourselves as well. Being a bucket filler allows other aspects of our lives to come together as well: improved energy levels, confidence, rapport, and effective job performance. Every day we are given the freedom to either fill up or dip from another’s bucket. A full bucket grants us a positive outlook, makes us stronger, and more optimistic. Are your spoken words, thoughts, and interactions dipping from or filling up your bucket?

Facts:

- A recent study found that negative people can scare off every person they speak with – for good
- 9 out of 10 people say they are more productive when they’re around positive people
- We experience approximately 20,000 individual moments or interactions every day
- Increasing positive emotions could lengthen life span by 10 years

Positivity isn’t corny or uncool – it can be a significant factor in your overall wellbeing and happiness. And positivity is a choice. If it’s not a current habit, it may seem like work at first, but with practice it can become your favored approach to situations. Also, take note of how contagious your positivity is – it influences the attitude of those around you!

Positivity Power Tip: Add "yet" to any negative thought and see how its energy changes! (E.g., "I don't have money for this...yet.")



In the Moment

Mindfulness is being aware of the present rather than dwelling on the past or worrying about the future. Mindfulness can relieve stress and give you a positive outlook. Train your brain to be mindful:

1. Look at an object and describe its features – color, size, shape, texture and use. Spend a few minutes doing this.
2. Focus only on each step as you walk across a room. How do your feet feel? Don't let other thoughts enter your mind, if your mind starts to wander stop walking and start thinking about your step before you continue to walk.
3. Play a song or sounds. Listen to each second. How do volume and pitch change? How does the music/sound make you feel?

For Every POSITIVE CHANGE you make in your life, something else also changes FOR THE BETTER – it creates a change reaction.



Did you know that within 20 minutes after you smoke that last cigarette, your body begins a series of positive changes that continue for years?

20 minutes after quitting: your blood pressure and pulse decrease.

8 hours after quitting: the carbon monoxide and oxygen levels in your blood return to normal.

1 day after quitting: your chances of a heart attack decrease.

2 days after quitting: nerve endings regenerate: senses of smell and taste improve.

2 weeks after quitting: circulation improves and lung function increases.

1 to 9 months after quitting: your coughing and shortness of breath decrease.

1 year after quitting: your added risk of coronary heart disease is cut in half
And the positive chain reaction goes on and on – your stroke risk is reduced, and your cancer death rate is half of a smoker's.

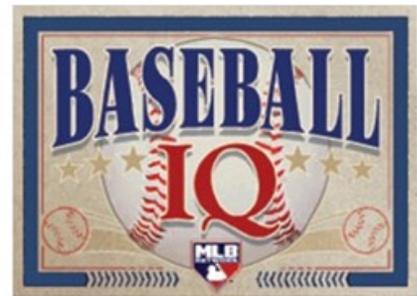
Go ahead, start your own positive chain reaction. Check with your health plan for tobacco programs offered by your employer, check with your doctor, or check out the following free tobacco cessation resources:

www.tobaccofree.org; www.smokefree.gov; www.lung.org

Take Our Quiz:

Test Your Baseball I.Q.

1. Fireman is another name for:
 - a. a pitcher brought in at the end to help save the game
 - b. the third base coach
 - c. the water boy
2. A rhubarb is:
 - a. an argument with the umpire
 - b. a pep talk
 - c. a poorly thrown ball to first base
3. The 7th inning stretch occurs:
 - a. at the beginning of the 7th
 - b. in the middle of the 7th
 - c. at the end of the 7th
4. Glove man is a term for:
 - a. the catcher
 - b. a player who nearly drops the ball but catches it again
 - c. the player on the team who can best catch the ball



Answers: 1. a; 2. a; 3. b; 4. c

Wellbeing Insights 
A Monthly Publication of CBIZ Wellness Solutions