

## YOUR GAMEPLAN TO LIVE

### NIGHT TIME SNACKS – YAY or NAY



Many people believe that a night time snack is a big no-no, but a *small, nutritious* snack can actually help us to sleep better and can even aid in weight loss if it's a part of your daily calorie allotment and not just extra empty calories. Whole, minimally processed foods are your best choice with many containing sleep enhancing nutrients such as tryptophan, magnesium, and calcium. Keep healthy snacks on hand so that you're less tempted to eat unhealthy or binge. Try to pair high protein foods with calming complex carbohydrates such as fruits,

vegetables, plain Greek yogurt, chia, hemp and pumpkin seeds, nuts and nut butters, cheese, and turkey.

The following are great snacking combo ideas under 200 calories:

**Berries and Cheese** – (Calories per cup: Strawberries – 50, Blackberries – 62, Blueberries – 84, Raspberries – 70). 1 cup of berries + 1 oz. of cheese for approximately 160 calories.

**Banana and Almond Butter** – a small banana dipped in a tablespoon of unsweetened almond butter for approximately 165 calories. Sub an apple for the banana – 195 calories.

**Peanut Butter Dip** with apples, pears, celery, carrot sticks, crackers (*recipe to the right*). Serving of dip 115 calories plus whatever you choose to dip with (3 stalks celery = 30 calories).

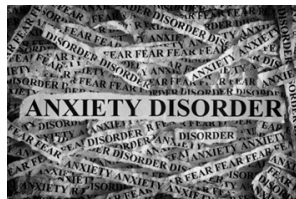
**Yogurt, Nuts, and Berries** – ½ cup of plain nonfat Greek yogurt, 2 Tbs chopped nuts of choice, ½ cup berries for approximately 195 calories.

**Turkey Dill Pickle Roll-ups** – 3 slices lean turkey breast, 3 dill pickle spears – under 100 calories. Add a few Tbs. of hummus or cream cheese for an extra 50 calories.

**Oatmeal** – A serving of oatmeal with unsweetened nut milk is just 170 calories.

### ANXIETY AND PANIC DISORDERS

We all know what panic feels like. Your heart jumps into your throat then beats wildly, your breathing increases, you feel light-headed, your palms feel clammy... ugh! For most people this happens in response to an event that is frightening or when you realize something is wrong. Usually, though, folks can rationalize in their head that things are now alright and can calm themselves down.



For people with panic and/or anxiety disorder, anxiety and panic sets in often for no good reason, and they cannot calm themselves down or think rationally about what is going on.

People with panic disorder often think that they are dying, having a heart attack, or are going crazy. And if you do not know that what you are experiencing is a panic attack, you *should* be evaluated by a healthcare professional, because the physical symptoms often do mimic that of a serious health problem.

### Skinny Peanut Butter Dip



This Skinny Peanut Butter Dip has only 3 ingredients!!

Make it for breakfast, lunch, or an after school snack or even as a game day dip!

#### Ingredients:

- 1 cup plain nonfat Greek yogurt
- 3 tablespoons creamy peanut butter
- 1-2 tablespoons maple syrup or honey—to taste
- Dippers—for eating (apples, celery, carrots, crackers, chocolate chips, etc.)

#### Directions:

Stir yogurt, peanut butter, and maple syrup or honey until no lumps remain. Serve with assorted dippers. Store in an airtight container in refrigerator for up to 1 week.

**4 Servings: 115 calories per serving.**

<https://www.crazyforcrust.com/skinny-peanut-butter-dip/>

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People often go to the emergency room thinking they are having a heart attack as they may have chest pain, difficulty breathing, and sweating. Once evaluated and finding themselves clear of anything serious, it is not unusual for this initial episode to be just the first of many.

Other symptoms of panic attacks include, but are not limited to: a racing heart, shaking, choking, dizziness, feeling numb or experiencing a tingling sensation, nausea, and a sense of doom.

### What causes panic and/or anxiety disorder?

**You may have a genetic disposition that makes you more prone to anxiety and panic or you may have had an experience that shook you up at some point in your life. For some people, life's stresses have become too much, and for others, there could be a medication or hormonal connection.**

Almost anything can trigger a panic attack. Severe, extreme fear or terror can strike at home, work, and even during sleep. Quite often, people with anxiety disorder often become so afraid of having a panic attack that they cause themselves to continue to have panic attacks because they believe they will happen again. As time goes on, they often associate various places and things with the attacks and then become afraid of doing or going to these places. These people, if they do not seek help, can develop agoraphobia, another anxiety disorder that makes them afraid to leave their homes.

### There is effective treatment for anxiety & panic disorders!

If you think that you have anxiety and/or panic disorder, see your physician. Treatment usually involves a combination of medications and therapy. Sufferers can work with a psychiatrist or therapist to talk about their fears and anxieties and find effective ways of coping with their anxiety and fear.

Panic attacks are scary and not to be made light of. Someone with repeated panic attacks isn't likely dealing with one simple fear, and the disorder can wreak havoc on their life. However, with a solid diagnosis and treatment plan, panic and anxiety disorder can be controlled effectively. Those that suffer need to know that they can feel good again... maybe even better than ever!

## STRESS MANAGEMENT

**Stress symptoms include mental, social, and physical symptoms.** These include extreme fatigue, loss of or increased appetite, headaches, crying, sleeplessness and oversleeping. Trying to escape your stress through alcohol, drugs, or other compulsive behavior are often indications that something is wrong. Feelings of anxiety, frustration, or apathy may accompany stress.



**Stress Management is the ability to stay calm and under control when situations, people, and events are taking their toll on you.**

### Stress Management Techniques:

1. **Be Aware** – Is there something you can do or change to alleviate the situation?
2. **Don't over-book yourself** - Reduce the number of events going on in your life, and you may reduce your stress.
3. **Remove Yourself From The Stress** – Take a break, even if it is just for a few moments to regroup.
4. **Don't Worry About the Little Things** – Try to prioritize what is really big and important and what you can actually just let slide for now.
5. **Learn How To Relax** – Meditation and breathing exercises are PROVEN to be effective in controlling stress. Practice clearing your mind of disturbing thoughts. With practice, it will come easily.

Make a list of all the things you have to do, and prioritize WHAT YOU HAVE TO DO, WHAT YOU COULD DO LATER, and WHAT YOU DON'T NEED TO DO AT ALL or could delegate to others.



## Baked Coconut-Crusted Salmon

### Ingredients:

- 1 pound salmon (skinned, sliced into 4 3-ounce pieces)
- 4 tablespoons lime juice (fresh; two limes)
- 1 cup shredded coconut
- 1 egg
- 2 tablespoons cold water
- Salt to taste
- Black pepper to taste
- Optional: chopped fresh tomatoes

### Directions:

Preheat the oven to 400° F. Line a baking sheet with parchment paper and set aside. Rinse the salmon well under cold water. Squeeze the lime juice onto each of the pieces and on all sides (you can do this on a tray or plate). Set aside. Place the shredded coconut in a small bowl and set aside. In another bowl, whisk together the egg with the cold water until well mixed. Dip each of the salmon pieces in the egg wash, then roll each salmon piece in the coconut until completely coated. Place the salmon on the prepared baking sheet and bake for about 15 minutes, or until browned on the outside and appropriately done in the middle.

Serve immediately, seasoning with sea salt and freshly ground black pepper to taste, with garlicky broccolini (see recipe on next page) and fresh tomatoes.

<https://www.thespruceeats.com/baked-coconut-crusted-salmon-1001129>

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## IMPORTANT EXERCISES FOR MOST EVERYONE

**Squats** work the quadriceps, hamstrings, gluteal, and erector spinae muscles. It is a compound movement that utilizes several muscle groups for building strength and improving stability and balance.

- **How to do it:** Keep your weight back on your heels vs. up on your toes. Keeping your hips back, lower yourself into a seated position. Look down at your feet and knees. Your knees should be over your toes, not in front of them. Keep your chest lifted. Push your heels into the floor as you stand tall. As it becomes easier, hold weights.

**Lunges** work quadriceps, hamstrings, and gluteal muscles. The lunge is also a compound movement that builds strength, stability and balance.



- **How to do it:** For a forward lunge, stand straight with feet shoulder width apart and shoulders back and relaxed. Pick a point in front of you to focus on (helps balance). Engage your core. Step forward with one leg, lowering your hips until both knees are bent. Leg in front – keep knee over your ankle (not in front of it). Leg in back – make sure your knee does not come in contact with the floor. Keep your weight in your heels as you push back up to standing position.

**Pushups** work your pectoralis major, deltoids, triceps, transversus abdominals, and erector spinae. They develop upper body strength and postural support. Pushups have many variations for beginners through advanced.

- **How to do it:** Get down on the floor with your hands a little wider than your shoulders. If you are more of a beginner or it works better for you, start on your knees, and if you are stronger, legs straight out up on your toes (knees/toes at hip-width, or even a little wider than hip-width for extra stability). Keeping your abs tucked in, look at the ground, and slowly bend your elbows and lower your body toward the floor while maintaining a neutral spine. Push back up for one complete rep. Keep your body in a straight line from your head on down throughout the entire movement.

**Planks** are a great full body strengthening exercise as it works your rectus and transversus abdominals, erector spinae, quads, deltoids, and oblique muscles (strengthens and supports your abs, shoulders, core, legs, arms). Planks also help with balance. There are many variations of planks.

- **How to do it:** Start on your forearms, with bent elbows placed below your shoulders. Extend your legs straight out. You will be on your toes. Keep your abdominals tucked in tight. You will be looking at the floor. Your body should be in a straight line from head to heels. Hold this position as long as you can. Start with 10 seconds and work up to a goal of 30 – 60 seconds.

## 5 HEALTH BENEFITS OF ADDING CELERY TO YOUR DIET



At just 10 calories a stalk, celery's claim to fame may be that it's long been considered a low-calorie "diet food." But crispy, crunchy celery actually has a number of health benefits that may surprise you. Here are five reasons you should consider adding celery to your diet, plus a few recipes to make it easy.

### 1. Celery is a great source of important antioxidants.

Antioxidants protect cells, blood vessels, and organs from oxidative damage. Celery contains vitamin C, beta carotene, and flavonoids, but there are at least 12 additional kinds of antioxidant nutrients found in a single stalk. It's also a wonderful source of phytonutrients, which have been shown to reduce instances of inflammation in the digestive tract, cells, blood vessels, and organs.



## Garlicky Broccolini

### Ingredients:

- 2 bunches broccolini, rinsed well
- 1 T. extra virgin olive oil
- 2 T. fresh lemon zest
- 2 T. fresh minced garlic
- 2 T. fresh lemon juice
- Sea salt and freshly ground black pepper, to taste

### Directions:

1. Bring a small pot of water to a roiling boil.
2. Blanch the broccolini for 2 minutes or until bright green and tender-crisp.
3. Transfer to ice water immediately to stop the cooking, then drain and set aside.
4. Heat the olive oil in a large sauté pan over medium-high heat.
5. Add the lemon zest minced garlic, and fresh lemon juice.
6. Heat for 1 minute, then add the broccolini to the pan.
7. Toss the broccolini with the other ingredients and cook for 1-2 minutes more.
8. Transfer the broccolini to a serving dish and add sea salt and freshly ground pepper to taste.

<https://www.thespruceeats.com/baked-coconut-crusted-salmon-1001129>

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## 2. Celery reduces inflammation.

Chronic inflammation has been linked to many illnesses, including arthritis and osteoporosis. Celery and celery seeds have approximately 25 anti-inflammatory compounds that can offer protection against inflammation in the body.

## 3. Celery supports digestion.

While its antioxidant and anti-inflammatory nutrients offer protection to the entire digestive tract, celery may offer special benefits to the stomach.

Pectin-based polysaccharides in celery, including a compound known as apiuman, have been shown to decrease instances of stomach ulcers, improve the lining of the stomach, and modulate stomach secretions in animal studies.

And then there's the high water content of celery — almost 95 percent — plus generous amounts of soluble and insoluble fiber. All of those support a healthy digestive tract and keep you regular. One cup of celery sticks has 5 grams of dietary fiber.

## 4. Celery is rich in vitamins and minerals with a low glycemic index.

You'll enjoy vitamins A, K, and C, plus minerals like potassium and folate when you eat celery. It's also low in sodium. Plus, it's low on the glycemic index, meaning it has a slow, steady effect on your blood sugar.

## 5. Celery has an alkalizing effect.

With minerals like magnesium, iron, and sodium, celery can have a neutralizing effect on acidic foods — not to mention the fact that these minerals are necessary for essential bodily functions.

### Tips for Buying and Storing Celery

- **Sturdy stalks.** Look for celery that has sturdy, upright stalks. They should snap easily when you pull them, not bend.
- **Crisp leaves.** Leaves should be crisp and fresh, ranging in color from pale to bright green. Avoid celery with yellow or brown patches.
- **Wait to chop.** Chop celery just before cooking or serving to maintain nutrients. Even celery that has been chopped and stored for just a few hours will lose nutrients.
- **Steam it.** Steamed celery will retain flavor and almost all of its nutrients.
- **Eat in five to seven days.** Eat fresh celery within five to seven days to enjoy its maximum nutritional benefits.
- **Eat the leaves.** Don't discard the leaves — that's where celery has the most calcium, potassium, and vitamin C. But because they don't store well, consume celery leaves within a day or two of purchase.

In addition to its many health benefits, celery is a versatile veggie. You can eat it raw or cooked, and it makes a great addition to smoothies, stir-fries, soups, and juices. Celery can also be steamed or baked.

**At the Gameplan for Living, we know that the future of healthcare is in the prevention of illness and injuries.**

**It is our mission to provide preventative care utilizing sports medicine principles and lifestyle modification training to create an atmosphere of health, safety, and performance to allow employees to enjoy an enhanced quality of life and reach their retirement—and beyond—SUCCESSFULLY!**

[www.gameplanforliving.com](http://www.gameplanforliving.com)

Questions / Support:  
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## Grilled Caesar Salad

### Ingredients:

For the dressing:

- 1 clove garlic, peeled and finely minced
- 3 tablespoons olive oil, divided
- 2 tablespoons mayonnaise
- 1 tablespoon Worcestershire sauce
- 1 tablespoon fresh lemon juice
- 1 teaspoon Dijon mustard
- 1/4 cup grated Parmesan cheese
- Salt and ground black pepper, to taste

For the lettuce:

- 2 romaine lettuce hearts, cut in half lengthwise
- 1 tablespoon olive oil
- Salt and ground black pepper, to taste

For the croutons:

- 3 thick slices crusty bread
- 1 tablespoon olive oil

### Directions:

1. Preheat a grill to medium-high heat. You can use either an outdoor grill or indoor grill pan for this recipe.
2. Make the dressing by whisking together the minced garlic, olive oil, mayonnaise, Worcestershire, lemon.
3. Brush the romaine hearts with the tablespoon of olive oil and season with salt and pepper. Place the lettuce, cut side down, on the grill and cook until lightly marked. This should take about 4 to 5 minutes.
4. Brush the bread slices with the remaining tablespoon of olive oil. You can leave the bread whole and grill it for about 5 minutes, then cut it into cubes. Alternatively, you can cut into cubes first and bake in the oven at 400 degrees for 10 minutes.
5. Place the grilled romaine hearts and croutons on plates and serve with the dressing.

<https://www.thespruceeats.com/grilled-caesar-salad-4589073>