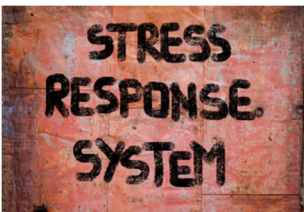


YOUR GAMEPLAN TO LIVE

WHAT IS YOUR NATURAL STRESS RESPONSE? (AND HOW TO DEAL WITH IT)



Stress is a normal psychological and physical reaction to the demands of life. Did you know that a small amount of stress is good for you? It helps motivate you to get things done. Too much stress has the opposite effect, increasing your risk for everything from backaches and headaches to heart disease and lower immunity. Too much stress is known as the “silent killer” and that's why it's so important to reduce stress if it's gotten out of hand.

Your Reaction to Stress

- You may crave fatty and sugary carbohydrates. (Your body releases the hormone, cortisol, when you're stressed, which increases insulin levels.)
- You feel like you don't have the time or energy to exercise or do much of anything physically.
- You may not spend time with family or friends – secluding yourself or “shutting down” completely.
- You may lean on vices, such as smoking and drinking.
- You may sleep a lot more than usual, or a lot less than usual.
- ...take a minute to think about how YOU handle stress.

Stress and Heart Disease

According to Marc Gillinov, heart surgeon at the Cleveland Clinic and coauthor of the book, *Heart 411*, there's a strong connection between emotional stress and heart disease. Men who frequently display anger over time, appear to have a greater risk of heart disease. People who are pessimistic, cynical, anxious, or depressed don't fare much better. In fact, most negative emotions have been associated with a greater risk of heart disease.

What to Do

Our mental outlook on life is very closely connected to how we deal with stress. When we can't cope, everyday pressures seem overbearing-- sapping our energy and mood. Over time, chronic stress can even lead to emotional issues, such as anxiety and depression.

We've all heard about the power of positive thinking. Learning how to stay upbeat has amazing effects. The most crucial element in staying positive may be learning how to avoid negative, destructive thinking. Make the conscious decision not to do this! Stop yourself EVERY TIME. Set up new behavior... positive thinking. After you learn how to do this - you will notice more and more positive change and get much more joy in life.

Having the right attitude will also help you rationally and logically get through stress, put the stressors in perspective, and allow you to make healthy decisions such as eating right, exercising, and keeping a good balance of life.

For many of us, thinking in a positive manner is NOT EASY. There is help out there. Counseling in person and online. Books, videos, and apps are available to help as well. Associating ourselves with positive people helps. Make working on a positive attitude a priority. It will pay off in a big way!

Adapted from: www.sharecare.com "Stress Increases Risk"



Southwestern Black Bean Salad

Ingredients:

- 15.5 oz can black beans, rinsed and drained
- 9 oz cooked corn, fresh or thawed frozen
- 1 medium tomato, chopped
- 1/3 cup red onion, chopped
- 1 scallion, chopped
- 1 1/2 – 2 limes, juice of
- 1 tbsp olive oil
- 2 tbsp fresh minced cilantro (or more to taste)
- Salt and fresh pepper
- 1 medium avocado, diced
- 1 diced jalapeno (optional)

Directions:

In a large bowl, combine beans, corn, tomato, onion, scallion, cilantro, salt and pepper. Squeeze fresh lime juice to taste and stir in olive oil. Marinate in the refrigerator 30 minutes. Add avocado just before serving.

Yield: 13 servings, Serving Size: 1/2 cup

Recipe and photo: <https://www.skinnytaste.com/southwestern-black-bean-salad/print/>

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QUICK TIPS FOR JOINT HEALTH

Move to Help Prevent Joint Pain

Keep joints healthy by keeping them moving. Generally speaking, the more you move, the less stiffness you'll have. Whether reading, working, or watching TV, change positions often. Take breaks from your chair and move around – at least every 30 minutes.

Maintain a Healthy Weight

If you are overweight, work on losing it, because extra body weight creates strain on joints, especially the knee joints. Losing as little as 10 lbs. of body weight can help reduce pain.

Change Up Your Exercise

Doing the same exercise over and over again causes wear and tear on your joints. Vary your exercise routines.

Train with Weights

Having strong muscles helps to support joints. Weight training helps to strengthen our muscles and ligaments. Talk to your doctor if you have not been previously exercising.

Eat a Healthy Diet

Eat plenty of fruits and vegetables and be sure you get enough magnesium, calcium, phosphorus, Vitamin C and D3. Talk to your doctor before supplementing. Drink plenty of water. Forgo sodas and sweetened drinks.

Stay Flexible

Static stretching (stretching that is slow and constant and held at the end position for 10 seconds to 30 seconds), yoga, and Pilates are all good ways to stay flexible, allowing your joints to become better lubricated. Flexibility exercises are also stress relievers so both your mind and body benefits.

Source: www.sharecare.com "Stress Increases Risk"



Spring Stir Fried Chicken with Sugar Snap Peas and Carrot

Ingredients:

For the sauce:

- 1 tbsp low sodium soy sauce or GF tamari or Coconut Aminos
- 1 tbsp fresh lime juice
- 2 tbsp water
- 1 tsp cornstarch or arrowroot

For the Stir Fry:

- 1 lb skinless, boneless chicken breast, sliced thin
- Salt, to taste
- 1 tbsp canola or coconut oil
- 2 tsp fresh garlic, minced
- 1 tsp fresh ginger, grated
- 1 cup sugar snap peas
- 1 cup carrots, sliced diagonally
- Scallions for garnish

Directions:

1. Combine soy sauce, lime juice, water and cornstarch in a small bowl, mix together and set aside.
2. Season chicken lightly with salt. Heat a large wok over high heat.
3. When the wok is very hot, add half of the oil, then add chicken. Stir fry, stirring occasionally until the chicken is cooked through and browned, about 3-4 minutes.
4. With a slotted spoon, remove the chicken and set aside. Reduce heat to medium.
5. Add remaining oil to wok; add the garlic and ginger, stir for 20 seconds. Add sugar snap peas and carrots, stirring over medium high heat until tender crisp, about 3-4 minutes.
6. Return chicken to wok, add soy sauce-lime mixture, mix well and cook another 30 seconds to one minute.
7. Serve immediately and top with fresh scallions.

Yield: 4 servings, Serving Size: Just under 1 cup

Recipe and Photo: <https://www.skinnytaste.com/spring-stir-fried-chicken-with-sugar/print/>

BRAIN FITNESS EXERCISES

You exercise your body to stay physically healthy. Exercise your brain to stay mentally fit! The following are a few brain exercises to increase brain wellness.

- **How well can you memorize a list** — a grocery list, things to do, or anything else that comes to mind — make the list and then memorize it. An hour or so later, see how many items you can remember. As you get better at it, make your list more challenging.
- **Do math in your head.**
- **Learn a new way to cook.** Take a class. Cooking uses the senses of smell, touch, sight, and taste, all of which use different parts of the brain.
- **Learn a foreign language.** The listening and hearing that's involved stimulates the brain.
- **Music** - Learn to play a musical instrument or study music.
- **Learn a new skill that involves fine-motor skills**, such as knitting, drawing, painting, assembling a puzzle, etc.
- **Learn a new sport.** Take up an athletic exercise that utilizes the mind and body, like golf or basketball.
- **Switch it up.** Drive home via a different route, brush your teeth with the opposite hand, or hold your phone to the ear you don't normally use.
- **Play Sudoku and word games like Scrabble and Crossword.**



GOOD REASON TO TURN UP THE HEAT IN YOUR NEXT MEAL

Did you know that **hot peppers are excellent for your health**? The reasoning behind this can be credited to their high concentration of a substance called *capsaicin*. This substance has been widely studied and proven to have a variety of health benefits including:

- Fighting and preventing inflammatory diseases such as arthritis
- Activating fat-burning proteins to help you lose weight

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- Reducing bad cholesterol and triglyceride levels
- Controlling and lowering blood pressure
- Clearing the mucus membranes from congestion (Give it a try this cold season – there are teas made from cayenne pepper that are known for quickly relieving congestion of the mucus membranes.)



Hot peppers are also high in Beta-carotene, which is a potent antioxidant and can be converted into Vitamin A by your body, if needed – which has been shown to help boost the immune system. Dried hot pepper has been shown to have exceptional healing qualities, and as a powder, has been used for quickly healing wounds. A thin layer of this powder can help to clean the wound, destroy the germs and aid in the healing process.

The spiciest peppers with the most capsaicin include – Habaneros, Jalapenos, and Spanish pimientos. Incorporate hot peppers into meals with hot sauce, cayenne pepper, chili powder, and flaked chili peppers.

Be cautious, though! When hot peppers are cooked alongside other spices, they could cause burns and irritation... especially if you eat too much at a time!

PAINFUL KNEES

We put stress on our knees on a daily basis, but typically our knees are designed for it. Certain bad habits, though, could be making it much worse. These habits could be hard to adjust because they are so engrained in daily life, but they CAN be changed! Taking care of your knees, now, will cost you a lot less time and effort than rehabilitating them down the road.



- **HEALTHY BMI.** Putting extra body weight on your knees can add up to tremendous pressure and will speed up the breakdown of cartilage. Every extra pound you carry adds up to 3 pounds of pressure on your knee joints when you walk and 10 pounds when you run.
- **EXERCISE.** Although you may think exercise is hard on your knees, it's actually essential in keeping them healthy - as long as you're doing the right things. Without exercise, the muscles that support your knees weaken, leaving your joints without the right support.
 - ◇ BUT - if you already have bad knees your best bet is to choose activities with a low risk of knee injury. Daily *moderate* exercise is much better for your joints than irregular *strenuous* exercise. Focus on low-impact activities such as **yoga, walking, biking, swimming (and water aerobics), and modest weight lifting.**
- **OVERUSE.** Staying active is one of the best things you can do to protect your knees, but you should avoid repetitive strain. Listen to your body; when you feel pain or discomfort when doing repetitive activities, don't ignore it. In the meantime, stay active by focusing on other activities that do not stress the injured joint. If the pain does not go away in 2 weeks, see your healthcare provider.
- **ALIGNMENT.** Bad posture, body alignment, and biomechanics can cause unneeded stress on the knees.

General principles of correct standing posture:

- Your back is straight. Don't slump forward at the shoulders or waist.
- Your knees are slightly bent - should not be locked.
- Your core muscles are tight - gently hold in your abdominals and glutes.
- Your head is centered over your body.
- Your weight is evenly distributed between your feet; don't shift your weight from one knee to the other.

FOOTWEAR. Some shoes can unevenly distribute weight, putting extra stress on your knees. Flat or rigid arches, uneven leg length, and bowed legs are common problems and should be considered when picking shoes. Purchase at least one of your main pairs of shoes or sneakers at a specialty store where the staff can advise you on foot type and support.

High-heeled shoes might add to the risk of osteoarthritis or other knee problems: A Harvard University study found that women who wear high heels regularly have stress



Asparagus and Swiss Cheese Frittata

Ingredients:

- 1/2 lb asparagus, tough ends trimmed off
- 1/2 cup shallots, chopped
- 2 tsp butter
- 3 large eggs
- 5 large egg whites
- 1 tbsp 1% milk
- 2 tbsp fresh grated Pecorino Romano
- 3 oz reduced fat Swiss cheese
- Salt and fresh pepper to taste

Directions:

1. Steam asparagus crisp and tender, about 3 to 4 minutes. Thinly slice on the diagonal into 1/2-inch pieces.
2. Preheat oven to 350°F.
3. Heat butter in a 10-inch oven safe skillet over medium heat.
4. Stir in shallots and sauté until golden, about 4-5 minutes.
5. Add steamed asparagus, salt and pepper.
6. In a medium bowl whisk eggs, egg whites, grated cheese, milk, salt, and pepper.
7. Add the Swiss cheese and mix well.
8. Add eggs to the skillet making sure eggs cover the asparagus. Cook on medium for about 4 minutes, until the edges begin to set.
9. Move the skillet to oven. Cook about 16 to 18 minutes, or until frittata is completely cooked.
10. Serve hot, cut into 4 to 6 equal wedges.

Nutrition Information:

Yield: 4 servings, Serving Size: 1/4 of frittata

Recipe and photo: <https://www.skinnytaste.com/asparagus-and-swiss-cheese-frittata/>

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across the part of the knee where osteoarthritis usually develops.

A trainer can help you assess your biomechanics and teach you proper standing, sitting, walking, running, and lifting techniques that can help spare your joints from extra wear and tear.

Do You Have Chronic....BAD BREATH?

We all know bad breath can be caused by improper dental hygiene, but did you know there are many other reasons, including your health?

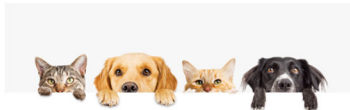


- **Dry Mouth.** Caused by tobacco, sleeping with your mouth open, and certain medications.
- **Dehydration:** Drinking too much alcohol or not drinking enough fluids (especially water).
- **Respiratory and Nose/Throat Conditions.** Having a cold/cough, sinus infection, bronchitis or similar.
- **Sometimes bad breath can be a sign of underlying health conditions** (But you would most likely notice other symptoms first) kidney or liver problems, diabetes, acid reflux disease (which can be very harmful to the esophagus) or malnutrition.

For proper oral health, you should brush your teeth twice a day and floss once a day. Also, be sure to brush your tongue, where bacteria is known to lurk. Drink plenty of water throughout the day to keep your mouth hydrated. If you still notice chronic bad breath (halitosis) you should consider seeing your dentist regarding gum disease or plaque buildup because both are harmful not only to oral health, but cardiovascular health as well.

EMERGENCY PLAN FOR YOUR PET

1. USE A SECURE BOARDING FACILITY with a plan in case of emergency and a worker on the premises at all times.
2. POST PET RESCUE ALERT STICKERS at the exterior doors of your house. Find these at local animal shelter or online.
3. HAVE AN EXIT DRILL IN PLACE THAT INCLUDES YOUR PET. The most common reason pets perish in emergencies is that they are confined.
4. KEEP LEASH AND ID COLLAR HANDY so that they are easy to grab.
5. KNOW WHERE YOUR DOG or CAT HIDES.
6. KEEP YOUR PET ON THE GROUND FLOOR. This makes it easier for him to be rescued if an emergency occurs while you aren't there.
7. HAVE AN EMERGENCY KIT, and include vaccination records, medical information, food, bottled water, dishes, medication and a familiar toy or blanket. If evacuated, you might have to place your pet in a kennel and these items will be necessary.
8. LEAVE A DOOR OPEN. If you can't get your pet before leaving the house in an emergency - leave doors and windows open so he can get out.
9. AFTER A FIRE - take your pet to the vet. Toxic fumes can be deadly, and if you smell smoke on her fur, she may have been burned.
10. PRE-PLAN EMERGENCY SITTER – If you know in advance that a situation is arising and your pet will not be safe where you are, make plans to take him or her to a safe place out of harm's way before it is an emergency.



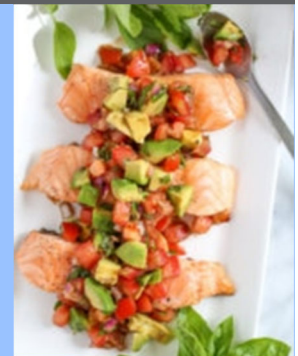
At the Gameplan for Living, we know that the future of healthcare is in the prevention of illness and injuries.

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

Questions / Support:
info@gameplanforliving.com

Grilled Salmon with Avocado Bruschetta



Ingredients:

- 4 wild salmon filets (6 oz each)
- 1/4 tsp kosher salt
- black pepper
- cooking spray
- For the avocado bruschetta: (makes 2 1/4 cups)
- 1/4 cup chopped red onion
- 1 tbsp extra virgin oil
- 1 tablespoon balsamic vinegar
- Kosher salt and fresh cracked pepper to taste
- 2 medium vine ripe tomatoes
- 2 small cloves garlic, minced
- 2 tbsp fresh basil leaves, chopped
- 4 ounces diced avocado, from 1 small

Directions:

1. Combine onion, olive oil, balsamic, 1/4 tsp kosher salt and pepper. Set aside a 5 minutes.
2. Chop tomatoes and place in a large bowl. Combine with garlic, basil, onion-balsamic combo and additional 1/8 tsp salt and pepper to taste. Set aside and let it sit at least 10 minutes.
3. Preheat a gas grill to medium-high. Oil the grates generously to prevent the fish from sticking.
4. Season salmon with salt and fresh ground black pepper to taste.
5. Place skin-side-down on the grill. Close the lid and cook without turning for 8 to 10 minutes (depending on thickness), or until the salmon is just cooked through. The skin will char but will prevent the fish from drying out.
6. Remove and cover with foil; rest for 2 to 3 minutes while adding the avocado to the bruschetta.
7. Serve topped each with generous 1/2 cup avocado bruschetta.

Yield: 4 Servings, Serving Size: 1 salmon filet

Recipe and photo: <https://www.skinnytaste.com/grilled-salmon-with-avocado-bruschetta/>