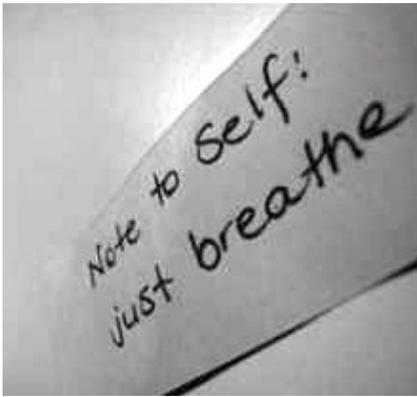


“Movement is a medicine for creating change in a person’s physical, emotional and mental states.”

Carol Welch



B. DEEP

Deep breathing has many benefits. According to an article in the Wall Street Journal it can help treat migraines, anxiety disorders and pain. It can also trigger a relaxation response in your body. Take a deep breath through your nose, keeping your neck and shoulders relaxed. Your exhale should last longer than your inhale.

B. Tipped Off

Most people underestimate the calories they consume

B. RESPONSIBLE

Many of the craft beers today have a higher alcohol content than many traditional beers. That may mean your BAC (blood alcohol content) may be higher than you realize. People sometimes rely on apps or other devices to measure BAC before driving. What if they are wrong or improperly calibrated? Do you really want to take the chance on losing your license and paying a hefty fine by relying on an app? Not to mention that fact that you could be in an accident and take someone’s life. Please be responsible and don’t drink and drive.



B. FOCUSED



Distracted driving is responsible for many accidents. As I drive I see people texting, talking, eating, putting on make-up, changing clothes, shaving, writing and in, general, not paying attention.

At 55 mph you travel almost a hundred yards, the length of a football field, in about 3 seconds. Imagine all the things you could miss seeing in a hundred yards. A temporary lapse in judgment may leave you with a lifetime of regret. The next time you drive, think about the consequences, before you look down to change the song on your phone.

B. SHARP

Keep mentally sharp. One way to keep your brain engaged is to challenge it daily. Doing crossword puzzles, word jumbles or learning a new skill can all help to keep you sharp and alert.

Even driving a new route to work can improve your brain function.

Practically Speaking Supersized

I was running late and did not have my breakfast ready. I knew I needed to eat so I drove through a fast food joint and made the healthiest order I could, including a small decaf coffee. I paid and proceeded to the next window to grab my stuff and go.

They handed me my order and then handed me a large coffee. I responded with, "I don't think this is my order." They assured me it was and I said but "I ordered a small coffee and this is a large." They explained that all the sizes were the same price; one dollar.

I said thanks but I truly only wanted a small. They asked why and I kindly responded that's what I wanted and ordered. I eventually got my small decaf and drove away thinking about how many people just automatically take the larger drink, whether it's diet soda or regular soda.

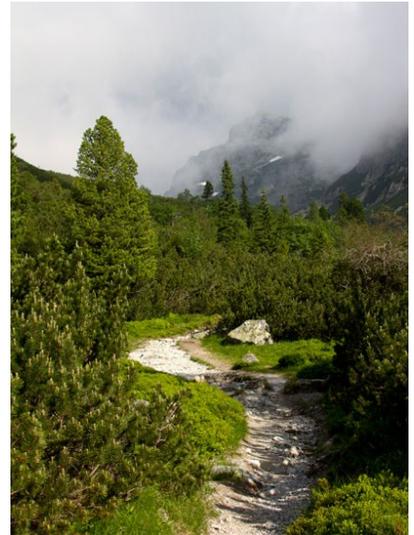
I guess that may be part of our problem, we have a "bigger is better" mentality and that isn't always the best way to think.

Mark

B. ACTIVE

One question many trainers are asked is "What is the best piece of equipment to use?" The best answer is "the one you will use the most." If the trainer answers the stepper and you'd rather ride bike or walk on a treadmill what will happen?

Mix up your workouts a bit and relieve any boredom by using multiple pieces of equipment in the gym or out of the gym. Try walking, riding and stepping, in the same workout, doing each one for 10 minutes. If you are outside, ride your bike to a place you can hike. Mix it up and enjoy the benefits.



B. NUTRITIOUS



Chicken with wine-herb sauce

- ◆ Two 8 oz. boneless, skinless chicken breast halves
- ◆ 1/2 tsp. kosher salt
- ◆ 1/4 tsp. black pepper
- ◆ 1 Tbsp. plus 2 tsp. olive oil
- ◆ 2 Tbsp. finely chopped shallot
- ◆ 1/3 cup dry white wine
- ◆ 1/2 tsp. finely chopped fresh thyme
- ◆ 1 Tbsp. cold, unsalted butter-diced

Makes 4 servings: each serving

224 calories, 24 g protein, 1 g carbs, 11 g fat

Directions: Slice breasts horizontally to form 2 thin cutlets. Warm a 12" skillet over medium heat. Season cutlets on both sides with salt and pepper. Add 1 Tbsp. olive oil to skillet, add chicken and cook until golden, about 2 minutes. Flip the breasts and finish cooking. (3-4 minutes). Transfer to a platter and tent. Add remaining olive oil and shallot to skillet and sauté' for a minute. Add remaining ingredients, stir releasing brown bits off skillet. Spoon over chicken.



If you have a question you would like answered, please contact me at mkrug@ConnectCare3.com
www.ConnectCare3.com

