

July
National Cleft and
Craniofacial Aware-
ness & Prevention
Month
Independence Day-4th

"It's been my observation that most people get ahead during the time others waste."

Henry Ford



B. FREE

Be free of injuries as you celebrate Independence Day. Always use the proper precautions when handling fire works and sparklers. Each year the emergency rooms are filled with avoidable injuries. Take the time to understand the materials you are dealing with and make sure those around you pay attention. It may be best to leave this to the professionals.

B. Tipped Off

BMI and body fat are not the same measurement

B. INFORMED

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B. CONSCIOUS

Every day you have the opportunity to make choices. You can choose to eat healthy, exercise, take any necessary medications as prescribed and make any other decisions that impact your health. You also get to make choices that affect your mental, emotional, financial and spiritual health.

Yet many make decisions that have a negative impact on their health. There are many distractions and it seems they are taking a toll on their health. Be conscious, slow down and think about the decisions you make. Create new healthy habits and create an environment that supports your healthy habits.



B. CREATIVE

Have you ever had a walking meeting or a 10 minute recess in the middle of the afternoon? Sometimes we get stuck in thinking that exercise has to be done in the gym. Maybe you think if I don't have an hour to exercise there is no sense in doing anything at all.

Opportunities to take care of yourself are everywhere. If you do a minute's worth of squats each hour, beginning when you arrive at your desk, and do them each hour till you leave you will have done 10 minutes of exercise and probably over 100 squats that day! Using a smaller water bottle requires more trips to the water cooler and therefore you get more walking in during your day. Be a creative activity seeker.



B. AWARE

If you are a pet owner you may realize that the Fourth of July is a traumatic time for our pets. All the noises, flashes and booming sounds can spook them. If they are outside please remember to bring them in so they don't run off. Keeping them inside may protect them and save you from having to look for them.

Practically Speaking

Lies we tell ourselves

I got this. I don't need any help. No one cares. I will start tomorrow or next week. If I had more time I would (fill in the blank.)

I wonder if we realize we are lying to ourselves or we are just so used to it that we are immune to it. If we lie to ourselves how much easier does it get to lie to others?

What if we started being truthful with ourselves? I mean really truthful. Like instead of making excuses we actually acknowledged why we do not start eating right, exercising, balancing our check book, try for that job or whatever it is. Is it a fear we have? Is it something from our past that is affecting our present or future state?

Take the time to truly reflect, to be introspective and understand why you do what you do. They say the windshield is big because what's in front of us is more important than what's behind us. That may be true but if we do not understand history we are doomed to repeat it.

Mark

B. ACTIVE

Sitting is the new smoking. Lack of exercise is dangerous and is eroding your health. You don't need to train like you are entering the Olympics but most everyone should be exercising. We need 30-60 minutes of moderate intensity exercise/activity 5 days a week. It would be great if you could balance the time between aerobic type exercise, strength training and flexibility training.

Exercise tends to be a great medicine for many people. Getting started can be hard but certainly worth the effort. Commit to exercising for the month and feel the difference.



B. NUTRITIOUS



Buckwheat-Flax Pancakes with Walnuts

- ◆ 2/3 cup rolled oats
- ◆ 2 Tbsp. flaxseed, toasted
- ◆ 3/4 cup buckwheat flour
- ◆ 1 1/4 cups unsweetened almond milk
- ◆ 1 large egg plus 1 large egg white
- ◆ 2 tsp. baking powder
- ◆ 2 Tbsp. pure maple syrup
- ◆ 1 Tbsp. walnut oil plus more for brushing
- ◆ 1/4 cup finely chopped walnuts
- ◆ 1 pint strawberries, hulled and sliced
- ◆ 1 tsp. sea salt

Directions: In a blender, pulse oats and flaxseed into a coarsely textured flour. Add buckwheat flour, almond milk, egg, egg white, baking powder, salt and blend till well mixed. Blend in maple syrup and walnut oil. Brush griddle with walnut oil. Over medium heat spoon 2 Tbsp. batter creating a 4' pancake. Repeat evenly spacing out the cakes and adding walnuts. After 3 minutes flip for an additional minute. Serve with strawberries. One serving- 2 pancakes, 102 calories, 5g fat, 2g fiber, 3g protein, 12g carbs.



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