

**May
Mental Health Month
Stroke Awareness
Month
Healthy Vision Month**

“Never, never, never give up.”

Winston Churchill



B. FIT

It's National Physical Fitness and Sports Month. Pick a fitness challenge and work toward reaching that goal this month. It might be to run a 5K, to start walking more, to stretch more, take a yoga class, to hit a new personal weight lifting record or to start a work out program. Pick a goal and start moving toward accomplishing your goal!

B. Tipped Off

Do not rely on the calories burned portion of your fitness tracker

B. PATIENT

“Walk a mile in my shoes.” “Be kind for everyone is fighting a hard battle.” Quotes like that hopefully will remind you to think of others. So many people seem to only focus on themselves.

We live in a world where instant everything is the trend. Respond immediately with 140 characters. Look at all the apologies people must make because they responded too quick or make statements in the heat of the moment. What ever happened to counting to ten?

Next time you find yourself getting impatient, slow down, focus on your breathing and count to ten.



B. IN CONTROL



Many times people fail to get the results they had hoped to achieve. Were their expectations too high? Did they lack the personal motivation? Sometimes people lack the necessary skills to reach their goal. Sometimes they are stuck in an environment that does not support their goal and sometimes they may be surrounded by social influences that hinder their opportunities to reach their goal.

The cool thing is that most of these obstacles have a solution. Relying on personal motivation is like relying on will power. It has a short shelf life. To reach a goal we need to understand how to come up with solutions to the obstacles.

B. FLUID

Watch people that have an active lifestyle or exercise often. One thing you may notice is they always have a bottle of water with them. Staying hydrated is crucial for performance and focus. Our bodies are largely water and we work better when we stay hydrated.

Practically Speaking The Candy Dish Effect

To reach our goals our actions must be consistent with our goals. Want to run a 5K? Well, you must get out and work up to running that amount. Want to finish up your college degree? You must take classes. Want to lose weight? You may want to consider changing your eating habits and start getting more exercise.

If you have been unsuccessful it may not be a lack of will power or motivation. You may lack the necessary skills needed to accomplish the task. Another consideration is to look at your environment. Is it conducive to obtaining your goal? If you want to be healthier and have a candy dish that sits out on your desk I would say your environment is working against you.

What social influences may hinder your progress? Trying to quit a bad habit is hard if you surround yourself with people that have the very habit you are trying to eliminate.

Make sure you are set up for success and not doomed from the onset.

Mark

B. ACTIVE

Somewhere deep inside of you an athlete is waiting to be set free. Maybe not at a level you previously played. Getting involved in a sport again is a great way to stay fit. Sports help disguise exercise and certainly make it a lot more fun than walking on a treadmill. Playing a sport usually involves other people; so, there is built-in accountability. If you think your "playing" days are way behind you it may help to pick another sport. Just remember, you may be a bit older so proceed with caution.



B. NUTRITIOUS



Lemon Mellow Pie

- ◆ 1 cup rolled oats
- ◆ 1/2 cup shredded unsweetened coconut
- ◆ 1/4 cup melted coconut oil
- ◆ 1 Tbsp. sugar
- ◆ 1/4 tsp. salt
- ◆ 1 cup raw cashews or macadamia nuts
- ◆ 2 cups loosely packed frozen cauliflower, thawed
- ◆ 1/3 cup melted virgin coconut oil
- ◆ 1/4 cup, plus 2 Tbsp. lemon juice
- ◆ 1 Tbsp. vanilla extract
- ◆ 1/4 cup maple syrup
- ◆ 1/4 tsp. salt

Directions: In a medium bowl soak nuts 6-8 hours. To make the crust place the first 5 ingredients in a food processor and process till they are fine. Press them into a 8 1/2" springform pan with parchment. Drain the nuts completely and place into a food processor with remaining ingredients and process till smooth. Transfer to the pie crust and freeze till firm – 3 hours. 12 servings: 234 calories/18g fat/4g protein/16g carbs/2g fiber per serving



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