

August National Immunization Awareness Month

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

Henry Ford



B. FIT

Frequency, intensity and time. These are the things we can change about our workouts to get different results. By frequency we are talking about how many times per week. The time represents how much time we spend exercising during each session. The intensity is the tricky part. Each session should be at the right intensity to ensure results.

B. Tipped Off

Tracking your caloric intake helps with weight loss

B. INFORMED

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B. ANTI-SOCIAL

How many times a day are you looking at social media to see what's happening? Are you constantly updating your status? You may be opening yourself up to unwanted attention as many people act as bullies on these sites.

While it may seem interesting to watch other people and have other people comment on your life is this really what you want? I think many times people may misrepresent themselves and it may make you feel bad about your own life. Peeling back the layers, things are rarely as bad as people make them out to be and the same holds true with the great stuff.



B. WELL DAILY

Do you practice health once a year prior to your annual check up? Instead of scrambling to get healthy before our physical or making a short term New Year's resolution, what if we practiced being healthy and made better nutritional choices everyday? Choose to have a better breakfast, add healthy lunches, snacks and dinners. Make it a daily practice to get more exercise and activity. Learn healthy ways to handle stress instead of letting it build up and exploding. Our coaches told us we play like we practice, and that holds true outside of sports too. Every day we have the opportunity to do better than the day before. Practice being healthy everyday and you will reap the rewards.



B. COVERED

Sunscreen, long pants, long-sleeved shirts, hats with brims, and shade can all play a part in helping to prevent you from getting sunburn.

Also think about limiting the amount of time you spend in the sun during peak sun hours.

Practically Speaking

Kids and stress.

There I was in an elementary school helping a coworker with 5th and 6th graders. We were talking about “wellness” and 4 main areas. We talked about nutrition, exercise, their moods and time to recharge.

It has been about 46 years since I was that old and wondered if I could relate to that age group. I did remember how carefree life felt back then; playing with your friends outside, riding your bike and going to grandparents on the weekends. Life was easy, no mortgage, no job, no responsibilities, just school, homework, play with your friends and repeat.

When we talked about sleep I was amazed at how many kids didn't sleep well. They said they were stressed. I had to stop them and ask them what stress they had. They responded with grades, tests, family issues, sports and so on.

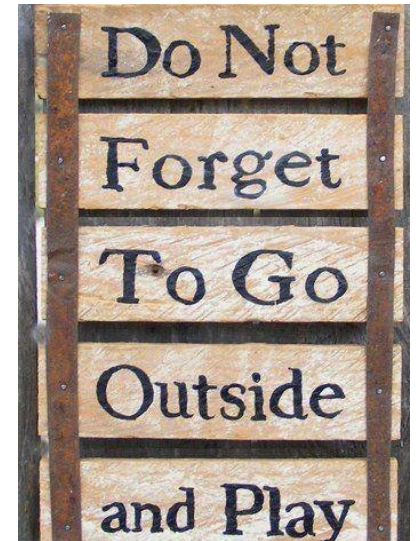
What are we doing to our kids that they feel stress and can't sleep? What part does social media play, do the parents play, does society play? This needs to be figured out.

Mark

B. ACTIVE

I wonder if more people got outside and played or got more exercise if we would be less stressed? Exercise has been shown to reduce the symptoms of stress and depression. Getting 60 minutes of exercise a day may help people sleep better, feel rested and relaxed.

Exercise can help improve self-esteem, blood chemistries, lower blood pressure, help you lose weight and the list goes on and on. It is one of the least expensive and most effective things you can do for yourself to improve the overall quality of your life.



B. NUTRITIOUS



Roasted Chicken and Bow Tie Pasta Salad

- ◆ 3 cups uncooked bow tie pasta
- ◆ 1/3 cup fresh orange juice
- ◆ 1/4 cup fresh lemon juice
- ◆ 2 Tbsp. EVOO
- ◆ 1 tsp. stone ground mustard
- ◆ 2 tsp. sugar
- ◆ 1 1/4 tsp. salt
- ◆ 1/2 tsp. freshly ground black pepper
- ◆ 1 1/2 tsp. rice vinegar
- ◆ 2 cups shredded cooked chicken breasts
- ◆ 1 1/2 cups seedless red grapes, halved
- ◆ 1 cup diced celery
- ◆ 1/3 cup each chopped walnuts, diced red onion
- ◆ 2 Tbsp. each fresh chives and chopped parsley

Directions: Cook pasta according to the directions, omitting any salt or fat. Cool completely. Combine orange juice and the next 7 ingredients, including the rice vinegar in a large bowl. Stir with a whisk. Add chicken, pasta and remaining ingredients, toss gently and serve. Makes 6 servings. A serving has 363 calories, 14 g fat, 18.5 g protein, 42 g carbs and 3.1 g fiber.



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

