HEALTHY You!
“Your Source For A Happy and Healthy Lifestyle.”

July 2017

STAY BALANCED

WATER WORKS

Dill-icious Pickled Vegetables

THIS EDITION FEATURES:

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Move Beyond Bad Decisions

CLEAR THE CLUTTER

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Stay Balanced

When it comes to health and wellness, balance might be something we take for granted. But it’s involved in many things we do daily — using the stairs, staying upright on a bus or train, even simply standing and walking. Here are some exercises you can do to improve balance and coordination.

**Target the lower body.** Do exercises that target your lower back, buttocks, and legs. Great options include leg lifts, knee lifts, squats, toe stands, and leg stretches. Strengthening these muscles will help lead to better balance.

**Practice anytime.** When standing in line at the store or walking around your home, try balancing on one foot for 30 seconds. Then, switch to the other foot. In addition, try sitting down and standing up without using your hands. Use caution to avoid falls.

**Exercise regularly.** Maintaining a regular exercise schedule is great for many reasons, one of which is improving balance. Strengthening your muscles also increases flexibility and will enable you to be active for longer.

Healthy Summer Eats to Go

A day at the beach doesn’t mean you have to throw your wellness plan to the seagulls! Although it’s easy to grab a bag of chips for a barbecue or to rely on the hot dog vendor at the beach, it’s just as easy to pack healthy snacks. Here’s how:

- Bring plenty of water to stay hydrated in the heat and avoid being tempted by high-calorie drinks.
- Instead of the same old potato chips and store-bought onion dip, make your own yogurt-based dip or hummus. Dip whole grain crackers and crunchy veggies.
- Invest in a cooler so you can have a homemade sandwich on hand when hunger strikes.
- Always throw a few pieces of whole fruit into your bag — it’s easy, convenient, and refreshing.
- Get covered containers for chopped fruit and veggie snacks. A fruit tray is always welcome in the summer. You could also make an easy, fresh cucumber salad, like this month’s featured recipe.
Dill-icious
Pickled Vegetables

Pickled vegetables have kept humans crunching for thousands of years. They can be sour, sweet, or hot, and they don't have to be limited to cucumbers. Some varieties of veggies that pickle well include carrots, green beans, asparagus, cauliflower, pearl onions, garlic, celery, and a variety of peppers.

You can quick-pickle your own veggies using screw top bottles, vinegar, sea salt, and vegetables. Just follow these basic instructions:

1. Clean, peel, trim, or slice vegetables as needed.
2. Add vegetables to a jar.
3. Add flavor accents: peeled garlic, herbs, or spices.
4. Fill the jar with vinegar and a pinch of sea salt.
5. Refrigerate for at least a day before eating, keep refrigerated, and consume within the next five days.

Recipe of the Month:
Asian Cucumber Salad

Ingredients:
- 4 medium cucumbers
- 1 small sweet onion
- 1 tablespoon sesame oil
- 1 tablespoon rice vinegar
- Pinch of salt

Instructions:
Peel cucumber and onion and slice very thinly. Combine in a large bowl. Add oil, vinegar, and salt, and stir to coat cucumbers. Refrigerate for at least an hour before serving.
Ever feel buried under your stuff? It may be time to clean house. Letting go of the old is liberating — it also reminds you that your possessions aren’t worth nearly as much as the people and places you love. Here’s how to stop clutter from standing between you and your best life:

**Start small.** Discard one old item that you feel you can’t part with. Once it’s gone, you’ll quickly realize you can’t remember why you held on so tightly.

**File, recycle, or toss.** Tax returns and other important papers should be filed in a safe place. Donate books you’ve already read. Recycle old newspapers and magazines, and if you haven’t read it within a week of receiving it, toss it.

**Clean your closet.** Keep your classic favorites. If an item hasn’t been worn in the last 18 months or no longer fits, donate it.

**Outdated?** Toss it. Expired food and medications should be discarded ASAP.

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**Water Works**

We all know that getting enough water daily is an easy, affordable way to care for your body.

But you don’t have to just drink water to realize its health benefits. Being in and around water may give your well-being a boost, too. Dating back to the 1700s, health experts have believed that seeing and feeling water may positively impact mental and emotional health.

**Next time you need to relax or recharge, consider turning to water:**

- Melt away the stress of your day with a warm shower. Feel the tension release as the water hits your neck and shoulders and runs down your back.

- Immerse yourself. Whether swimming, treading water, or simply floating, enjoy the feeling of weightlessness.

- Take in a good rain. Watch the drops fall and listen to their rhythm. Take big, cleansing breaths of the refreshing scent.

- Sit alongside an ocean, a lake, or even just a pond. Focus on the waves or ripples, allowing them to lull you into a calm state.

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**Clear the Clutter**

Easy ways to clear clutter

- Stop shopping.
- Fix or toss broken items.
- Think of having less as freedom, not deprivation.
Move Beyond Bad Decisions

Ever said something to a family member, friend, or colleague that you later regretted? Bought something and then wished you hadn’t? Got a little too wild and crazy at a function only to find yourself in a prickly predicament? It happens. Although we can’t hit rewind on life, we can reflect on our mistakes and learn to make better decisions going forward. Here’s how:

1. **Own your decision or action.** Don’t try to make excuses, rationalize, or blame someone else. Take responsibility.

2. **Understand your choice.** Reflect on why you did what you did.

3. **Apologize and explain.** If what you did hurt someone, apologize. Don’t make excuses or downplay what happened. Explain what you discovered during your personal reflection.

4. **Be in the present.** Don’t dwell on the past. Making mistakes is part of living and growing.

5. **Think of the future.** Ask yourself what you can do to make better decisions going forward.

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**Monthly Quiz:**

1. **The best way to address clutter is to:**
   - a. Buy more stuff.
   - b. Throw out or donate things you no longer need.
   - c. Recycle important files.

2. **True or false: Pickles can only be made from cucumbers.**
   - a. True
   - b. False

3. **After making a bad decision, the best thing to do is to:**
   - a. Forget about it.
   - b. Pretend that it was actually a good decision.
   - c. Reflect, apologize, and grow.