

HEALTHY *You!*

Your Source for a Happy and Healthy Lifestyle

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WHAT MOVES YOU

In this season of gratitude, don't forget to be thankful for your body for everything it does for you on a daily basis. Looking to improve something? Healthy habits, such as exercising regularly, can help strengthen and maintain your physical health.

Here are some ways that exercise can help keep vital body parts and organs strong and healthy:

Body Part	Function	Benefits of exercise
Bones and joints	Provide a structural framework that allows movement	Increases bone density and reduces the risk of fractures
Brain	Coordinates thought, behavior, movement, and sensations	Stimulates proteins and other chemicals that improve brain structure
Heart	Pumps blood and oxygen throughout the entire body	Improves blood flow for better circulation so the heart does not have to work as hard
Lungs	Bring oxygen into the body as breath	Increases respiratory volume, delivering more oxygen to lungs
Muscles	Contract and move tissue	Prevents injury and supports muscle growth and function

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NATIONAL DIABETES MONTH

EAT FOR GOOD HEALTH

November is National Diabetes Month — an ideal time to learn about how to reduce your risk of diabetes. Healthy eating is key to preventing diabetes. A diabetes healthy eating plan consists of healthy carbohydrates, fiber-rich foods including plenty of fruits and vegetables, fish, and “good” fats.

To prevent or delay diabetes, here are four foods to avoid:

- 1. Processed carbohydrates.** This includes bread, muffins, cakes, crackers, and pasta made with white flour and white sugar. These foods can cause spikes in blood sugar and insulin levels over time which can lead to type 2 diabetes. Instead, opt for whole-grain options.
- 2. Sugary beverages.** This includes sodas, sweet teas, fruit drinks, and lemonade. The excess calories can lead to weight gain and the sugar might increase insulin resistance. Stick to plain water and other unsweetened drinks.
- 3. Red and processed meats.** These foods can increase your risk of type 2 diabetes. Substitute with these good sources of protein: fish, poultry, and eggs.
- 4. Saturated and trans fats.** Found in packaged baked goods, fried foods, fatty meats, butters, and full-fat milk and cheese, these foods can increase cholesterol levels, which is a risk factor for type 2 diabetes.

Source:

[healthline.com/health-news/food-four-food-groups-that-raise-diabetes-risk-111313](https://www.healthline.com/health-news/food-four-food-groups-that-raise-diabetes-risk-111313) [webmd.com/diabetes/diabetic-food-list-best-worst-foods](https://www.webmd.com/diabetes/diabetic-food-list-best-worst-foods)



HEALTHY HOLIDAY EATING

Sticking to your healthy eating plan during the holidays can be challenging — temptation is everywhere, so it's easy to splurge and overeat. But holiday weight gain isn't inevitable.

Here are five tips to help you stay on track with your nutrition this holiday season:

- 1. Choose wisely.** Decide in advance which events or dishes are worthy of indulging in — if you look forward to a special traditional family recipe every year, then have a small portion and enjoy it.
- 2. Create a healthy plate.** Fill half your plate with fruits and veggies and the other half with lean protein and carbohydrates. Limit the amount of cream sauces, gravy, and butter you consume.
- 3. Don't drink your calories.** Hot cocoa, peppermint mocha, wine, champagne, and eggnog can be highly caloric. While it's okay to splurge once in a while, stick to water and zero-calorie or low-calorie drinks, such as tea or seltzer water.
- 4. Focus on fun.** Center your celebration around spending time with family and friends, not food. You may consider starting a new tradition that doesn't revolve around food.
- 5. Never arrive hungry.** Enjoy a small, healthy meal and a glass of water before you go out to curb your appetite. This will help you avoid splurging and overeating at the food table.

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RECIPE

Paprika-roasted Honeynut Squash

Ingredients

4 small honeynut squash, cut in half, stems and seeds removed
2 tablespoons of oil
1 tablespoon of honey
Pinch of salt
Sprinkle of black pepper
Dusting of smoked paprika

Directions

Heat your oven to 350 degrees. Line a baking pan with parchment paper. Place the squash, flesh side up, in the pan. Drizzle the squash with oil and honey so that the surface is lightly coated, and then sprinkle it with salt, pepper, and paprika. Bake for 45 minutes until softened. Enjoy!

Source:
jewishexponent.com/2020/10/29/a-melange-of-roasted-vegetables/

Practice Gratitude:

Volunteering During the Holidays

The holidays are a time to reflect and give thanks for all the blessings in our lives. A great way to practice gratitude this holiday season is by giving back to those in need in your community. Volunteering your time (even if it's just an hour!) can profoundly affect the organization and/or people who are helped through your volunteer efforts. It's also good for you, too!

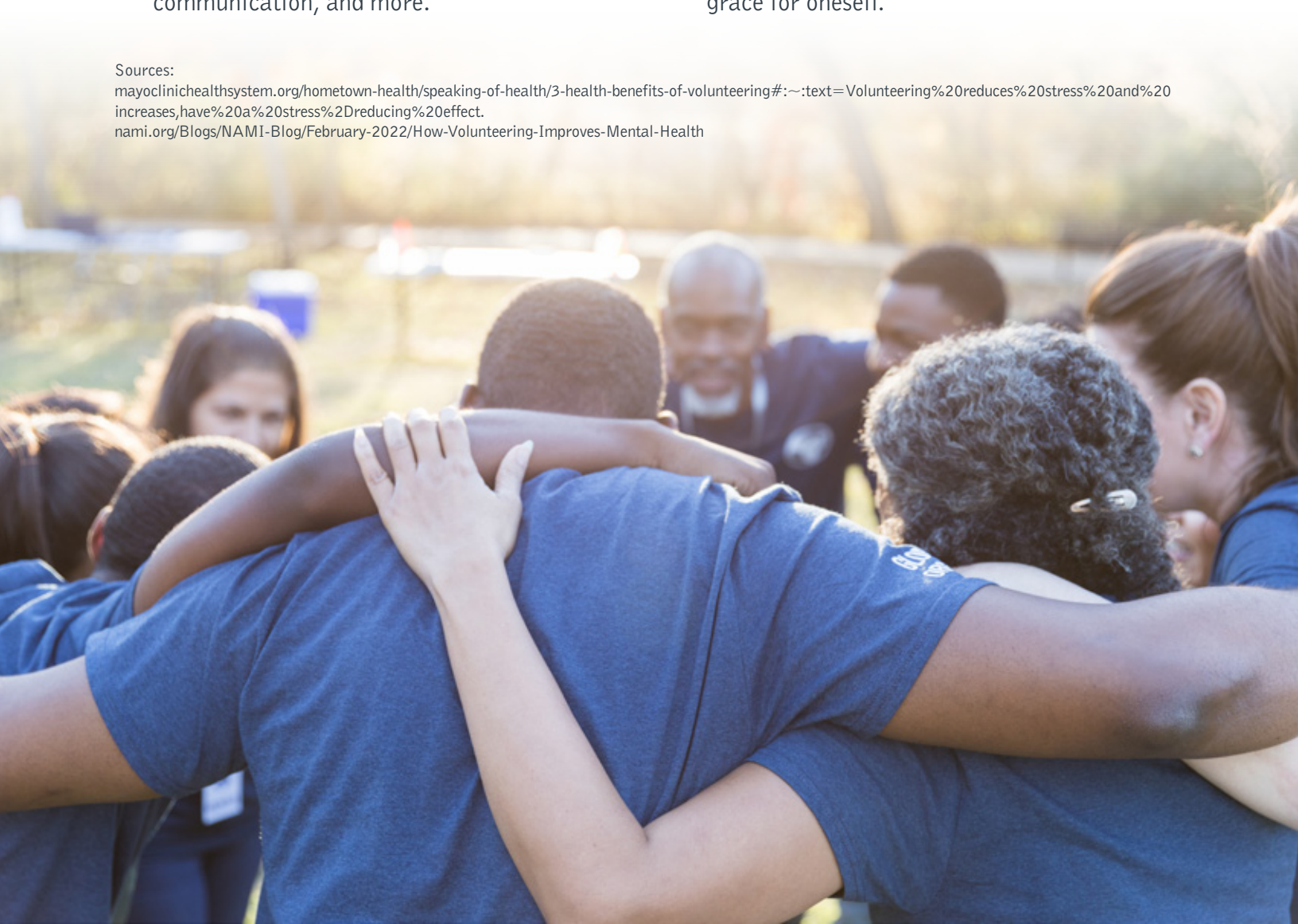
Here are the benefits of giving back:

- **Improved physical and mental health.** Volunteering keeps people moving, engaged, and encourages a focus on others. This yields positive feelings, reduces stress, and provides a sense of purpose and meaning.
- **Learn new skills.** There is a huge range of skills you can acquire or develop further through volunteering, including leadership, teamwork, problem-solving, time management, communication, and more.
- **Meet new people.** This can help expand your social circle, create a greater support system, and help you make connections with others who share similar interests, which is a key factor in mental and emotional well-being.
- **Provides perspective.** Experiencing the impact your volunteer efforts have on others often brings a heightened awareness of one's own blessings, feelings of gratitude, and grace for oneself.

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Thinking About Quitting?

We all know that smoking is bad for your health, but it can be difficult to break the habit. Here are some strategies to help you resist the urge to smoke:

- **Change your routine.** If coffee and a cigarette were part of your morning routine, try tea or a healthy juice. If you usually took an afternoon break at work to smoke, use the time to chat with a friend or walk around the block.
- **Cope with your feelings.** Manage stress and emotions through yoga, therapy, exercise, a bubble bath, or a podcast—whatever works best for you!
- **Seek substitutions.** Nicotine cravings last for approximately three minutes. Have an alternative ready when tobacco triggers arise. Chewing gum, nibbling celery sticks, squeezing a stress ball, listening to a favorite song, or drinking water can help beat cravings.

The good news is that once someone does quit smoking, the body responds immediately, and the positive effects continue to build over time. Here's what happens when you quit smoking:

- **After 20 minutes:** Your heart rate and blood pressure drop.
- **After 12 hours:** The carbon monoxide level in your blood drops to normal.
- **After 2-12 weeks:** Circulation improves and lung function increases.
- **After one year:** The risk of coronary heart disease is about half compared to someone who does smoke.

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Financial Mindfulness

With the holidays around the corner, now is a good time to practice financial mindfulness. This will help you make better money decisions, easing holiday spending stress and reducing the urge to buy things impulsively.

Here are four tips to jumpstart your financial mindfulness practice:

- 1. Focus on feelings.** Notice how emotions drive your spending. If a particular impulse triggers an expenditure, track the feelings before, during, and after the purchase. This will help identify patterns, which enables awareness and change.
- 2. Pause before spending.** Prior to making a purchase, consider whether it will bring you joy tomorrow and beyond.
- 3. Plan purchases in advance.** Make a list of needed items. If you are tempted to buy an item not on the list, think deeply about the desire for it. If it is determined to be of value, revise the list. If not, drop it.
- 4. Shift your mindset.** Rather than saying, "I'm on a budget," which suggests deprivation and negativity, say, "I'm challenging myself to spend smarter," which conveys empowerment and positivity. Successfully facing a challenge is affirming, builds confidence, and fosters a greater sense of self.

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MONTHLY QUIZ

1. Which of the following foods should be avoided to prevent diabetes?

- A. Processed foods and sugary beverages
- B. Fruits and vegetables
- C. Fish and healthy carbohydrates

2. Which of the following is a good strategy to help quit smoking?

- A. Buy a different brand of cigarettes.
- B. Change your routine to avoid “tobacco triggers.”
- C. Hold a cigarette but don’t light it.

3. True or false: As part of practicing financial mindfulness, you should plan purchases in advance.

- A. True
- B. False

1. A, 2. B, 3. A

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