

SPRING 2019

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Well LIVING

Focus on You

With Winter fading away and Spring around the corner, it's time to renew and rejuvenate your body and soul. Wash those Winter blues away and bloom with the Springtime blossoms with these tips to help you focus on YOU.

SET TIME ASIDE FOR YOURSELF

Having a little "me time" can go a long way. It helps with relaxation, stress management, and overall mental health. Setting aside a small amount of time for yourself every day is crucial to your health. Whether it's doing something you love like reading a book or engaging in a hobby, make sure to carve out time that is dedicated just to you. Taking care of ourselves improves our mood, reduces exhaustion and can increase our job and life satisfaction. Take a bubble bath, go meet friends for dinner, or just listen to some music for 20 minutes a day. Be a little selfish!

DON'T BE AFRAID TO TRY SOMETHING NEW

Be a little adventurous and try that zumba class or maybe karate. Experiment in the kitchen with a new exotic recipe you found in a magazine. Trying new things can be intimidating, but once you power through and accomplish them, it makes you feel good! Plus it helps keep our brains active and strong. Trying something new also can boost confidence and help you move outside your comfort zone.

MAKE A GOAL EACH WEEK

Every Monday, create a goal that you will strive to accomplish by end of week. It doesn't have to be big or time-consuming, just something you will feel accomplished completing. The goal can be vacuuming the house, returning your neighbor's lawn-mower, or even calling a friend you have been meaning to catch up with. Checking something off your list, no matter how small can boost our spirit and help de-clutter our minds, preventing simple tasks from piling up and occupying space.

BE YOURSELF

Did you know that authenticity is linked to happiness? It's so important to be yourself! In the world of social media and information overload that we live in, it can be easy to lose our sense of self. Take time to connect to yourself. A great way to do this is through meditation and journaling. Spending time with close friends, friends you can be your true self with helps too.

REDUCE, REUSE & RECYCLE

When people think of recycling, aluminum cans and re-usable shopping bags come to mind as obvious examples. Less obvious is eating your share of the world's food supply. And choosing locally grown foods does more than support your local economy; it also decreases your carbon footprint.

HERE ARE SOME TIPS FOR ENVIRO-FRIENDLY EATING:

- *Source local food from local options*
- *Plant a garden*
- *Preserve your harvest*
- *Shop at a farmer's market*
- *Fish, safest seafood*
- *Antibiotic-Free*
- *Say no to GMO*



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WellFIT

Preparing FOR SUMMER

As winter slowly comes to an end, we cannot help but be excited with how close summer is! With that being said, many people will begin to panic as they may have put on a few pounds over the winter season. This so-called “summer body” starts to pop into everyone’s minds as they want to look their very best while at the beach. Many will increase their days they workout or the types of workouts they do. With that being said, it is important to protect our bodies and health by safely exercising and fueling our bodies to prevent injury.

Stay hydrated throughout your workout

It is crucial to make sure you are properly hydrated before, during and after your workout. This will enhance your workout performance and can limit the chance of becoming dehydrated. As you sweat, your body is losing water which quickly needs to be replenished. Make sure to have a water bottle handy while you workout!

Start with a cardio workout

If you are not a big fan of cardio, strive to push yourself to do at least 20 minutes of cardio each workout. It can even be walking on the treadmill or warming up your muscles on the bike. Once you do this consistently for a few weeks, 20 minutes will fly by and feel like a breeze! Doing cardio will also get your heart pumping and blood flowing, so the rest of your muscles are ready to work out.

Try a new machine each visit

There is an endless amount of machines and possible work outs that you can do at the gym. This can often be a bit overwhelming, as you do not know where to start. Instead of sticking with your usual routine, try incorporating a new machine or lifting technique each time you work out. You may even find a new machine that you like that works out your muscles a bit differently. This will keep your workouts interesting as they are always changing. It will also help give you a little push out of your comfort zone to try something new.

Recharge your batteries (muscles)

After a workout, it is always important to re-fuel your body. That is, you need to eat or drink something! Your muscles are craving energy and it is important to listen to them. Having even a small snack after a workout will help your body recover and improve your ability to workout consistently. Make sure to have a snack that includes carbohydrates and some protein in order to refuel your muscles and help them get stronger. This could be a piece of toast with peanut butter, or some pita bread and hummus. Also, do not forget to drink water!

QUESTIONS? COMMENTS? NUTRITION@LPMHCI.COM

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