

July 2017

Summertime!

Wellness Corner Connection

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Enjoy Your Vacation While Staying Healthy

Some summertime
quotes to think
about:

Summer.

Hair gets lighter.
Skin gets darker.
Water gets warmer.
Drinks get colder.
Music gets louder.
Nights get longer.
Life gets better.

"To plant a garden is
to believe in tomor-
row."

-Audrey Hepburn

"Friends, sun, sand,
and sea, that sounds
like a summer to
me."

-Unknown

"Keep your face to
the sun and you will
never see the shad-
ows."

-Helen Keller

"We might think we
are nurturing our
garden, but of
course it is our gar-
den that is really
nurturing us."

-Jenny Uglow

"The tans will fade
but the memories
will last forever."

- Unknown

Over 50% of Americans plan to vacation during the months of July and August. This may be especially true for those of us who love the summer and the NJ Beaches! But wherever you may venture this summer, vacations are a great (and much needed) time to unwind, to celebrate, to rejuvenate, to visit new places and try new things. But it can be a very challenging time for those trying to eat healthy and maintain or lose weight. Following are a few tips from WebMD to help you stay on a healthy eating plan while on vacation and still enjoy yourself!

1. Resist the urge to splurge

According to a study led by Linda H. Clemens EdD, RD, of the Consumer Science and Education Department at the University of Memphis, women tend to splurge when they eat out, then eat normal amounts during their other meals that day. This means they end up with an abundance of calories and fat that day -- much more than the body needs! She makes a good point that eating out used to be a rare occasion and often considered a special treat. But nowadays, eating out is more the norm and for many a daily occurrence. What has happened to women *nutritionally* because of this trend to overindulge when we eat out? A study published in the Journal of the American Dietetic Association in 1999, researchers found that **the more often women ate out, the higher the total calories, grams of fat, and milligrams of sodium their diets contained.**

Why? A large part of it is the portion sizes we are being served when we eat out. It's sometimes not *what* we eat but *how much* of it we are eating.

When ordering in a restaurant, order half-sized portions, share an entrée, take home leftovers, put half your meal in a "doggy bag" as soon as you get it, or order an appetizer as a meal. And don't be afraid to order it your way! Have all dressings and sauces "on the side" whenever possible. It will save you a ton of calories when you are in control.

2. Walking is your secret weapon

You are on vacation, after all, so don't feel you have to deprive yourself of enjoyable food. But whenever you can, walk! Take that stroll after dinner, swim in the beautiful hotel pool, get your kids up for an early morning hike. Whatever you choose, keep moving!

3. A Treat a Day

How do you pass up a delicious dessert? How do you resist stopping at Dairy Queen with your kids and having a Blizzard? The answer is: you don't have to. Just try to keep your treats to one a day (please also keep in mind the portion size—order a small). After that, opt to eat healthy choices the rest of the day.

4. Water is your best friend

Keep all systems going by drinking your daily water requirement. Traveling can dehydrate you, and so can being out in the sun more than your body is used to. If you can, stock your car, backpack, or hotel room with ice-cold bottles of water. Bring water everywhere you go.

5. Eat when you are hungry and stop when you are comfortable

It sounds simple, but many of us have gotten out of the habit of paying attention to whether we're truly, physically hungry. Eating opportunities and celebrations are all around us when we are vacationing, and we're in the "I'm on VACATION!" mindset. That's when we will be the most vulnerable to eating even if we aren't hungry and not stopping when we are comfortable.

6. Pack satisfying snacks

Don't rely on finding something on the way. Go prepared with snacks to curb off hunger until it's time for your meal so you don't just grab the first thing you see. If possible, pack fruit, trail mix, veggie chips, edamame (easy to prepare ahead of time and packed with protein), popcorn, nuts, you get the picture.

Choose your cocktails wisely

Pina Colada, 9 oz
= 492 calories

Margarita, 4 oz =
232 calories

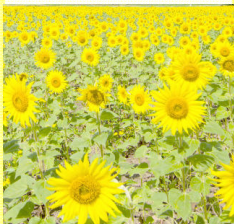
Cosmopolitan, 3 oz
= 146 calories

Mojito, 6 oz = 143
calories

White Wine
Spritzer, 6 oz (3 oz
wine) = 73 calories

"Summer is a
state of mind,"

Resource: WebMD



Nature Is Good For Your Health...So Get Outside!

Research has proven that encounters with nature help alleviate mental fatigue by relaxing and restoring the mind. Some built environments, parks and green spaces provide settings for cognitive respite because they encourage social interaction and de-stressing through exercise or conversation, and provide calming settings. Having quality landscaping and vegetation in and around the places where people work and study is a good investment. Both visual access and being within green space helps to restore the mind's ability to focus. This can improve job and school performance, and help alleviate mental stress and illness.



With the celebration of 4th of July, it now is official...summertime is here!!! We all know that is goes fast so get enjoy it as much as you can. Spending time outside has tremendous benefits mentally and physically. According to the Harvard Health Letter, here are a few reason to get outdoors:

Raises your vitamin D levels—When sunlight hits your skin it begins a process that leads to the creation and activation of vitamin D. This vitamin has shown through studies to help fight certain conditions, from osteoporosis and cancer to depression and heart attacks. But it doesn't take much time in the sun to get the vitamin D that you need so don't overdo it! Unprotected exposure to the sun's ultraviolet (UV) rays can cause skin damage, eye damage, immune system suppression and skin cancer.

Likely to get more exercise—Spending time outside means less time in front of the television and computer. This could potentially results in more time moving!

Increases level of happiness—Light tends to elevate people's mood which is definitely available if you go outside. Physical activity has also shown to help people relax and cheer up and when we are outside we tend to be more active.

Concentration with improve—Children with ADHD seem to focus better after being outdoors. This could also work for adults. The next time you are feeling stressed or having trouble concentrating, just go outside for a few minutes. You may be pleasantly surprised at your improved clarity upon return to the task at hand.

Healing may improve—In one study, people recovering from spinal surgery experienced less pain and stress and took fewer pain medications when they were exposed to natural light. An older study showed that the view out the window (trees vs. a brick wall) helped recovery in the hospital.

Source: www.health.harvard.edu

Fast Facts About Nature

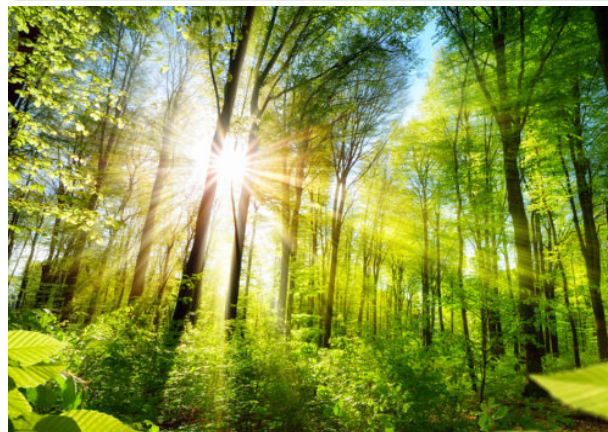
- Interacting with nature helps restore the mind from mental fatigue due to work, studies or stress. This contributes to improved performance and satisfaction.
- Urban nature, particularly in the form of parks and walkways, when incorporated into building design, can provide calming and inspiring environments and encourages learning, inquisitiveness, and alertness, resulting in higher productivity!
- Green spaces provide necessary places and opportunities for physical activity. Exercise improves cognitive function, learning, and memory.
- Outdoor activities can help lesson symptoms of Alzheimers, dementia, stress, and depression, and improve cognitive function in those recently diagnosed with breast cancer.
- Contact with nature helps children to develop cognitive, emotional, and behavioral connections to their nearby social and biophysical environments. Nature experiences are important for encouraging imagination and creativity, cognitive and intellectual development, and social relationships. Symptoms of ADD in children can be reduced through activity in green settings, thus "green time" can act as an effective supplement to traditional medicinal and behavioral treatments.

Source: *University of Washington*

7 Reasons To

Walk Outdoors

- To reduce the risk of glaucoma
- To build bone density
- To improve your blood pressure
- To relieve stress
- To lessen your temper or level of anger
- To improve heart health
- To relax your mind



Home Remedies to Ward Off Mosquitoes

On the previous page I highlight the health benefits being outdoors can provide. But one thing that could wreak havoc on these benefits are the tiny but mighty Mosquitoes! Not only are they annoying, they can cause some dangerous and even fatal diseases such as malaria, yellow fever, dengue, and chikungunya. There are a ton of mosquito repellents available that are filled with harsh chemicals, which are not only bad for you but the environment as well. If you are interested in naturally getting rid of these pests, check out Organicdailypost.com for some home remedies that work. Here are a few I selected to share.

Essential Oils

Lilac and Coconut Oils: Lilac has so many great qualities. It is anti-bacterial, anti-fungal, antiviral, and also has anti-protozoan properties. To get rid of mosquitoes, mix lilac oil and coconut oil in an even ratio and apply it all over your body. This will keep mosquitoes away from you for a minimum of eight hours.

Eucalyptus and Lemon Oils: Just mix these two oils together at an even ratio and apply it to your body to repel mosquitoes.

Lavender Oil: Lavender oil is more effective than any chemical out there. Mosquitoes can't tolerate the smell of lavender oil, so they will be instantly repelled. Spray it in your room or directly on your skin to make mosquitoes go away.

Tea Tree Oil: The anti-bacterial and anti-fungal features of tea tree oil work perfectly when it comes to fighting off mosquitoes. The strong odor of the tea tree oil keeps the mosquitoes away. Just mix a few drops of tea tree oil with a few drops of water and put this mixture on your face and other parts of your body.

Citronella Oil: This oil is the most effective when it comes to getting rid of mosquitoes. Apply it all over your body, or put a few drops of it in a candle when lighting it. Mosquitoes won't come near you at all.

Lemongrass Oil: This oil is known for driving mosquitoes away. It will be most effective if you add a few drops to a spray bottle full of water and spray it around your home.



Plant Remedies

Put any of these plants in your garden or on your patio this summer. Mosquitoes absolutely hate them!

And One Last Remedy!



Just fill a bowl with plain beer and place it in your home to repel mosquitoes. Be sure you leave it for the mosquitoes 😊

Don't allow stagnant water near your home because that is where mosquitoes breed.



Benefits of Blueberries

Now even more great reasons to enjoy blueberries! This little fruit softens dry skin, boosts your brain, and may even prevent cancer.

Resource: www.health.com

Skin Reviver:

Combine 2 cups brown sugar, 2 teaspoons puréed blueberries, and 3 tablespoons lemon juice. Blueberry's antioxidants soften skin, lemon juice brightens, and sugar exfoliates.

Bladder aid:

Blueberries, like cranberries, contain compounds that prevent bacteria from adhering to bladder walls, which helps ward off urinary-tract infections (UTI's), according to a Rutgers University study. If you get UTI's, toss a handful of blueberries into your a.m. smoothie.

Cancer blocker:

Blueberries' anthocyanins—which give them their blue hue—attack cancer-causing free radicals and can even block the growth of tumor cells, a University of Illinois at Urbana-Champaign study found. Eating just a half-cup a day (like in a slice of pie!) is all you need.

Brain food:

To work smarter, pack dried-blueberry trail mix for a snack. A study from the University of Reading and the Peninsula Medical School in England suggests that blueberries reverse age-related memory loss, thanks to its abundance of antioxidants called flavonoids.

Recipe Corner



Blueberry Guacamole



Creamy, sweet, spicy and perfectly dip-able, this blueberry guacamole has all the unique flavors of your favorite dip with a fruity kick. Add blueberry guacamole to tacos and quesadillas, for a super quick and easy to make meal or just add to a bowl and break out the tortilla chips for a party app that will have everyone fighting for the last bite!



Ingredients

- 1 teaspoon avocado oil
- 1/2 cup fire roasted corn
- 3 large avocado, diced
- 1/4 cup blueberries, plus 2 tablespoons for garnish
- 1 clove garlic, minced
- 1/4 red onion, diced
- 1 jalapeno, diced
- 6 cherry tomatoes, quartered
- 1 teaspoon red pepper flakes
- 1 lime, juiced
- 2 tablespoons chopped cilantro
- 2 tablespoons chopped basil
- Salt and pepper, to taste

Instructions

1. In a small skillet over medium heat, sauté corn in avocado oil until cooked through, about 3-5 minutes. Set aside to cool.
2. Meanwhile, add avocado and blueberries to a large glass bowl and mash with a fork until combined. Add the reserved corn and the remaining ingredients and mix well to combine. Garnish with blueberries.
3. Serve and enjoy—goes great with tortilla chips or as a topping for tacos.

Recipe taken from: <http://www.blueberrycouncil.org/blueberry-recipe/blueberry-guacamole/>

The earth has its music for those who will listen. And if you stop and look around, this life is pretty amazing! Enjoy all it has available to you.

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