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DIGITAL DETOX

Ever notice a sense of stress associated with your dependency on your smartphone? Feeling the need to check your phone constantly can be a sign that it's time to take a break from the digital world. Here's how you can benefit and make a digital detox work for you.

BENEFITS

Better Relationships. For many of us, the digital world has had a negative impact on our people skills. How many times have you noticed yourself ignoring your friends or loved ones at a social event? Learn to put down your phone in these settings, build upon existing relationships and even form some new ones.

Mindful Behavior. Focusing on the world rather than through a digital screen will help you practice mindfulness on a daily basis. Learn to better appreciate the world around you and focus on the present. Studies have shown that practicing mindfulness can lead to less stress, lower

blood pressure, and enhanced mental health.

More Time for Yourself. Unplugging from the digital world means more time spent on **you**. Americans spend an average of 4.7 hours on their phones per day. Imagine how great you could feel if you spent those hours caring for yourself.

Less Stress. In a Forbes study, researchers found that 73% of participants believe that their digital devices contribute to stress in their lives. Learning to unplug and spend time away from your phone and social media might help reduce some of the stress in your life.

TIPS

Start Small. Try turning off your phone and other digital devices for one hour per day over the weekend. Work towards gradually powering off for a day.

Turn Off Social Media Notifications. Disabling push notifications

from your social media apps will make it easier to stop checking your accounts every few minutes. If your goal is to limit your social media use, pick two to three designated times a day to check in on social media for just ten minutes.

Put Your Phone Down before Bed. Using any type of digital device before bed is a recipe for bad sleeping habits and mindless scrolling. To get a good night's rest, put your phone down and turn off all devices an hour prior to your bedtime.

Stay Mindful of Your Check-ins. Do you *really* need to check your phone right now? Ask yourself this question whenever you feel the urge to reach for your phone – especially when you're out with friends or family. If it can wait, put down your phone!

http://info.totalwellnesshealth.com/blog/could-a-digital-detox-improve-your-health?utm_source=hs_email&utm_medium=email&utm_content=58805724&_hsenc=p2ANatz-4bRvidSTVNBuAuS4eWGS8Cr2w4zBjhwJNArb6jY7iwP2J-7I03ID-VOVRZfKTipCSvpk3ezNx-5xg25O6eLT2iv62IRA&_hsmi=58805724

HEALTH CHALLENGE TIPS

This is an Individual Journey. Stop comparing. Eyes on your own journey.

Slips-ups are OK. You will learn more from slip-ups than from being perfect.

It's a Road Trip. The more stops you take, the longer it will take to get there. You'll still get there.

Be Patient. We all want immediate gratification, but our bodies do not work that way. Give it time.

Start Small. Do not try to change too much at once.

Work with a Coach or Group. There is strength in numbers. Get some support for your journey.

Food Prep. Prep for success and reduce poor decision-making.

Keep Things Simple. One pot meals. Crock pots are great in saving time.

Keep a Daily Log. Track your moods, energy and what you eat. This will give you insight you might not have noticed.

<https://www.tufing.com/tuf/85685/top-10-health-challenge-tips>

Did You Know?



Though it is not related to broccoli, **broccoli rabe** is often known as "baby broccoli" or "rapini." It resembles a cross between broccoli and spinach. Broccoli rabe is an excellent source of vitamin C and contains folate, fiber, potassium and calcium as well. It contains just 9 calories per cup (40 g) serving.

The best way to cook broccoli rabe is to: stir fry it with mushrooms; sauté it with olive oil and garlic; steam it in the microwave; or add it to pasta sauce during the last few minutes of cooking.

https://foodandhealth.com/social-messaging-broccoli-rabe/?utm_source=Food+and+Health+CRM&utm_medium=Communication+Campaign+Email&utm_campaign=Broccoli+Rabe+Is+The+Star+-+Social+Messages+and+Kitchen+Hacks

EAT LESS SUGAR

- **Start your day with protein.** Make sure your breakfast is protein-rich to keep you feeling full well into the day.
- **Eat regularly.** When you wait too long between meals, your blood sugar drops, causing you to crave sweet and fatty foods for a quick energy boost. To prevent this, eat every three or four hours, even if it's just a handful of nuts, a whole-grain cracker, or a piece of fruit to stave off hunger.
- **Chew sugar-free gum.** Gum doesn't just freshen your breath, it gives you the boost of a sweet treat without

actually consuming the calories. Plus, when your mouth's occupied, you're less likely to grab something to nibble.

- **Beware the blues.** Notice you're more likely to reach for the cookies when you're anxious, bored, or sad? Avoid this type of stress-induced eating by taking a short walk when it hits. Not only does walking distract you, it releases endorphins to boost your mood.
- **Experiment with creative combinations.** Chocolate and other sweets go farther when you mix them with something healthier. Dip a banana in dark chocolate sauce or make trail mix

with nuts and dark chocolate chips or M&Ms.

- **Go for quality over quantity.** When a serious craving hits, don't try to deny it. Instead, indulge completely, but in small portions. Eat slowly and enjoy every bite. You'll find you need much less to feel satisfied.
- **Substitute and modify.** Just because something tastes sweet doesn't mean it's bad for you. Many fruit-based treats are packed with antioxidants, fiber and vitamins. Try mixing some berries with plain yogurt. Enjoy!

<https://getfitkpsf.com/eat-well/7-ways-to-beat-sugar-cravings/#prettyPhoto>

STAY ACTIVE THIS SUMMER

Go outside, switch up your workouts and get moving! Find an activity you love or try something new that will keep you moving in an enjoyable way that doesn't even feel like exercise.

- ◆ **Hit the water.** Swimming is one of the most effective total body around. Various swim strokes and kicking will get your body toned from head to toe.
- ◆ **Channel your inner kid with a playground workout.** Head over to the local playground and bring your exercise shoes. Use the monkey bars to tone your arms with pull-ups, the parallel bars for dips and body rows, climb up ladders to work your total body, incorporate some squats and lunges, and you've worked every inch of your fit body. While you're at it, do some laps around the playground.

◆ **Make it game time.** Get the family or some friends together and play. Kid games like tag, hop scotch and hula hooping are serious (and hidden) workouts. Hula hooping is one of the most fun and effective way to sculpt toned, sexy abs. An innocent game of tag will scorch mega calories with the constant sprint burst and hopping along the hop scotch course will tone your legs and booty.

◆ **Lace up and hit the field.** Sports are an enjoyable way to spend time with friends and family while getting a great workout in (sometimes without even noticing). Get the crew together for a game basketball, kickball, tennis or soccer. Look for local recreation leagues and tournaments; it's a great way to meet new people, socialize, and exercise.

◆ **A workout with a view.** Hiking is one of the best outdoor activities for a toned body. Hiking is an effective cardiovascular workout that seriously works your legs. Be sure to pack plenty of water, a snack, and sunscreen. Bring a buddy or your dog and enjoy the beautiful scenery while working your entire body.

◆ **Grab your helmet and wheels and head outside for a bike ride.** Enjoy nature trails, cityscapes, or whatever else you have around you as you tone your legs, strengthen your core, and get your heart rate pumping. Be sure to keep an eye out for traffic and pedestrians, too.

<http://www.fitbodyhq.com/fitness/7-ways-stay-active-outdoors-summer/>

MOMENTS FOR MUSCLES

The "heel raises" exercise does not replace regular strength-building workouts. But it may help you fit in a few moments for muscles even during your busiest days. So, go ahead and strengthen your calves. Any time. No gym required.

<https://www.whyexercise.com/knee-exercises.html>

