



Healthier Living

CREATE A HEALTHY LIFESTYLE THROUGH PHYSICAL ACTIVITY, NUTRITION, AND LIFE BALANCE



GETTING BACK TO GOAL SETTING

Each day many thoughts cross our minds including things we want and wish for. However, most of these things remain just a thought. We rush about in our daily lives and never pause to evaluate these wishes beyond our day-to-day tasks. Recall what you know about goal setting and take the time to put it in practice. **Successful behavior change requires you to move beyond wishes and turn your dreams into action steps.**

Want to achieve your goals? Try these 4 easy steps!

1. Write out everything you **WISH** for.
2. Take a wish and break it down into a **SMART** goal.

Specific. Set goals that address your desired results. What do you want to achieve? What will the outcome of your goal look like?

Measurable. Is this a goal that you can track? How will you do that, and what progress do you want to see over time?

Attainable. Write down the specific steps you will take to achieve the goal. Break down your goal into smaller short-term goals.

Relevant. Before you begin pursuing your goals, make sure they're relevant and realistic. As you work toward achieving them, things may change, so make sure you adapt your goals if needed.

Time-bound. When do you want to start? Include a deadline (day, week, month) to keep yourself accountable.
3. Make your goal **VISIBLE**. Write it down in multiple places and read it daily!
4. Find **ACCOUNTABILITY**. Share your goals with people who can help you achieve them!

SWWC
LIVE WELL



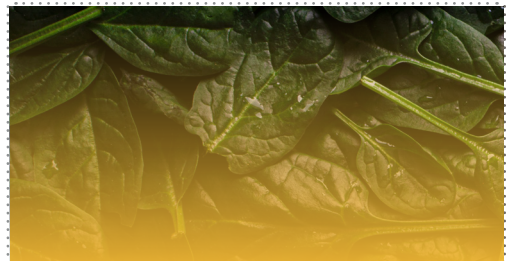
QUICK CLICK

laughing
my app off



<https://monkeytaps.net/jokes/download/>

A joke app designed to boost your laughter daily. It includes daily jokes, memes, funny shower thoughts, funny questions, and much more! Set the app to notify you randomly throughout the day to get a laugh when you least expect it! ♦



FEATURED RECIPE

BALSAMIC GLAZED SPINACH

INGREDIENTS:

1 lb. fresh spinach
2 Tbsp. extra-virgin olive oil
3 cloves garlic, minced
¼ tsp. each: salt & ground pepper
2 Tbsp. grated Parmesan cheese
4 tsp. balsamic vinegar or balsamic glaze

INSTRUCTIONS

Heat oil in a large pot over medium heat. Add garlic and cook, stirring until fragrant, less than 1 minute. Add spinach, salt, and pepper. Cook, stirring until just wilted, 3 to 5 minutes. Remove from heat and stir in Parmesan. Drizzle with balsamic vinegar or glaze. Serve immediately.



FOOD FOR THOUGHT

FIGHT AGING WITH SUPERFOODS!



super·food /'soō pər foōd/ *noun*

A nutrient-rich food considered to be especially beneficial for health and wellbeing.



Incorporating nutritious superfoods into your diet is a first step to aging well. Superfoods can lower your risk of heart disease and diabetes, protect against some cancers, boost immunity, strengthen bones, improve skin health, reduce stress and inflammation, and help you live longer. Add these anti-aging foods to your diet:

Watercress. Increases circulation and deliver minerals to all cells of your body. Watercress are packed with vitamins A and C as well as antioxidants that neutralize free radicals.

Red Bell Pepper. Holds a high content of vitamin C which is great for collagen production. They also have anti-inflammatory properties. Red bell peppers can help reduce skin damage caused by the sun, illness, smoking, and alcohol consumption.

Papaya. Contains great enzymes that help support digestion. They are rich in antioxidants, vitamins, and minerals that help improve skin elasticity.

Spinach. Contains antioxidants that oxygenate and hydrate the entire body. It is loaded with fiber that keeps your heart and digestive system healthy.

Other nutrient-rich superfoods to fight aging include: sesame seeds, nuts, dark chocolate, blueberries, pineapple, lemons and limes, oranges, watermelon, olives, mushrooms, sweet potatoes, cooked tomatoes, turmeric, cilantro, honey, ghee, saffron, oatmeal, beans and lentils, broccoli, carrots, edamame, avocado, pomegranate seeds, cold-water fish, olive oil, lean meats, and figs. ♦



Leg Extension

Strengthen front of thigh.

Sitting tall, extend one leg.

Pull toes toward body and raise leg.

Hold for a count of 6-10 on each leg.

Regular movement is fundamental to good health. Moving or changing postures every 30 minutes is recommended.

Challenge of the Month:

Make a Wish List!

Create a wish list of your achievements. Build ONE **SMART** goal from this list.



MIND MATTERS

LAUGH MORE. STRESS LESS.

Ever hear the saying “**laughter is the best medicine?**” Science tells us that it's no joke!

Incorporating laughter into your daily life is a prescription that can reduce stress and create an overall better environment for you and those around you.



Stress is no laughing matter

When someone is ‘**stressed out**,’ it is due to the release of too much **cortisol** in the body, known as the **stress hormone**. When you laugh it increases oxygen intake, which decreases and regulates cortisol levels making the ‘stressed out’ feeling go away.

Health benefits of a giggle

The increase in oxygen-rich air that comes with laughing helps the brain release more **endorphins**, the ‘**happy**’ hormone. A big laugh first increases then decreases your heart rate and blood pressure resulting in a relaxing feeling afterwards. Laughter stimulates circulation, soothes tense muscles, and reduces the physical symptoms of stress.

Humor me!

To incorporate more laughter into your day, watch a funny movie or TV show, download a joke app, spend time with friends who make you laugh, or find humor in yourself. Start with a smile and see where the laughter takes you. ♦