

LIFESTYLE



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Timely Information for Personal Success

Get Your Energy Back!

By **Tim Lencki**

We all want to have enough energy to do the things we like most: excelling at work, playing with our children, getting things done around the house, etc. The good news is that if you are suffering from fatigue, it IS possible to put some vitality into your life. Most of the time, you can trace fatigue back to one or more of the following habits: lack of sleep, poor eating habits, and too much stress, anxiety, and inactivity. These recommendations can help:

✓ **Manage workplace tension.**

If you have a conflict with a co-worker, sit down and get it resolved immediately. Letting it fester will only lead to more stress and anxiety. If you need help, your EAP is a great resource. Communicate with your boss, too. Understand what he or she wants from you. Don't make it a guessing game.



✓ **Reduce your stress level.**

Sometimes you just have to learn to say NO! When you fill your life

with too many things, you don't get to the ones that are most important. Set priorities and stick with them. Set aside time each day for yourself. Take 15 minutes and go for a walk, read a book, or just relax with a cup of coffee.

✓ **Get active.** Most people need to move more throughout the day. Less than 25% of the population get enough activity each day to make a meaningful improvement to their health. Even if it's only 10 minutes at a time, it can make a difference. Eventually, shoot for 30 minutes of moderate physical activity most days of the week. Find something you enjoy, and get a friend to do it with you.

✓ **Eat healthy.** Start your day with breakfast. Try something that is low-fat and high in fiber, along with plenty of complex carbs such as whole grains and fruits. After a full night of sleep, your body needs to be fueled in order to function. Eating four or five small meals throughout the day will help sustain your energy level and fend off fatigue.

✓ **Practice good sleep habits.** Avoid eating or intense exercise prior to bedtime. Set your alarm for the same time to establish a routine.

Life is too short not to enjoy it. Try a few of these ideas and put some energy back into your life. ♦

Tips to Relieve Holiday Stress

The holidays are ripe with obligations, but if you don't want to be stressed out you have to learn how to say no to some of them! Learn to mindfully reflect on how you plan to spend your time. In this way, you can better prioritize obligations and make conscious choices about your time commitments.

The key is to balance how you spend your time AND money. The holidays offer many temptations to both. If you slow down a little and pay attention to what you really want, you may find yourself making choices that offer deeper satisfaction instead of instant gratification.

When you find yourself faced with a spending choice, take a deep breath, relax, and ask yourself, *"What choice will truly improve the quality of my life and that of others?"*

Finally, you can also relieve stress by helping others. Few activities result in greater satisfaction than volunteering and other selfless giving. What better way to balance the craziness of the materialistic holiday stampede than to volunteer and help those in need? ♦

Source: Tim Lencki. Tim is a strength and conditioning specialist, and author of "Fitness One Day at a Time." Visit his website at www.thefitnesseducator.com.



CLIP-N-SAVE!

Healthy Recipe: Cinnamon Chips with Fruit Salsa

INGREDIENTS:

For the chips:

- 6 eight-inch flour tortillas
- Olive oil spray
- 6 tablespoons cinnamon sugar
- 1/2 teaspoon fennel seed (optional)

For the salsa:

- 1 pint fresh strawberries, washed & hulled
- 1 large ripe white peach or pear, cut into 1/2 inch pieces
- 1/3 cup fresh mint leaves, thinly slivered, plus 6 whole sprigs for garnish
- 1 or 2 jalapeño peppers, seeded & minced
- 2 tablespoons fresh lime juice, or to taste
- 2 tablespoons brown sugar, or to taste

DIRECTIONS:

❶ **Chips:** Preheat oven to 400°. Lightly spray tortillas on both sides w/oil and sprinkle with

cinnamon and fennel seeds. Cut each tortilla into 6 wedges and arrange on nonstick baking sheets. ❷ Bake tortillas until lightly browned (about 5 minutes). Remove from oven and cool. Chips will crisp on cooling. ❸ **Salsa:** Cut strawberries into 1/2 inch pieces. Combine salsa ingredients in bowl, gently toss to mix. Adjust seasoning, adding lime juice or sugar. Salsa should be slightly sweet, slightly sour. ❹ Spoon salsa into 6 individual baking dishes, garnish each with mint sprig & place in center of dessert plates. Arrange chips around salsa. Serve. **Serving size:** 6 chips with salsa.

NUTRITIONAL INFORMATION:

- | | |
|-----------------------------|-----------------|
| • Calories per serving: 244 | • Fat: 5 g. |
| • Saturated fat: 1 g. | • Fiber: 4 g. |
| • Carbohydrates: 47 g. | • Protein: 5 g. |
| • Sodium: 239 mg. | |

LifestyleTIPS®

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Get Through the Holidays Guilt-Free!

Q: "How can I overcome all the decorated cookies, buttery-mashed potatoes, etc., this time of year, and not spiral downward into unhealthy, unwanted pounds?"

A: It needn't be that way! All foods can fit in a quality diet, and that even includes holiday delicacies. The secret is balance over a period of several days. Look back and assess your recent diet. Did your diet take a major hit because you were on the party circuit last weekend? If so, you must look ahead better the next time. It's likely that more celebrations are looming, so planning is key. If a feast is coming up at the end of the week with plenty of rich, higher-fat foods — eat lighter, lower-fat foods for the next couple of days. If the bash is coming up quicker — say tomorrow night — then eat a low-calorie, low-fat breakfast *and* lunch tomorrow. ♦

(Sources: Betsy Bowersox, M.S., R.D., www.acefitness.org.)

Be a Good Role Model!

By the time children reach high school, 63% are no longer physically active. Television, video games and the Internet are obvious answers why — but let me add another variable...YOU! You can't tell kids that being active is fun. You have to show them.

➤ **HOW?** Get off the couch and get outside. Go hiking at a nearby park. If you don't have a park nearby, simply walk out your back door. Take your kids in-line skating, shoot some hoops, or, when the snow starts flying — if it snows where you live — take them sledding. If you're not big outdoor people, sign them up for something indoors like a dance, gymnastic, or other activity class. There are lots of options. Just do it!

➤ **WHY?** Physically active children have fewer chronic health problems than kids who are sedentary. They are better able to meet the demands of everyday life, and they have more self-confidence. But if you and your children haven't been physically active, be sure to take it slow. Warm up with an easy activity before you step it up. A little stretching after you've warmed up may not be a bad idea either. Don't make it a competition. Have fun, and praise kids for trying. ♦

— Tim Lencki

