



HOPE Health Letter

"Life Is a Journey. Have Some Fun."

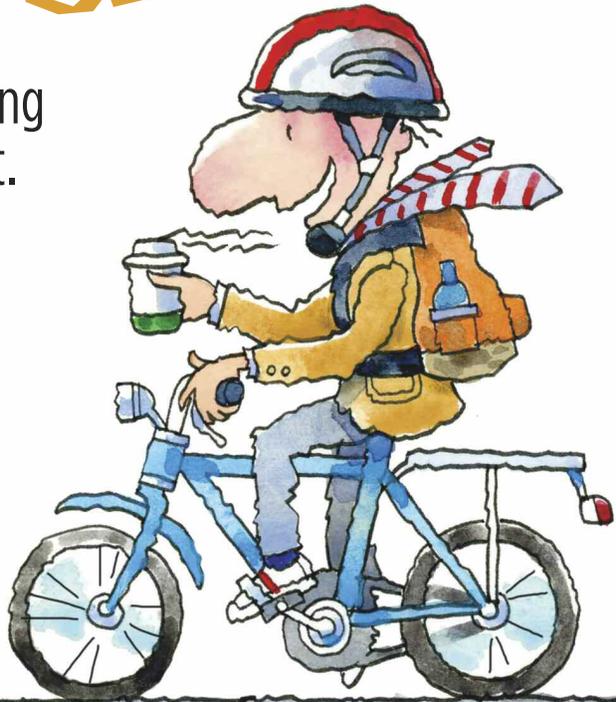
Volume 37 • Number 6 • June 2017

You'll never be disappointed if you always keep an eye on uncharted territory, where you'll be challenged and growing and having fun.

— Kirstie Alley

HAVE FUN!

Taking care of your well-being can be a blast. Enjoy healthy living in all areas of your life.



Learn more about bringing excitement and enjoyment to your health journey — whether you're focusing on nutrition, movement, physical health, emotional health, mental health or finances.

OuterAisleFresh:

Cooking up good times in the kitchen. Check out some ways to spice up your time in the kitchen to make prepping meals more interesting. Pg. 2

GetMoving:

Exercise is child's play. The key to keeping kids interested in exercise is to keep it fun. Pg. 3

TheWholeYou: Physical Health

Get a healthy dose of Vitamin E-njoyment. Leisure activities or hobbies that you enjoy doing may make your body happy, too. Pg. 4

TheWholeYou: Emotional/Mental Health

Enjoy your way to a better life, even if you don't feel like it at first. Doesn't everyone want to have fun? Sure, it sounds good, but sometimes, it's just tough to get in the mood. That's where Laughter Wellness can come in handy. Find out more. Pg. 5

FiscalFitness:

Fun and being financially smart can coexist. Just because you're trying to save money or pay off debt doesn't mean you can't enjoy life. Find a balance. Pg. 6

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Nature scavenger hunt — an activity for all ages. Looking for free, fun fitness for the whole family or a bunch of friends? Why not try an outdoor scavenger hunt? Pg. 7

Plus StockYourToolBox:

Don't miss our favorite video, *Picking the Perfect Sunglasses*, plus more resources like this at Jun.HopeHealth.com. Pg. 8

I love fresh fruit and vegetables. I'm not a strict dieter. I don't think that anything in life should be so regimented that you're not having fun or can't enjoy like everybody else. Just know that fresh food is always going to be better for you.

— Carrie Ann Inaba

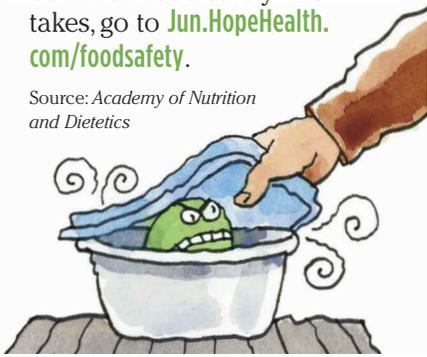
Dippity-do!

Here are some tasty snack-dip ideas: Dip baby carrots and cherry tomatoes in low-fat ranch dressing. Dip strawberries or apple slices in low-fat yogurt. Dip pita chips in hummus. Dip baked tortilla chips in bean dip. Dip mini-toaster waffles in cinnamon applesauce.

When in doubt, don't taste food to check it out

Think your food may have gone bad? Never taste it to check if it has spoiled. You can't taste, see or even smell bacteria that cause food poisoning. Tasting even a tiny bit of contaminated food can cause serious sickness. When in doubt, throw it out. Also, be sure to honor all expiration dates. For more common food safety mistakes, go to Jun.HopeHealth.com/foodsafety.

Source: Academy of Nutrition and Dietetics

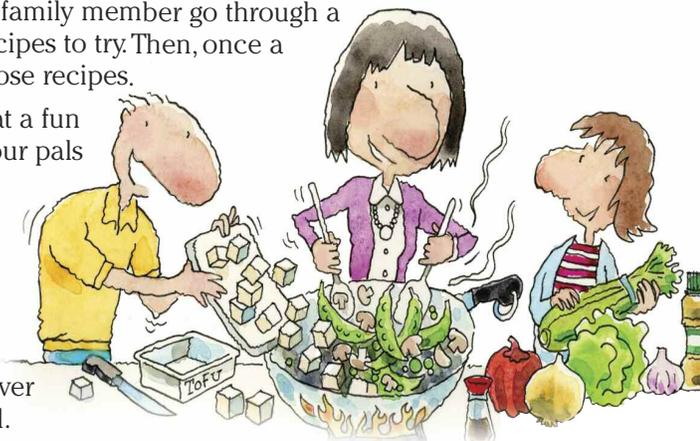


OuterAisleFresh: Have Fun! Cooking up good times in the kitchen

Preparing meals at home is usually much healthier and more economical than going out or picking something up. But let's face it, sometimes cooking can become mundane.

Here are a few ways to spice up your time in the kitchen:

- **Put in a good movie and cook in bulk.** Cook 5 to 10 pounds of meat and freeze in 1-pound portions. You only have 1 mess to clean up, and you'll be so focused on the movie that cooking isn't a chore. Don't have a TV nearby? Crank up some music and sing along.
- **Try new recipes.** Have each family member go through a cookbook and pick out new recipes to try. Then, once a week, take turns making 1 of those recipes.
- **Meal prep with friends.** What a fun opportunity to catch up with your pals while being productive.
- **Get your kids to help.** They can easily grate cheese, wash produce, measure ingredients, stir, set the table and more. And, as a bonus, the kids may be much more apt to eat whatever you cook when they're involved.



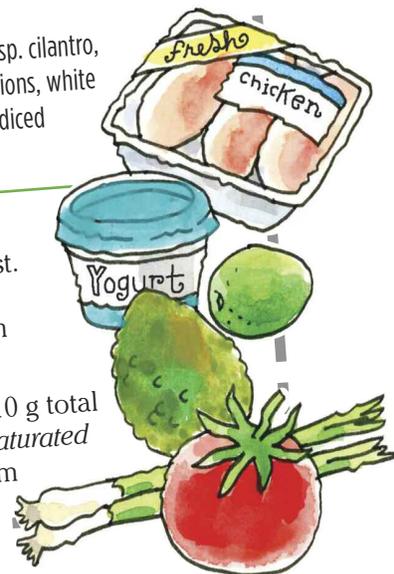
Source: Holly J. Houg, Cooking Class Instructor for Happiness in the Kitchen with Holly Houg

Avocado Chicken Salad

- ½ cup fat-free plain Greek yogurt
- 1 tsp. cumin
- 1 lime, juice and zest
- 3 Tbsp. cilantro, finely chopped
- 1 medium tomato, diced
- ½ ripe avocado, diced
- 2 green onions, white part only, diced
- 1 jalapeño, seeded and diced
- 2 cups cooked chicken breast, diced
- ¼ tsp. each salt and pepper, or to taste

In a medium bowl, blend yogurt, cumin, lime and cilantro. Fold in tomato, avocado, onion, jalapeño and chicken breast. Stir to combine. Season with salt and pepper. Serving suggestions: Enjoy atop salad greens, stuffed into a whole-grain pita or on warm corn tortillas.

Makes 6 servings. Per serving: 278 calories, 35 g protein, 10 g total fat (2 g saturated fat, 6 g monounsaturated fat, 2 g polyunsaturated fat), 11 g carbohydrate (3 g sugar, 4 g fiber), 393 mg sodium



The most important thing for staying in shape is having fun with your workouts.

— Erin Heatherton

Post-fitness hair fixes when you're in a hurry

Avoid wearing a baseball hat while you exercise. Caps can clog sweat glands, which can leave sweat spots. Many caps can also create the smashed, hat-head look, which can be challenging to erase after exercising. After working out, immediately blot sweat from your forehead, hairline and neck to remove excess wetness before it has a chance to dampen hair any more.

See page 8 —

StockYourToolBox:



See how you can link to Cool Tools & Resources to learn more about the topics in this issue!

A study trick: Exercise to make knowledge stick

Want to remember something new? You might try working out after you learn about it, according to 1 study. The ideal time for a post-study workout is roughly 4 hours after the lesson, the research showed. The research participants did 35 minutes of interval training on an exercise bike at an intensity of up to 80% of their maximum heart rates. Although the study was small and more research is needed, why not give exercising a try as a way to remember things?

Source: *Current Biology*, news release, June 16, 2016

GetMoving: Have Fun!

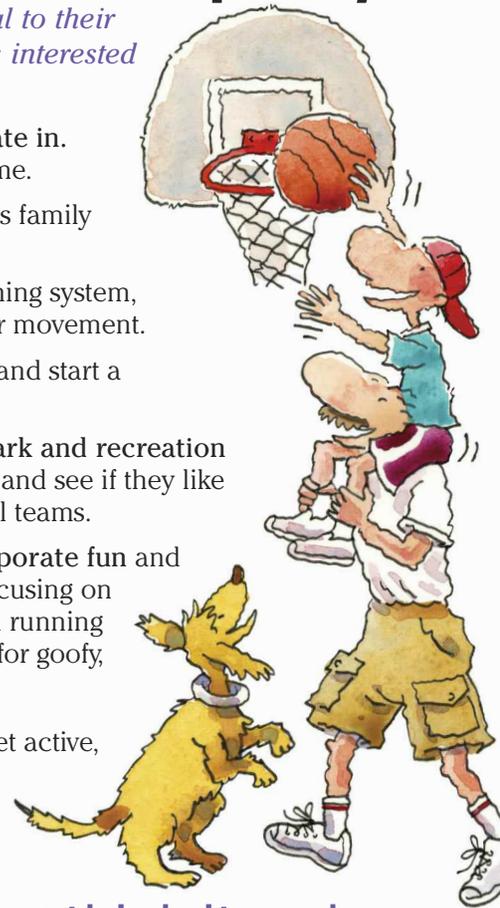
Exercise is child's play

Keeping kids exercising and moving is crucial to their health and wellness. The key to keeping kids interested in exercise is to keep it fun.

- Give kids a say in the activity they participate in. Ask them what they would like to do. Don't assume.
- Find activities you can do with them, such as family bike rides.
- Play games with them, too. If you have a gaming system, take on the kids in a game that involves dance or movement.
- Get your kids and neighbors' kids together and start a Capture-the-Flag or Ultimate-Frisbee game.
- Have kids sample sports by joining a city park and recreation league. Kids will learn the basics of the sport — and see if they like it before mom and dad shell out money on travel teams.
- Look for physical-activity groups that incorporate fun and getting to know other kids, not just exclusively focusing on the sport or activity. For example, look for a youth running group that designates 1 day a week as a fun day for goofy, active games, not strictly running.

For easy ways to encourage your youngsters to get active, go to Jun.HopeHealth.com/activekids.

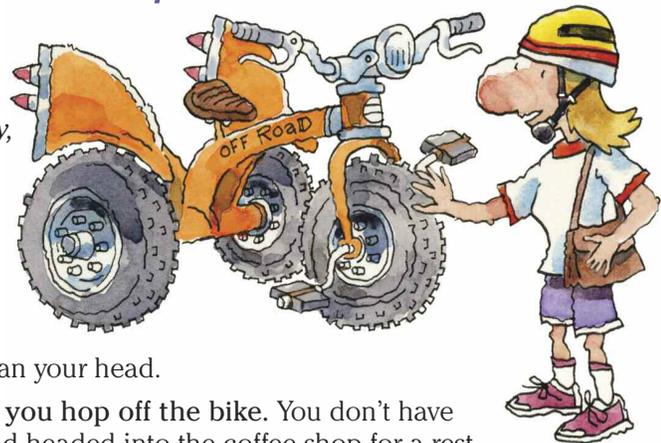
Source: Judy Svendsen, youth running coach for Ultimate Warriors and Dowling Middle School, Des Moines, IA



Be bicycle safe even if you think it makes you look silly

A bicycle helmet may not be the most fashionable accessory, but it's a must-wear item that can prevent head injuries if you take a tumble or crash.

- Athletic superstars and tough construction workers know protective gear is a must. It's better to crack your helmet than your head.
- You can take it off as soon as you hop off the bike. You don't have to wear it once you're stopped and headed into the coffee shop for a rest.
- You won't look out of place. Actually, if you don't wear a helmet, other bicyclists may give you a strange double take and wonder why you aren't wearing one.
- After a while, wearing a helmet becomes a habit, and you likely will feel awkward without it.



For information on making sure a bicycle helmet fits properly, visit Jun.HopeHealth.com/helmets.

People want to be creatively satisfied, and having fun is such an important part of that.

— John Lasseter

A smartphone side effect

Have you ever temporarily lost sight in 1 eye while using your smartphone? The short-lived sensation is common among smartphone users, particularly when checking their devices in the dark while lying on their sides. Fortunately, it's a temporary issue, and it does not result in permanent damage. If loss of sight happens when not using a smartphone lasts more than 1 to 2 minutes or happens again and again, you should call 911 or go to the ER immediately.

Source: "Transient Smartphone 'Blindness,'" *New England Journal of Medicine*, June 23, 2016 issue

See page 8 —

StockYourToolBox:

See how you can link to Cool Tools & Resources to learn more about the topics in this issue!



Show your love with a skin check

Have a skin-check buddy — whether it's a spouse, another family member or a close friend. Then, do skin checks regularly, such as monthly. You may find suspicious skin issues on each other that you couldn't find on your own body. Identifying skin abnormalities that could potentially be skin cancer at an early stage, when it can be treated, could be life saving. For more on skin checks, go to Jun.HopeHealth.com/skin.

TheWholeYou: PHYSICAL HEALTH

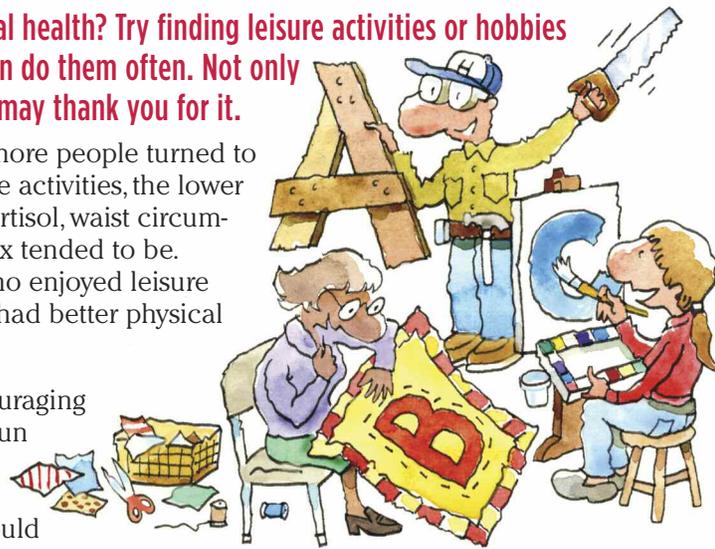
Get a healthy dose of Vitamin **E**njoyment

Have Fun!

Want to improve your physical health? Try finding leisure activities or hobbies that you enjoy doing and then do them often. Not only will it be fun, but your body may thank you for it.

One study showed that the more people turned to and found pleasure in leisure activities, the lower their blood pressure, total cortisol, waist circumference and body mass index tended to be. The research participants who enjoyed leisure activities also believed they had better physical function.

These study results are encouraging for making the case for the fun factor in physical health, and the researchers noted that further investigation should be conducted to determine the extent that leisure activities factor into disease prevention and other health outcomes.



Source: Pressman, Sarah D. PhD; Matthews, Karen A. PhD; Cohen, Sheldon PhD; Martire, Lynn M. PhD; Scheier, Michael PhD; Baum, Andrew PhD; Schulz, Richard PhD. "Association of Enjoyable Leisure Activities With Psychological and Physical Well-Being." *Psychosomatic Medicine*: September, 2009, Vol. 71, Issue 7, pp 725-732.

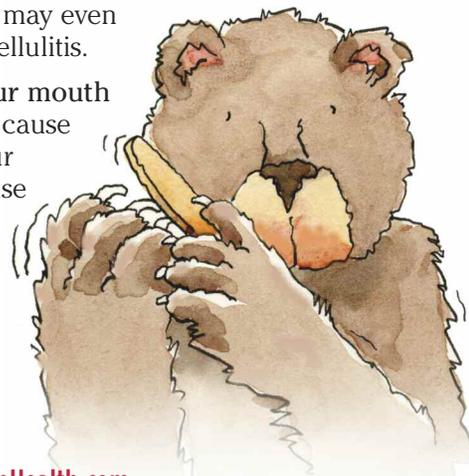
Nix the nail biting to help your health

Nail biting can leave you with less-than-manicure-perfect fingernails, but that's not all. The habit could have long-term health consequences, too.

Here are 5 reasons why you might want to cut out chewing on your nails:

- 1. Fingernails have germs.** Chewing your fingernails means germs get into your mouth and body, where they increase your chances of getting sick.
- 2. Nail biting can lead to painful nail infections.** The infection symptoms include a red, swollen area around the nail. If the infection is bacterial, you may develop pus-filled blisters. The infection may even spread into the rest of your finger. This is called cellulitis.
- 3. Nail biting can sabotage your smile and your mouth hygiene.** The practice can cause teeth to shift or cause them to chip or break. What's more, germs on your fingers could infect or irritate your gums and cause bad breath.
- 4. Biting your nails increases the risk of hangnails or ingrown nails.**
- 5. If you paint your nails, toxins in nail polish or gel polish can put you at risk of poisoning.**

Source: *Texas A&M University news release*, Dec. 19, 2016



Having fun is fantastic, and I never want to lose a sense of that — and also, I think, you have to have that to put into your work, or else it's going to feel stiff. — Drew Barrymore

What to do when attending I-dos

Invited to a wedding? Be a gracious guest.

- Respond to an invitation quickly, especially if you can't attend.
- Children and significant others are invited only if named on the invitation.
- Jeans, baseball caps and tennis shoes are inappropriate. Dress according to how formal the invitation is.
- Avoid the bad-guest label. Arrive early, keep your dance fever at a reasonable temperature and leave the place cards right where the bride put them.

Planning too much to have fun may be no fun at all

Too much planning makes leisure time seem like work, researchers reported. "People associate schedules with work," according to study co-author Selin Malkoc of Ohio State University. Some planning is fine, though. The researchers found that people enjoyed casually planned events that didn't have a specific time nearly as much as spontaneous ones.

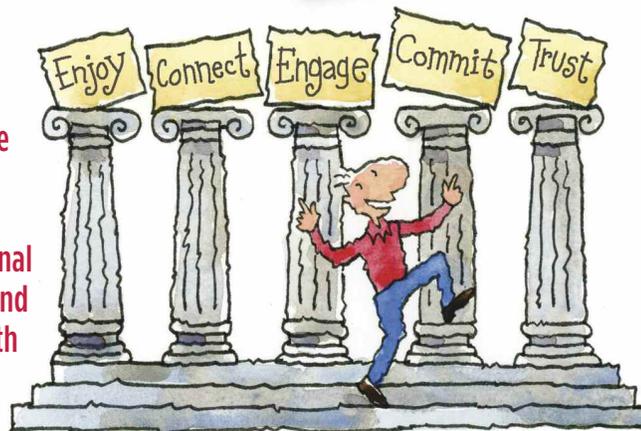
Source: *Ohio State University, news release, December 8, 2016*

The Whole You: Emotional/Mental Health

Enjoy your way to a better life, even if you don't feel like it at first

Have Fun!

Laughter Wellness is an interactive practice focused on developing a positive attitude and designed to improve physical, mental, emotional and especially social well-being and integration — so you have fun with life. Here are its 5 pillars:



- 1. Enjoy:** Find activities that you enjoy doing, and do them. Also, look for ways to enjoy what you do if you have to do it. It will completely change your experience.
- 2. Connect:** Close relationships with family and friends provide love, meaning and support and may increase your feelings of self-worth. Broader networks bring a sense of belonging.
- 3. Engage:** In other words, do. It's far more effective than talking.
- 4. Commit:** You're doing things, but how are you doing them? Are you participating half-heartedly or with everything you have?
- 5. Trust:** Fully believe that you will achieve your goal if you do what you need to do and do it with enthusiasm.

Learn how to put these pillars into practice at Jun.HopeHealth.com/laughter.

Source: *Sebastien Gendry of the Laughter Online University, a supplier of online laughter education, laughteronlineuniversity.com, laughterwellness.org*

Feeling stressed out?

If you have tough times with tense situations, here are a few suggestions that may help give you some relief.

- Tackle 1 thing at a time. Pick 1 to-do and work on it. When that's done, move on to the next.
- Be realistic. Feel overwhelmed or overcommitted? Learn to say, "No."
- Take a time-out. Five to 10 minutes of quiet reflection can be calming. Close your door for some alone time or take a quick walk.
- Share your feelings. Don't keep things to yourself. Share with your friends and family so they can give you support and guidance.
- Don't be too critical. Remember, everyone is unique and has his or her own strengths and weaknesses.



Source: *Mental Health America*

Fun is one of the most important — and under-rated — ingredients in any successful venture. If you're not having fun, then it's probably time to call it quits and try something else.

— Richard Branson

Keys to keeping the lawn green without going broke

Mow high — Taller grass grows slower than grass cut close to the ground. Let grass grow to 5 ½ inches before mowing. You will mow less frequently, plus save gas and wear and tear on your lawn mower.

Water less — Watering a lawn a little daily may promote shallow roots and make your lawn less resistant to drought. Instead, deep water once a week. An inch of water should do. Use a gauge to measure the amount.

Challenge yourself to save

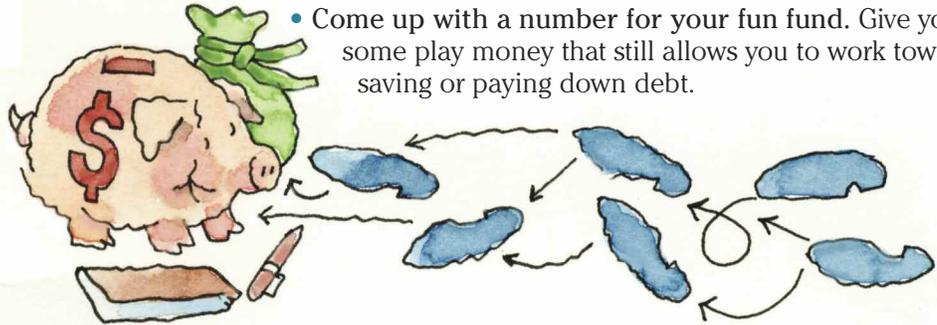
If you're not in the habit of saving money and want to make saving part of your routine, try a savings challenge for a certain period of time. Determine how much you'll put away each day or week and designate an end date. When that time comes, the amount you saved may just motivate you to continue. For a 15-week savings challenge, go to Jun.HopeHealth.com/savings.

FiscalFitness: Fun and being financially smart can coexist

Have Fun!

Just because you're trying to save money or pay off debt doesn't mean you can't enjoy life. Find a balance. Work toward money goals without feeling like you're sacrificing too much.

- List everything that you spend money on each month.
- Identify your essential expenses.
- Decide how you might cut back on those essentials if you can. Maybe it's changing your cell phone's data package or couponing at the grocery store.
- As for your non-essential spending, figure out what you enjoy most. Maybe it's going out to eat or taking in movies.
- Do away with non-essentials that don't necessarily excite you all that much. Maybe you don't watch many shows or movies on that online subscription site.
- Come up with a number for your fun fund. Give yourself some play money that still allows you to work toward saving or paying down debt.



To buy or to lease

You need a new vehicle — or at least new to you. Should you lease instead of buy? It all depends. Here are some pros and cons of leasing:

Pros

- There's no up-front sales tax.
- Down payments, if any, are small.
- Monthly payments are often significantly lower than buying a car.

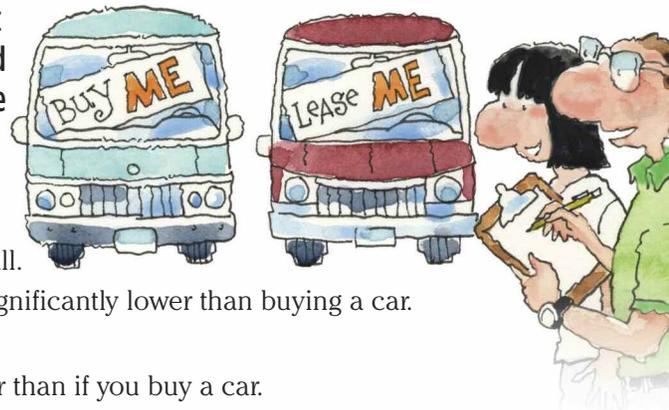
Cons

- Insurance premiums are higher than if you buy a car.
- You'll always have a car payment. You'll never own the car outright.
- There are penalties if you go over the miles you're given.
- Wear-and-tear fees — you may have to pay for scratches, dings and other things when you turn in the vehicle at the end of the lease.

Not all leases are the same. Read through the lease agreement carefully and ask questions if you're unsure of anything.

For more on weighing whether to buy or lease, go to Jun.HopeHealth.com/car.

Source: dmu.org



Being practical always is not always practical. Sometimes, you need to let it go; give yourself freedom to be silly, too.

— Author Unknown

Simple secrets to strengthening relationships

Keep in touch. Make a list of people whom you want to contact regularly. If needed, add reminders to your calendar to call these individuals, email them or make plans to get together in person.

Listen. Focus on what others are saying. And, if you aren't sure you heard them correctly, repeat what you thought you heard to make sure you understood.

See page 8 —

StockYourToolBox:



See how you can link to Cool Tools & Resources to learn more about the topics in this issue!

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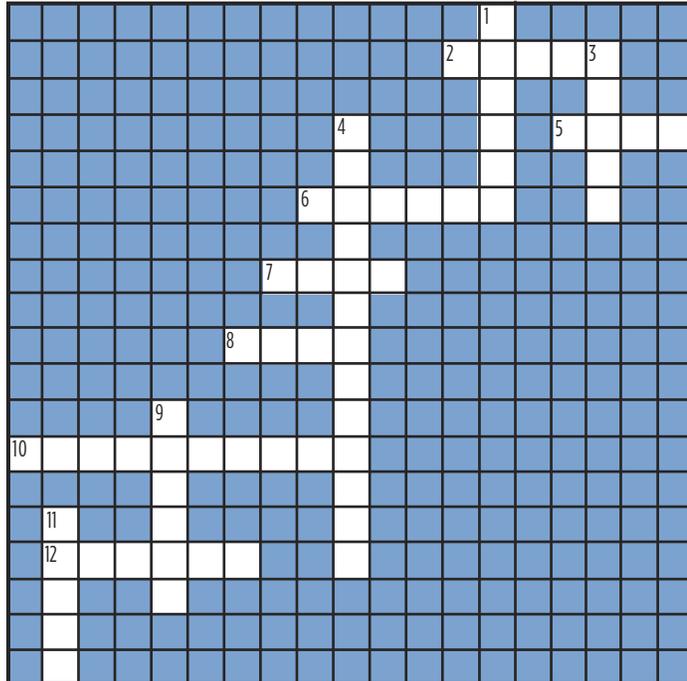
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Please recycle.

HealthyConnections:



Across

2. Usually inappropriate attire for a wedding
5. This type of grass grows slowly
6. One of the 5 pillars of Laughter Wellness
7. To make cooking fun, you might want to get these people to help
8. To remember something new, you may want to work out ___ hours after the lesson (*number spelled out*)
10. An infection that may result from nail biting
12. Don't do this when it comes to deciding on kids' physical activity

June Crossword Puzzle

Find out how well you know the topics covered in this issue of the newsletter.

Down

1. If you aren't sure you heard someone correctly, ask the person to do this
3. A possible pro to leasing a vehicle is that the down payment is _____
4. A physical health benefit of leisure activities may be lower _____ (*2 words, no space*)
9. For a tasty snack idea, you might pair pita chips with this
11. Never do this to check if food has spoiled



For the crossword puzzle answer key, go to Jun.HopeHealth.com

Nature scavenger hunt — an activity for all ages

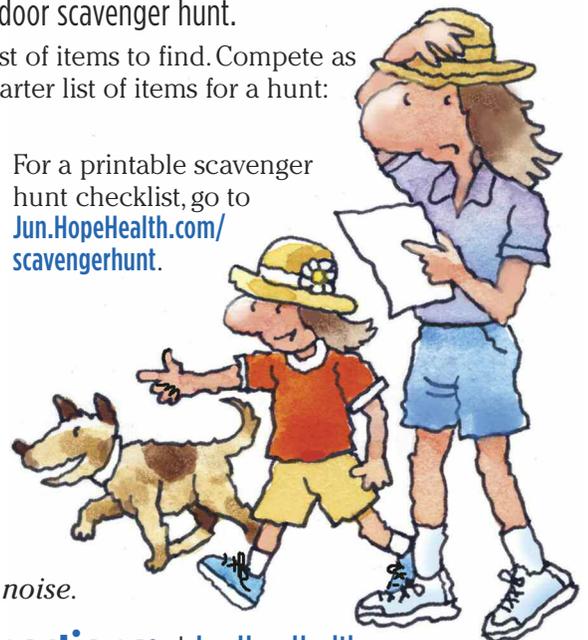
Have Fun!

Looking for free, fun fitness for the whole family or a bunch of friends? Try an outdoor scavenger hunt.

All you need are a location and a list of items to find. Compete as individuals or on teams. Here is a starter list of items for a hunt:

- ✓ A beautiful rock.
- ✓ A pine cone.
- ✓ A stick.
- ✓ Something green.
- ✓ Something straight.
- ✓ Something smooth.
- ✓ Something round.
- ✓ Something rough.
- ✓ Something soft.
- ✓ Something fuzzy.
- ✓ Two types of seeds.
- ✓ Two pieces of litter.
- ✓ Two types of leaves.
- ✓ Something that makes noise.

For a printable scavenger hunt checklist, go to Jun.HopeHealth.com/scavengerhunt.





StockYourToolBox: Your Source for Cool Tools & Resources

Check out Jun.HopeHealth.com for a ton of useful well-being information. In addition to the links in the newsletter, here's what else you can find online:



Go to
Jun.HopeHealth.com
to find these resources.

A 1-minute video on Picking the Perfect Sunglasses —

find the pair that fits your face and provides you the protection that you need.

An Outdoor Scavenger-Hunt Checklist —

head outside for a fun activity with family or friends. Enjoy nature while you try to collect various items before your opponents do.

A Crossword Puzzle —

test how well you know the topics covered in this newsletter.

“A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing and the lawn mower is broken.”

— James Dent

“Laughter is an instant vacation.”

— Milton Berle

“If you're not having fun — I don't care what you're doing — don't do it. Move on. Find something else, life's too short.”

— Jerry Doyle

“If you're always busy, busy, busy, you can't enjoy, enjoy, enjoy your life.”

— Author Unknown