

**March
Nutrition Month**

**Colorectal Cancer
Awareness Month**

*“Every man dies. Not every man
really lives.”*

William Wallace– Braveheart



B. ALIVE

Stuck in a rut? Feeling bored? The winter may have left you feeling less than enthused about life. If that describes how you may be feeling, try a new hobby. Look into cooking or trying a food you normally would not eat. Go to a new restaurant. Go for a hike instead of walking on the treadmill. Learn a new skill, try taking music or dance lessons.

B. Tipped Off

Check out cancer.org for information

B. INFORMED

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B. NUTRITIOUS

Weight loss is accomplished in the kitchen and health is gained in the gym! Variations of this statement have been around for years and are mostly true.

In a nut shell, output must be greater than input. A caveat to remember is that input must be enough to operate efficiently. Many people tend to underestimate the amount of calories they consume in a day, which is why tracking and journaling is so productive. So, hit the gym for your overall health and be conscious of what you eat to lose weight. People that combine these 2 tend to be the most successful at weight loss.



B. BALANCED



When people encourage you to eat a balanced diet what exactly might that mean? Unless you have a medical condition or allergies it may look like eating the right amount of carbs, proteins and fats. Many people try to eliminate entire food groups which may not be the best option for you. Keep in mind that each food brings something to the table, pun intended. Some fats are good and can be added in a limited manner, to your diet. Carbs can be included too as they contain nutrients and fiber your body may need. And of course proteins help repair muscle fiber and contain essential amino acids our bodies require. Unless directed by a medical professional be careful of eliminating whole food groups.

B. FAMOUS

Maybe not the rich Hollywood type of famous, but famous in your circle. Be famous for being a great friend, husband, wife, son, daughter, coworker and/or neighbor. Be known as a person of honor who keeps their word, doesn't gossip and helps out before they are asked. Be known for doing the right thing always.

Practically Speaking

Your Ideal Weight

My ideal weight is _____.
How many of you are aiming for a number that may be unobtainable? We tend to attribute health with an ideal weight. The fact is many items influence our weight and some are in our control and some may not be in our control.

Genetics, medical conditions, medications, stress, sleep, age, our diets, our exercise habits and our lifestyles are just a few examples of things that influence our weight.

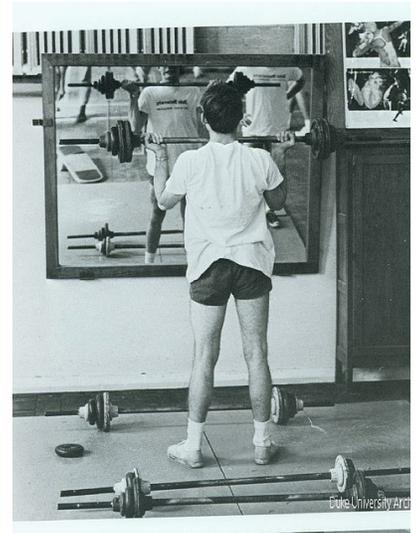
If we start taking better care of ourselves and aim for better overall health maybe our weight will not be such a focus. Let's look at how we can be healthier. Choose appropriate portions of the proper foods, get exercise, stay active, get the proper amount of sleep, reduce your stress levels and take any medications as directed. Doing all those things may just result in a new "ideal" weight that has you feeling healthier than you have in a long time.

Mark

B. ACTIVE

Are you already bored with your New Year's resolution workout plan? It's a great idea to mix up your workouts every 8-12 weeks. It doesn't always have to be drastic changes. Just changing the sets and reps can be beneficial. Or go through your workout in the reverse order.

Our bodies and minds get used to performing the same tasks over and over again so switching them stimulates growth. You will benefit both psychologically and physiologically. So mix things up a bit and reap the rewards every 8-12 weeks!



B. NUTRITIOUS



Mini Egg Muffins

- ◆ 6 eggs
- ◆ 1/2 cup milk
- ◆ 1/4 tsp. salt
- ◆ 1/8 tsp. pepper
- ◆ 1 cup shredded cheese
- ◆ 3/4 cup fresh spinach-chopped
- ◆ 1/4 cup chopped red bell pepper
- ◆ 2 Tbsp. red onion

Makes 6 servings: (each serving is 2 muffins)
164 calories, 12 g protein, 3 g carbs, 11 g fat

Directions: Heat oven to 350. Beat eggs, milk, salt and pepper in a medium bowl. Add cheese, spinach, pepper and onion and mix well. Have a 12 muffin pan ready and spray with cooking spray. Spoon the mixture evenly into the 12 openings. Bake for 20-22 minutes. Let cool for 5 minutes and remove. You may freeze these for later use. Make them when you know you may have little time, they reheat quickly.



If you have a question you would like answered, please contact me at mkrug@ConnectCare3.com
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