Health and cheerfulness naturally beget each other!

Joseph Addison

B. ADVISED

Health consumerism is a growing trend. We all can be better consumers and better shoppers when it comes to our health care. Carriers now have price discovery tools on their sites which allow you to look for the best deals on certain tests. Some tests could vary in costs by hundreds of dollars. This could save you and your employer a lot of money. Knowing when to use your family doctor, an urgent care center or the emergency room all can save you time and money too. In an emergency we do not have the luxury of looking for a better deal. But in non-urgent instances we do have time to shop for lower cost care.

B. ALERT

I am always amazed at how many people walk around with ear phones in. I am especially surprised at how many kids on college campuses do this and at night. Next, add hoods being up and hats covering their faces and now they cannot see or hear any possible nearby threats. Staying safe can be as simple as being aware of your surroundings. Pay attention, park under lights at night, do not park near larger vehicles that block your vision, travel in pairs, let others know where you are going and when you expect to arrive. A little forethought and planning could keep you safe and protect you from injury.

B. REAL

Are your goals realistic? As we age sometimes our goals do not age with us. Are you over 30 and expect to be in the same shape you were in your late teens? If you have not exercised for a long time, that may not be a realistic goal. So many times we set ourselves up for failure instead of success due to unrealistic goals.

B. STRONG

Strength is important in maintaining your independence. Having strength and muscle mass allows you to be more active, stay functionally fit and help raise your metabolism. You can burn 50 more calories per day with each pound of muscle you add!
Practically Speaking

Health Coaching

Health coaching is gaining popularity. Health coaching is more than just exercise and nutrition counseling. Health coaching or healthy goals is about helping people choose appropriate goals, setting standards for accountability, and creating environments where clients can eventually monitor themselves.

Health coaches teach clients self reliance and how to recognize when they need help in areas outside their comfort zone. It’s teaching clients tricks and giving them tools to hold themselves accountable for their actions.

A great example happened a few weeks ago. A client missed a goal after a 12 week program. The coach was concerned because the week before it looked like a no-brainer. Wondering what happened, the client finally look back at his training/eating and rest journal and was able to figure out for himself where he may have had an issue. After getting back on track for a few days he easily hit his goal.

The tracking helped him understand and take control over his goals.

Mark

ACTIVE

“I run on the treadmill at 6 mph and an at incline of 5% grade. That’s good right?” That is a tough question to answer. If you are a cross country runner, maybe not, but if you’re just finishing up your first C25K program that may be great.

There are a few items we can change about our workouts to determine their effectiveness. Frequency—number of times per week, Intensity—level of difficulty of the workout and Time—duration of the workout are the main ingredients to an effective workout.

NUTRITIOUS

Blueberry Peach Cobbler

- 5 lbs. peaches, peeled, pitted, sliced
- 2 Tbsp. fresh lemon juice
- 1 cup granulated sugar, divided
- 3/8 tsp salt divided
- 1 1/2 cups plus 2 Tbsp all-purpose flour
- 1 tsp. baking powder, and vanilla extract
- 1/2 cup butter-softened
- 2 large eggs
- 2 cups fresh blueberry
- 3/4 cup buttermilk

Directions: preheat oven to 375. Place peaches in a large bowl and toss with juice. Add 3/4 cup of sugar, 1/8 teaspoon of salt and 2 tablespoons flour to mixture and toss again. Arrange in a 13 x9 pan after coating with cooking spray. Next use the remaining flour, 1/4 teaspoon of salt and baking powder into a bowl. Whisk well. In a separate bowl mix remaining sugar and butter with a mixer on medium slowly adding eggs, vanilla, then flour mixture and butter milk. Next blueberry’s, spread over peach mixture and bake for 1 hour or until filling is bubbly.

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

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