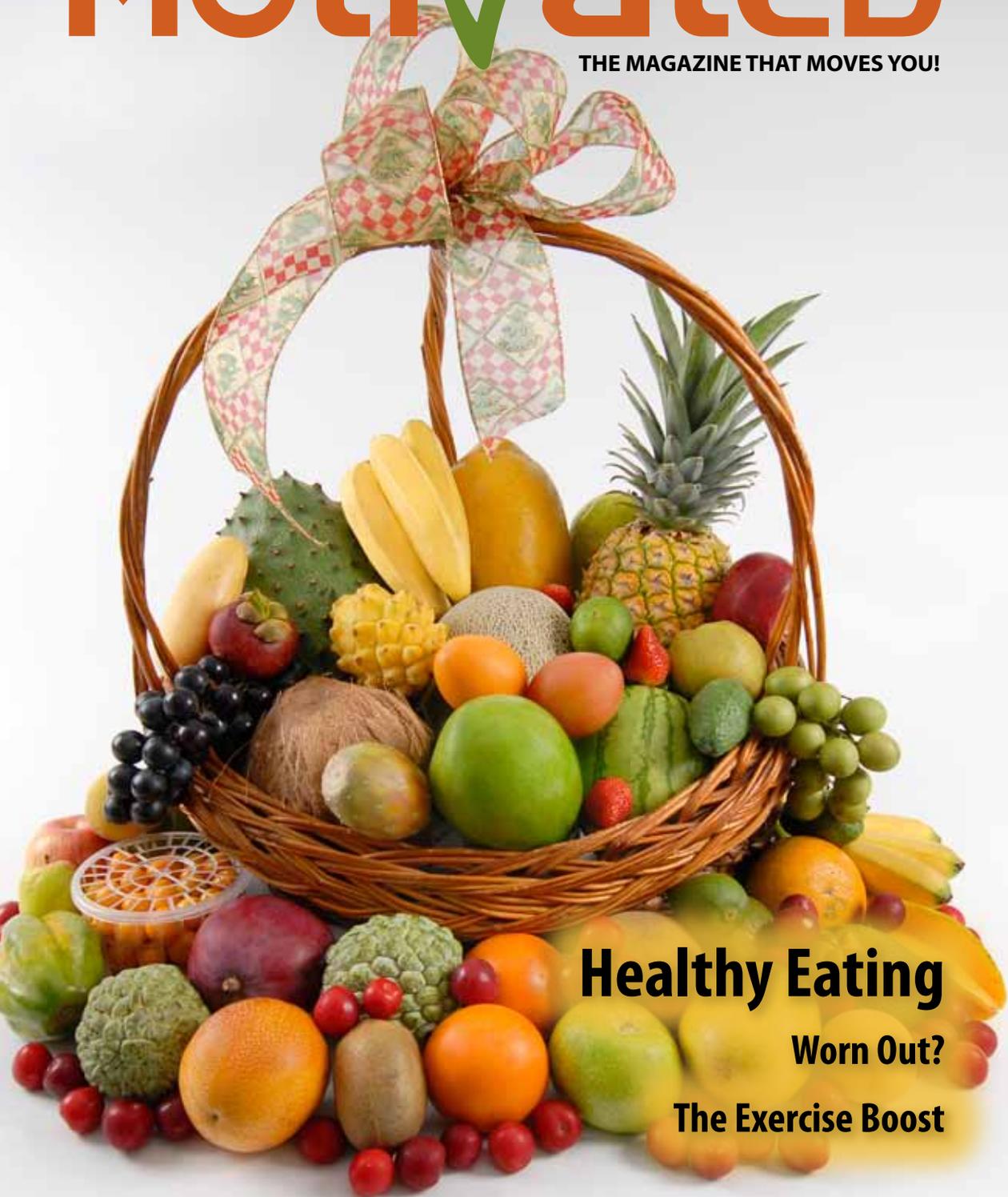


Volume 4, Issue 3

MOTIVATED

THE MAGAZINE THAT MOVES YOU!



Healthy Eating

Worn Out?

The Exercise Boost

3

Rose's Curly Toes

4

Worn Out?

6

Healthy Eating

7

Smell the Flowers

8

Parenting from the Heart

How to raise a happy,
healthy child

10

The Exercise Boost

11

Social Side Up

12

Notable Quotes

The health and happiness
connection

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Motivated Vol 4, Issue 3
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Our bodies are amazingly intricate and efficient machines, but they need proper care to run well. If we want to be free of sickness and stay in optimum physical and mental health, we have to do our part. That takes time, thought, and effort. We have to eat properly, drink plenty of fluids, get sufficient sleep, exercise, limit our exposure to things that could be harmful, maintain positive attitudes, and so on.

Caring for ourselves has never been simple or easy, but it's getting more difficult and complicated as the world changes. This, in turn, is changing our lifestyle, which is putting greater demands on our bodies and minds. Many of the health hazards that plagued previous generations have been reduced or eradicated, but new challenges have emerged due to such things as processed food, routine exposure to chemicals, pollution, sedentary jobs, the stress of 21st-century living, and the list goes on.

If we do our best to live a healthy lifestyle and take care of both our physical and mental health, we can spare ourselves a lot of problems, and we will be able to enjoy all the good things life brings us so much more.

This issue of *Motivated* is chockfull of helpful advice on how to stay healthy and happy—two essential factors for a better quality of life. Putting it into practice may take some effort, but it is definitely worth the try.

Christina Lane
For *Motivated*



Rose's Curly Toes

By Abi F. May

My friend Rose has been going through a difficult time. Her knees and toes are swollen and inflamed, and sharp pains in her legs keep her awake at night. She has had these problems off and on since she was a teenager, but it was only recently that a series of tests at a rheumatology clinic revealed that she suffers from a particularly debilitating type of inflammatory arthritis. Rose is normally an energetic person, living a busy and full life. Naturally, she wondered why she was afflicted with this incurable disease, so she did some research.

When we met up over coffee, I was rather mystified by her initial exclamation. “It’s all due to my curly toes.” Then she told me what her research had yielded. Her condition was primarily genetic. Like the unusually curly toes that ran in her family, Rose had inherited a susceptibility to this disease. Something environmental—probably an infection—had triggered her first episode.

“Doesn’t that make you feel down?” I asked.

“I’ll live with it,” she replied. “Just because my toes are curly doesn’t mean I have to curl up in a corner. I may have a predisposition to this disease, but I don’t have to let it ruin my life. God has been good to me!”

X-rays had revealed that despite the many years she had been battling arthritis, she had minimal damage in her joints, which surprised the doctors. No doubt her active lifestyle, determination to stay mobile, and her positive outlook had all contributed to her being in relatively good shape.

After Rose had hobbled off with a mix of grins and grimaces, I thought about this long and hard. It’s true we can’t choose our genetic makeup, and not all of the physical traits we inherit are positive, but we can choose what we do with what we are given. My body may be imperfect; like Rose, I have flaws that I have inherited and other conditions I have acquired. However, none of that changes my responsibility to take care of myself by keeping up good living habits.

Enough sitting at this keyboard! The sunshine is beckoning me outside. ||

Worn Out?

7 ways to increase energy By Jessie Richards

1. Eat breakfast.

Studies show that people who eat breakfast are more likely to report being in a good mood and having plenty of energy throughout the day than those who don't. Researchers at Cardiff University also found that eating a bowl of nutrition-rich breakfast cereal every morning leads to lower levels of the stress hormone cortisol. As always, avoid health-zapping, highly processed food, which includes many boxed cereals.

2. Drink water.

Sometimes even slight dehydration can leave you feeling tired and lethargic. Blood and other bodily fluids are mostly water. Even mild dehydration can cause blood to thicken, forcing the heart to pump harder to carry blood to cells and organs, resulting in fatigue. The solution is simple: a tall glass of water. In addition to drinking more water, consume foods that are high

in water content, such as carrots, watermelons, and oranges, and other juicy fruits and vegetables.

3. Walk around the block.

When you feel tired, it may seem that physical activity is likely to make you even more tired, but the opposite is true. Moderate physical activity such as walking increases energy. In experiments conducted at California State University, not only did a brisk 10-minute walk increase energy, but the effects lasted up to two hours. And when daily 10-minute walks continued for three weeks, the walkers reported increased overall energy level and improved mood.

4. Eat a power snack.

A treat that combines protein, a little fat, and some fiber—like peanut butter on a whole-wheat cracker, or some unsweetened yogurt with a handful of nuts—does the trick. The carbohydrates offer a quick pick-me-up, the protein keeps your energy

up, and the fat makes the energy last. Try to eat every three to four hours. Having three smallish meals and two snacks can keep your blood sugar and energy levels stable all day long. Note the word “smallish.” Supersized meals demand more energy to digest, which can leave you feeling lethargic. Sweet foods cause a spike in blood sugar, which gives you an initial burst of energy. But that high is followed by a rapid drop in blood sugar, which can leave you feeling wiped out. Fiber has a time-release effect on carbohydrates, so the glucose released by high-fiber foods enters your bloodstream at a slow and steady pace—energy with staying power. Some suggestions of fiber-filled options are a bowl of bran cereal, black beans and cheese wrapped in a multigrain tortilla, air-popped popcorn, or an apple.

5. Make it a latte.

If you drink coffee, try pairing that quick caffeine boost with the sustaining power of protein by making it a latte. All that milk turns your coffee into a protein drink, which gives you extra energy. Also, the extra calcium is good for your bones, provided you don't negate that benefit with lots of sugar. Combine it with an ounce of almonds, and the healthy fat will really tide you over, while making you feel like you're spoiling yourself!

6. Reduce stress.

One of the biggest energy zappers is stress. Stress, even at low levels, will erode your energy level. Over time you will find yourself doing less and feeling it more. Whatever is relaxing to you will reduce tension, and that will help increase energy.

Take belly breaths. When you breathe in, your belly should round and fill like a balloon; when you exhale, your belly should deflate. Of course, remembering to practice deep breathing isn't the first thing on your mind when you're under the gun, so as a reminder, try posting a tranquil picture with the word “breathe” next to your computer or wherever you tend to get stressed.

Let go of grudges. Nursing a grudge prompts your mind and body to react as if they're under stress, resulting in an impaired immune system and exhaustion over time. On the other hand, practicing empathy and forgiveness keeps the body's stress responses in check.

7. Energize your spirit.

Life happens. Emotionally difficult situations are inevitable, but if you react wisely and positively your brain and body will rebound, along with your vim and vigor. Splash some water on your face or take a shower. Studies report that a little H₂O^o refresher can increase energy and take the edge off when you're feeling overwhelmed. Listening to music is one of the most effective ways to counter a bad mood, decrease tension, and increase energy. Research suggests that music effectively distracts you from feeling fatigue. Play a CD of your favorite songs when you need a pick-me-up.

Finally, do some good. A study published in the *Journal of Health and Social Behavior* found that acts of altruism can boost six areas that affect energy levels: life satisfaction, self-esteem, sense of control over life, physical health, mood, and overall happiness. ||



Healthy Eating

The power of two

By Leanna Silver

I woke up feeling exhausted, even though I'd just slept for over an hour in the middle of the day—something I rarely do.

What's wrong with me? I wondered. Am I getting sick? I checked my temperature. That wasn't it.

I had work to do, but couldn't focus. Then it came to me, "Do a diet recall."

It was easy to remember what I'd eaten that day—half a piece of toast and a cup of tea in the morning. I glanced at my watch. It was 4 PM.

I had been busy, I told myself. How was I supposed to fit in eating on top of everything else I had to do?

I'm one of those "lucky" people with a fast metabolism. It's always been harder for me to gain weight than to lose it. I needed to eat frequently to keep up my energy and weight, but rarely ate very much at one time. And if a meal didn't suit my taste buds or I was going through an emotional ordeal, I would skip it altogether. My "normal" small meals and snacks gradually tapered off until I was eating almost nothing.

As a result, my energy level was always low, I got sick frequently, and had a hard time recovering. I was finding it harder and harder to exercise, or even to get up in the morning. I had a problem, and it was getting worse.

The solution was obvious—I needed to eat better—but I was bound by bad habits. I thought about the situation, and realized I needed to ask for help from a friend.

At first, I was irritated by the "intrusive" phone calls and text messages from the friend that I had taken into my confidence. I had to keep telling myself that she only called that often because she was concerned, and that I needed her to check on me. I gradually grew to appreciate hearing from her frequently, inquiring what I'd eaten that day.

Whether it's a matter of losing weight, gaining weight, exercising more, or simply eating better, enlisting the support of a friend or family member may be just what you need to help you do whatever it is you need to do to get back to living a healthy lifestyle. ||

Smell the Flowers

By Curtis Peter van Gorder



Having been born “BI” (before Internet), I see people frantically texting away and sometimes wonder how they would have survived “back in the day,” when “texting” involved a 30-pound typewriter, messy correction fluid or an eraser, a trip to the post office, standing in line to buy a stamp, waiting a week or two for the letter to get to its destination, and waiting another week or two for a reply.

Why is everyone so darn busy? Today even my auto rickshaw driver was multitasking, negotiating a business deal on his mobile phone while navigating city traffic. Was he even old enough to remember when making a phone call in public meant hunting down a phone booth, having the right change, and feeding more coins into the phone if the call went longer than three minutes?

What I want to know is where does all the time go that we save by not having to go through all that? Shouldn't we have lots of leisure time, thanks to all of our time-saving modern marvels?

Is it simply a matter of poor time management? Good advice abounds: Prioritize. Delegate. Do difficult tasks first. Clear your life of clutter. Learn to

say no. But there is more to it than that.

Sometimes it's not a question of what we are doing, but of what we are becoming. As the Indian sage Rabindranath Tagore put it, “He who is too busy *doing* good finds no time to *be* good.”

How can we slow things down a bit and enjoy life more, while still doing everything that really needs to get done?

The other day I was leaving for a meeting when my granddaughter grabbed my hand and asked excitedly, “Can I show you the new steps I learned in dance class?”

Before I could blurt out, “Sorry, I'm too busy. Show me another time.” my mind fast-forwarded five years and I heard her say as she rushed out the door, “Sorry, Gramps! I'm too busy being a teen.”

“Sure,” I said. “Show me your moves.”

Five minutes of vigorous dancing and continuous applause later, I left for my meeting feeling less stressed and more optimistic.

I had found my answer. If we take time to stop and smell the flowers, their scent will linger with us throughout the day, reminding us that there's more to life than rushing to the next thing. ||

How to Raise a Happy, Healthy Child

PARENTING
FROM THE HEART



Web Reprint, adapted

Raising a happy, healthy child is one of the most challenging jobs a parent can have—and one of the most rewarding. Fortunately, parenting is one of the most researched areas in the field of social science. No matter what our parenting style or what our parenting questions or concerns may be, from helping our children avoid becoming part of the child obesity epidemic to dealing with behavior problems, experts can help.

One challenge most parents face at one time or another is the dinnertime battle. Here are a few thoughts from well-known nutrition experts on how to get kids to go from being picky eaters to people with sound, varied diets.

- **Avoid a mealtime power struggle.** One of the surest ways to win the battle but lose the war is to engage in a power struggle with your child over food, says Jody Johnston Pawel, LSW, CFLE, author of *The Parent's Toolshop*. With power struggles, you're saying, "Do it because I'm the parent," and that's a rationale that won't work for long, she says. But if your child understands the why behind the rules, those values can lay the groundwork for a lifetime of sound food choices.
- **Let kids participate.** Get a stepstool and ask your kids to lend a hand with easy tasks in the kitchen, says Sal Severe, PhD, author of *How to Behave So Your Children Will, Too*. "If they participate in helping to make the meal, they are more likely to want to try it," he says. Older children and teens can begin to prepare special meals or dishes by themselves. Get teens started learning to prepare healthy foods before it's time to live on their own.
- **Don't label.** More often than not, kids under 5 are selective eaters. "Being selective is actually normal," says Elizabeth Ward, MS, RD. She prefers



the term “limited eater” to the more negative term “picky.”

- **Build on the positives.** Just as children can get comfort from reading the same story over and over, they enjoy having a set of “predictable” foods.

“Even though they aren’t getting a wide variety of foods, they are actually doing OK nutritionally,” says Ward. When the child goes through a growth spurt and has a bigger appetite, use that opportunity to introduce new foods, she recommends.

- **Expose, expose, expose.** Ward says a child needs to be exposed to a new food 10 to 15 times before he or she will accept it. But many parents give up long before that. So, even if your child only plays with the strawberry on her plate, don’t give up. One day, she just may surprise you by taking a bite. But don’t go overboard, says Severe. Limit exposure to one or two new foods a week.

- **Don’t bribe.** Avoid using sweets as a bribe to get kids to eat something else, says Pawel. That can send the message that doing the right thing should involve an external reward as well as reinforces the pattern that eating unhealthy foods is a good way to reward yourself. The real reward of sound nutrition is a healthy body, not a chocolate cupcake.

- **Beware of over-snacking.** Sometimes the problem isn’t that the child doesn’t like new foods but that they are already full, says Ward. “Kids can consume a lot of their calories as milk and juice.” Encourage the kids to drink water rather than juice when they’re thirsty. The same goes for snacks that provide

little more than calories, such as chips, sweets, and sodas. “If you are going to offer snacks, make sure they are supplementing meals, not sabotaging them,” she says.

- **Establish limits.** Having a set of bottom-line limits can help a parent provide some consistency, says Pawel. For example, parents may require that kids eat nutritious foods before snack food. Or that they must at least try a new food before rejecting it. “Consistency only works if what you are doing in the first place is reasonable,” she says. So, avoid overly controlling or overly permissive eating rules. If bottom-line limits are healthy, effective, and balanced, they’ll pay off.

- **Examine your role model.** Make sure you aren’t asking kids to “do as I say, not as I do,” says Pawel. If your own diet is based mainly on fat, sugar, and salt, you can hardly expect your child to embrace a dinner salad over French fries.

- **Defuse mealtimes.** Don’t make your child’s eating habits part of the mealtime discussion, says Ward. Otherwise every meal becomes a stressful event, centered on what the child does and does not eat. Ward suggests that parents reserve talks about the importance of good eating for later, perhaps at bedtime or story time.

- **Give it time.** “I find that children become much more open to trying new foods after the age of 5,” says Ward. “Most of the time, kids will simply grow out of limited eating.” **||**

For more on raising happy, healthy children, visit <http://www.medicinenet.com/parenting/article.htm>

The Exercise Boost

One of the most important aspects of maintaining good health is exercise. This can include sports, resistance training, walking, stair climbing, and anything else that gets the heart pumping, blood circulating, and muscles working. Here are a few of the benefits of an active lifestyle.

- **Increased energy.** Feeling tired after a hard day? A brisk walk, jog, or bicycle ride around the block will get oxygen- and nutrient-rich blood flowing to all parts of your body, and you'll feel refreshed.
- **Weight management.** Regular cardiovascular exercise is a key to healthy weight loss, but exercise is also important for healthy weight gain. Resistance training exercises such as lifting weights can help increase lean body mass.
- **Better health.** Proper exercise strengthens your immune system, especially exercise in fresh air and sunshine, and it also helps rid your body of toxins. Both of these benefits improve overall health.
- **Reduced likelihood of injury.** When the body gets the exercise it needs, it is less susceptible to types of injury that those with sedentary jobs and lifestyles are prone to, such as back problems, neck aches, and pulled muscles. Just be careful not to overdo when starting a new exercise regimen and using weights, as that can result in injury too.
- **Youthfulness.** Regular exercise can help protect against cancer, osteoporosis, diabetes, and other chronic medical conditions. Resistance training rejuvenates muscle tissue, acting as an anti-aging component.
- **Stress reduction.** By stimulating the release of endorphins, brain chemicals that trigger a sense of well-being, exercise relieves stress and the mental and emotional fatigue that come at the end of a trying but sedentary day.
- **More brain power.** Exercise stimulates the flow of blood and oxygen to every part of the body, including the brain. People whose work is of a creative or problem-solving nature are often more productive after vigorous physical activity.
- **Better sleep.** Regular physical activity can help you fall asleep faster and deepen your sleep, which in turn will improve your concentration, productivity, and mood. Just don't exercise too close to bedtime, or you might have a hard time falling asleep. ||



Social Side Up

By RealAge, www.realage.com

Developing your social side is crucial for well-being. Studies show that people who are socially active, who are compassionate, and who are emotionally generous have higher levels of happiness and live longer than people who lead a more solitary life. Research also shows that people who have strong interpersonal skills rank in the highest levels of happiness, and those who are socially isolated have substantially lower levels of well-being.

Open, trusting, intimate relationships are essential building blocks for a happy life.—And it isn't only receiving support that makes us happy; it's being able to give support to others as well.

PERFECT PAIRS

Of course, many see marriage as one of the ultimate social relationships. But studies on marriage and happiness are somewhat conflicting. On average, married people tend to report higher levels of happiness than people who are not married. Unmarried people in committed relationships also tend to be happier. But it's not clear if this is because people who are predisposed to being happy are more likely to marry, or because marriage itself makes people happier, or if there is still some other yet-to-be-discovered dynamic at play between marriage and happiness.

One theory for the correlation between happiness and marriage is that, compared with married people, people who aren't married tend to experience lower levels of social approval as well as fewer financial and social benefits. These factors may play a role in the lower levels of personal well-being reported by people who are not married.

WHAT YOU CAN DO

When important personal relationships come to an end, it can have a lasting negative impact on happiness. So use your energies to nurture the relationships that mean the most to you. Not all relationships are meant to be, of course, and getting out of a destructive relationship can do more for your health and happiness than staying in it. But if it is within your power to make a good relationship work, you have every reason to try.

Keep all of your other personal relationships healthy, vibrant, and strong by spending quality time with friends and family. Make a standing date with the people you love—it'll give you something to look forward to and help relieve stress levels. And while you're appreciating the people who are already near and dear, don't forget to welcome new friendships into your life. ||

The health and happiness connection

NOTABLE
QUOTES



He who has health has hope, and he who has hope has everything.

—Arabian proverb

It is health that is real wealth, and not pieces of gold and silver.

—Mahatma Gandhi

Happiness is nothing more than good health and a bad memory.

—Albert Schweitzer

It is amazing how much crisper the general experience of life becomes when your body is given a chance to develop a little strength.

—Frank Duff

A good laugh and a long sleep are the best cures in the doctor's book.

—Irish proverb

Joy, temperance, and repose, slam the door on the doctor's nose.

—Henry Wadsworth Longfellow

Mirth is the medicine of life; it cures its ills and calms its strife.—Unknown

True enjoyment comes from activity of the mind and exercise of the body; the two are ever united.—Humboldt

Laughter is the most healthful exertion.—Christoph Wilhelm Hufeland

Health is the condition of wisdom, and the sign is cheerfulness, an open and noble temper. —Ralph Waldo Emerson

A sad soul can kill you quicker than a germ.—John Steinbeck

If you have health, you probably will be happy, and if you have health and happiness, you have all the wealth you need, even if it is not all you want.

—Elbert Hubbard

