

Wellness NEWSLETTER

Your quarterly resource for health and wellness news.

This issue of *Wellness Newsletter* is all about radical change – choosing and implementing new life patterns and personal habits for better health, both now and in the future.



Salmon Baked in Foil

Quarterly Health Recipe

- 4 (5 ounces each) salmon fillets
- 2 teaspoons olive oil plus 2 tablespoons
- Salt and freshly ground black pepper
- 3 tomatoes, chopped, or 1 (14-ounce) can chopped tomatoes, drained
- 2 chopped shallots
- 2 tablespoons fresh lemon juice
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme

PREPARATION

Preheat the oven to 400 degrees F.

Sprinkle salmon with 2 teaspoons olive oil, salt, and pepper. Stir the tomatoes, shallots, 2 tablespoons of oil, lemon juice, oregano, thyme, salt and pepper in a medium bowl to blend.

Place a salmon fillet, oiled side down, atop a sheet of foil. Wrap the ends of the foil to form a spiral shape. Spoon the tomato mixture over the salmon. Fold the sides of the foil over the fish and tomato mixture, covering completely; seal the packets closed. Place the foil packet on a heavy large baking sheet. Repeat until all of the salmon have been individually wrapped in foil and placed on the baking sheet. Bake until the salmon is just cooked through, about 25 minutes. Using a large metal spatula, transfer the foil packets to plates and serve.

Recipe courtesy of Giada De Laurentiis



January: Goal Setting

A Healthy & Happy New Year Habits of Successful Resolutionists

The holidays are now past and many of us find ourselves overextended and overindulged at the end of this fun, but hectic, season. Most of us reach a point where we are no longer able to enjoy the good things we have looked forward to all year (like time off, relaxation and rich foods) and instead are desperately searching for routine and balance.

With each new year comes a potent opportunity to reflect on where we have been and where we want to be in the future. Committing to healthy change is a good thing, but statistically, only 8% of people who commit to New Year's resolutions find success in keeping them. With this in mind, we have gathered some habits that people who *are* successful in making lasting changes put into practice.

1. **They make it into a daily routine.** Creating a daily schedule incorporating your goals is a necessary strategy for creating new habits.
2. **They ask others to hold them accountable.** Whether you find a friend who wants to join you in your pursuit of specific new habits, or a trusted person who will simply ask you about your progress periodically, this external help will keep you on track toward achieving your goals. Sharing your goals publicly with a group of friends or on social media can also help in making your commitments feel more real to you, which is important when seeking to make radical changes.
3. **They envision their goals.** Daily focus on how you will feel/look/what you will be able to enjoy once you begin seeing progress can be a powerful motivator to continue moving forward, rather than returning to your old way of life.
4. **They expect to feel discouraged sometimes.** Having a hard day is normal when you're on a new and uncomfortable journey; successful resolutionists plan ahead for this reality. Having written documentation of your hopes and goals, or a friend you can call up for encouragement in difficult moments are good strategies for hard days.
5. **They protect their routine.** It's easy to make good choices on days when you're in your normal routine and environment, but it is much more difficult when those things change. Having a game plan for holidays, events and travel is a must. Don't trust yourself to make good decisions on the fly.
6. **They resist the seduction of success.** Once you begin to see some progress toward your goal, it's easy to believe the lie that you have arrived. Many people abandon their goals the first time they succeed at something new, and therefore never see the full fruits of change. Prepare yourself to stay the course by keeping your end goals at the forefront of your mind.



February: Heart Health

Habits for a Healthy Heart

Effective Changes to Improve Cardiovascular Health

We all know the heart is a vital part of the human body – it's by far the hardest working muscle in the body, pumping 1.5 gallons of blood each minute and beating at least 100,000 times a day. Statistically, heart disease is the greatest health threat most people will face, so it's extremely important to do what you can to keep your heart healthy.

Regular exercise is the single most important key to heart health. The Mayo clinic advises you to get at least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity. You also can do a combination of moderate and vigorous activity. The guidelines suggest that you spread out this exercise during the course of a week. You should also do strength training exercises at least twice a week. No specific amount of time for each strength training session is included in the guidelines.

Managing Stress is also a key component to cardiovascular health. When your brain perceives a threat, it signals your body to release a burst of hormones to fuel your capacity for a response, creating what we know as stress. We can have this response to pressures at work, relationship strain, or many other sources of tension. The best ways to combat these external stressors is to eat a healthy diet, exercise regularly and get enough sleep. Sometimes for emotional turmoil and stress, a therapist or psychologist should be sought out. Many people also benefit from daily practice of stress-reduction techniques, such as deep breathing, massage, tai chi or yoga, or through being in nature.

Eating a healthy and balanced diet is the last major factor in keeping your heart healthy. Follow these tips to improve your eating habits:

1. Control your portion size

Eat bigger portions of low calorie nutrient rich foods and smaller amounts of higher-calorie, high-sodium foods. Use a small plate or bowl to keep yourself from over-eating.

2. Eat more vegetables and fruits

Fresh or frozen vegetables and fruits, low-sodium canned vegetables, and canned fruit packed in juice or water are advised. Limit items like coconut, vegetables with creamy sauces, fried or breaded vegetables, and fruit packaged with syrup or added sugars.

3. Select whole grains

Choose items such as whole-wheat flour, whole-grain bread, high-fiber cereal, oatmeal, etc. Avoid items with refined flour or fried breads.

4. Limit unhealthy fats

Choose fats like olive oil, canola oil or avocados, and limit fats like butter, lard and coconut.

5. Choose low-fat protein sources

Stick with proteins like low-fat dairy options, eggs, fish, skinless poultry. Limit proteins such as full-fat dairy products, organ meats (such as liver), and fatty/marbled meats.

6. Reduce the sodium in your food

7. Plan ahead – create daily menus

8. Allow yourself an occasional treat

Make overindulgence the exception and not the rule – make it your goal to eat healthy foods most of the time.

Market Volatility

It is an uncomfortable fact, but stock markets can be volatile. They move up and down, although historically, market values have tended to increase over time. That's one reason it's important to build and maintain a well-allocated, diversified portfolio grounded in your risk tolerance and financial goals. Diversification does not assure a profit or protect against losses, but it may help reduce the impact of market fluctuations on the value of your portfolio over time.

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March: Brain Health

Forgetting to Remember

Causes of Memory Loss and Forgetfulness

You lost your keys for the 100th time; you called your child seven different names before landing on the right one; you just can't find the word you're looking for. We all deal with a faulty memory from time to time, but how do you know if your problem is more than just human forgetfulness?

Memory loss can happen at many levels of severity and for varying reasons. For older people, dementia and Alzheimer's disease are very real concerns and memory loss should be taken seriously by regularly consulting with a physician. For younger and middle-aged people, the cause is usually something else and often can be helped by adjusting lifestyle habits. Here are some common causes of memory lapse and forgetfulness:

- **Lack of sleep**
7-8 hours of sleep per night are advised for adults.
- **Medications**
Certain medications can affect your memory. Talk to your doctor if you notice a change in your memory since beginning a new drug.
- **Under-active thyroid**
This condition mostly affects women and can often be treated with hormones.
- **Sleep Apnea**
This is a potentially serious sleep disorder in which breathing repeatedly stops and starts. You may have sleep apnea if you snore loudly, and you feel tired even after a full night's sleep.
- **Nutritional Deficiency**
A lack of sufficient B12 vitamin can lead to confusion and even dementia.
- **Stress and Anxiety**
Significant stress or anxiety can lead to problems with attention and memory.
- **Depression**
Depression can affect brain function and memory.
- **Menopause**
Hormonal changes in women have been linked to forgetfulness.

If you are worried about memory lapses or forgetfulness, it's always good to have a talk with your doctor to see if a solution can be found to solve the root problem. Sometimes a simple change like adjusting your medication or getting more sleep each night can make a big difference in your quality of life.

Your Weekly Workout Plan

Quarterly Exercise

Here is a straight-forward, weekly run/walk plan created for beginners. This plan is intended for individuals with a beginning level of fitness, ages 18-45 years of age. Try it today!*

MONDAY

Run 1 minute and walk 2 minutes. Repeat 10x.

TUESDAY

Walk for 30 minutes.

WEDNESDAY

Run 1 minute and walk 2 minutes. Repeat 10x.

TUESDAY

Walk for 30 minutes.

FRIDAY

Run 1 minute and walk 2 minutes. Repeat 10x.

SATURDAY

Run 1 minute and walk 2 minutes. Repeat 10x.

SUNDAY

Rest.



*Before beginning any new exercise plan, be sure to consult your health professional.