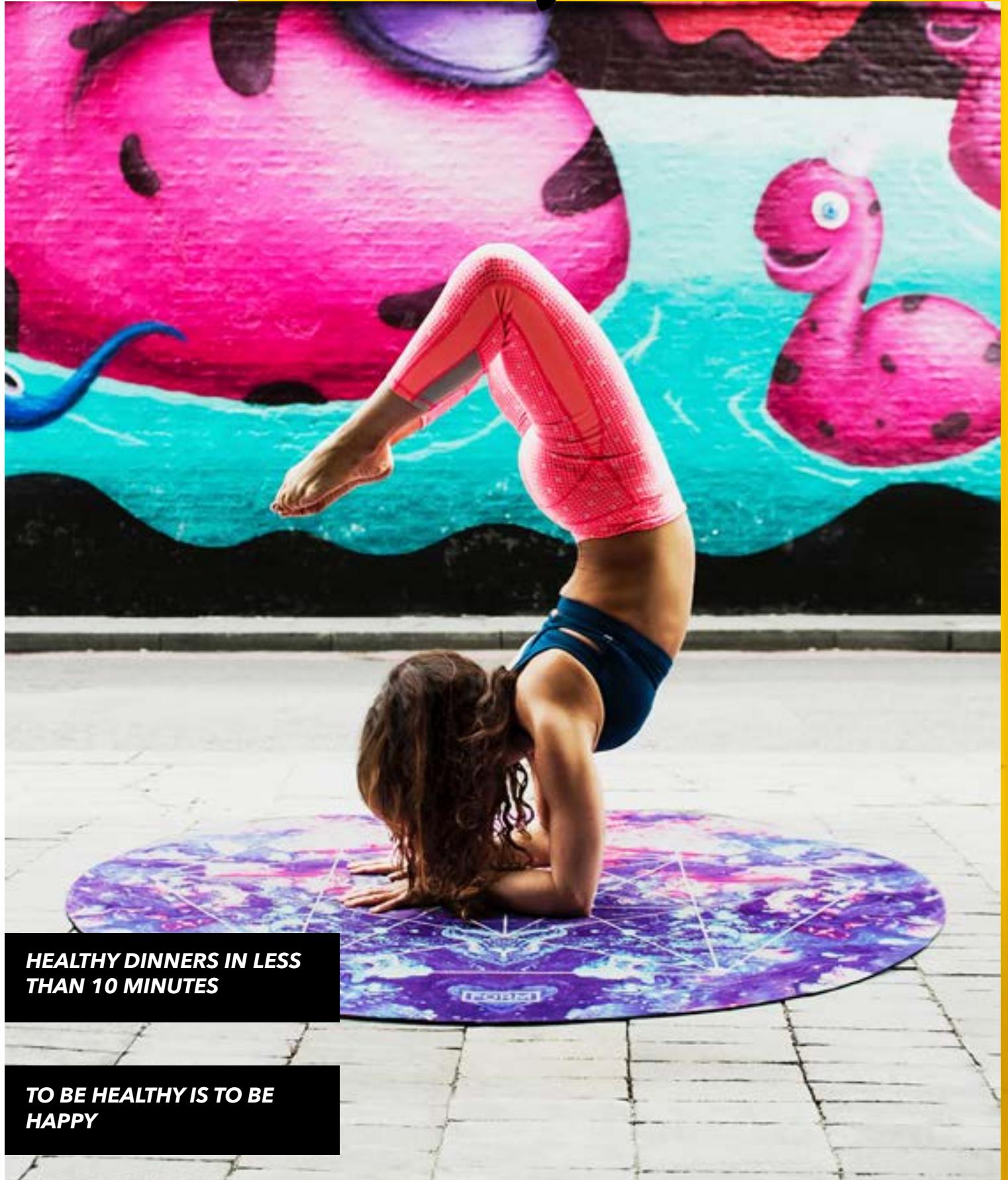


Healthy Lifestyle



**HEALTHY DINNERS IN LESS
THAN 10 MINUTES**

**TO BE HEALTHY IS TO BE
HAPPY**

The shoe works if you do.



The Nike Sweet Classic High is comfortable while still remaining in style. With great quality and a wide variety of colour options, these sneakers are perfect for casual use. Stay fly, stay fresh and get yourself a pair.

JUST DO IT.

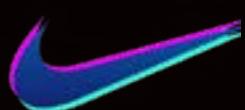


Table of Contents



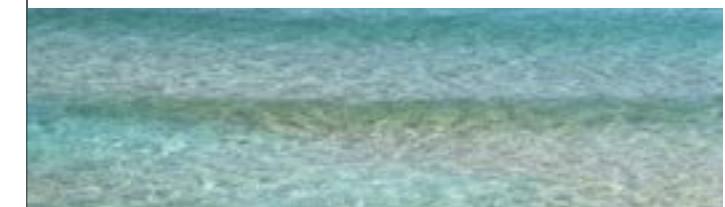
- 6** *HEALTHY DINNERS IN 40 MINUTES OR LESS*



- 12** *SLEEP & HEALTH: THE HIDDEN COSTS OF INSUFFICIENT SLEEP*



- 4** *WHAT'S THE SINGLE BEST EXERCISE?*



- 8** *TO BE HEALTHY IS TO BE HAPPY*



- 14** *HEALTH IS WEALTH: 7 GOLDEN RULES FOR A LONGER, HEALTHIER LIFE*

This magazine is the guide on all you need to know to sustain your health. Being healthy should be a very important part of your life and can benefit you in many ways. I hope you enjoy reading and looking through this magazine and that it maybe makes you change your mind about certain things. Remember a healthy life is a happy life. This is a 16 page magazine edited by Isabelle Farah as part of a Graphic Design Class.

ALL YOU HAVE TO DO IS...



WALK



By Gretchen Reynolds



"I personally think that brisk walking is far and away the single best exercise,"

Michael Joyner

Let's consider the butterfly. One of the most taxing movements in sports, the butterfly requires greater energy than bicycling at 14 miles per hour, running a 10-minute mile, playing competitive basketball or carrying furniture upstairs. It burns more calories, demands larger doses of oxygen and elicits more fatigue than those other activities, meaning that over time it should increase a swimmer's endurance and contribute to weight control. So is the butterfly the best single exercise that there is? Well, no. The butterfly "would probably get my vote for the worst" exercise, said Greg Whyte, a professor of sport and exercise science at Liverpool John Moores University in England and a past Olympian in the modern pentathlon, known for his swimming. The butterfly, he said, is "miserable, isolating, painful." It requires a coach, a pool and ideally supplemental weight and flexibility training to reduce the high risk of injury. Ask a dozen physiologists which exercise is best, and you'll get a dozen wildly divergent replies. "Trying to choose" a single best exercise is "like trying to condense the entire field" of exercise science, said Martin Gibala, the chairman of the department of kinesiology at McMaster University in Hamilton, Ontario. But when pressed, he suggested one of the foundations of old-fashioned calisthenics: the burpee, in which you drop to the ground, kick your feet out behind you, pull your feet back in and leap up as high as you can. "It builds muscles. It builds endurance." He paused. "But it's hard to imagine most people enjoying" an all-burpees program, "or sticking with it for long." And sticking

with an exercise is key, even if you don't spend a lot of time working out. The health benefits of activity follow a breathtakingly steep curve. "The majority of the mortality-related benefits" from exercising are due to the first 30 minutes of exercise, said Timothy Church, M.D., who holds the John S. McIlhenny endowed chair in health wisdom at the Pennington Biomedical Research Center in Baton Rouge, La. A recent meta-analysis of studies about exercise and mortality showed that, in general, a sedentary person's risk of dying prematurely from any cause plummeted by nearly 20 percent if he or she began brisk walking (or the equivalent) for 30 minutes five times a week. If he or she tripled that amount, for instance, to 90 minutes of exercise four or five times a week, his or her risk of premature death dropped by only another 4 percent. So the one indisputable aspect of the single best exercise is that it be sustainable. From there, though, the debate grows heated. As proof, he points to the work of Hiroshi Nose, M.D., Ph.D., a professor of sports medical sciences at Shinshu University Graduate School of Medicine in Japan, who has enrolled thousands of older Japanese citizens in an innovative, five-month-long program of brisk, interval-style walking (three minutes of fast walking, followed by three minutes of slower walking, repeated 10 times). The results have been striking. "Physical fitness – maximal aerobic power, and thigh muscle strength – increased by about 20 percent," Dr. Nose wrote in an e-mail, "which is sure to make you feel about 10 years younger than before training." The walkers' "symptoms of lifestyle-related diseases (hypertension, hyperglycemia and obesity) decreased by about 20 percent," he added, while their depression scores dropped by half. Walking has also been shown by other researchers to aid materially in weight control. A 15-year study found that middle-aged women who walked for at least an hour a day maintained their weight over the decades.



Photo by Francesca Saraco on Unsplash

Healthy dinners in >40 min

By Michelle Baricevic

Healthy fast food? Yes, it's possible! These quick and easy healthy dinners from Food Network are on the table in no time!



1. *Ground Turkey Enchilada Stir-Fry with Couscous*



Photo By: Min Kwon ©2015, Television Food Network, G.P. All Rights Reserved

Enchiladas are technically made with tortillas and lots of cheese, something this dish is not, but it still encapsulates the great smoky, spicy, sweet nature of the classic version. This Ground Turkey Enchilada Stir-Fry with Couscous meshes together the fresh flavors of butternut squash, broccoli, black beans and salsa with the richness of whole wheat couscous and a premade enchilada sauce. Serve with a garnish of cilantro, fresh lime juice, diced avocado and a bit of shredded cheese for maximum enchilada feels.

2. *Ribbony Shrimp and Pasta Scampi*



©2012, Television Food Network, G.P. All Rights Reserved

Medium-size shrimp are the perfect size for a twirl of spaghetti shot through with ribbons of squash.

3. *Beef Stir-Fry*



Photo By: Ryan Dausch

This veggie-packed stir-fry is perfect for all those late nights when you're craving take-out food but still want to stay healthy.

4. *Coconut-Crusted Shrimp with Pineapple-Chili Sauce*



Photo By: Ryan Dausch

This veggie-packed stir-fry is perfect for all those late nights when you're craving take-out food but still want to stay healthy.

5. *Middle Eastern Chicken Burgers*



Photo By: Matt Armendariz ©2014, Television Food Network, G.P. All Rights Reserved

Were you planning on grilling burgers tonight, only to look out the window and see the worst thunderstorm raging outside your window? We feel that struggle, which is why we often opt to make these Middle Eastern Chicken Burgers when the going gets tough. Cooked stovetop, these burgers are a great alternative to the grilled patty and, not to mention, they're a lot healthier than most burgers. This lean chicken burger incorporates flavors of pomegranate molasses, parsley, cinnamon, coriander and red pepper flakes, establishing a complexity on the palate.

6. *Whole-Wheat Fettuccine with Zucchini Ribbons*

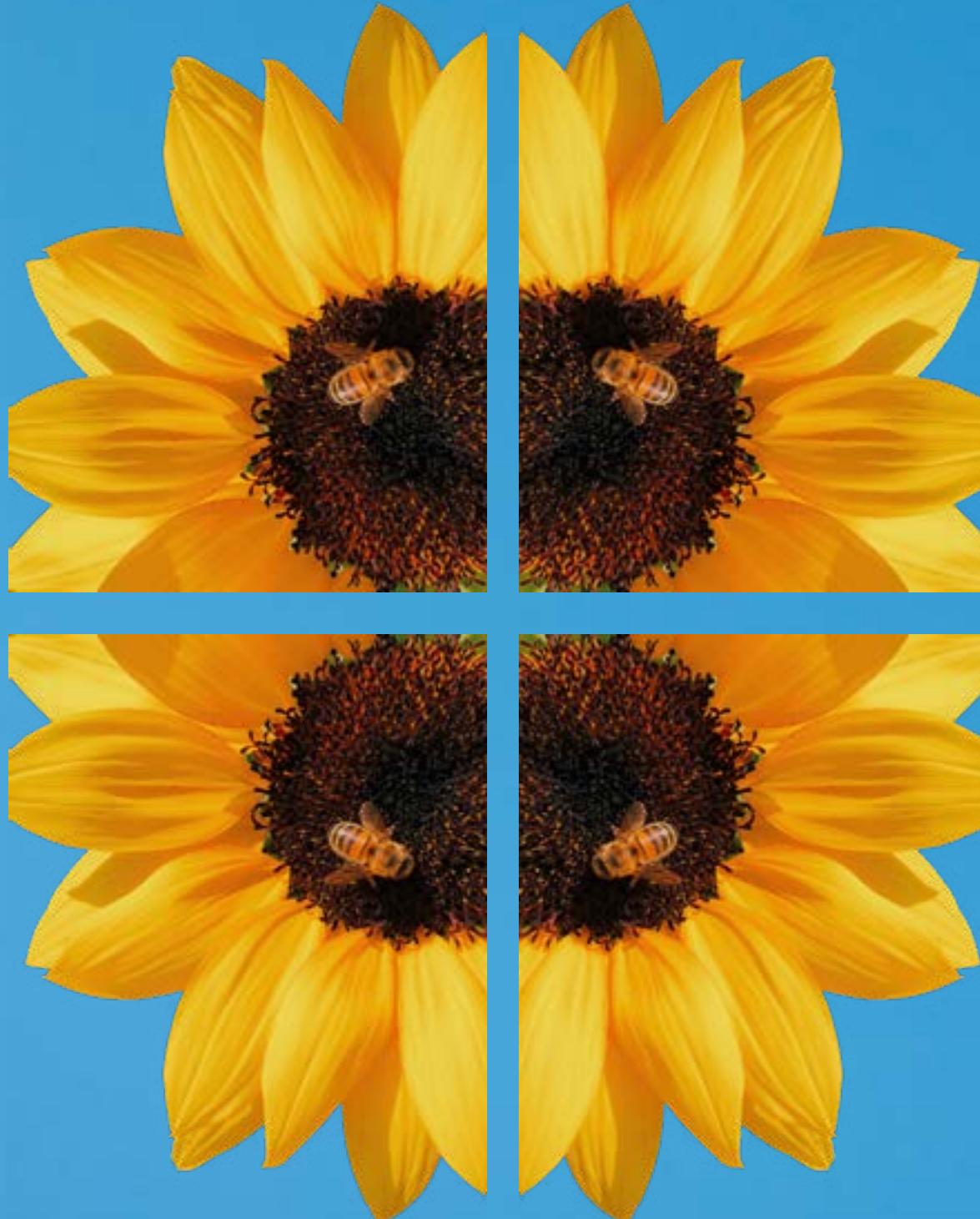


©2012, Television Food Network, G.P. All Rights Reserved

A combination of zucchini and yellow summer squash, cut into thin ribbons, makes this pasta as colorful as it is vegetable-packed. Whole-wheat pasta adds more fiber to the mix.

TO BE HEALTHY IS TO BE HAPPY

By Errol Gibbs



"Regularity in the hours of rising and retiring, perseverance in exercise, adaptation of dress to the variations of climate, simple and nutritious aliment, and temperance in all things are necessary branches of the regimen of health"

Philip Stanhope, 4th Earl of Chesterfield, British Statesperson (September 1694 - March 1773)





Photo by Quan Nguyen on Unsplash



Health and happiness are synonymous. Being in good health is the greatest indicator of people's spiritual, mental, physical well-being, and happiness. Medical researchers tell us that people are predisposed to inherit family diseases. When people think of health, though, the absence of disease comes to mind, but health entails more than the nonexistence of the conditions that cause diseases. Moreover, people are free to make choices that diminish the value of life, health, peace, beauty, vitality, and happiness. Conversely, they can make healthy choices and live healthy, wholesome, and happy lives. Happiness is achievable when people are in good physical health, which is a function of diet and nutrition, sleep, exercise, and general wholesome (stress-free) living. Happiness exists in the physical realm of our lives, no different from our spiritual, moral, social, intellectual and emotional lives. Notwithstanding, people's preoccupation with "lifestyle happiness" seems to overshadow these critical areas of health, well-being, and happiness. Understanding all of the complexities of physical well-being is essential to living healthy and happy lives.

In our postmodern era, physical health has been elevated to matters of human survival, more so than physical prowess is a sign of masculinity. Medical practitioners are prescribing physical exercise as part of the healthcare regimen for their patients. Evidence of this transformation is the appearance of diet and nutrition, and fitness centers that are springing up across the urban and rural landscape. Further proof of this revolution is the number of young people, both male and female, with yearly fitness center memberships. People, in general, are embracing a philosophy of "walk," "jog," "run," as a value proposition for their physical health and well-being, which further translates to a happier pre-disposition. City planners and corporate office personnel call for bicycle lanes to facilitate physical exercise within inner cities. One can postulate that there is a direct correlation between the "abundant life" of people and their physical well-being, and happiness.

WHY DOES HAPPINESS LEAD TO GOOD HEALTH?

1. People desire to be healthy and happy, and experience a long life; being in good health is a predicate of longevity.

2. When people are in good health, they enjoy a more active lifestyle. People can engage in physical activities that imbue happiness such as dancing, or group activities that physically healthy people take for granted such as hiking, running a marathon, or climbing a mountain.

3. Being in good physical health presents a broader range of opportunities to take on occupations that demand physical fitness such as a bodyguard, or a firefighter.

4. When people are healthy, they are more likely to be better off financially. The financial burden that millions experience in meeting the cost of their healthcare needs can contribute to chronic unhappiness. Money may not buy health or happiness, but it is a crucial factor in the happiness equation.

5. Good health, and freedom from chronic pain enables people to have a better social life, which strengthens relationships.

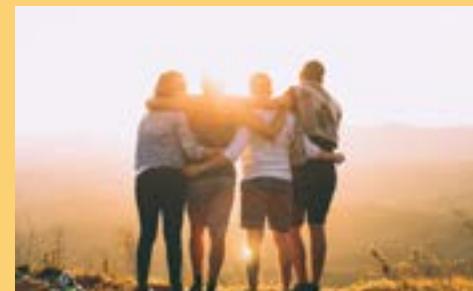


Photo by Peter Conlan on Unsplash



Video by Pressmaster



Photo by Josh Appel on Unsplash

Health and happiness are synonymous. Being in good health is the greatest indicator of people's spiritual, mental, physical well-being, and happiness. Medical researchers tell us that people are predisposed to inherit family diseases. When people think of health, though, the absence of disease comes to mind, but health entails more than the nonexistence of the conditions that cause diseases. Moreover, people are free to make choices that diminish the value of life, health, peace, beauty, vitality, and happiness. Conversely, they can make healthy choices and live healthy, wholesome, and happy lives. Happiness is achievable when people are in good physical health, which is a function of diet and nutrition, sleep, exercise, and general wholesome (stress-free) living.

when people are in good physical health, which is a function of diet and nutrition, sleep, exercise, and general wholesome (stress-free) living.

Happiness exists in the physical realm of our lives, no different from our spiritual, moral, social, intellectual and emotional lives. Notwithstanding, people's preoccupation with "lifestyle happiness" seems to overshadow these critical areas of health, well-being, and happiness. Understanding all of the complexities of physical well-being is essential to living healthy and happy lives.

In our postmodern era, physical health has been elevated to matters of human survival, more so than physical prowess is a sign of masculinity. Medical practitioners are prescribing physical exercise as part of the healthcare regimen for their patients. Evidence of this transformation is the appearance of diet and nutrition, and fitness centers that are springing up across the urban and rural landscape.

Further proof of this revolution is the number of young people, both male and female, with yearly fitness center memberships. People, in general, are embracing a philosophy of "walk," "jog," "run," as a value proposition for their physical health and well-being, which further translates to a happier pre-disposition. City planners and corporate office personnel call for bicycle lanes to facilitate physical exercise within inner cities. One can postulate that there is a direct correlation between the "abundant life" of people and their physical well-being, and happiness.

10 HEALTHCARE CRITERIA TO SUSTAIN HEALTH AND HAPPINESS

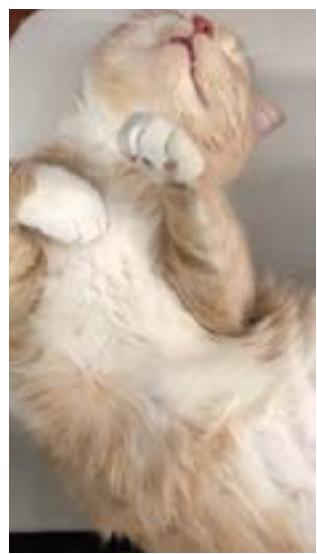
- Get a yearly physical. Strive for work-life balance.
- Avoid stressful situations.
- Mitigate or manage stressful situations.
- Seek spiritual and mental nurturing.
- Maintain a healthy diet rich in natural foods.
- Research the family predisposition to illnesses.
- Strive for adequate exercise, rest, and relaxation.
- Eat foods from the ground, the sea, and the tree.
- Exercise frequently (daily if practicable).
- Strive for work-life balance.



SLEEP & HEALTH

The Hidden Cost of Insufficient Sleep

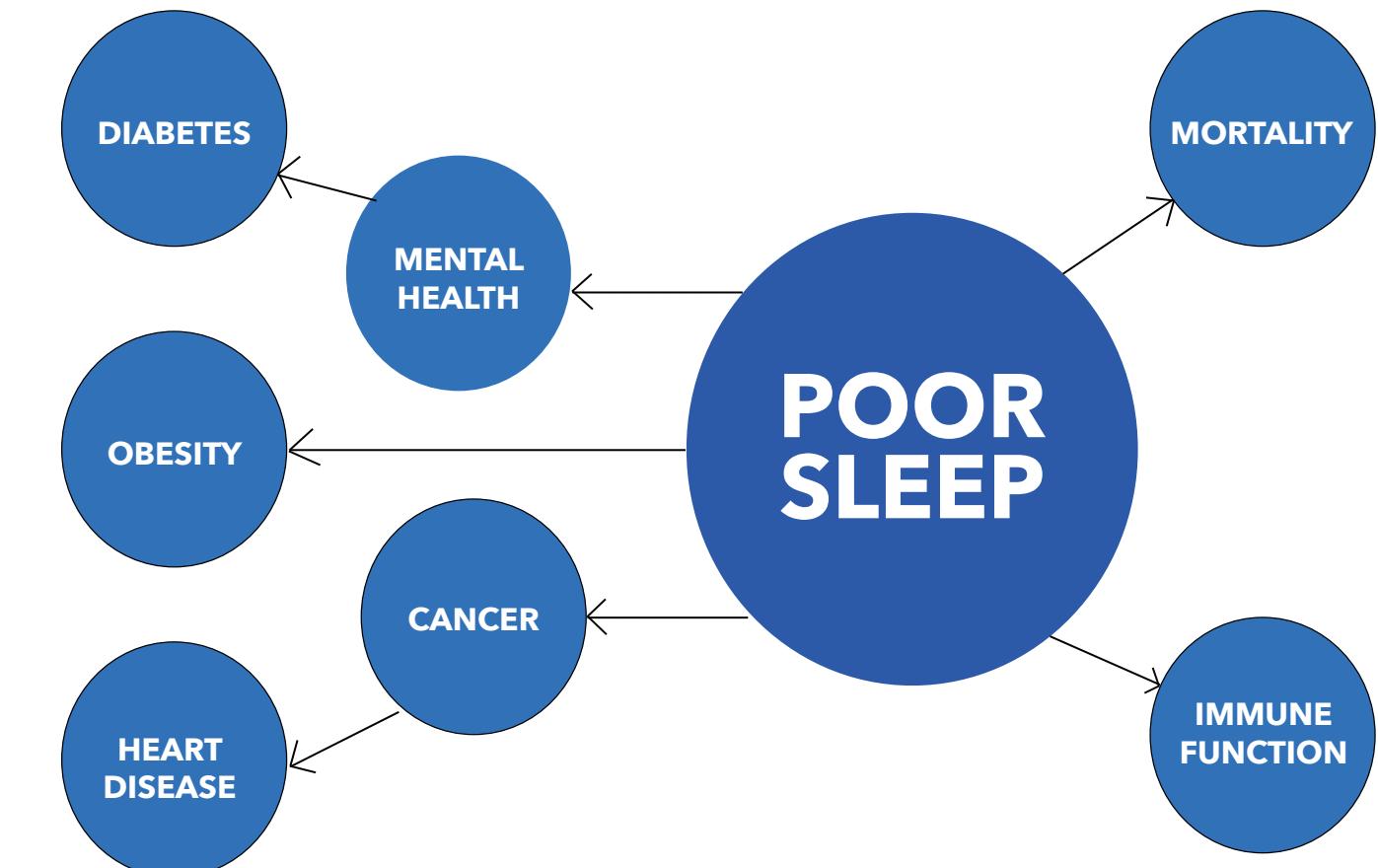
By Dr. Ann E. Rogers



Sleep is often one of the first things to go when people feel pressed for time. Many view sleep as a luxury and think that the benefits of limiting the hours they spend asleep outweigh the costs. People often overlook the potential long-term health consequences of insufficient sleep, and the impact that health problems can ultimately have on one's time and productivity.

Many of the costs of poor sleep go unnoticed. Medical conditions, such as obesity, diabetes, and cardiovascular disease, develop over long periods of time and result from a number of factors, such as genetics, poor nutrition, and lack of exercise. Insufficient sleep has also been linked to these and other health problems, and is considered an important risk factor. Although scientists have just begun to identify the connections between insufficient sleep and disease, most experts have concluded that getting enough high-quality sleep may be as important to health and well-being as nutrition and exercise.

Video by Jay from Pexels



RISK FACTORS

Obesity—Several studies have linked insufficient sleep and weight gain. For example, one study found that people who slept fewer than six hours per night on a regular basis were much more likely to have excess body weight, while people who slept an average of eight hours per night had the lowest relative body fat of the study group. Another study found that babies who are “short sleepers” are much more likely to develop obesity later in childhood than those who sleep the recommended amount.

Diabetes—Studies have shown that people who reported sleeping fewer than five hours per night had a greatly increased risk of having or developing type 2 diabetes. Fortunately, studies have also found that improved sleep can positively influence blood sugar control and reduce the effects of type 2 diabetes.

Cardiovascular disease and hypertension—A recent study found that even modestly reduced sleep (six to seven hours per night) was associated with a greatly increased the risk of coronary artery calcification, a predictor of future myocardial infarction (heart attack) and death due to heart disease.⁶ There is also growing evidence of a connection between sleep loss caused by obstructive sleep apnea and an increased risk of cardiovascular diseases, including hypertension, stroke, coronary heart disease, and irregular heartbeat.

Immune function—Interactions between sleep and the immune system have been well documented. Sleep deprivation increases the levels of many inflammatory mediators, and infections in turn affect the amount and patterns of sleep.⁸ While scientists are just beginning to understand these interactions, early

work suggests that sleep deprivation may decrease the ability to resist infection (see *The Common Cold*, below).

Common Cold—In a recent study, people who averaged less than seven hours of sleep a night were about three times more likely to develop cold symptoms than study volunteers who got eight or more hours of sleep when exposed to the cold-causing rhinovirus. In addition, those individuals who got better quality sleep were the least likely to come down with a cold.

HEALTH IS WEALTH: 7 GOLDEN RULES FOR A LONGER, HEALTHIER LIFE

By Theresa Cummings

Knowing how to make and manage money is important but, without a healthy lifestyle, key factors enabling the task can be sorely affected. Energy levels, mental sharpness, and communication skills can all drop to unproductive levels. Both the National Institutes for Health, and the Center for Disease Control and Prevention (CDC) provide valuable information regarding behaviors necessary for a healthier life. A healthy body provides resources needed for being more effective in generating greater revenue and enjoying personal time. Consider these 10 Golden Rules.

1. Maintain a Healthy Diet.

The saying 'you are what you eat' is actually quite true. This phrase dates back to the year 1826 but gained its greatest popularity in the U.S. during the hippie movement when organic foods gained popularity. Commonly, consumers are unaware of the toxic nature of many foods purchased at grocery stores. Suffice it to say, the less processed the meal, the healthier it is. A person that sticks to eating natural foods (plants and animals) prevents unwanted chemicals from entering their bodies. Food additives can wreak havoc on the body and mind. As a matter of fact, according to FoodMatters.com, many countries have banned the use of some additives in their food.

2. Get Regular Exercise.

The CDC recently reported that 80% of Americans don't get the recommended amount of exercise for health maintenance. A team of medical researchers at Harvard Medical School in Boston analyzed global data on deaths in 2008 and came up with an alarming result: 5.3 million deaths were attributable to physical inactivity, compared to 5 million smoking-related deaths. This certainly makes a poignant point- start moving! The National Institutes for Health reports that taking a 20-minute walk a day makes a large difference in our bodies. Ultimately, adding in aerobic activity and muscle strengthening components will only serve to increase the health benefits of exercising.

3. Spend More Time Outside.

According to the Environmental Protection Agency, Americans now spend 93% of their time indoors. Since sunlight is our main source of Vitamin D, more and more individuals are developing Vitamin D deficiencies which result in an increased risk of such things as cardiovascular disease, cancer, severe asthma in children, and cognitive impairment in the elderly. Being outdoors is imperative to improve physical and emotional health. As reported in US News and World Digest, although the government recommends adults get 200IU to 400IU a day, experts believe this is far too low and should be 10,000 IU of Vitamin D daily for improved health. Sound like a lot? This same report states that just 10-20 minutes a day of having exposure to the sun in mid-day will provide 10,000 IU.

4. Keep a Regular Sleep Schedule.

Getting enough sleep each night is directly related to the productivity and well-being experienced the next day. A report by the CDC states that "Sufficient sleep is increasingly being recognized as an essential aspect of chronic disease prevention and health promotion. Insufficient sleep is associated with a number of chronic diseases and conditions—such as diabetes, cardiovascular disease, obesity, and depression—which threaten our nation's health."

The National Institute of Health recommends 7-8 hours of sleep per night for adults. NIH also points out the importance of staying on a consistent sleep schedule, having a quiet and comfortable environment, turning all gadgets off, and avoiding eating large meals before bedtime.

5. Reduce Stress.

Three hormones are involved in what happens when the brain anticipates a threat and add fuel to the stress fire: Adrenalin, Cortisol and Norepinephrine. As reported by the Huffington Post, these 3 hormones which are produced by the adrenal glands, automatically respond after receiving a message from the brain that a stressful situation has presented itself. Resultantly, the mind gets focused and the muscles tense up. The inability to sleep, digestive disorders and irritability can occur. WebMD suggests the following to reduce stress: Find a balance between your work and personal life, find a sense of purpose in life apart from work, get enough sleep, pursue exercising more and adopt healthy habits.

6. Strengthen Intellectual Health.

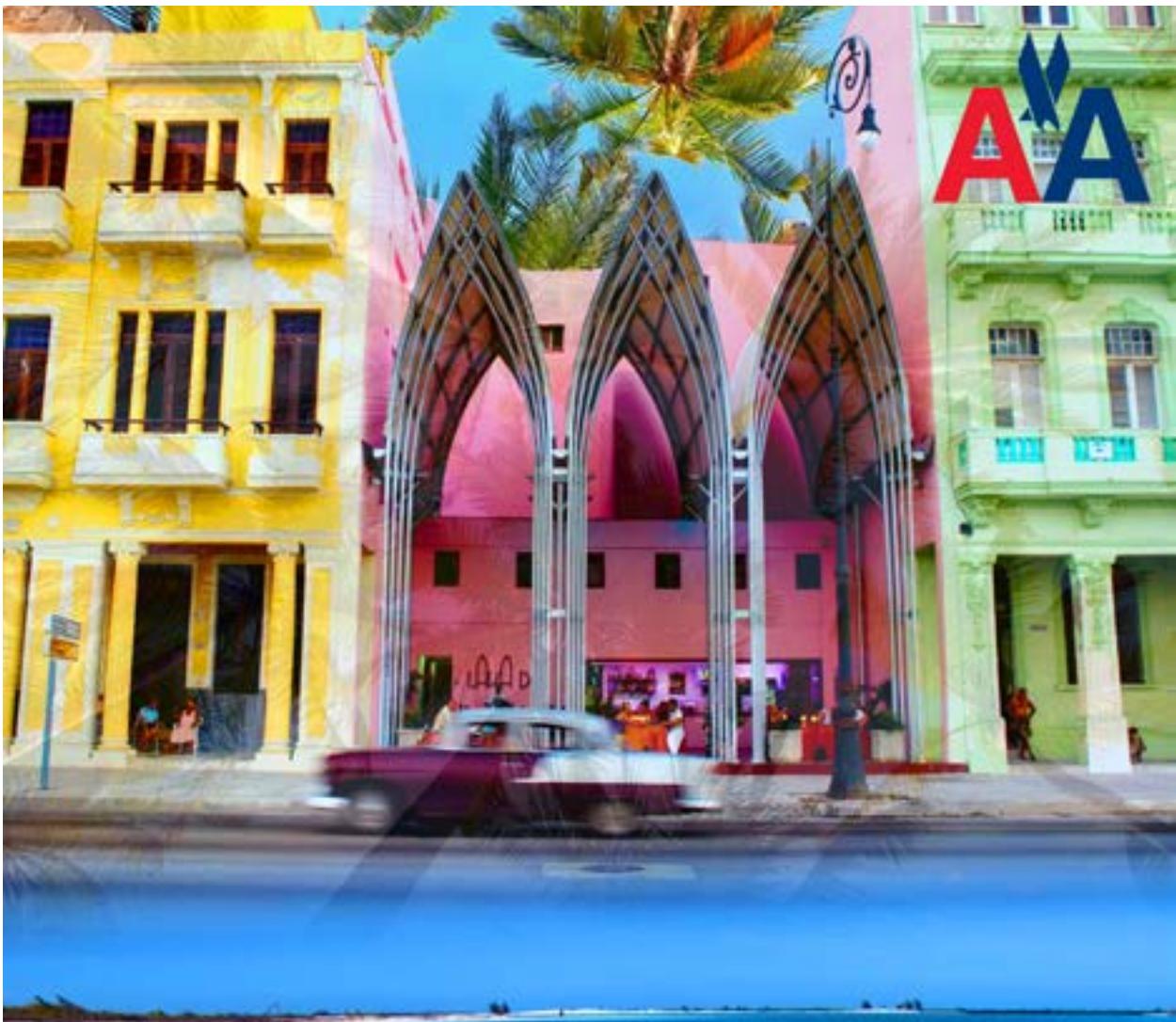
The brain is an organ that needs stimulation. New York Times writer Barbara Strauch states, "the trick is finding ways to keep brain connections in good condition and to grow more of them." Strauch refers to Dr. Kathleen Taylor, a professor at St. Mary's College of California, who has studied ways to teach adults effectively. Taylor states. Increasing the health of the brain includes reading material that will challenge thought patterns, taking up a new hobby, or getting involved in activities that will open up new connections in the brain.

"The brain is plastic and continues to change, not in getting bigger but allowing for greater complexity and deeper understanding,"

Dr. Kathleen Taylor



Image by 3D Animation Production Company from Pixabay



C U B A

