Teladoc HEALTH

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Feel Good and Stay Grounded

Embarking on the path of healthy aging, joyful exercise, and mindful grounding connects you to a richer, more fulfilling life as the seasons change. The insights below will guide you to discover exercises that elevate your spirits and explore ways to anchor yourself for a harmonious balance in both body and mind.

Joyful movement: It's exercise that makes you feel good

Remember when you were a child and spent hours outside playing with your friends? The games were simple—hide-and-seek, jump-rope, hopscotch, keep away, tag and more. You were so engaged and having so much fun that your name may have been called several times when it was time to come in.

These are the feelings to keep in mind when looking for physical activities that bring you joy as an adult. Figure out what works for your body and incorporate that into your routine. **Before you start any new exercise routine, talk to your doctor to make sure it's safe.**

> **The movements that brought you joy as a kid could still make you feel good. That feeling is a goal to aim for when looking for joyful movement.**

Make it fun

Everyone enjoys different types of movement. You get to define what gives you pleasure. This can be walking your pet, playing with your kids or grandkids, gardening or dancing. What about tai chi, hula-hooping or double-Dutch jumping? As long as you raise your heart rate and can stick with it, it works.

Do it with a buddy

Joyful movement is even more fun and meaningful when you do it with someone else. **Having a partner keeps you accountable, and you encourage each other. As the saying goes, teamwork makes the dream work.**

Add mindfulness

Adding mindfulness can help reduce stress and provide relaxation. When doing joyful movements, take it all in. Pay attention to your surroundings, find your breath and be aware of how you are feeling. The result of doing this may be surprisingly satisfying.

Joyful movement improves your mental and physical health by giving you more energy, improving sleep and lowering stress.[1]

What are some of the movements that bring you joy?

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[1] https://www.canada.ca/en/public-health/services/being-active/physical-activity-your-health.html

Ground yourself for better health

Are you grounded? This term is often used when describing a person's perspective ("grounded in reality") or even their disciplinary status ("you're grounded," in the case of misbehaving teens). In medical terms, grounding can have different meanings.

Mentally grounding yourself

It's all about calming and distancing yourself from negative thoughts and feelings. Try connecting to the present moment through your senses. Look around and name:[1]

5 things you can see. They can be near, such as the wall, or far, like a building or the sky.

4 things you can feel. Pay attention to your body. How your socks feel on your feet or how your hair feels on your forehead.

3 things you can hear. Do you hear traffic or birds?

2 things you can smell. If nothing stands out where you are, walk around, or remember smells that you like.

1 thing you can taste. This can be the last thing you ate or a mint in your drawer.

Getting in touch with yourself and your environment can lead to a healthier, more relaxed and recharged you.

Get out, kick off your shoes and feel the grass between your toes today.

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[1] https://www.ementalhealth.ca/Canada/Grounding-Strategies/index.php?m=article&ID=62619

What to eat for healthy aging

The condition of your gut affects your overall health.
To be more specific, your microbiome is what's driving your gut health.
But what does all of this mean?

Your "gut" refers to your gastrointestinal tract (or GI tract, for short). As a group, these organs are responsible for the ingestion of food and liquids, the digestion of those foods, the absorption of nutrients and the elimination of waste. They include the mouth, pharynx (throat), esophagus, stomach, small intestine and large intestine.[1]

Your microbiome consists of a variety of things best kept for science class. There are microorganisms, bacteria, viruses, protozoa, fungi and genetic material living in your gut.[2] The balance is delicate and affected by many factors. An imbalance can change your metabolism and cause inflammation. While some bacteria may be harmful, nearly all of the bacteria in your gut is helpful and necessary.

As you age, your microbiome evolves. It's affected by many things, from genetics to what you eat. There is a suggested correlation between diverse microbiomes and living longer, more active lives.[3]

Improve your gut health

Diversifying your diet is the first step to take. Commit to regular, healthy eating habits. Skip the salty, sugary, fatty and processed foods. Instead, enjoy fibre and nutrient-rich foods like:

- ✓ A wide variety of fruits and veggies—the fresher the better
- ✓ Fibre-rich nuts, seeds and legumes
- ✓ Whole-grain foods like 100% whole-grain bread, brown rice, whole rolled oats, millet and quinoa

What are probiotics?

Probiotic foods contain live microorganisms that boost the good bacteria in your gut.[4] They are found in fermented foods like:

- ✓ Yogurt
- ✓ Kefir
- ✓ Kimchi
- ✓ Sauerkraut
- ✓ Miso
- ✓ Kombucha

How about prebiotics?

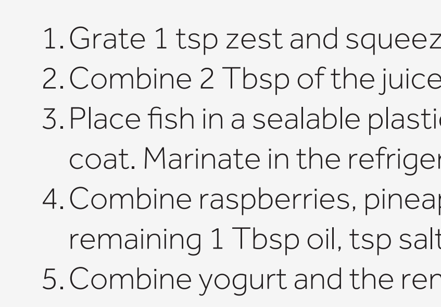
These fibre-rich foods feed the helpful probiotic organisms in your gut:

- ✓ Asparagus
- ✓ Citrus fruits
- ✓ Berries
- ✓ Bananas
- ✓ Apples
- ✓ Steel-cut oats
- ✓ Onion
- ✓ Garlic
- ✓ Almonds

Combine your favourite prebiotic, probiotic and natural, unprocessed foods to shape up your microbiome. Your health could benefit from it.

Try the following recipes full of natural goodness.

Disclaimer: The information provided herein is for general informational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult with your healthcare provider or a qualified medical professional before making any changes to your diet or nutrition plan.



Raspberry-Pineapple Fish Tacos

Makes 4 servings | Prep: 45 minutes

Ingredients

- 3 limes
- 2 Tbsp canola oil, divided
- 2 tsp chili powder
- ½ tsp salt, divided
- ¼ tsp ground pepper, divided
- 1 lb tilapia, flounder or cod fillets (thawed if frozen)
- 1 cup fresh raspberries
- 1 cup cubed fresh pineapple (1/2-inch)
- 2 Tbsp thinly sliced green onion
- 1 jalapeño pepper (optional), halved, seeded (if desired) and finely chopped
- ½ cup nonfat plain Greek yogurt
- 8 (6-inch) corn tortillas, warmed
- 1 cup finely shredded green cabbage
- ¼ cup fresh cilantro leaves
- 1 lime, cut into wedges

Preparation

1. Grate 1 tsp zest and squeeze 5 Tbsp juice from limes.
2. Combine 2 Tbsp of the juice, 1 Tbsp oil, chili powder, tsp salt and tsp pepper in a small bowl.
3. Place fish in a sealable plastic bag set in a shallow dish. Pour in the lime mixture, seal and turn to coat. Marinate in the refrigerator for 15 to 30 minutes.
4. Combine raspberries, pineapple, green onion, jalapeno, lime zest, 1 Tbsp lime juice, and the remaining 1 Tbsp oil, tsp salt and tsp pepper in a medium bowl.
5. Combine yogurt and the remaining 2 Tbsp lime juice in a small bowl.
6. Coat a 12-inch nonstick skillet with cooking spray and heat over medium-high heat. Add the fish (discard marinade) and cook, turning once, until it flakes easily, 4 to 6 minutes.
7. Break the fish into bite-size pieces with a fork.
8. Serve in tortillas topped with cabbage. Add salsa, the yogurt mixture and cilantro, with lime wedges on the side if desired.

Nutrition information | Serving size: 2 tacos

Calories: 460 | Total fat: 11 g | Saturated fat: 1 g | Sodium: 249 mg | Cholesterol: 77 mg
Total carbs: 43 g | fibre: 8 g | Sugars: 14 g | Protein: 50 g | Potassium: 959 mg

Gut-Healthy Garden Salad

Makes 2 servings | Prep: 30 minutes

Salad Ingredients

- 4 cups mixed greens (spinach, arugula, kale)
- 1 avocado, sliced
- 1/2 cup of kimchi or sauerkraut (rich in probiotics)
- 1/2 cup walnuts, chopped
- 1 cup of chopped asparagus
- 1 medium-sized leek, chopped
- 1 garlic clove, minced
- 2 tbsp olive oil
- Salt and pepper to taste

Dressing Ingredients

- 1/2 cup plain Greek yogurt or kefir
- 2 tbsp fresh lemon juice
- 1 tbsp honey or maple syrup
- Salt and pepper to taste

Preparation

1. Preheat the Oven to 400°F (200°C) for the roasted prebiotic vegetables.
2. Toss the asparagus, leek, and garlic with the olive oil, salt, and pepper.
3. Spread on a baking sheet and roast for 15-20 minutes or until tender and slightly crispy.
4. In a small bowl, whisk together the Greek yogurt or kefir, lemon juice, honey or maple syrup, salt, and pepper. Adjust the seasoning to taste.
5. In a large bowl, combine the mixed greens, roasted prebiotic vegetables, avocado, kimchi or sauerkraut, and walnuts.
6. Pour the probiotic dressing over the salad and toss to coat everything evenly.
7. Divide the salad among two plates and enjoy immediately.

Nutrition information | Serving size: 1/2 of the salad

Calories: 450 | Total fat: 32 g | Saturated fat: 4 g | Sodium: 350 mg | Cholesterol: 5 mg
Total carbs: 30 g | fibre: 10 g | Sugars: 12 g | Protein: 15 g | Potassium: 800 mg

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[1] https://cdhf.ca/en/digestive-conditions/about-our-digestive-system/
[2] https://csnn.ca/proactive-healthy/the-gut-microbiome-essential-to-health/
[3] https://mediarelations.uwo.ca/2017/10/11/ridiculously-healthy-elderly-gut-microbiome-healthy-30-year-olds/
[4] https://cdhf.ca/en/probiotics-vs-prebiotics/

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