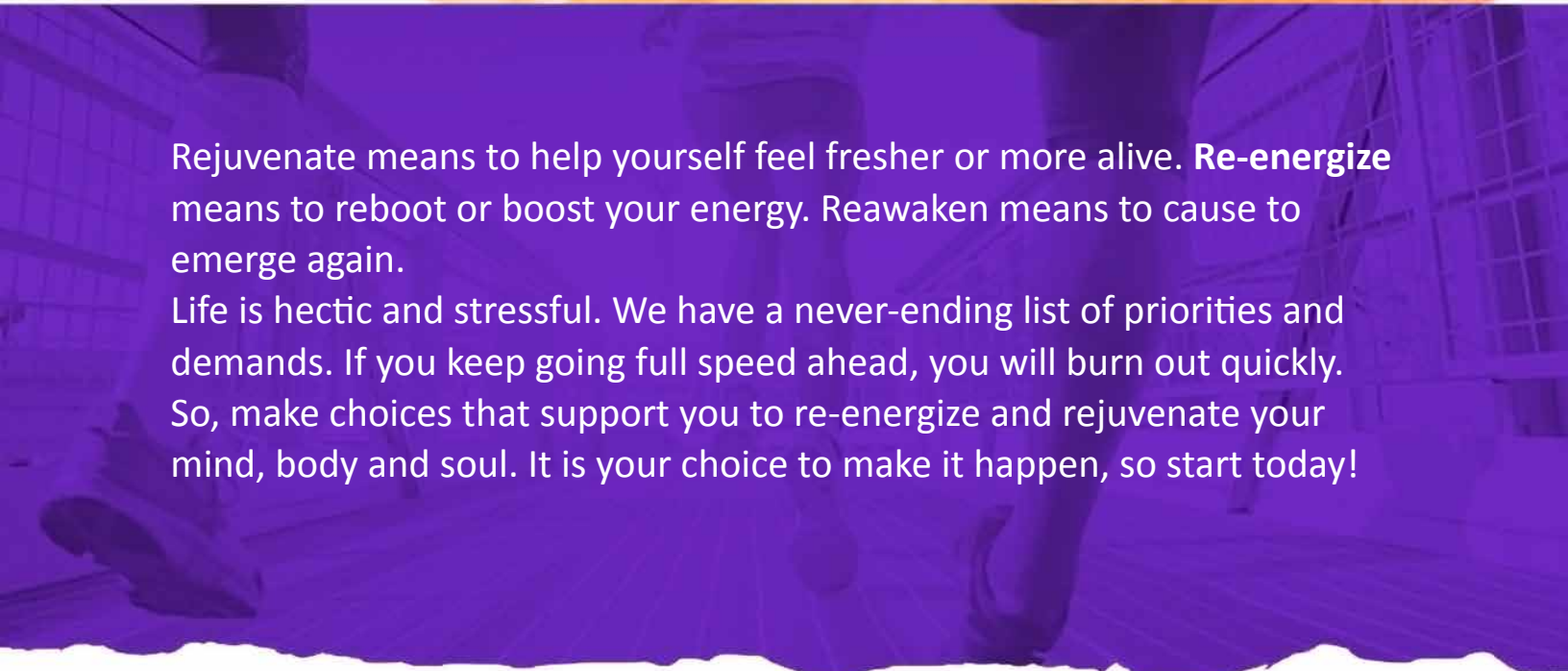




Thrive

Re-energize!



Rejuvenate means to help yourself feel fresher or more alive. **Re-energize** means to reboot or boost your energy. Reawaken means to cause to emerge again.

Life is hectic and stressful. We have a never-ending list of priorities and demands. If you keep going full speed ahead, you will burn out quickly. So, make choices that support you to re-energize and rejuvenate your mind, body and soul. It is your choice to make it happen, so start today!

Does it feel like your commitments to renewal have faltered? Sometimes it can feel that way, but it's important to recognize that we can start fresh. Try these tips for re-energizing your commitments to your health, mind and positivity.

Energy-boosting foods!

Do you need a boost of energy or something to get you going? Look no further than what you put in your body and what you **do** with your body.

Look no further than these foods:



Water

Have you had your eight cups of water today? If not, you may be drooping (literally) at work. Research notes that if you're dehydrated your stamina goes down by approximately 25%. So drink up!



Banana

Get ready for this yellow energy booster. The ratio of starchy carbohydrates, natural sugars and fiber make this fruit a go-getter. Your brain relies on glucose (sugar) in your blood for energy. The carbohydrates help you think clearly and remain focused while the fiber helps sustain energy. How's that for a superfood?



Mackerel and other seafood

Seafood (especially mackerel) is high in all B vitamins but especially Riboflavin (B2). Riboflavin is essential for energy because it assists in energy production and metabolism. It also has the added bonus of supporting healthy skin, hair and nails. So be sure to choose a fish option at least two times per week.

Looking for some movements that will wake you up? Try these:



Stand

Next time you find yourself standing in line, activate your stance. Press the four corners of your feet into the earth. Put a slight bend in your knees, neutralize your hips and drop your shoulders away from your ears. Elongate your spine. Take deep belly breaths as you continue this active standing for the next few moments.



Walk

Go for a walk, get some sunshine. This is a double-effect. The walk will get your blood flowing from your legs to your brain, which will boost creativity. The added benefit of sunshine helps improve Vitamin D levels, decrease stress and increase focus. All of which boosts creativity and, of course, energy.



Dance

Get up and dance! Dancing is fun, good for you and one of the best ways to express emotions. Do you ever see kids baring it all on the dance floor? Do you ever wonder where that energy and courage come from? It's from the dance itself. Dancing burns calories, increases lung capacity, establishes self-confidence and improves your mood through an increase of endorphin levels. Oh, and yes, dancing boosts your energy as well.

Though re-energizing applies to your physical body, that's not all it has to mean. The principle can apply to our lives and livelihood as well. Sometimes we may feel like we are stuck in a rut. Here are some ways we can spend positive energy to renew our lives:

One

Make a bucket list and tackle it. How long has there been that thing or all those things you've been meaning to do? What is stopping you? There's nothing too big or too small for a bucket list. This can include trying a new restaurant, going out for a ladies' or guys' night, finally getting that pedicure, traveling to a certain country or learning to play an instrument. Only you know your budget and what makes sense in your current life. Don't let your challenges keep you from experiencing life.

Two

Do a 24-hour internet detox. This may not be so practical for work days, but for those days that you don't need to rely on technology to get stuff done, give this a shot. Take a whole 24 hours off of the internet. This will be a much needed opportunity to find that peace and clarity we all require in this tech-filled world.

Three

Do something daily that exhilarates you, or plan something every day that you look forward to. Even if it is something as simple as getting a coffee on your morning drive to work – plan something that your heart gets excited about. If you have no clue what gets you excited, or where to start, use Google to find suggestions and start small. Keep a journal and write down what worked and what didn't work. Some days getting a coffee before work is boring, other days it is the only thing we live for.

Four

Do something kind every day. Doing something kind will spark new and positive energy in your life – with the added bonus of brightening someone's day. Donate to charity anonymously, pay someone a compliment, pick/buy flowers for someone or pick up a piece of trash on the ground.

Pick one of the following habits to start this week. What do you currently not do that would energize and rejuvenate your mind, body and spirit?

- Learn to play an instrument.
- Read voraciously, even if you start with five pages a day.
- Meditate regularly.
- Exercise often.
- Learn a new language.
- Journal your thoughts, feelings or ideas.
- Travel to new places – even within your own town.
- Cook different kinds of meals.
- Participate in sports.
- Take a new route to work.
- Stop to admire something you don't normally admire – a building, a route or a person you see regularly.

National Wear Red Day[®]

The First Friday in February



The National Heart, Lung, and Blood Institute and many groups around the country observe National Wear Red Day[®] each year on the first Friday in February to raise awareness about heart disease as the leading cause of death among Americans, especially women.



Risk factors for heart disease are:

- Smoking
- High blood pressure
- High blood cholesterol
- Overweight/obesity
- Physical inactivity
- Diabetes
- Family history of early coronary heart disease
- Age (for women, 55 and older)

Heart disease is largely preventable. Here's what you can do now to reduce your risk:

- Don't smoke
- Eat for heart health
- Aim for 30 minutes of physical activity at least 5 days a week
- Ask your doctor to check your blood pressure, cholesterol, and blood glucose

Show your support and wear red!



National Heart, Lung,
and Blood Institute



A program of the National
Institutes of Health

ON NATIONAL WEAR RED DAY,[®] MAKE EVERY PART OF YOUR CELEBRATION “RED” BY ENJOYING THESE RED FOODS AND DRINKS

Frozen Watermelon Bites

Alternate frozen cubes of watermelon and mint leaves on a skewer and serve cold.

Ravin' Red Smoothie

Blend 1 cup low-fat yogurt, ½ cup frozen strawberries, ½ cup frozen raspberries and 1 frozen banana.

Red Pasta

Cook whole-wheat spaghetti and top with low-sodium marinara sauce, diced tomatoes and sun-dried tomatoes.

Baked Red Apple Dessert

Fill 1 whole red apple (cored) with ¼ cup chopped almonds, ¼ cup dried cranberries, 1 tsp. honey and 1 tsp. brown sugar. Bake for 15 minutes at 350° or until sugar bubbles.

Perfect Polenta

Cook polenta and mix with roasted cherry tomatoes, roasted red bell pepper and sun-dried tomato.

Stuffed Red Bell Peppers

Stuff 1 red bell pepper (cored) with ½ cup cooked brown rice, ¼ diced red onion, ¼ cup ground turkey (browned), 1 tbsp. parsley, salt and pepper. Bake at 350° for 15 minutes or until pepper is heated through.

Red Bean Salsa

Combine 2 cups red beans, ½ cup diced red onions, 1 cup diced red tomato, ¼ cup diced jalapeño (remove seeds), ¼ cup chopped parsley, 2 tbsp. lemon juice, salt and pepper.

Roasted Red Cabbage Salad

In a large bowl, combine 2 cups chopped red cabbage (roasted), ½ cup red onion (thinly sliced and sautéed), ¼ cup red wine vinegar, 1 tbsp. olive oil and sea salt.

TRY THIS HEART-HEALTHY RECIPE:

Fresh-Fruit ‘Sangría’

4 servings (1 1/3 cups/serving)

Ingredients

3 cups unsweetened cranberry apple juice blend, or 2 cups unsweetened cranberry juice and 1 cup unsweetened apple juice, chilled

1 cup sparkling water, chilled

1 small apple, such as Red or Golden Delicious, Gala, or Fuji, diced

1/2 cup raspberries

1/2 cup blueberries

1 small lemon, cut into 8 slices

1 small lime, cut into 8 slices

1 cup crushed ice



Preparation

1. In a small pitcher or other container with a pouring spout, stir together the juice and sparkling water.
2. In a small bowl, gently stir together the apple, raspberries, and blueberries. Spoon into glasses. Place 2 lemon slices and 2 lime slices in each glass. Spoon the ice over the fruit. Pour in the juice mixture.[®]

American Heart Association

Nutrition Analysis (per serving)

Calories 128
Total Fat 0 g
Saturated Fat 0 g
Monounsaturated Fat 0 g
Polyunsaturated Fat 0 g

Sodium 29 mg
Carbohydrates 32 g
Fiber 2 g
Sugars 26 g
Protein 0 g

Dietary Exchanges

2 fruit

Make a change at
GoRedForWomen.org/WearRedDay.



Go Red For Women is nationally sponsored by



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