LIVE WELL @ WORK
Newsletter

UC San Diego SCHOOL OF MEDICINE | Center for Community Health

FEATURE

National Hobby Month

Whether it is building model rockets as a kid or playing in a soccer league as an adult, almost every person at every age has a hobby. By definition, a hobby is something that is done on a regular basis during your free time for fun. Hobbies not only provide pleasure but are a great way to lower your stress levels and also help improve your physical well-being. Going to the gym or playing sports may be the most obvious healthy hobbies, but anything that is enjoyable and gets you moving can benefit your health. Great healthy hobbies to consider include dancing, healthy cooking, volunteering, gardening, owning a pet, playing music, practicing yoga, hiking, or even simply walking. Overall, engaging in enjoyable leisure activities has been associated with lower blood pressure, lower heart rate, and decreases in some chronic diseases.

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HARVEST OF THE MONTH

Beets & Apples

Did you know a ½ cup of beets is a good source of folate? Folate helps your body make healthy red blood cells!

Apples come in a variety of colors and flavors, many of which are grown here in California. Try Fuji, Pink Lady, Granny Smith, and Golden Delicious.

SWAP OUT → SWAP IN

Mindless Eating → Mindful Eating

It's a relaxing Saturday evening, complete with a good movie, the couch, and a family sized bag of potato chips. But the next thing you know, somehow you've managed to down all 1,700 calories of the potato chips. Overeating once and a while isn't the end of the world. However, is it really only once and a while? It might surprise you at how mindless people are about eating. You make a lot of decisions about food on a daily basis - about 200 - but people only perceive they make around 15 conscious decisions. In addition, research has shown people are not typically aware of when they have eaten more food at meals than they should probably consume. What can you do about this? Try swapping in some mindful eating. People tend to eat what's on the plate, so use a smaller plate which will create a smaller portion. Be aware of your body; halfway through a meal ask yourself, "Am I still hungry? Am I full?" Listen to your body's hunger and fullness cues and wait 10 minutes before going back for more food. Limit distractions; watching TV or using phones or computers while eating will distract you from being aware of how much you've really eaten.