



CONCERN:EAP

Healthy & Resilient You



Yes, it's the Gen Y way of saying "carpe diem", but it is true that you only live once (YOLO). So live in the moment... right? Well, there's a catch: Every moment adds up to the rest of your life. And if too many of those moments are spent eating bacon infused artisan tacos coupled with the latest trendy hand-crafted microbrew, those "YOLO" inspired moments are more likely to add up to pounds of fat than years of success. Let's discuss how to change the future of your mind and body.

You're only as young as you eat

Although times have changed, our bodies haven't. You may not always act your age, but if you eat like you're still in college, then your body is probably older than you think. Don't buy the hype: 50 is NOT the new 40 and 30 is NOT the new 20... see the pattern?

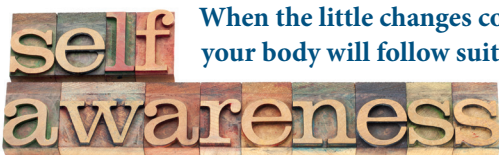
It may seem convenient to "survive" on energy drinks and sugar throughout the day, but try investing a little energy into yourself by developing healthy eating habits. Take control of those sugar cravings by eating small snacks throughout the day. If you do most of your eating at night, your brain and muscles won't get the fuel they need for your daily physical and mental activities.

While you're nodding off in meetings, true health nuts will be flying past you up the corporate ladder.

You are your only hope

Step back from the ledge, this rule is not meant to be depressing. All it means is that it's up to you to make the change... and it's time for a change you can believe in! All you need is a good attitude and a little self-awareness to get you started.

What this means is that instead of focusing on changing your body, start with your thoughts and habits. Take note of your emotions. Convert those negative stress and tension into workout and diet motivation.



When the little changes come together, your body will follow suit.

It's Buffett, not buffet.

Your body is your future. So it's time you start treating your diet like Warren Buffett would treat a 401K: as an investment that requires a small sacrifice now for a comfortable life later. Anyone with wealth will be the first to tell you that their success wasn't built overnight. They made sacrifices, worked hard, and were thinking long term.



Two birds one stone: One way that you can save money and start investing in your body and your 401K is to resist the urge to splurge when you're out. Cut your calories and costs by splitting an entrée with a friend and order an extra salad. Yeah, it feels weird at first, but then it feels so good.

Pack it up before packing it in.

You don't need to hit a food truck everyday. Plan just one day ahead and it could change everything. Swing through a local market on your way home from work and pick up some light meals for the next few days. Your muscles are looking to fruits, vegetables and whole grains to help replenish their stock of carbohydrates. Good fats add flavor, so add avocado or nuts to your salad, or a dab of flavorful olive oil to steamed veggies.

Sneak in some protein and you're good to go!



Do this tonight: Take 15 minutes to prepare a healthy sandwich or salad and pack it BEFORE you go to bed. That way you can skip the hassle of making lunch and hit snooze one extra time.

Lunch is not the first meal of the day

Eat when you wake up in the morning. That doesn't mean eat a continental breakfast in bed everyday. It means have a banana and some cottage cheese or yogurt, or a protein shake with some fruit mixed in. Anything! This first step will cause a chain reaction that will result in better eating habits and subsequently, smaller waistlines.

Empty stomachs lead to lunch cravings that will ruin your health retirement plan!

FYI, bananas contain high levels of vitamin B6, which aids in the body's production of serotonin, norepinephrine, and dopamine, all three of which support concentration. It's science.

Bring your packed lunch from the night before, some trail mix for later and you will feel better while saving money.

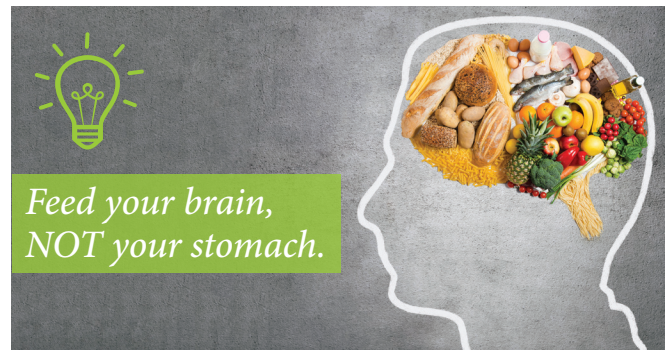


Grab and go: Place a fruit bowl by your front door. Fill it with just 5 fruits and a few packs of trail mix. Grab one of each on the way out every day... breakfast is served and no time was "wasted"!

No excuses

Being successful and career oriented doesn't give you a Speedpass to the nearest vending machine. Yes, it's very hard to plan meals when you're working long hours, but don't punish your body because you have deadlines. Eat something healthy. Buy a bag of almonds, honey, and a box of oatmeal. BOOM. You will NEVER starve at work.

Since you're still here reading this, you've got a great chance to invest in yourself and reap the benefits of better health at work and more money for retirement.



Want more? Check out the following websites

Feed your brain

www.webmd.com/add-adhd/slideshow-brain-foods-that-help-you-concentrate

Metabolism Calculator

www.webmd.com/diet/healthtool-metabolism-calculator

Myths & Facts About Caffeine

www.webmd.com/diet/rm-quiz-caffeine-myths

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