



April 2021



Your Health Matters

Monthly newsletter brought to you by Brieden Consulting Group

Spring Clean Your Life!

Spring always feels like a time for “new beginnings”. The dead of winter fades away and new life begins to pop up from the ground. The weather starts to warm up and there is a newfound energy and excitement for spring. New seasons are always a good time to reflect on how the past went and what practices you want to continue or add to improve your health. Of course, many people take the time to do spring cleaning around the house, but what about your overall wellbeing? Let us spring clean our lives! Let us dig into different areas of our health that might be in need of a little “spring cleaning”. Take time to reflect on things like your exercise routine, what are your eating and sleep patterns, to name a few. Clean out the bad and come up with new ways to improve for a healthier lifestyle!

Your Habits & Routines

Creating daily routines is an effective way to help you build healthy habits. Routines allow us to create structure and have a sense of control. Maybe you decided to start new exercise routine in the beginning of 2021...take some time and reflect on how those goals have gone. Have you kept up with them? Did you totally forget about that after January 2nd? Wherever you are it's okay and it's never too late in the year to make some changes. Challenge yourself to take spring as a “New Start”. You can either add more healthy habits or “restart” your 2021 goals. Some examples of healthy habits could be as simple as drinking a glass of water first thing in the morning or to create a nighttime routine and set bedtime. Whatever you choose, challenge yourself to keep up with it. It takes around 60 days to form new habits!

Your Eating Habits

With spring around the corner take advantage of the local fresh produce to restart your diet. Incorporating more greens and fewer processed foods is always a great place to start. Spring favorites to look for while shopping would be lettuces, asparagus, rhubarb, apricots, and arugula to name a few! Change up your breakfast and try a balanced smoothie, for ideas check out the “Recipe of the month”. When you start with small changes and then build on that, it helps you make lifestyle changes that will last instead of short term diets that are intense and hard to maintain over long periods of time. Keep in mind the 80/20 ratio, 80% being nutritionally dense balanced meals and the other 20% wise “fun” choices. Take some time to reflect on your eating habits from the past few months and decide what you can do differently.

About Us

We believe that living a healthy lifestyle is a key component to every day life. We want to be able to provide you with useful updates and alerts to help you maintain good health for your body and mind.

The health plan through Brieden Consulting Group offers great coverage that is affordable to help you maintain your health and the health of your entire family.

Please keep an eye out for the “Your Health Matters” monthly newsletters that will be distributed to all employees.

Contact Us

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Your Physical Activity

Are you itching to get outside? Have you pulled your bike out from the depths of your garage? Or decided to start working on your garden? Spring seems to be a time of increased energy and excitement to get outside. Take that as an opportunity to switch up your workouts! CDC recommends at least 150 minutes of physical activity a week. That includes working in the garden, a cycle class or even washing the floors. If you are feeling a little run down or bored of your workout routine switch one or two of your gym sessions a week and get outside. Go for a run or get going on your garden (make a vegetable garden!). It's a good idea to switch up our routines occasionally. Our bodies are smart and if we do the same physical activity over and over again our bodies become accustomed to it. When you switch up your routines it keeps your body on its toes and helps avoid plateaus.

Your Relationships

It's no secret that this past year has made keeping up with your friendships more difficult, but maintaining healthy relationships can have a huge impact on your overall wellness. Harvard Health stated, "One study, which examined data from more than 309,000 people, found that lack of strong relationships increased the risk of premature death from all causes by 50%". Think of new and creative ways to connect with friends you've lost touch with recently. Take time to have intentional time with your spouse or go check in with your parents! If you are an extrovert, this may come more natural to you, but think of someone who may need some social interaction! If you are an introvert, find what works for you that brings you joy but don't neglect the importance of being relational and the positive affect it has on your health.

There are many aspects that impact our overall wellness. Sometimes it can feel overwhelming or not a priority, but the benefits are lasting and worth it! Find your support team, get outside, and eat all those yummy springtime vegetables (from your own vegetable garden)! Spring is a reminder that things that have wilted or been frozen for months can be revived...so can your health!

[The health benefits of strong relationships - Harvard Health](#)

[Physical Activity Basics](#) | [Physical Activity](#) | [DNPAO](#) | [CDC](#)

Written By Maggie Machado, BCG

Recipe of the Month

Create your own Smoothie!

INGREDIENTS

LEAN PROTEIN (15-20G)

Examples: Whey protein powder, vegan protein powder, or Greek yogurt

HEALTHY FATS (1-2 TBSP)

Examples: nut butters, avocados, seeds

SMART CARBS (1 CUP)

Examples: Oatmeal, frozen fruit such as banana, strawberries, mangos, peaches

FIBER

Examples: handful of greens like spinach, chia seeds, flax seeds

FLAVOR BOOST

Examples: vanilla extract, matcha powder, cinnamon

LIQUID

Examples: cow milk, nut milk, coconut water, water



INSTRUCTIONS

On the left are 5 categories to include in your smoothie. Pick an ingredient from each category.

Combine all ingredients into a blender and blend until smooth.

SAMPLE SMOOTHIE

- Chocolate Protein Powder (20 g)
- Pbfit powder (2 scoops)
- Frozen Banana (1/2 cup)
- Frozen Strawberries (1/2 cup)
- Chia seeds (1-2 tbs)
- Matcha Powder (1 tsb)
- Your choice of milk (1 cup, or more if necessary)