

# LIFE IN **BALANCE**

Your guide to healthy living.



## Independence Day: *A Time to Reflect on Traditions*

Do you ever find yourself reminiscing about your childhood days? Maybe a family trip to the beach, backyard barbecues, or special Sunday breakfasts? For some, the happiest childhood memories are centered on some family or cultural tradition.

Traditions are the foundation of strong bonds. As people become more and more disconnected due to hectic schedules, there seems to be less time to enjoy the simple traditions that were once a vital part of everyday life. Simple rituals such as taking a weekend family outing, playing games or even dinners bringing people together are becoming lost. For many, the holidays have shifted from meaningful time spent together to trying to balance the stresses of work, seasonal decorating, gift-buying and active kids on school break.

Many of us miss the little traditions that embodied our childhood, yet find it difficult to fit them back into our current way of life. Traditions, however, do not have to be complex, time-consuming, or even expensive in order to have great impact. Nor do we have to wait for a holiday to kick-start one. Whether it's a family or friend reunion once a year or movie night once a week, establishing routine customs is a great way to connect with others.

If an existing tradition starts to lose its appeal, then create a new one. Getting others excited and involved in identifying a new activity is an important way to establish a tradition with meaning. Once these activities are chosen, work on building them into a ritual. Traditions have to start somewhere.

To get the ball rolling and some conversation started, below are some fun facts about the upcoming celebration of The 4th of July:

- Representatives of the 13 colonies voted on July 2, 1776, in Philadelphia to declare independence. But it wasn't until two days later that a congressional committee approved the final draft.
- Thomas Jefferson wrote the Declaration of Independence as a formal explanation of why the colonies should secede. John Adams and Benjamin Franklin edited it.
- "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness" is the second, but the most well-known, sentence.
- The Revolutionary War started before independence was declared. The battles of Lexington and Concord, in April 1775 in Massachusetts, achieved that.
- The Revolutionary War ended in 1783.
- In 1787, 11 years after the Declaration of Independence, the U.S. Constitution was created.

*Sources: Constitutionus.com, Orlando Family Magazine, The Importance of Family Traditions*



# Teens and Body Image



Adults understand that the teenage years can be hard – especially if a person had issues with how they looked at that age. Here are some ways to help your teen (girls and boys) have a better body image:

- **Don't obsess over food and calories** – avoid commenting on the weight of yourself or others.
- **Have fun-shaped healthy snacks** available such as unusual shaped crackers, cheese sticks, veggies cut in different shapes. The more interesting food is, the more appealing it may become.
- **Be daring with your food** – try different herbs and spices or try cuisines from different cultures. Try not to put negative connotations with any type of food.
- **Be available to talk about how unrealistic body images are displayed in the media.** Tell them it's okay to not look like the air-brushed, photo-shopped images they see in magazines, on television, on-line or in social media.
- **Don't forget to compliment your teen** – and not just about their looks. Reward their accomplishments so that they grow up knowing that they don't have to always look good to get recognition.

When a teen talks negatively about their own body, keep the lines of communication open to talk and discourage them from being so hard on themselves. Most importantly lead by example. If you worry about every calorie you put in your body or constantly fret about how you look, your teen will pick up on that habit and come to think they must look “perfect” in order to be loved.

## Positive Thinking Techniques

Our minds are incredibly powerful tools. If your thoughts are positive and uplifting, you will increase the likelihood of seeing your goals through to fruition. If they are negative, however, you can have just the opposite effect. Obviously it is in our best interest to keep our minds thinking positively. Engage in the following for a consistent stream of positive thinking.

**Start with a Plan:** You are far more likely to think positively about your day if you have a specific plan for what you want to accomplish. Make them simple enough to get done in one day, but challenging enough to keep you motivated.

**Positive Vibes:** Positivity can be contagious. Make it a point to surround yourself with people who think and act in an uplifting manner.

**Give Thanks:** Stopping to realize everything you appreciate in your life makes you automatically feel more positive of all the good that surrounds you.

**Exercise:** Maybe the most powerful tool in continuing to think positive is a consistent habit of physical activity. Your brain produces chemicals called endorphins during exercise which gives the body a natural high.

**Take Charge:** By stepping out and being in control of a situation, you will be more inclined to feel positive about it. Don't be afraid of failure.

**Keep At It:** Positivity is quick to fade. Thinking positively means understanding you will face obstacles, and having the confidence and energy to overcome them.

**Meditate:** Negative thinking often occurs in cycles. Meditation allows your mind to clear and think logically about your life without the distractions of life. The calm inside yourself will bring you back to reality and get your thought process back on track.

*–Excerpts from the article Seven Useful Positive Thinking Techniques found at [operationmeditation.com](http://operationmeditation.com)*



# Water...Why Do We Need It?

## How water helps our body:

- Regulates our body temperature
- Removes toxins and waste from the body
- Lubricates joints and other parts of our body to help lessen inflammation and arthritis
- Repairs cells more efficiently
- Helps cells carry more oxygen to aid in better muscle function and repair
- Helps moisturize the air in our lungs
- Aids in digestion

## Did you know?

- With only a slight 2 percent drop in our body's water supply dehydration can occur. Around 75 percent of Americans have on a daily basis.
- A good way to tell if you are drinking enough fluids is to look at your urine. The goal is to have your urine almost clear to a light lemonade color.

## Test your water knowledge:

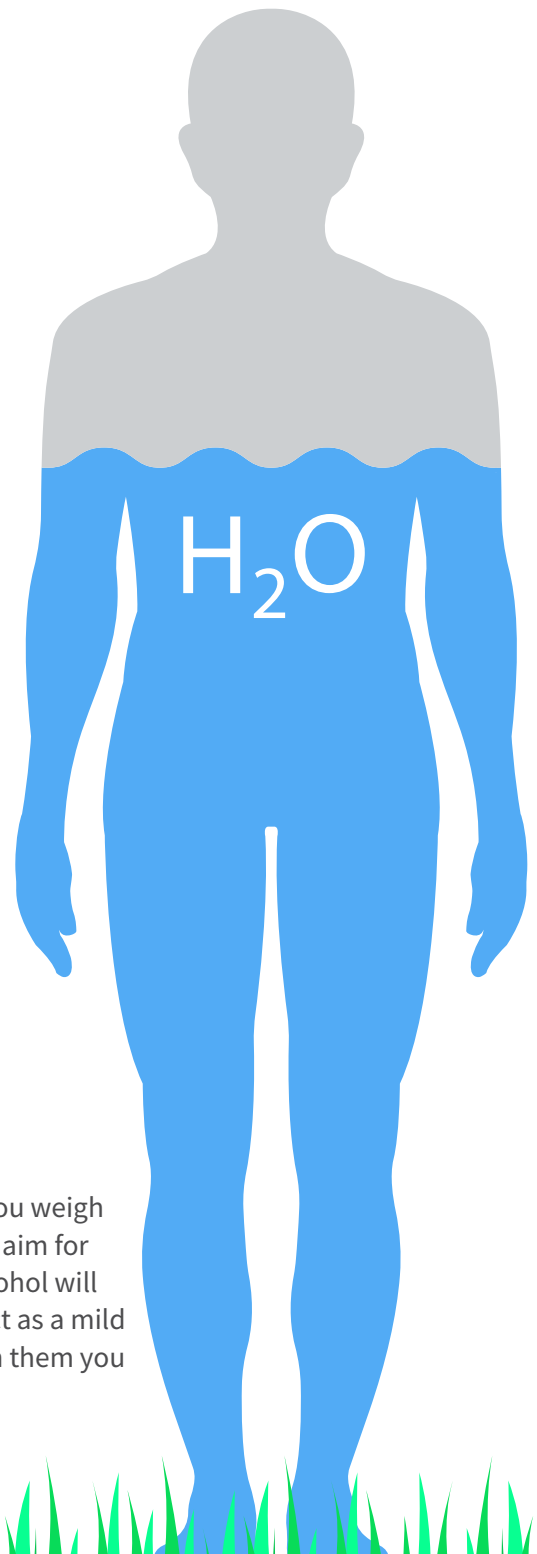
1. What percent of our blood is water?
2. What percent of water is in our bones?
3. There is \_\_\_\_ % of water in our muscle.
4. Our brains are made up of around \_\_\_\_ % of water.

## Common signs of dehydration:

- Tiredness or sleepiness
- Dry mouth and skin
- Thirst
- Headaches, dizziness, or lightheadedness
- Constipation
- Fuzzy short-term memory and difficulty focusing
- Decrease urine output / dark yellow or brown color urine

So how much do we need a day? A good rule of thumb is for every 20 pounds you weigh you should drink 1 cup (8 oz) of water. For example a 200 pound person should aim for 10 cups (80 oz) of water daily. However, drinking beverages with caffeine or alcohol will have the opposite effect on keeping you hydrated. Both caffeine and alcohol act as a mild diuretic which promotes water loss. So if your drinks have caffeine or alcohol in them you will need to drink more water.

– Information obtained from [cdc.gov](http://cdc.gov), [freedrinkingwater.com](http://freedrinkingwater.com) and [kidshealth.gov](http://kidshealth.gov).



Answers:  
a. 75%  
b. 95%  
c. 22%  
d. 85%

BH-086 (6-30-17)



**Oakview Professional Building**  
3000 Westhill Dr – Suite #100, Wausau, WI 54401

**Aspirus Stevens Point Clinic**  
5409 Vern Holmes Dr, Stevens Point, WI 54482

**Aspirus West Medical Office Building**  
410 Dewey Street (2nd Floor), Wisconsin Rapids, WI 54495

**Curran Professional Park Building**  
315 S Oneida Ave, Rhinelander, WI 54501

## Confidential Helpline

# 800.236.4457

Counselors available 24/7

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