

A monthly wellness newsletter from Better You

The power of water

Staying hydrated is key to staying healthy. Our bodies are mostly water and we need it for digestion, energy, and keeping our joints lubricated. Water also helps regulate blood pressure and body temperature through sweating and breathing. If you're feeling fatigued, weak, dizzy or constipated, you may be dehydrated.

Plan your water intake.

The amount of water you need depends on your age, gender, activity level, and overall health. Typically, women should drink about 9 cups a day, and men should drink about 13 cups. Essentially, drink half of your body weight in ounces of water. So, if you weigh 150 pounds, drink 75 ounces of water each day. Drink more if you're active, sweating, or have a fever. Check the color of your urine to see if you're drinking enough water: pale yellow means you're



well-hydrated while dark yellow or amber indicates you need more water. There are exceptions. For example: some medications can change the color of your urine.

Choose good sources of water.

Good sources of water include plain water, flavored water without sugar, decaf coffee, and herbal teas. You can also eat foods with a high-water content like watermelon, strawberries, cucumber, lettuce, celery, cantaloupe, bell peppers, tomatoes and zucchini.

Drink more water.

- Listen to your body, especially in hot climates.
- Choose water over sugary drinks.
- Drink throughout the day.
- Carry a refillable water bottle with you at all times.
- Enhance the flavor with lemon, lime, cucumber slices or fresh strawberries.

Drinking enough water each day keeps your body running well and feeling great!

Resources: [Eatright.org](https://www.eatright.org/); [Healthline.com](https://www.healthline.com/)

Digital detox, unplug and live in the moment

Our lives revolve around smart phones filled with endless knowledge and distractions. We often spend too much time looking at the small screen in our hands. To give your mind a break, truly relax and live in the moment, it's essential to unplug every day. Here are tips to help you do that:

1. Turn off notifications.

It's tempting to check email or text messages when you hear a ding. Avoid constant interruptions by turning off notifications and setting a schedule to check email and messages.

2. Designate phone-free times.

Go phone free during lunch, before bedtime, or after work.

3. Find some me time.

Enjoy quiet time with a cup of coffee or tea before you start your workday, spend time outside, read a book, or take a bath.

4. Break a sweat.

Exercise at the gym, take a walk, move for a few minutes when you hit that mid-afternoon slump, or have a 5-minute dance party to your favorite song.

5. Get lost in a hobby.

Bake, cook, knit, crochet, play an



instrument, collect shells on the beach, or do a puzzle.

6. Be present when you are with others.

Fully engage with those around you. When you're alone, practice deep breathing or meditation.

Resources: [NIH.gov](https://www.nih.gov); [meQuilibrium.com](https://mequilibrium.com)

Red Beans and Rice with Vegetables (Serves 2)

Ingredients:

- 1 cup low-sodium vegetable broth or chicken broth
- ¼ cup long-grain brown rice
- 1 teaspoon no-salt-added Cajun seasoning, plus more to taste (see Tip)
- ½ cup grape tomatoes, quartered
- 1 cup roasted cauliflower florets
- ⅔ cup roasted green peppers
- ½ cup canned red kidney beans, rinsed
- 1 3-oz. fully cooked sweet Italian chicken sausage link, thinly sliced
- 1 ½ tablespoons olive oil

- ⅛ teaspoon salt
- ¼ cup shelled salted dry-roasted pistachios, coarsely chopped

Directions:

Bring broth, rice, and Cajun seasoning to a boil in a medium saucepan over high heat. Cover, reduce heat to maintain a simmer, and cook for 30 minutes. Stir in tomatoes. If no liquid remains in the rice, stir in 1/4 cup water. Top with cauliflower, green peppers, kidney beans, sausage, oil, and salt; do not stir. Cover and continue to simmer until the rice is tender,



about 15 minutes more. Remove from heat and let stand, covered, for 5 minutes. Stir the mixture and add more Cajun seasoning, if desired. Sprinkle with pistachios.

Tip: If you can't find no-salt-added Cajun seasoning, look for Cajun seasoning where salt is the last ingredient.

Recipe courtesy of [Eatingwell.com](https://www.eatingwell.com); for nutritional information click [here](#).

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