

Feeling Great by Managing Your Energy

by Rick Amundson

Being healthy is valued by most of us. While health is a very desirable goal, recent research tells us that the primary reason why people embrace wellness is to feel better. So, what is the formula behind feeling great?

One answer would be ENERGY enhancement. Having the energy to live your life to the fullest is an important but often overlooked principle of wellness. It is not surprising that what you need to do to enhance your daily energy level is strikingly similar to actions needed for good health. The "Energy Paradigm" depicted below is a common sense, practical approach to enhance your energy.

In order to slowly but consistently enhance your energy, try setting one small but achievable goal for each of the 4 areas. It is always best to write your goals down and share them with a supportive but critical friend.

A few examples to focus on for one week:

- Energy Within: Sit quietly for 5 minutes 2X per day
- Energy Restoration: Be "tech free" 30 minutes before bedtime
- Energy Out: Take a 10-minute walk after lunch and dinner
- Energy In: Consume a plant-based morning and afternoon snack (think nuts and veggies)

You should choose goals that are important to you.

While being healthier is a worthy goal, this can best be achieved by trying to enhance your energy levels. Achievable, short term goals in each area will help you build positive habits needed for enhanced energy AND health.

Pineapple Sorbet

(This tastes like the Pineapple Whip at Disney World or the Dole Plantation in Hawaii.)

Serves: 4

No Cooking Required!

Ingredients:

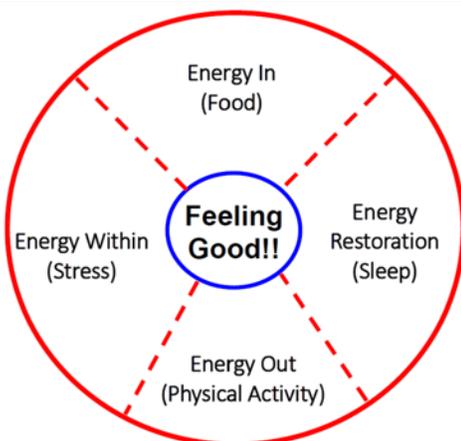
- 1 ripe pineapple or 3 cups frozen pineapple
- ½ cup non-dairy milk
- 1 tablespoon maple syrup
- ¼ cup lite coconut milk

Instructions:

Peel and cut up the pineapple, be sure to take out all the core. If it is fresh pineapple, freeze overnight. Otherwise use frozen pineapple.

Place all the ingredients in a high-powered blender. Blend until creamy. If needed, add more milk.

Divide among 4 bowls and serve immediately.



August is National Immunization Month

New York State requires many immunizations to attend school. If your children or college student has not been able to get to their doctor to get all the shots required you can visit the Monroe County Department of Public Health.

Clinic Hours:

- Tuesdays, by appointment only, call for availability
- Wednesdays, no appointment needed, 12:00pm-6:00pm
- Thursdays, by appointment only, call for availability

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