

HEALTHY LIVING  
WITH TAMMY

THE MONTHLY BUZZ

# September Newsletter

Hello everyone! I hope you all are staying happy and healthy! We are leaping into the fall season, and there's lots of changes, in schedules, in nature, emotionally, and physically. In this month's newsletter we will be talking about aging, what it looks like, and ways to manage it. Be sure to check out this month's recipe and let me know what you think!



## THE BIG "A" WORD

Aging - Just what we all want to see, feel, and talk about! Right? No, but let's face it, it's something we all do! Aging doesn't always mean a bad thing, it means that we are adapting and growing through what we are going through. Are there healthy ways of aging though? If so, what are they? Let's find out!

### HEALTHY AGING

Yes, there is such thing as healthy aging! September is actually Healthy Aging Month! There are countless things that cause aging, and it's something we can't control, it's a part of life. However there are many studies that have proven ways to help with this part of life. Here are some examples of what unhealthy aging looks like so we can be aware and substitute them for some healthy ways!



# THROW OUT THE BAD, BRING IN THE NEW

Unhealthy aging refers to the process of growing older accompanied by a decline in physical, mental, and emotional well-being, often as a result of poor lifestyle choices, lack of preventive care, or other factors that negatively impact health. It is important to be aware of unhealthy aging. The most common ways of unhealthy aging is due to stress, poor diet, smoking, drinking, and other drug use, social isolation, letting underlying health problems get out of hand, and more. It's evident our body's won't thrive like that. We should want our bodies to thrive, so we need to throw out the bad and bring in the new! It's time to give our bodies what it best needs! Healthy aging is about preserving physical, emotional, and mental health. Here are some things you can try daily to start living the life you have been destined to live!

- **Regular Physical Activity:** Engaging in consistent physical activity, such as walking, swimming, or strength training, helps maintain muscle strength, flexibility, balance, and cardiovascular health.
- **Proper Nutrition:** Eating a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats is crucial for many health benefits.
- **Mental Stimulation:** Engaging in activities that challenge the brain, such as reading, puzzles, learning new skills, or playing musical instruments, can help maintain cognitive function and reduce the risk of cognitive decline.
- **Lifelong Learning:** Continuously seeking out new knowledge and skills can keep the mind sharp and enhance the quality of life.
- **Stress Management:** Managing stress through techniques like mindfulness, meditation, yoga, or spending time in nature can help maintain emotional balance and reduce the risk of mental health issues like depression and anxiety.
- **Resilience:** Developing a positive outlook and the ability to bounce back from life's challenges is important for emotional well-being in later life.
- **Maintaining Relationships:** Staying connected with family, friends, and the community provides emotional support, reduces feelings of loneliness, and enhances overall well-being.
- **Active Participation in Community:** Involvement in social, recreational, or volunteer activities can provide a sense of purpose and belonging.
- **Pursuing Passions:** Continuing to engage in hobbies, interests, and activities that bring joy and satisfaction contributes to a sense of purpose.
- **Volunteering:** Helping others or contributing to the community can provide a sense of fulfillment and enhance mental and emotional health.
- **Adaptation:** Being open to change and adapting to new circumstances can help maintain independence and well-being.

Healthy aging is about maintaining the ability to do what is important to you, staying connected with others, and continuing to enjoy life to the fullest as you grow older.

# HARVEST HAPPINESS

It's harvest season for many, and there are lots of yummy things you can make from the garden. Here is one of my favorite salad recipes, high in protein, and great for the body!

## HARVEST KALE SALAD

What you'll need -

- One butternut squash peeled, diced, roasted
- ½ tablespoon oil of choice
- salt and freshly ground pepper
- 1/2 cup quinoa or rice
- 2 cups chopped kale leaves
- Two small apples, pears, or figs sliced or diced

Toppings:

- ¼ cup dried cranberries
- ¼ cup pecans roughly chopped
- ⅓ cup reduced-fat crumbled feta cheese
- 2 tbsp nuts or seeds

For the apple cider vinaigrette:

- 3 tbsp extra virgin olive oil
- 2 tbsp apple cider vinegar
- 1 tbsp maple syrup or honey
- 1.5 tsp Dijon mustard
- One garlic clove minced

To make it - Toss together, kale, quinoa, and oil. Then mix in butternut squash, and apples, add toppings, make the dressing by adding together your oil, apple cider vinegar, maple syrup, Dijon mustard, and garlic. Mix well, drizzle over, and enjoy!



## Last Months Trivia

For those of you that tuned into last month's newsletter, we talked about Water! The amazing benefits of water and how important it is to DRINK YOUR WATER! Here is a refresher of the trivia question! Did you get it right?

**What percentage of the human body is made up of water?**

- A, About 60%**
- B, About 40%**
- C, About 85%**

Answer - A, 60%

The average human body is made up of 60% water







# Mindful Moments

**Aging affirmations can be a powerful tool for cultivating a positive mindset as one grows older. Here are some affirmations that can help embrace the aging process with grace, gratitude, and confidence.**

**I encourage you to print off them off and put them in a place where you can make a point to read them every day this month. If there are any you do not resonate with or feel resistant to, let me know and I will do a quick check in and see what is blocking you from fully receiving the affirmation.**

"I am grateful for the wisdom and experience that comes with each passing year."

"I embrace the changes in my body and mind with love and acceptance."

"My age is a testament to the rich and full life I have lived."

"I am strong, capable, and resilient at every stage of life."

"I cherish the beauty of aging and the stories it tells."

"I focus on what I can do, not on what I can no longer do."

"I honor my body by nourishing it with healthy food, movement, and rest."

"I surround myself with love, positivity, and joy as I age."

"Each day is a new opportunity to live fully and joyfully."

"I am worthy of love, respect, and happiness at every age."

Well, this is all to this month's newsletter, I hope you enjoyed reading it. It's a pleasure to work with you all. Have questions or feedback? I'd love to hear from you! You can reach me here [@healthylivingwithtammy@gmail.com](mailto:@healthylivingwithtammy@gmail.com)

Blessings,

Tammy

Healthy Living With Tammy

