



Health, Wealth, Happiness & Spirit

HAVE YOU SMILED TODAY?

International Day of Happiness is March 20th!

March 2021 Free

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March: National Nutrition Month

How to Stay Healthy

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Your Guide to Better Sleep

Removable Section!

● Page 6

WNY Medical Provider Spotlight

Maxwell Antwi, DNP
Gary Wang, MD





Our Mission

Your Health, Wealth, Happiness and Spirit explores the power of overall wellness. We look to push past the boundaries of physical health and explore the aspects of mental health, financial health, and health of the spirit. Our goal is to bring you information and guidance that you can use to live a happy, healthy, and spirited life. We find tips and tricks for the short term as well as more expansive information for the long term. The ever-expanding technology, knowledge, and evolution of the health field, there is a growing supply data to take from. With HWHS we find the information for you and put it all in one place. Every month we bring you new articles on a wide range of topics so you can live a more fulfilled and whole life.

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Staff and Contributors

Editor-in-Chief

Faizan Haq

Managing Editor

Sana Iqbal

Executive Editor

Melissa Rothman

Copy Editors

Katy Siwirski

Caitlyn Conibear

Graphic Design

SunSpin Media

Published By

SunSpin Media

Staff Writers

Kari Seep

Stacey Brown

Valeria Marquez Luna

Jawad Tung

Webster Tilton

Will Berkowitz

Kay Peabody

Contributors

Melissa Rothman

John Kolarik

Katy Siwirski

Advisory Board

Joe Cirillo, Director of Public Relations and Communications , ECMC
Dr. Riffat Sadiq, MD, President & CEO of WNY Medical
Dr. Joe Serghany, MD, Western New York MRI
John M. Hatcher, CEO JMH Advisement, LLC

Your Health, Wealth, Happiness & Spirit

4011 Bailey Avenue | Amherst, NY 14226 | 716-362-7849
submit@yourhwhs.com | www.yourhwhs.com

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A Note From Your Editor

Hello Readers!

We hope you enjoyed our issue last month. If you were missing anything or want to see more of anything, please let us know. We are always grateful to be hearing from our readers.

Did you try any of the self love tips? The worksheet is really helpful in forming a habit and gaining another tool to build self confidence and appreciation. The HWHS team hopes that you find it helpful. You can download more copies of the worksheet on our website, so be sure to check that out as well.

This month our middle section will be focused on sleep. Sleep is a major factor in how we feel both mentally and physically. If you aren't getting enough or are getting too much, your body will tell you.

We have compiled some resources to help you evaluate your sleep patterns and to adapt them or change them to benefit your health.

We know it is easy to get off track; we also know that you hold the power to change for the better. That is what we are always striving for; a more happy, healthy, whole life.

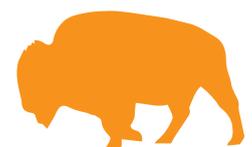
Stay safe and, as always, feel free to write to us at submit@yourhwhs.com for any topics you want covered or to submit feedback.

Sincerely,

Melissa Rothman



Executive-Editor



International Day of Happiness

By: KARI SEEP



Saturday March 20, 2021 is the International Day of Happiness and I encourage you to partake. This holiday was created by the United Nations in 2013 to help people world-wide take a minute and recognize the importance of happiness in their lives. The goal of this holiday is to remind the world that happiness is for all, and happiness can be forever if you allow it to. It encourages people to emphasize and focus on what brings them together and what they have in common with others instead of dwelling on our differences or the various things that divide us.

The International Day of Happiness comes at a very influential time for those of us living in the United States. Here, we are living in a divided nation of people who are looking for something positive to hold on to. This makes it hard to focus on the positives in life when it seems like we are constantly surrounded with negativity; many people have lost their jobs or even their loved ones in this pandemic. People are feeling isolated and alone due to mandatory social distancing and limitations on our social interactions. Worst of all, there doesn't seem to be any upcoming change to our new reality, which is scary and sometimes causes us to lose sight of what is really important.

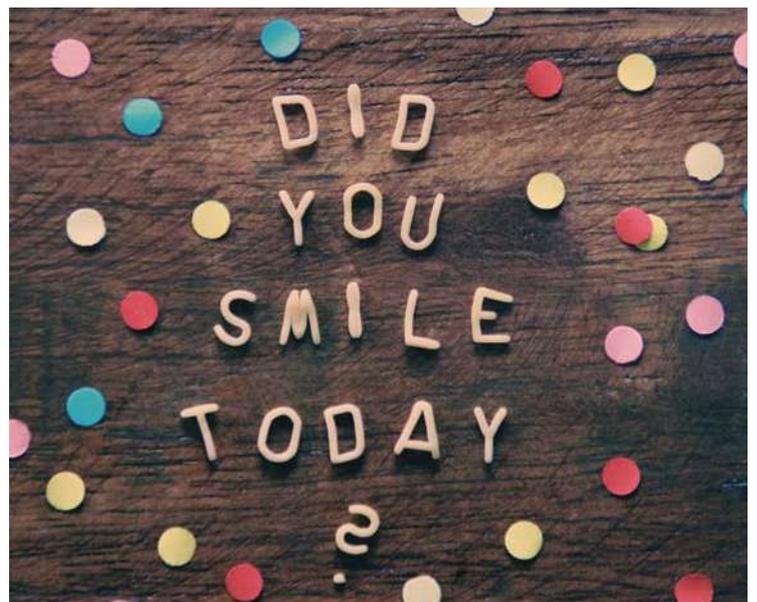
It is my hope that this holiday will provide our American people with some relief. I hope people understand that even if their life is not perfect, there is always something to be grateful for.

“There is always something to be grateful for”

What am I grateful for?
Who am I grateful for?
What have I recently overcome?

On March 20th, do something different with a small amount of your time that will help you focus on happiness. **Think: what are you grateful for? Who are you grateful for? What is a recent battle with yourself that you won or lost and what did you learn?** Even if things haven't gone your way at all this past year, be grateful you are still here on this earth and able to make an impact on those around you! When you look around, don't compare yourself to others, be positive! Thank people for being in your life and providing you with support and reciprocate the support they give you!

I hope we all find something positive in our lives to think about this March and that International Happiness Day reminds us that it takes much more energy to focus on negativity. So why not make everyday a day we focus on happiness?



Non-Conventional Medicine and Pain Management: Ways to Manage Chronic Non-cancer Pain

By: GARY WANG, M.D., Ph.D. & MAXWELL BOASIAGO ANTWI, DNP, AGNP-BC.

Non-conventional medicine is not widely taught widely at US medical schools. But it's safety and principles are becoming more widely applied to treat and manage chronic pain.

Pain remains one of the main reasons for medical consultation worldwide. The use of opioid pain killers for acute pain, active cancer pain or terminal pain is well accepted. However, their role in the treatment of chronic non-cancer pain is severely limited due to multiple side effects, complications and efficacy. Actually, opioids should be avoided to be long term used unnecessarily.

Adjuvant analgesics are medications that are not primarily designed to control pain but can be used for this purpose. Some of adjuvant drugs are antidepressants and anticonvulsants. Chronic pain patients might be prescribed adjuvant analgesics in addition to other non-opioid pain medications, such as anti-inflammatory medications. If the patient is already on opioid pain killers for prolonged time, the patient should be gradually weaned off opioid medications under the physician's guidance. Sometime, tapering dose of long active opioids would benefit the opioid weaning process.

Non-conventional medicine has also been defined as "medical interventions not taught widely at US medical schools, not generally available at US hospitals, and not generally reimbursable by health insurance". Based on safety and efficacy principles, it has been more and more widely applied on chronic pain management.

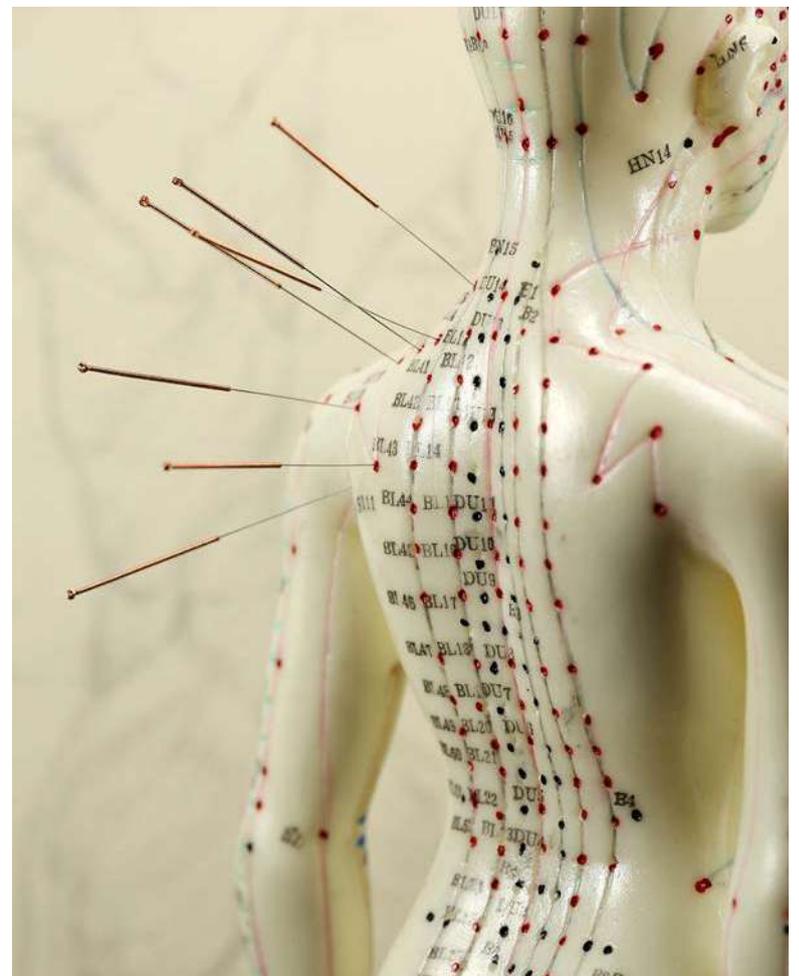
Usually, conventional chronic pain treatment uses over-the-counter pain medication, prescribed opiate, non-opiate, and benzodiazepine medications as well as different injections; while non-conventional pain treatment utilizes of

acupuncture, counseling/psychotherapy, self-help support group, yoga, hypnosis, herbs/herbal medicine, stretching, physical exercise, massage, physical therapy, temperature modality and chiropractic.

Combined, conventional and non-conventional treatments provide best outcome of the chronic pain management.

Actually, certain non-conventional treatments are appropriate to be provided to all of the chronic pain cases. Not only to bring immediate pain, but relief, nonconventional management of pain also to aim to enhance overall health.

More and more scientific basis of some non-conventional medicine methods are revealed. For example, acupuncture is an effective means of relieving pain. Studies found, when acupuncture points are stimulated, the nerve fibers signal the spinal cord and brain to release chemicals that relieve pain.



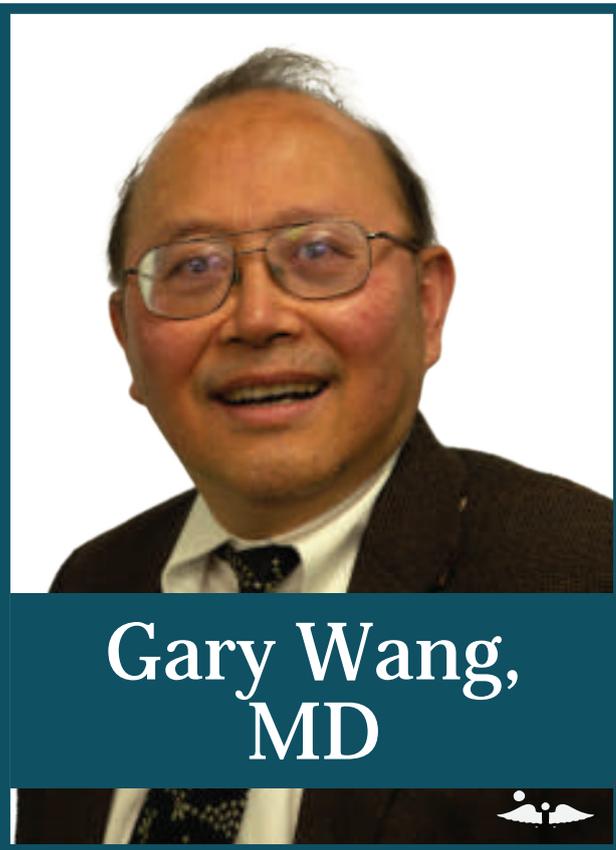
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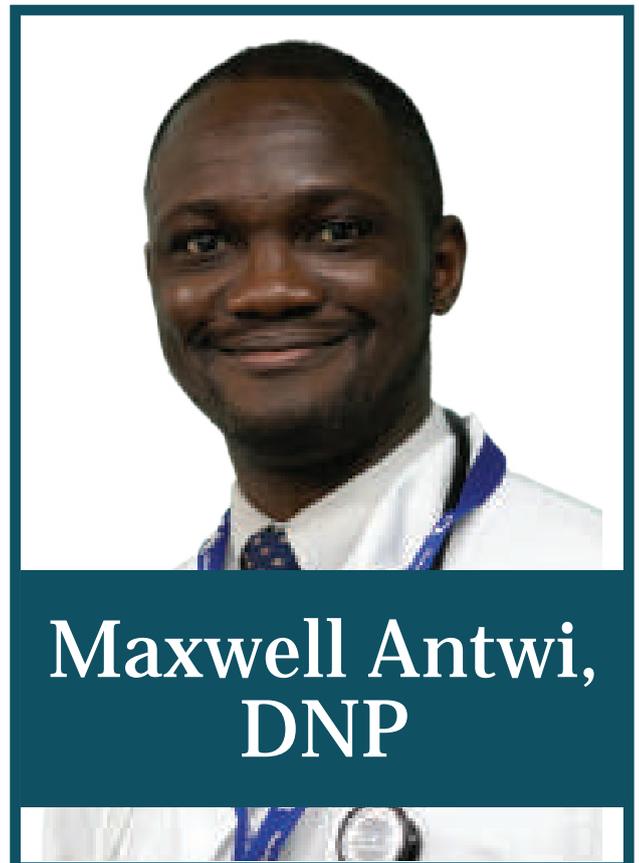
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MD

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Recieved his BS in 2013
and his DNP in 2019

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Maxwell Antwi,
DNP



WNY MEDICAL, PC

Competence. Compassion. Collaboration.

Capital Markets and Exchange Traded Funds

By: JAWAD TUNG

A decade ago, to the average person capital markets seemed too complex to understand and invest in. However, with the increase in access to information available, especially online, more people are better informed and can invest in capital markets.

The participants of the capital markets understood these challenges and they have started offering more suitable and versatile investment products to the public.

Mobile applications such as Robinhood, who offer features like fractional investing and no brokerage fees, have encouraged a lot of younger investors to invest in these capital markets. Even though it's a good initiative, the risk of making bad investment decision is still prominent. It is important to remember that investment decisions made based on advice chat forums or vlogs are mostly not based on thorough research and may not suit an individual's portfolio.

For portfolio building we can look to the Finance Theory that tells us:

- 1) We should build a portfolio based upon our risk/return objectives while keeping our constraints in view.
- 2) Diversify our portfolio to reduce risk.

"For anyone who has limited knowledge of capital markets, ETF's are an excellent option to explore, and invest."

Our portfolio should be built on a balance of risk vs. returns.

For a small individual investor this can be a daunting task, if not impossible, because of the detailed analysis requiring expert knowledge and data. However, there are financial products out there which can help these investors meet both objectives. They are called ETF's (Exchange Traded Funds). As the name says, they can be traded on exchanges just like stocks; except they are like open ended mutual funds, with investments in other instruments. These funds come in wide variety and could be tracking broad market index or be a sector specific ETF.

They offer the freedom to choose from a whole menu of ETF's and the way these funds are managed, at a very reasonable cost. For anyone who has limited knowledge of capital markets, ETF's are an excellent option to explore, and invest in capital markets.



A GUIDE TO BETTER SLEEP



Why is Sleep Important?

By: STACEY BROWN



With Daylight Savings on March 14th, people will soon be losing an hour of sleep. For this reason, the month of March serves as a great time to reflect on sleeping habits, both the good and the bad, and what one can do to maximize their quality of rest. Every March, in support of this cause, the National Sleep Foundation promotes **Sleep Awareness Week**. The annual event, which spans from Sunday, March 14th to Saturday, March 20th this year, is dedicated to challenging everyone to celebrate and prioritize healthy sleep.

Sleep is something that people tend to neglect, that can get put on the back burner while other concerns monopolize one's attention. However, it is important to strike a balance, as good sleep habits are essentially rooted in self-care. **We owe it to ourselves to make sleep a priority.** This problem goes beyond simply feeling drowsy versus alert. In fact, sleep can actually be critical in determining both physical and mental well-being. Studies show that frequently getting inadequate sleep can lead to increased risk for high blood pressure, heart disease, impaired immune functioning, diabetes, and obesity. Poor sleep also impacts people psychologically, making them more prone to coping with stress in unhealthy

ways, and to acting more irritable and impulsive. Therefore, sacrificing good sleep can be more detrimental than most individuals probably realize.

In order to address this, **Sleep Awareness Week** serves as an opportunity to educate the public and encourage improving sleep habits through a variety of fresh approaches. First, if you do not already do so, it is best to fall asleep and wake up at nearly the same time every day, including weekends. Establishing a relaxing routine at bedtime, such as listening to calming music or reading a book, can help achieve this, as well.

Additionally, making even small changes in your environment can have a major impact. For instance, to be more conducive to sleep, your bedroom should ideally be cooled to around 65 degrees Fahrenheit and any unwanted noise or light should be blocked out. Finally, finding time to exercise and monitoring caffeine intake, on top of getting light exposure early in the morning, can all be key to a solid night of rest. Of course, if someone is experiencing chronically poor sleep and no solution seems to be working, it might be best to seek a professional consultation. With plenty of local sleep clinics available, the Western New York area is full of resources.

Ultimately, there are a wide range of ways to improve upon sleep habits during Sleep Awareness Week. Over these seven days, challenge yourself to catch some extra Z's and put your sleep, and therefore your health, first.

"..your bedroom should ideally be cooled to around 65 degrees Fahrenheit and any unwanted noise or light should be blocked out."

Natural Sleep Remedies

By: *KAY PEABODY*

Why Sleep is Important

With Daylight Savings on March 14th, most people will soon be losing an hour of sleep. For this reason, the month of March serves as a great time to reflect on sleeping habits, both the good and the bad.

- Stacey Brown

When it comes to getting enough sleep, this can be something that many individuals struggle with. Thankfully, there are a number of natural remedies out there that can benefit our sleep cycle. With the right mindset, the right lighting, and the right nutrition, one can fall asleep with ease with a little help from intuitive solutions.

Drink up, they say. It'll be fun, they say. In fact, it can send you off to dreamland in a heartbeat! Beverages before bed, including warm milk, chamomile tea, and tart cherry juice, have been recommended for individuals with sleep trouble. This is a safe treatment that lacks any serious side effects and drug interaction. According to Charlene Gamaldo, MD, chamomile tea is "believed to have flavonoids that may interact with benzodiazepine receptors in the brain that are also involved with the sleep-wake transition." To add to the nutritional benefits, add a banana or other high-potassium food to your nightly snack routine to assist in falling asleep faster and staying asleep longer.

If these natural remedies aren't doing the trick, it may be time to try other supplements. My personal suggestion is melatonin. Melatonin is a hormone produced by the pineal gland found above the middle of the brain. This is the trick to knowing when it's time to wake up and fall asleep. The typical human body produces melatonin at night, making levels increase once the sun sets. The amount of light gained by your body, as well as your "body clock" determine how much melatonin your body produces. Sometimes our bodies do not produce enough melatonin, so the addition of a supplement every night can make a huge difference. Give it a try and let us know how it works!

As a reminder, please consult with your doctor before you add melatonin or any other supplements to your nighttime routine.

Creating a Routine

Establishing a relaxing routine at bedtime, such as listening to calming music or reading a book, can help achieve better sleep.



First, if you do not already do so, it is best to fall asleep and wake up at nearly the same time every day, including weekends.

Making even small changes in your environment can have a major impact. For instance, your bedroom should be cooled to around 65 degrees Fahrenheit.



Too Little Sleep?



Frequently getting inadequate sleep can lead to increased risk of high blood pressure, heart disease, impaired immune functioning, diabetes, and obesity.

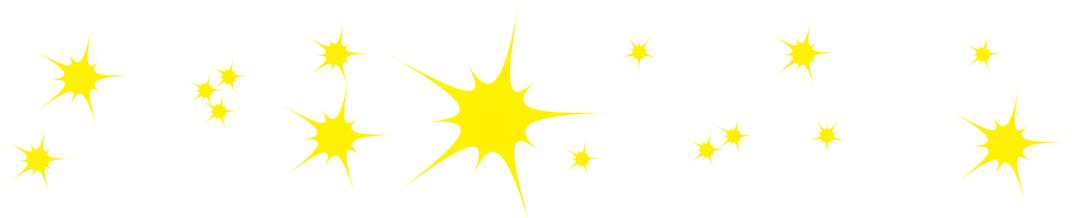
Sleep Awareness Week March 14th - 20th.

There are a wide range of ways to improve upon sleep hygiene during Sleep Awareness Week. Over these seven days, challenge yourself to catch some extra Z's and put your sleep, and therefore your health, first.

SLEEP DIARY

If you have problems sleeping beginning to track sleep habits and patterns can help. It can assist in pinpointing any factors that keep from getting a good nights sleep.

DATE & SLEEP TIME	I WOKE UP _ TIMES	WAKE TIME	DREAM JOURNAL & NOTES



Activity Corner

Lucky



February's Word Search Solution

W S W M H N L O C N I L M A H A R B A H
 Y B K V L X K P O S I T I V I T Y I X O
 E T Z U H K P S E N I T N E L A V G K Y
 O R F U V C B U Q F A N O V C O P V D Z
 R Y A D S T N E D I S E R P M O D S I W
 B D S C L I Q U I O V B A B Z Z Q C E I
 U N E D F Y D V I O L O X C W D G I X N
 X H F I R L V H L A L U R N V A A S T D
 L S M M Y X E F J Q E C V W X W W R Y A
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 T L G N J F V M I N D F U L N E S S G R
 Y A D N U S L W O B R E P U S O A C X S
 Z N E Q G E O R G E W A S H I N G T O N
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 V G Q A P J G N Q W X P A H A B C G P V

V O H N R A I N B O W K S R G K A R
 Q B L O S S O M N C E S S D N L K F
 C V J W H F D H I M X F P L J R A N
 L J X D A X H B R P O L R R J C I Y
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 Y B H E X J R M R A H M B S W F J L
 O G J H P G P O X Z Z T F P D R B F

Shamrock
 Spring
 Green
 Rainbow
 Lucky
 Rain
 Blossom
 Irish
 Flower
 April

National Nutrition Month

By: VALERIA MARQUEZ LUNA



Nutrition is something that many people of all ages struggle with. Whether it is eating too much, too little, or feeling that your intake is being controlled too much, it can have a significant effect on a person's mood and health. According to the Academy of Nutrition and Dietetics, National Nutrition Month was created as an annual campaign to invite people to learn about making informed food choices and creating a healthy and physically active lifestyle. This annual campaign includes informing people of the importance of the food pyramid as well as the importance of staying hydrated!

Hydration is one of the most important things that you can incorporate to keep your body healthy. On top of being an aid for weight loss, drinking half your bodyweight in water is essential for helping your body clean out your digestive system and get rid of harmful toxins in your body.

“Hydration is one of the most important things that you can incorporate to keep your body healthy.”

“On top of hydration, having tools such as meal planning guides as well as keeping a variety of foods can help build a habit for a healthier and happier life.”

On top of hydration, having tools such as meal planning guides as well as keeping a variety of foods can help build a habit for a healthier and happier life.

These variations and structure are a good way to keep grocery costs down but also allow your body to experience new and different tastes, allowing you to make eating healthy fun! It is proven that when people get bored with their meals, it can cause them to fall back into habits such as overeating, binge eating, or even starvation. Remember, eating healthy does not mean limiting yourself from food groups. It is 100% possible to eat healthy and live a healthy lifestyle without giving up your desserts.

If you are on your journey to a healthier nutritional habit, it is important to look at your resources such as ones provided by the Academy of Nutrition and Dietetics or asking your primary care physician for tips to get started.



NUTRITION 2021

“National Nutrition Month was created as an annual campaign to invite people to learn about making informed food choices and creating a healthy and physically active lifestyle.”

Nutrition can have a significant effect on a persons mood and health.

On top of hydration, having tools such as meal planning guides as well as keeping a variety of foods can help build a habit for a healthier and happier life.



HYDRATION



Drinking half your body weight in water is essential for helping your body clean out your digestive system and get rid of harmful toxins in your body. It also helps with weight loss.



A Sit Down with Faizan Haq,
Communication Educator
& Entrepreneur

All leaders are followers and all followers are leaders. We are all leading our lives; every single day we make decisions according to our priorities based on fears, needs, desires, attitudes, values, aspirations and mission in life. We are always following something. So the question is not, “Are we a leader?” The real question is, “Are we following something good?”

The first step of becoming a follower of something good is to define practical, but high values which are compatible with your character and aptitude. Based on those values, you can decide what to do in life; perhaps writing a mission statement for yourself. The mission statement may change at times, evaluating it periodically. The set of values, that you choose for yourself to live your life by and follow, is far more important. Now, you are on your way to become a good leader.

Leading your life and living by such values can be extremely challenging. It is ok to make mistakes. It is ok to not fulfill the demands of the values at times. The real journey is the struggle you go through to acquire mastery over those values. Once those values become a habit, you have established yourself as a good follower and your leadership is automatically being recognized and acknowledged by those who are around you.



Health Tips with WNY Medical's Riffat Sadiq, MD

Having a positive attitude at work is important because that attitude will rub off on others; but it can be hard to stay positive, when getting lost in your own thoughts and problems is so easy. In that moment, whether it is you or a co-worker, you have to try and keep the negativity at bay.

Understanding where that negative energy is coming from can help you work towards turning it into something positive. This positivity will not only make you feel better but it will also improve the way others see you. Just like the law of attraction; positive attracts positive.

Media Corner: Kingdom

By: WEBSTER TILTON

Over the New Year holiday, I finally sat down to watch a series that's been out for a while now, a highly regarded Korean series called Kingdom.

Kingdom is set sometime in the Joseon (medieval) era of Korea and it centers around crown prince Chang struggling to unravel a plot involving his father's young new wife and her clan's attempt to subvert the authority of the throne. This scheme involves framing Chang for treason so the new young queen's baby to be can inherit the throne thus allowing her clan to fully control the nation. All of which might be put to a swift end if only the crown prince could set things straight with his father who has not been seen for many days, having been isolated due to some grave illness.

My verdict up front is that Kingdom is very good and deserves to be watched, however it has some problems that I can't explain without spoilers, so proceed with caution.

It transpires that the king actually did die, and the evil chief counselor Cho Hak-ju forced an old court physician to inject his body with extract from a so called 'resurrection plant', which causes the corpse of a deceased person to rise again as a flesh-eating zombie. Cho, who also happens to be the young queen's father, is of the opinion that this is still technically a living king so the throne can't pass to Chang yet, thus allowing time for his daughter to give birth to (hopefully) a son and allow him to frame Chang for treason and execute him.

Cho is even more sinister than Tywin Lannister was in Game of Thrones, and actor Ryu Seung-ryong plays it masterfully. High quality villains add even more depth with their unapologetically cold-blooded scheming that barely slows down or changes direction even in the middle of an unfolding zombie apocalypse. The story builds momentum constantly, rarely pausing to catch a breath.

"My verdict up front is that Kingdom is very good and deserves to be watched"



However, there are some serious story problems. If you sit down and try to figure out why Cho believed that making the king a zombie would help him with his scheme, then the entire thing falls apart. I had a two-page list of plot holes, but space limitations aside the list is unnecessary because they all boil down to the same the same thing: A lack of sensible motivation.

Cho's scheme is so full of logical holes that it's really better if you just don't examine it too much. You'll find yourself asking questions like: Why was the doctor who Cho hired to zombify the king allowed to leave the palace alive if this was all such a critical secret? Seriously, they just let him go unescorted, at liberty to travel wherever he wants with full knowledge of the entire conspiracy. If Cho wants to usurp the throne in favor of an unborn baby, and the king is already dying, and Cho is already willing to murder the legitimate heir, prince Chang; then how does making the dying king a zombie help with his plan? If making the king a zombie qualifies as keeping him 'alive' so Chang can't inherit the throne, then why go to such extreme lengths to hide the zombie king from everyone? When he finally does have to show the zombie king to the royal court, he makes the argument that the king is alive but 'gravely ill', so doesn't that mean that now he has to kill the king for the baby to inherit?

But the characters are superbly written and acted. They feel like real people and they mostly have interesting arcs. And much like Alice in Borderland, Kingdom itself has an arc, becoming much more than just a zombie apocalypse show as the plot comes into focus. Thus, do I justify forgiving the show for its plot holes and other various conceits. A few changes here and there could have made the motivations make sense and the mechanics of the plague a lot more plausible. But it didn't happen that way, and I find that it isn't ruining it for me at all. Don't let it ruin it for you either.

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How Reading can Increase Your Mood

By: WILL BERKOWITZ

Reading as a stress reliever? I know, it sounds like a strange concept. However, did you know that reading can lower your blood pressure and heart rate, decrease feelings of loneliness, and reduce anxiety? Some strong meditation-like effects come from merely reading a book, and other great benefits as well.



When looking to improve your mental health, reading can do wonders. First of all, reading a book will get you away from your phone, computer, and TV. We are consuming more blue light than ever, and it is affecting our circadian rhythms, which help to regulate our sleep schedule from alertness to drowsiness. The problem with blue light is that it slows the production of melatonin, the hormone that contributes to augment sleepiness, and therefore when we consume a lot of blue light at night, it makes it harder to fall asleep.

Reducing screen time is healthy for your eyes and your mind. With this new time, setting aside half an hour or more to read can ease your brain and still allow melatonin processing. Books can also gradually improve intellect with an increase in vocabulary, and the stories can open your eyes to different perspectives. Books help people better understand the world around them and how other people think and feel. Another great benefit from reading is that you can get quality advice, usually from non-fiction books, and implement it into your own life.

Reading is a healthy escape from reality. If you read about a topic that interests you, you can emotionally connect with the characters, increase your mindfulness, and get lost in the pages. Allow your book to be your happy place, and find pleasure in getting drawn into a story while strengthening your cognition.

Workout of the Month

4 WEEK PLAN

THIS IS YOUR WORKOUT ROUTINE THAT WE WANT YOU TO TAKE WITH YOU INTO EVERY WEEK FOR THE NEXT 4 WEEKS.

Day 1 - Cardio x3

- 25 Jumping Lunges
- 30 sec. standing high knees
- 20 Burpees
- 30 sec. Run in place
- 45 Jumping Jacks

Day 4 - Abs x2

- 50 Oblique twist
- 30 sec. Floor Plank
- 20 Sit-Ups
- 30 sec. Hollow Hold
- 10 Jackknives

Day 2 - Legs x2

- 25 Squats
- 50 Sumo squats
- 20 Lunges
- 30 sec. Run in place
- 50 Calf raises

Day 5- Combo x3

- 25 Squat Jumps
- 20 Burpees
- 25 Push-Ups
- 30 sec. Run in place
- 30 Shoulder Taps

Day 3 - Arms x3

- 20 Push-Ups
- 15 Wall Triceps pushes
- 30 Shoulder Taps
- 30 sec. Raised Arm Circles
- 20 Punches

Day 6 - Your Choice x2

Choose from the workouts you've done already. Focus on the area you struggled the most with and look to improve!

Recipe of the Month

Grilled Garden Veggie Pizza



Nutrition Facts

1 slice: 324 calories, 15g fat (6g saturated fat), 24mg cholesterol, 704mg sodium, 30g carbohydrate (5g sugars, 5g fiber), 16g protein.

Diabetic Exchanges: 2 starch, 2 medium-fat meat, 1 fat.

Ingredients

- 1 red onion, cut into 1/2-inch slices
- 1 large sweet red pepper, halved, stemmed and seeded
- 1 zucchini, cut into 1/2-inch slices
- 1 yellow squash, cut into 1/2-inch slices
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 prebaked 12-inch thin whole wheat pizza crust
- 3 tablespoons roasted minced garlic
- 2 cups shredded part-skim mozzarella cheese
- 1/3 cup torn fresh basil

Directions

Step 1

Brush vegetables with oil; sprinkle with salt and pepper. Grill, covered, over medium heat until tender, 4-5 minutes per side for onion and pepper, 3-4 minutes per side for zucchini and squash.

Step 2

Separate onion into rings; cut pepper into strips. Spread pizza crust with garlic; sprinkle with 1 cup cheese. Top with grilled vegetables, then remaining cheese.

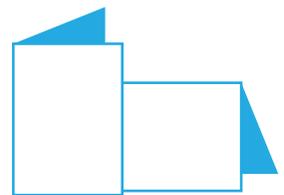
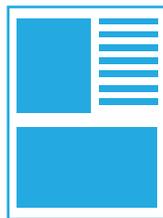
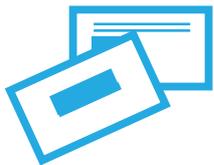
Step 3

Grill pizza, covered, over medium heat until bottom is golden brown and cheese is melted, 5-7 minutes. Top with basil.

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4011 Bailey Ave
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ssm@sunspinmedia.com

