

# Mansfield Monthly



## IMPROVING OUR HEALTH & WELLNESS AS WE AGE

Did you know that one of the main health observances of September is a focus on **healthy aging**?

Father Time is undefeated and catches up to every single one of us eventually, but there are still many ways to keep maintaining and improving health as we grow in years! Below, we'll cover some different ways to stay stronger mentally, emotionally and physically while fighting back against Father Time.

### Maintain a Young Mindset

Even though we're all going to experience changes in our abilities as we age, how we view ourselves and our capabilities can play a role in our well-being. It's like the old Henry Ford quote;

*"Whether you think you can or you think you can't, you're right."*

Your attitude and belief system plays a strong role in how you choose to live. We all have our limitations of course, but don't put a self-governor on things. Focus on what you can do, not what you can't.

This applies whether you're 30, reminiscing on when you were 20 or 70, thinking of the past at 60. Keep the focus on what you can do to keep yourself in a younger, more positive state physically & mentally.

### Audit your Environment

We're all a product of our environments. Our surroundings tend to either, help us achieve what we're after or make things more challenging.

We're all practicing social distancing right now, but think about who or what you might want to distance yourself from that isn't conducive with your goals.

Better yet, think about who you're close with who might have similar goals and use each other as a source of accountability and positive motivation.

Drop things that don't make you happy, find more things that do, and surround yourself with them.

### Carry Yourself Proudly

The body language you give off can dictate how you feel inside and illustrate it to others. How you act will affect the way you think about yourself and situations. Picture how you'd like to move and be seen by others, and put it into action. The way you stand, walk and interact with your environment can actually change how we feel mentally/physically and actually influence hormones inside of our bodies. Check out this article for more info: [HERE](#)

### Stay in Motion

Move with a purpose! We as humans are built to move, not sit around more as each year goes by. Walking and getting more steps in is always a great target, but put on emphasis on maintaining and building strength too!

As each decade goes by, we lose muscle, strength and functionality. Keeping some form of strength training or other resistance training will help maintain athleticism, coordination, reaction time, our ability to recover, etc. We don't have to & shouldn't stop challenging ourselves as we get older. In fact, it's more important to feel more able-bodied throughout the years.

Help reduce the frequency/severity of slips, trips and falls by staying strong and athletic for everyday life! Let us know if you're curious about how to incorporate more resistance training into your routine!

### Keep up with Preventative Health Screens

Make time for a quick annual physical and any other specialist appointments relevant to you. Having consistent wellness checks will obviously help keep you physically healthier, but don't underestimate how much better you'll feel mentally knowing that your health is in good standing for the year ahead.

Many specialists are doing telehealth appointments as well if you have any general questions about your personal health & well being!

## TOWN EVENTS THIS MONTH

<https://ct-mansfield.civicplus.com/calendar.aspx?CID=31>

(Calendar of Specific Dates & Times ^^)

### \*\*PERSONAL WELLNESS SESSION

If you have a personal wellness goal you're working towards and would like to setup an in-person or remote coaching session with Be Well, send a message to: [cummingsb@mansfieldct.org](mailto:cummingsb@mansfieldct.org).

These personalized coaching sessions are available so we can best help you achieve health/wellness goals important to you as an individual. Let us know if you're interested and we'd be happy to schedule some time to put together a strategy for you.

[CLICK HERE](#) for MCC offerings, reopening guidelines and membership opportunities!

Please contact us at [cummingsb@mansfieldct.org](mailto:cummingsb@mansfieldct.org) with any questions, comments or suggestions for future Be Well offerings.



### BE WELL NEWS

Please click [HERE](#) for the September Wellness quiz that will count towards end of year Rewards!

- Unfortunately, the annual Wellness Fair is being postponed for this year to keep employees safe and abide by the current recommended covid-19 guidelines.
- We will be organizing some on-site flu clinics for October though! Stay tuned for more details.

### MCC Updates

- Click [HERE](#) to make a reservation at the MCC
- Fall programs are open for registration! Fitness classes begin Monday, September 14th.
- Virtual, in-person and outdoor options are available!

### 5 Ingredient Chicken Chili



- Chicken Stock
- Shredded Chicken
- Beans
- Salsa Verde
- Ground Cumin

Fall is upon us, so that means chili season is as well...

- Check out this [LINK](#) for full description & instructions.
- Add in additional veggies or avocado as shown in the picture, for extra flavor and a more nutrient-dense meal!
- Use your preferred choice of salsa, beans, etc. to tailor this recipe to your liking!

Be Well is an employee wellness program provided through your employer designed to provide you with individualized tips and tools to help you with personal health & wellness goals!

