



CHECKING IN ON THE WOMEN IN YOUR LIFE

May 9 is *National Women's Checkup Day*, an opportunity to remind women of the tremendous importance of preventive care. When we have busy schedules, it can be easy to deprioritize self-care. But we know all too well that routine checkups can save lives. Annual physicals make it possible to identify and treat potential conditions before they become unmanageable. Yearly visits are essential, and this observance serves as a reminder to schedule that appointment as soon as possible.

Especially as we age, new questions can arise regarding our health and wellbeing. Women in their 50s, for example, are encouraged to discuss blood pressure, cholesterol, diabetes, lung cancer and a variety of other topics. Physicians typically have a limited amount of time with each patient, so it is important that you make the most of your visit and communicate clearly the reality of your health.

Granted, regular checkups are beneficial for all people, but there are reasons that this day chooses to focus on checkups for women. Historically, women have been underrepresented in the arena of medical research, as the vast majority of traditionally referenced research relies on male participants. Because of this discrepancy, it's important to actively counteract historical inequalities and encourage women to seek treatment as regularly as possible.

Further, much of the cultural understanding surrounding health also maintains assumptions of male-bodied individuals. For example, left-arm pain is one of the most widely known symptoms of a heart attack. However, this symptom presents most commonly among men. For women, warning signs might look more like flu symptoms, including nausea and dizziness. For this reason, heart disease is more likely to

go misdiagnosed or completely ignored in women because we simply don't know what to look for.

National Women's Checkup Day is a chance to advocate for yourself and the women in your life. It's also an invaluable opportunity to lead by example for the younger ladies following in your footsteps. Taking care of your health is not only beneficial to you, but it also protects the people you care about. Don't wait for problems to arise. Schedule an appointment and start prioritizing your health today.

"National Women's Checkup Day: Why This Day Matters," Beth Battaglini, healthywomen.org, accessed April 7, 2022.

"Heart Attack Symptoms in Women," heart.org, accessed April 7, 2022.

Ways to Enjoy Life More Right Now

"Enjoyment is an incredible energizer to the human spirit." —John C. Maxwell

Positive mental states like enjoyment have direct effects on our bodies by reducing different damaging processes and protecting overall wellbeing. Here are four quick, accessible and essential avenues toward enjoying life more, right now – just as it is.

1 Create a daily assessment of your enjoyment.

At the end of your day, consider which top moments you enjoyed most, whether small or immense. Think of why you enjoyed these moments and commit each to memory. You can simply think about it - maybe you close your eyes and take a deep breath to let it sink in - or try writing it down in a collection for future enjoyment.

2 Spend time solo.

Humans are social creatures and relationships are crucial for balanced wellbeing. But doses of solitude become the 'yin to the yang' here. A little time alone is vital for personal growth. It provides the space to collect ideas, thoughts and emotions, prioritize goals, digest conversations or lessons, or simply to breathe and be. Solitude "soul care," or anything you do that makes you feel restored (hot shower, etc.), should be prioritized daily to continually recharge your spirit.

3 Keep a dream list.

When you come across a destination you'd like to visit or find something new you'd like to try – but can't do in this very moment, write it on your wish list. Keep your dreams developing by building a bank of inspiration and possibility.

Be sure to check out more ideas for unlocking greater enjoyment in our lives at [motivatehealth.com](https://www.motivatehealth.com)!

"Three Super Simple Ways to Enjoy Your Life More," Jonathan Fader, [happify.com](https://www.happify.com), accessed April 11, 2022.

"How to Enjoy Life in a Way That Most People Don't" Hannah Braime, [lifehack.org](https://www.lifehack.org), accessed April 11, 2022.

"Nine Habits That Will Make You Happy and Enjoy Life More," Madison Epting, [medium.com](https://www.medium.com), Jan. 6, 2020.



Quinoa Carrot Almond Salad With Apple Cider Vinaigrette

Prep Time: 20 minutes
Serves: 6

Ingredients

- 1 cup quinoa, any variety, uncooked and rinsed well
- 1 ½ cups water, with a pinch of salt for boiling
- 3 cups carrots, grated or matchstick (about 8 ounces)
- 1 to 2 cups celery, sliced
- 3 scallions, sliced at a diagonal
- 1 bunch cilantro, chopped (or substitute Italian parsley)
- 1 clove garlic, finely minced
- ½ cup slivered almonds, toasted
- ½ teaspoon cayenne or Aleppo chili flakes (optional)
- ½ teaspoon allspice (optional)
- Salt and pepper to taste

Apple Cider Vinaigrette

- ¼ cup apple cider vinegar
- ¼ cup olive oil
- 1 ½ to 2 tablespoons honey (or maple syrup)
- ¼ to ½ teaspoon salt
- ¼ to ½ teaspoon pepper

Nutritional Information

Amount Per Serving:

Calories: 279
Total Fat: 15.3g
Cholesterol: 0mg
Sodium: 254mg
Total Carbohydrate: 31.4g
Sugars: 7.9g
Protein: 6.5g

Recipe adapted from [feastingathome.com](https://www.feastingathome.com)

Instructions

1. Place 1 cup of the rinsed quinoa in a medium pot with 1½ cups of water and a pinch of salt. Bring to a boil, cover, simmer on low heat for 12 minutes (or until water is gone). Turn the heat off, let the quinoa stand for 5 minutes, then let it cool uncovered.
2. While the quinoa is cooking, prepare the apple cider vinaigrette. Place the ingredients in a small bowl and whisk, or in a small jar, sealed with a lid, and shake.
3. Add the slivered almonds to a frying pan or skillet. Heat them over medium heat, stirring until they are lightly browned and fragrant – about 3 minutes. No need to grease pan or use butter, etc.
4. Place carrots, celery, scallions, cilantro, garlic and almonds in a large bowl. Toss this mix with the vinaigrette and the cooled quinoa. Add salt and pepper to taste. Sprinkle in the cayenne and optional allspice.
5. Toss well and serve—or refrigerate until serving.

AssetHealth®

