



## 4 Healthy Alternatives to Junk Food



Sometimes, we just can't help ourselves from indulging in our favorite unhealthy snacks. If that sounds familiar, you're not alone. Looking for healthier alternatives to treats?

Here are some scrumptious swaps that are great for your health.

1. Instead of purchasing store bought potato chips or crisps, bake your own. This way, you'll know you're eating whole-food ingredients instead of something overly processed.
2. Replace donut holes with protein balls. Mix rolled oats, nut butter, and honey together and then shape them into spheres. These no bake treats are both delicious and healthy!
3. Trade candy bars for dark chocolate treats. You can even try dipping nuts or fruits like sliced strawberries or bananas in dark chocolate for something that's sure to serve your sweet tooth.
4. Instead of soda, choose fruity flavored seltzer water. You won't just be cutting calories, but tons of sugar, which is great for your health.

## What's That Pain in Your Hip?

Your hip consists of a ball-and-socket joint that allows you to do things like walk, run, and jump. However, this mobility also makes your hips susceptible to pain and injury. Some of the most common hip issues are:



- **Arthritis:** This condition occurs when the cartilage that cushions your hip joint wears down over time.
- **Bursitis:** Bursitis is an inflammation of the bursae, which are small sacs of fluid that help reduce friction between bones, muscles, and tendons. This can be caused by overuse or repetitive motions.
- **Labral tear:** The labrum is a piece of cartilage that helps to stabilize your hip joint. A tear in this cartilage can cause pain and instability in your hip.
- **Snapping hip syndrome:** This causes a snapping or popping sensation in your hip, which can be due to a tendon or muscle moving over a bony surface.

Experiencing hip pain? Let us know, we'd love to help you.

## How to Stay Productive During Your Day



Ever feel like you're slipping off track and falling victim to the dreaded mid-day slump? Instead of making it a normal part of your day, consider these helpful tips for staying productive.

- Make a list of what you need to accomplish each day. This will help you focus on what's important. Keep your list nearby for easy reminders.
- Set aside dedicated time for specific tasks. Whether it's an hour for email or 30 minutes for returning phone calls, sticking to a schedule is key.
- Take breaks throughout the day. Getting up and moving around will help you stay focused and avoid burnout.
- Delegate or outsource tasks that aren't critical to your success. This will free up your time to focus on more important things.
- Keep a clean and organized work space. A cluttered desk can lead to a cluttered mind, so take some time each day to tidy up.