

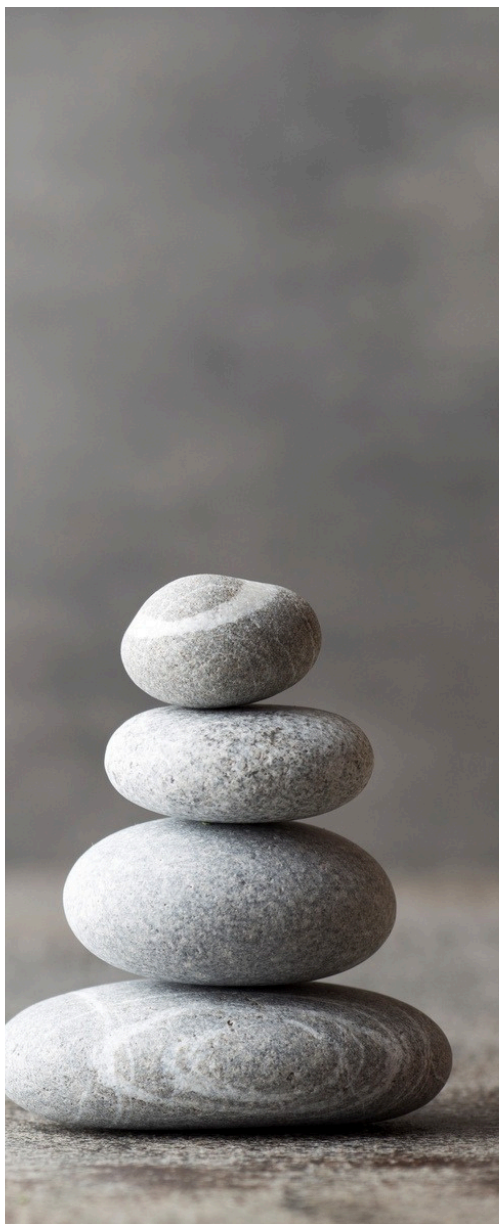
Vitality Life

Fitness



TKH
AIRPORT
SOLUTIONS

Welcome to Vitality Life – your guide for a healthier, happier you.



In today's busy world, it's easy to forget about taking care of ourselves. But here, we're all about making it simple.

Vitality Life is your one-stop shop for everything wellness. From what you eat to how you move, and even how you feel. We've got you covered.

Think of us as your friendly companion on your journey to feeling great. We're here to share easy tips, expert advice, and inspiring stories to help you live your best life.

Whether you're just starting out or you're a wellness pro, there's something for everyone here. So, come on in and let's start this adventure together.

Welcome to **Vitality Life** – where your journey to wellness begins.

Table of Contents

Why is important to exercise?	03
Mental Health and Wellness	04
Injury prevention	06
Staying Active During Work Hours: A Key to Vitality	08
Keep your life active even when you are at home	10
Nutritious meals to keep you active	12



Why is important to exercise?

We all know that regular physical activity is crucial for maintaining our physical health. However, it's also important to recognize that it can significantly enhance our overall well-being and quality of life.

Here are some ways that staying active can help you feel better, look better and live better.

It is a natural mood lifter

Regular physical activity can reduce stress, anxiety, depression, and anger. It acts as a natural mood booster with no side effects. Many people notice an overall mood improvement when they consistently stay active.

It helps keep the doctor away

Stand up while enjoying your apple! Too much sitting can increase your risk of heart disease and stroke. Watching over two hours of TV daily may also raise your risk of dying from cardiovascular disease.

It can help you live longer

Staying active can help you live longer and healthier. It delays or prevents chronic illnesses, allowing you to maintain your quality of life and independence as you age. So, 70 can be the new 60 if you're healthy!

It keeps you physically fit and able

Without regular exercise, your body loses strength, endurance, and function. It's not aging that stops you from moving; it's stopping moving that ages you. Regular exercise boosts muscle strength, enhancing your ability to stay active.

Being more active may help you:

- Lower your blood pressure
- Boost your levels of good cholesterol
- Improve blood flow (circulation)
- Keep your weight under control
- Prevent bone loss that can lead to osteoporosis

Some other benefits you may get with regular physical activity:

- Helps you quit smoking and stay tobacco-free
- Boosts your energy level so you can get more done
- Helps you manage stress and tension
- Promotes a positive attitude and outlook
- Helps you fall asleep faster and sleep more soundly
- Improves your self-image and self-confidence

HEALTH AND WELLNES



Mental Health and Wellness

Engaging in physical exercise can significantly contribute to mental well-being and alleviate symptoms of mental health conditions such as depression and anxiety. While the physical benefits of exercise are well-known, its impact on mental health is often underappreciated. Research indicates that regular physical activity can help prevent the onset of mental health issues and improve symptoms of existing mental illnesses.

Anxiety and Stress

Exercise can reduce the body's sensitivity to anxiety. Additionally, maintaining a regular exercise routine can alleviate symptoms of other common co-occurring conditions, such as irritable bowel syndrome (IBS).

Physical activity promotes the growth of new neurons in crucial brain areas, including the hippocampus. Some studies suggest that this may help alleviate symptoms of psychiatric conditions like depression and anxiety. Animal research has shown that increased neurogenesis might help calm the brain during stressful times.

Depression

Engaging in light, moderate, and vigorous exercise has been demonstrated to lessen the severity of depression. In fact, exercise might be as effective as other forms of treatment for this condition. Regular physical activity may also help reduce inflammation, which can positively impact individuals with depression.

Attention-Deficit/Hyperactivity Disorder (ADHD)

Exercise can enhance motor skills and executive function in children with ADHD. This benefit appears to be true for both moderate and vigorous physical activity, with longer exercise durations potentially yielding better outcomes. Cardiovascular exercises, in particular, seem to be especially advantageous for both children and adults with ADHD.

Panic Disorder

For individuals with panic disorder, engaging in exercise can be an effective way to release built-up tension and alleviate feelings of fear and anxiety. Additionally, regular physical activity may help reduce the intensity and frequency of panic attacks in some cases.



Injury prevention

Not all injuries are preventable, but by following these six guidelines you can certainly reduce muscle strains, tendonitis, and overuse injuries.

1. Warm Up

Start every workout with a warm-up to prepare your body and prevent injury. Spend 5-10 minutes on gentle cardio to increase your heart rate and improve blood flow. Finish with sport-specific movements at a lower intensity to get ready for the main workout.

2. Stretch

Once your muscles are warm, they become more elastic and ready for stretching. Perform static stretches (hold each position for 10-30 seconds) or dynamic stretches (move through a functional range of motion) to prepare your muscles, joints, and tendons. This helps them move through a full range of motion without restriction, reducing the risk of injury.

3. Progress Properly

Begin your workout gradually to avoid excessive muscle soreness and tightness. As you progress, slowly increase the amount and intensity of your exercise, aiming for a 5% increase when it becomes too easy. Always use safe, properly-fitted equipment to ensure a safe workout.

4. Cool Down

Cooling down is often overlooked but crucial. Spend 5-10 minutes on low-intensity cardio and stretching to help your body return to its resting state. This reduces muscle soreness and aids recovery for your next workout.

5. Listen to your body

Don't overlook aches and pains in your joints or muscles that persist for 24-48 hours, as they could indicate a developing serious injury. If you're feeling too sore or fatigued from a previous workout, consider taking a rest day or engaging in cross-training to prevent injury.

6. Rest and Recover

Rest is crucial for preventing injuries and making progress. Take 1-2 rest days per week to let your body heal and recover. You can also do active recovery, like gentle yoga, on one of your rest days.



Stay active

Staying Active During Work Hours: A Key to Vitality

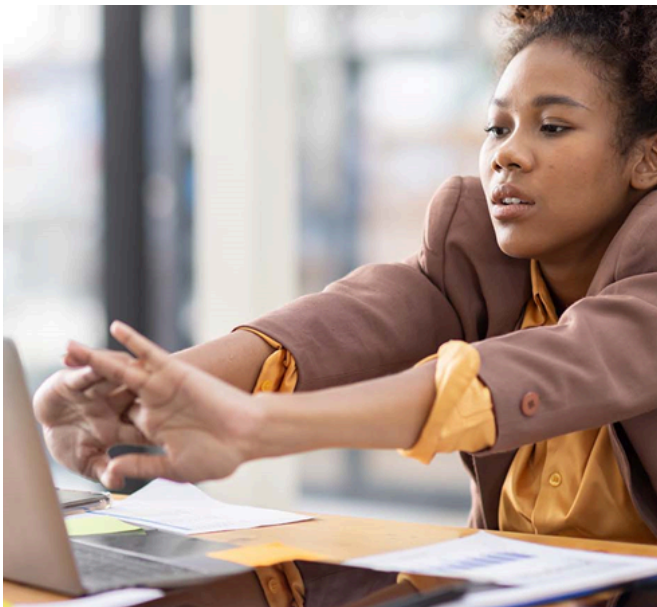
We all know how easy it is to get stuck at our desks for hours on end, but sitting too long can take a toll on both our bodies and minds. From back pain to low energy, it's important to move around during the day to stay healthy and productive. At TKH Airport Solutions, we believe small, easy changes can make a big difference. Here are five simple ways to stay active and energized while you work:

The Lunch Walk: Step Up Your Movement



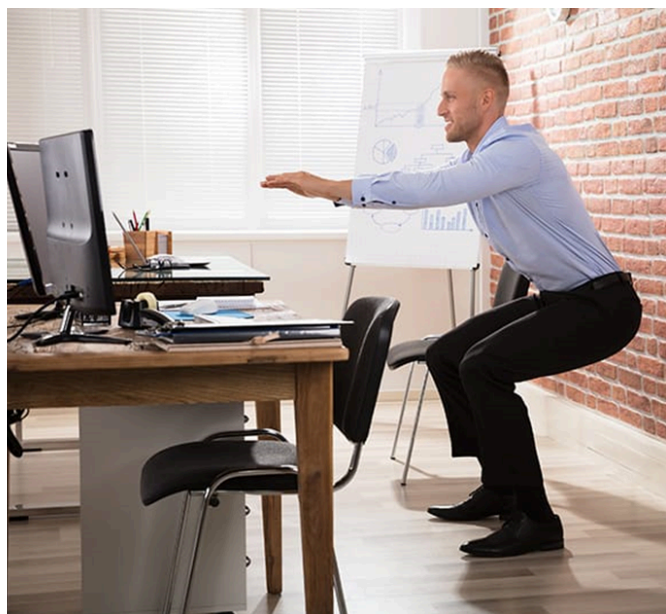
Walking is one of the easiest ways to get moving, and our lunch walk initiative is a great way to fit it in. Whether you're in a full office or it's a quiet day, take the lead and invite a colleague to join you for a 20–30-minute walk. It's a great way to boost your mood, circulation, and connect with others.

Desk Stretches: Relieve Tension and Stay Flexible



Sitting for too long can lead to stiff muscles and poor posture. Take a few minutes to stretch out—try shoulder rolls, neck stretches, or a quick hamstring stretch. It doesn't take long and will help you feel more comfortable and energized throughout the day.

Squats: Build Strength and Boost Circulation



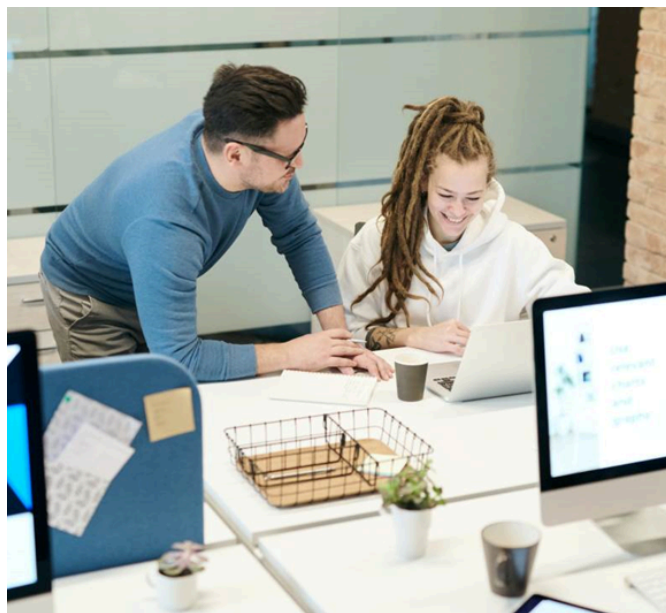
Need a quick energy boost? Try doing 10–15 squats every hour. They'll get your heart rate up, strengthen your legs and core, and improve circulation—no gym required. Just stand up from your chair and lower yourself like you're sitting in an invisible seat.

Breathing Exercises: Reduce Stress and Improve Focus



Stressed? A quick breathing exercise can help. Try the 4-7-8 method: breathe in for 4 seconds, hold for 7, and exhale for 8. It's a great way to calm your mind and regain focus when the day gets busy.

Face-to-Face Interaction: Move and Connect

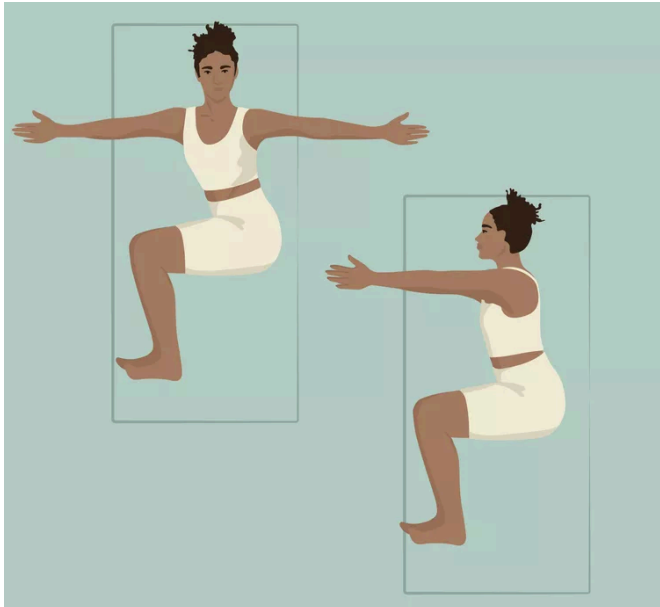


Instead of sending another message or email, get up and talk to a colleague in person when you can. It's an easy way to sneak in more movement and build better connections at work.

Keep your life active even when you are at home

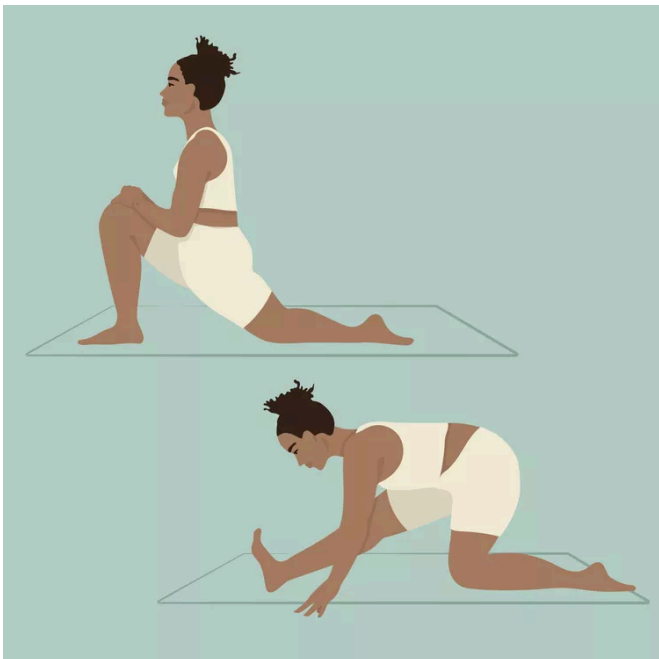
If you live with a cat or dog, you know how frequently they stretch during the day. Humans, however? Not so much. But stretching comes with so many benefits it's hard to believe we don't all follow a daily stretching routine religiously.

Open Book



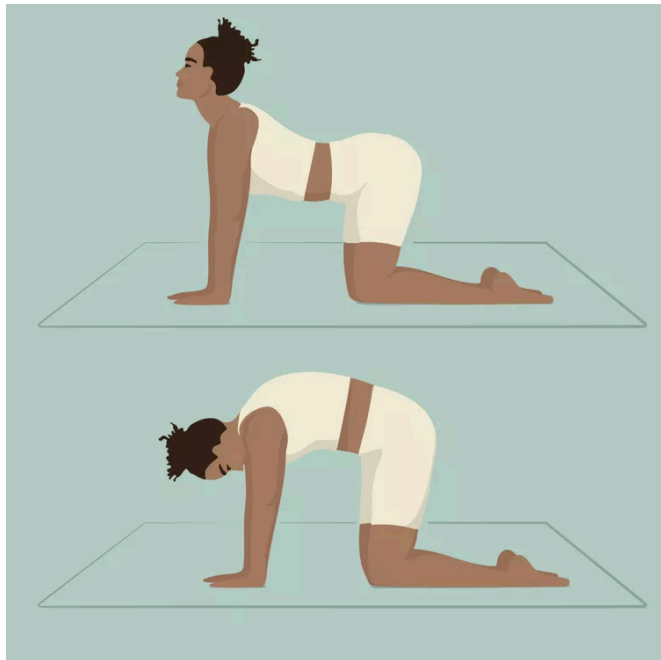
- Lie face up on the floor with your feet raised in a tabletop position: feet off the floor, knees above your hips so they form 90-degree angles (shins are parallel to the ceiling).
- Open your arms wide to either side on the floor at shoulder height, palms up.
- Exhaling, drop your legs to the right.
- Take a breath in and then exhale as you bring your left arm over toward your right as if you're going to clap your hands (or as if your arms are a book that you're closing).
- Inhale as you open the upper torso and return the left arm to starting position.
- Repeat 10 times.
- Switch sides and repeat.

Low Lunge to Half Splits



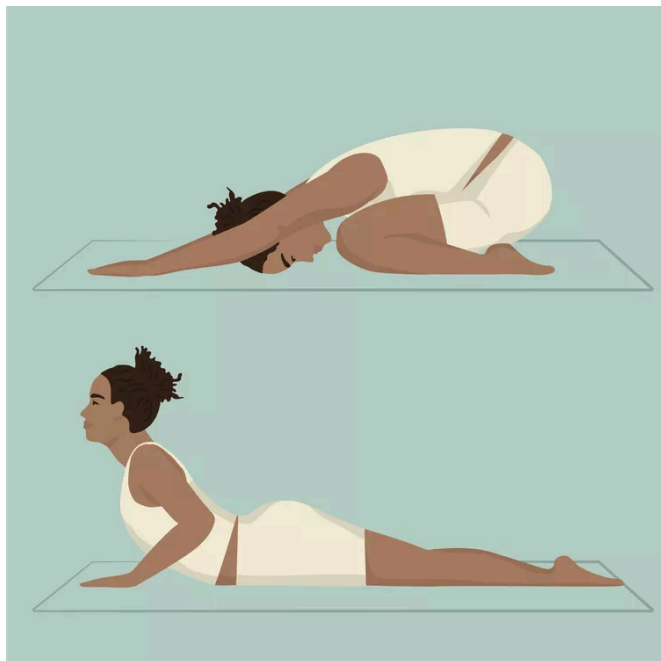
- Starting on the floor on all fours, step your right foot forward between your hands. Keep your hands on the floor or place them on yoga blocks to modify (one block under each hand).
- Check that your hands are stacked directly under your shoulders.
- Inhale as you press your hips forward, lift your chest and gaze straight ahead; this is your low lunge and you should feel a nice stretch in your right hip flexor.
- Exhale as you pull your hips back as your right leg stays in place and straightens.
- Flex your right foot. This is your half split, you should feel a nice stretch in your right hamstring, calf, and glute.
- Shift back into a low lunge and then repeat these two stretches 10 times, alternating slowly and fluidly between them.

Cat Cow



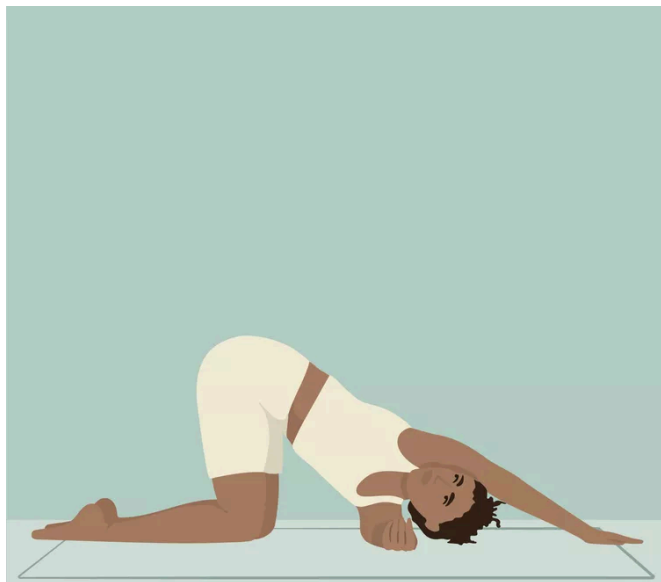
- Start on the floor on all fours with knees stacked under hips and wrists under shoulders.
- Inhaling, tilt your pelvis forward as if to reach your tailbone to the ceiling and drop your belly toward the floor. At the same time, draw your chin and gaze up to arch your back.
- Exhaling, tuck your tailbone back under, draw your navel up and in toward your spine, and drop your gaze toward your thighs to round your spine.
- Move through these two poses slowly and fluidly 10 times, moving with your breath (inhale to cow, exhale to cat).

Child's Pose to Cobra



- Starting on the floor on all fours, walk your hands slightly forward.
- Exhale and pull your hips back toward your heels as you reach your arms forward.
- Inhaling, lift your hips, bend your elbows and slide your chest forward.
- Press your hands into the ground as you arch your spine and pull your chest through your arms, gazing straight ahead or looking up slightly.
- Exhale back into child's pose, and move through these two poses 10 times, alternating slowly and fluidly between them.

Thread the Needle



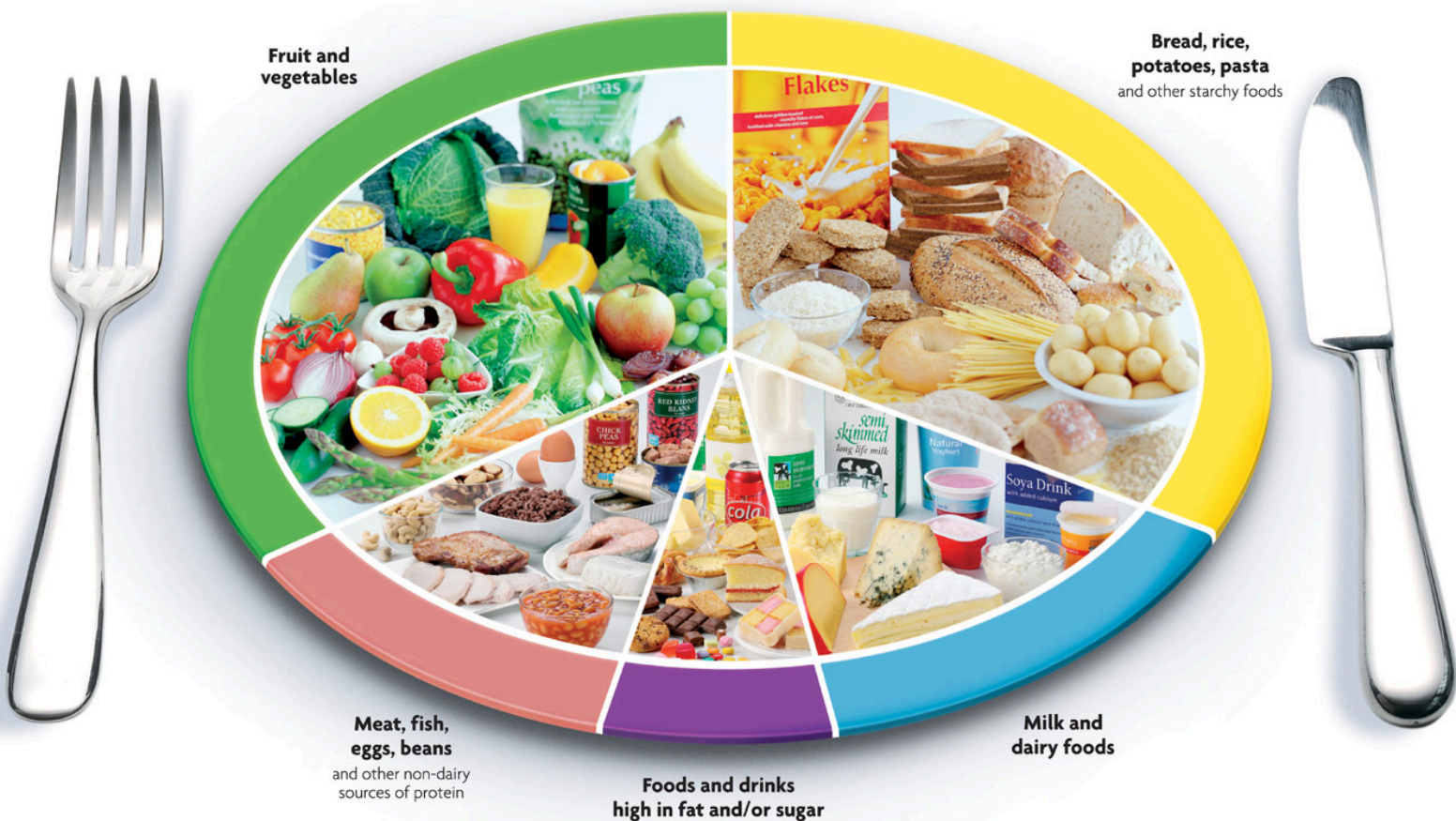
- Start on the floor on all fours (or transition directly from downward dog by dropping your knees).
- Inhaling, rotate and open your torso to the left, reaching your left arm toward the ceiling.
- Exhaling, rotate back to center and continue rotating to reach your left arm through the space between your right arm and thighs (as if you're "threading a needle" through a hole).
- Bring your left cheek to the ground and extend your right arm forward.
- Hold here for 10 deep breaths.
- Switch sides and repeat.

Nutritious meals to keep you active

Maintaining an active lifestyle requires more than just regular exercise; it also depends on fueling your body with the right nutrients. Nutritious meals provide the energy and stamina needed to power through workouts and daily activities. Eating a balanced diet rich in vitamins, minerals, and other essential nutrients can enhance your performance, aid in recovery, and support overall well-being.

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Chicken Quinoa Stir-Fry



This Chicken Quinoa Stir-Fry is perfect for a low histamine diet since all its ingredients are known to be either low in histamine or histamine-neutral. It avoids the use of high-histamine sauces and seasonings, like soy sauce or vinegar, and replaces them with fresh ginger, garlic, and turmeric for flavor. Quinoa, chicken, and fresh vegetables are also naturally low in histamine, making this a safe, nourishing, and enjoyable meal for those managing histamine levels.

INGREDIENTS

- 1 cup quinoa (rinsed)
- 1 lb chicken breast or firm tofu (cubed)
- 1 bell pepper (sliced)
- 1 zucchini (sliced)
- 1 carrot (julienned)
- 2 tbsp soy sauce
- 1 tbsp olive oil
- 2 cloves garlic (minced)
- 1-inch piece ginger (grated)



How to prepare:

1. Cook quinoa according to package instructions.
2. In a large pan, heat olive oil over medium heat. If using chicken, cook until golden brown (about 6-8 minutes). If using tofu, cook until golden and crispy on all sides.
3. Add garlic and ginger, stir-fry for 1 minute.
4. Toss in vegetables and soy sauce, stir-frying for 3-5 minutes until tender-crisp.
5. Serve stir-fry over quinoa, garnished with sesame seeds and green onions.

Lentil and Vegetable Soup



It's that time of year again when the temperatures are still low, the weather can be on the gloomy side and a bowl of soup is the perfect thing to warm your body and soul. This soup is full of hearty, delicious (and easy to find) ingredients and is guaranteed to take the chill off any West Coast winter evening.

INGREDIENTS

- 1 cup green or brown lentils (rinsed)
- 1 lb ground turkey (optional for non-veggie option)
- 1 onion (chopped)
- 2 carrots (chopped)
- 2 celery stalks (chopped)
- 1 can diced tomatoes (14 oz)
- 4 cups vegetable broth
- 2 cloves garlic (minced)
- 1 tsp cumin
- 1 tsp paprika
- Salt and pepper to taste



How to prepare:

1. If using ground turkey, cook in a large pot until browned. Set aside.
2. In the same pot, sauté onions, garlic, carrots, and celery until softened.
3. Add lentils, diced tomatoes, vegetable broth, cumin, and paprika. Bring to a boil, then reduce heat and simmer for 25-30 minutes, until lentils are tender.
4. If using turkey, add it back to the pot. For the vegetarian option, simply season with salt and pepper.
5. Serve with crusty bread or a side salad.

Stuffed Bell Peppers



Stuffed bell peppers are a delightful and nutritious dish, perfect for any meal. These vibrant peppers are hollowed out and filled with a savory mixture of ingredients such as ground meat, rice, vegetables, and spices. Baked to perfection, the peppers become tender while the filling absorbs all the delicious flavors. This versatile dish can be customized to suit various dietary preferences, making it a favorite for both family dinners and special occasions.

INGREDIENTS

- 4 bell peppers (tops cut off, seeds removed)
- 1 lb ground beef (or 1 can chickpeas, rinsed and drained)
- 1 cup cooked rice (brown or white)
- 1 onion (diced)
- 2 garlic cloves (minced)
- 1 tsp cumin
- 1 tsp chili powder
- 1 can diced tomatoes (14 oz)



How to prepare:

1. Preheat oven to 375°F (190°C).
2. In a pan, cook ground beef until browned (if using chickpeas, sauté with onion and garlic). Add onions and garlic and cook until softened.
3. Stir in cumin, chili powder, tomatoes, and rice. Season with salt and pepper.
4. Stuff each bell pepper with the mixture and place in a baking dish.
5. Bake for 20-25 minutes. For a cheesy option, add shredded cheese on top during the last 5 minutes of baking.
6. Serve with a side salad or guacamole.

References

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/why-is-physical-activity-so-important-for-health-and-wellbeing#:~:text=Without%20regular%20activity%2C%20your%20body%20slowly%20loses%20its,physical%20activities.%20It%20helps%20keep%20the%20doctor%20away.>

<https://www.verywellmind.com/mental-health-benefits-of-exercise-2584094>

<https://health.uconn.edu/orthopedics-sports-medicine/2018/02/28/7-guidelines-for-injury-prevention/#:~:text=7%20Guidelines%20for%20Injury%20Prevention%201%20Warm%20Up,Recover%20...%207%20Follow%20a%20Healthy%20Diet%20>

<https://www.realsimple.com/daily-stretching-routine-8556565>

<https://www.healthline.com/health/deskercise#1>

<https://astym.com/15-exercises-you-can-perform-at-your-desk/#:~:text=Squats%E2%80%93You%20can%20do%20standard,chair%2C%20then%20rise%20back%20up.>

4-7-8 breathing: How it works, benefits, and uses (medicalnewstoday.com)

<https://www.themuse.com/advice/walking-during-work-good-for-brain-body>

<https://cookieandkate.com/best-lentil-soup-recipe/>

<https://handletheheat.com/quinoa-stir-fry-with-vegetables-chicken/>

<https://statics.teams.cdn.office.net/evergreen-assets/safelinks/1/atp-safelinks.html>

