



CORPORATE WELLNESS

M E M B E R S H I P

WELLNESS NEWSLETTER
APRIL 2019

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HIGHLIGHTS for the April 2019 Newsletter

Eat This for Breakfast to Curb Hunger, Improve Health

What's for breakfast? If sugary cereal, donuts, or the drive-thru are our go-tos, it's time for a breakfast menu makeover. There's a better option that will help control hunger, and improve your health. Grab a spoon.

Drop and Give Me 20: Pushup Power Improves Health

How many pushups can you do? Charles Servizio did a crazy amount in under 24 hours to set a world record. That's probably not your goal. But doing pushups is a strength training exercise that has some practical health benefits. Learn more.

To Drink or Not to Drink?

The Right Mix for Health and Happiness Country music star Keith Urban knows what it's like to struggle as an artist. But he also knows what it's like to struggle with an alcohol problem. How much do you drink? Here's the right mix for health and happiness.

Y-Axis: Drink Diet?

Are you a diet soda drinker? It's zero calories. So what's the big deal? New research suggests that if you keep drinking it, you may get a visit from the food police. Find out why.

Recipe: Southwestern Quinoa Breakfast Bowl

Hungry for breakfast? Skip the donuts and sweet cereal. It takes just a few minutes to cook this tasty and healthy meal.

Ask the Wellness Doctor

Dr. Brittany Carter answers this month's Ask the Wellness Doctor question: What can I do to control allergy and asthma symptoms at home?

Health Challenge

Take the month-long Health Challenge: Give Your Brain a Workout: Develop habits to keep your brain healthy.



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THE Y AXIS



Drink Diet?

The Food Police Are Coming for You

Put down that diet soda. Step away from the plastic screw-top bottle, the fountain machine, or the pull-tab can.

Do it...now!

If stores and quickie-marts are ever patrolled by the food police, this just might happen.

Why? New research suggests that drinking diet soda, more than two per day, is bad for your brain and your heart.¹



In a 12-year study, researchers tracked older

women who drank diet soda. Those who drank the most were 20 to 30 percent more likely to have a stroke or heart attack.

Drop diet soda. Drink water.

COMMENTS?

Send comments to the editor: well@wellsources.com

Eat This for Breakfast to Curb Hunger, Improve Health

What's for breakfast? Put this on your morning menu instead of cold cereal

What's for breakfast? If you reach for a donut, grab fast food, or think you're better off eating cold cereal, often coated in sugar, think again. Donuts and fast food are high in calories. And cold cereal won't hold you over for long, according to a recent study.²

How to curb morning cravings

So what should you eat to curb hunger long enough to avoid a mid-morning candy bar?

Oatmeal. In the study, people ate oatmeal one day for breakfast. On another day, they ate cold cereal for breakfast. After each breakfast, researchers monitored them for hunger.

Here's what they found: Eating oatmeal helped people control appetite and feel fuller longer than cold cereal. But that's not the only benefit of eating oatmeal.

It's a high-fiber food that helps:

- Improve digestion
- Control blood sugar levels
- Aid in weight management
- Support bone and skin health
- Improve cholesterol
- Lower blood pressure
- Improve heart health

Put oatmeal on your breakfast menu. You'll feel fuller longer, and be healthier. @

MORE
Discover the health benefits of oats
tinyurl.com/y2wbv6n8



Drop and Give Me 20: Pushup Power Improves Health

Work on building strength at least two days a week

“Drop and give me 20!” If the thought of that makes you start to sweat, it's time to work on getting a little stronger. Building strength is good for your bones and muscles. And the number of pushups you can do is one way to measure overall health.



Research shows that doing pushups at any age improves overall health. They build lean muscle tissue, and strengthen your bones. Pushups can also help you lose weight, lower blood pressure, and reduce the risk for heart disease.³

So, how many pushups can you do?

Probably not more than Charles Servizio. In 1993, at the age of 42, Charles set the world record for cranking out the most pushups in 24 hours. How many? Try 46,001. But you don't have to turn pushups into an extreme sport to benefit from the exercise.

MORE

See how to perform a pushup
tinyurl.com/7c88l82

If you're a male in your 40s and you can do at least 17 pushups, you're in very good shape. Women in that age range are in very good shape if they can do 15 pushups on the knees. People in their 20s should be able to do at least 29 (men) or 21 (women).⁴

If you can't do that many, set a goal to improve the number of pushups you can do without stopping. @



Southwestern Quinoa Breakfast Bowl

Hungry for breakfast? Skip the donuts and sweet cereal. It takes just a few minutes to cook this tasty and healthy meal.⁷

Ingredients

- ¼ C raw quinoa
- ½ avocado, diced
- 2 medium tomatoes, chopped
- 1 C frozen corn (thawed)
- ¼ C chopped green onions
- ½ C cilantro
- 4 eggs (or egg substitute)

Directions

1. Cook quinoa according to the package. Remove from heat.
2. Divide quinoa between 4 bowls. Arrange the avocado, tomatoes, corn, scallions, and cilantro in each bowl.
3. Coat a nonstick skillet with cooking spray and warm over medium-high heat. Scramble or crack each egg into the skillet and season with salt and pepper.
4. Cover and cook until egg whites and yolk are firm. Top each bowl with a cooked egg.
5. Serves 4. 244 calories per serving

To Drink or Not to Drink? The Right Mix for Health and Happiness

April is Alcohol Awareness Month. How much is safe to drink?



Country music star Keith Urban had to fight his way to the top of the charts as a struggling artist. But it's not the only thing he's struggled with. He also overcame an addiction to alcohol after decades of heavy drinking.

"I was going to lose it all," Urban said, reflecting on his years battling alcohol addiction. It took three separate stints in treatment to finally quit drinking. Today, he's been sober for 12 years and counting.

How much do you drink? A little or a lot?

About 70 percent of all adults in the United States drink alcohol at least once a year. And 21 percent of them – about 15 million – have a serious drinking problem.⁵ Only 3 million, like Urban, ever seek treatment.

You may not drink too much. And some research shows red wine may support heart health. But even a little alcohol can be harmful to your health.⁶

How much alcohol is safe to drink? If you don't drink, stick with the habit. Not drinking is the best way to protect yourself from the harmful effects of alcohol. If you do drink, follow these guidelines:

MORE
How alcohol affects the body
tinyurl.com/hddk587

Women: No more than 1 drink per day. Zero if pregnant.

Men: No more than 2 drinks per day if under age 65.

Seniors: No more than 1 drink daily for people age 65 and older. @

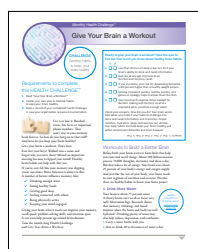
How much is a drink?

An alcoholic drink is defined as:

- One 12-oz. beer (5% alcohol)
- One 8-½-oz. glass of malt liquor (7% alcohol)
- One 5-oz. glass of wine (12% alcohol)
- One 3-½-oz. glass of sherry (17% alcohol)
- One 1-½-oz. shot of brandy, cognac, or 80-proof liquor (40% alcohol)

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Take the April Health Challenge!

Give Your Brain a Workout: Develop habits to keep your brain healthy

Ask the Wellness Doctor:

This month Dr. Brittany Carter answers the question:

What can I do to control allergy and asthma symptoms at home?

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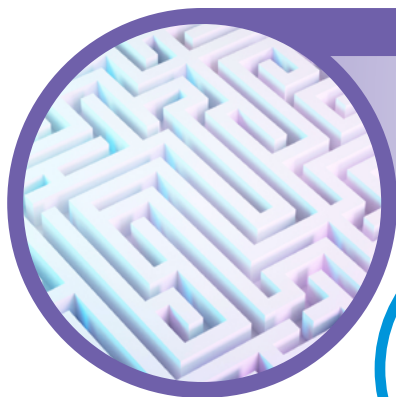




WELLNESS CHALLENGE

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Give Your Brain a Workout

CHALLENGE

Develop habits to keep your brain healthy

Requirements to complete this HEALTH CHALLENGE™

1. Read "Give Your Brain a Workout."
2. Create your own plan to develop habits to keep your brain healthy.
3. Keep a record of your completed health challenge in case your organization requires documentation.



Use it or lose it. Baseball trivia, fun facts, or important phone numbers. They won't stay in your memory

bank forever. So how do you hang on to that stuff? And how do you keep your brain healthy?

Give your brain a workout. That's how.

Ever lost your keys? Walked into a room and forgot why you were there? Missed an important meeting because it slipped your mind? Healthy brain habits can help with that too.

If you've ever felt like your memory was slipping, you're not alone. Brain function is always in flux. A number of factors influence memory, like:

- ✓ Drinking enough water
- ✓ Eating healthy foods
- ✓ Getting good sleep
- ✓ Feeling connected with others
- ✓ Being physically active
- ✓ Keeping your mind engaged.

Giving your brain what it needs can improve your memory, recall speed, problem-solving skills, and attention span. It can even help prevent age-related brain diseases.

Take the month-long Health Challenge and *Give Your Brain a Workout*.

Ready to give your brain a workout? Take this quiz to find out how much you know about healthy brain habits.

T F

1. Less than 8 hours of sleep a day can limit your brain's ability to store and recall information.
2. Exercise at any age improves brain function and memory recall.
3. If you are obese, your risk for developing dementia is 80 percent higher than a healthy weight person.
4. Solving crossword puzzles, Sudoku puzzles, and games of strategy helps maintain brain function.
5. Your mood and response times needed for decision making and memory recall are improved when you drink enough water.

Check your answers. How did you do? Your brain works best when you make it your habit to challenge it to store and recall information and memories. Proper nutrition, hydration, sleep, and exercise can all help. Your daily habits also help keep your brain healthy and active and prevent dementia and brain diseases.

Answers: 1. True. 2. True. 3. True. 4. True. 5. True

Workouts to Build a Better Brain

Before birth your brain starts to form links that help you store and recall things. About 100 billion neurons process 70,000 thoughts, decisions, and ideas a day. But that takes a lot of energy. Your brain uses about 25 percent of your body's energy and oxygen supply.

And just like the rest of your body, your brain needs its own regimen of nutrition and exercise. Practice these six healthy habits to boost your brain power:

1. Drink More Water

Your brain is about 75 percent water. A thirsty brain can't recall or focus very well. Motivation lags. Research shows that memory, thinking, and mood improve when the brain and body are well hydrated.¹ Drinking plenty of water may also help reduce, depression, and confusion.

- Carry a water bottle with you
- Aim to drink 40 to 64 ounces of water a day.

Health benefits of drinking water
tinyurl.com/y4daszfp

2. Munch More Brain Food

More than 5 million Americans have Alzheimer's disease. This brain-wasting disease breaks the links between nerve cells. Over time, it causes memory loss and thinking problems. While genes may be a factor, researchers believe dietary habits may hold clues to prevent it.

A recent study found that those with the healthiest brains have better diets than those with diagnosed brain and memory problems.²

They eat more fruits, vegetables, nuts, legumes, fish, and lean meats. Researchers also found that diets high in trans fats caused the brain to shrink and caused memory loss.

- Eat more plant-based foods like broccoli, spinach, and dark-colored berries.
- Add more walnuts, almonds, and fish to your diet.
- If you're a vegetarian, take a vitamin B12 supplement to improve brain function.
- And avoid foods high in trans fats like fried foods; powdered mixes for cakes, brownies, and waffles; packaged cookies; biscuits; frozen or creamy drinks; and pre-made pie crust.

Go shopping:
Stock up on
healthy brain foods
[tinyurl.com/
pfsp02t](https://tinyurl.com/pfsp02t)



3. Get Your Zzzs

If you don't get enough sleep, you'll probably feel groggy and tired. And your reaction times may be slowed. In fact, one out of eight injury-related crashes is caused by drowsy driving.³

Over time, lack of sleep also makes the cells in the body less responsive to insulin. This raises the risk for diabetes and high blood pressure. Both of these problems can damage the brain. When your brain is short on sleep, it is less able to store memories. And it doesn't get rid of toxins linked to certain brain diseases.⁴

- Aim to get 7 to 8 hours of sleep a night.

4. Be Social

You and your brain are better off in more ways than one when you're around family and friends.

Research shows that people who have good friendships and social ties are less likely to develop brain diseases as they age.⁵ Positive social contact helps reduce stress hormones in the brain. And it helps improve memory, learning, judgment, language, and intuition.

- Make time to be social.
- Connect with family and friends.
- Participate in group activities

5. Be More Active

When you're active, your brain releases endorphins that enhance mood and reduce pain. Studies show that exercise also helps people feel less stressed, anxious, or depressed. Being active can also be a good way to boost self-esteem, improve sleep, and aid in weight loss.⁶

- Take a walk during your break.
- Go to the gym over lunch or after work.
- Use the stairs instead of the elevator.
- Look for ways to be more active.
- Aim to exercise at least 30 to 60 minutes a day.

10 ways
to make
exercise a
daily habit
[tinyurl.com/
abha7c8](https://tinyurl.com/abha7c8)

6. Practice Problem Solving

Solve a crossword. Complete a Sudoku puzzle. Play a game of chess or other game of strategy. When you keep your mind engaged by thinking and solving problems, your brain benefits.

Research shows that people are at lower risk of memory loss when they play games that make them think. Problem solving makes the neuron connections less vulnerable to damage.

- Play games of strategy.
- Learn a new skill or take a class.
- Engage in activities that require you to solve problems.

When you take care of your brain, you'll be able to think faster, have better focus and attention, and remember more.

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Give Your Brain a Workout



CHALLENGE

Develop habits to keep your brain healthy

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Create your own plan to develop healthy habits to keep your brain healthy.
3. Use the calendar to record your actions and choices to develop healthy habits.
4. At the end of the month, total the number of days you practice healthy brain habits. You must do this on at least 22 days this month to complete this challenge. Then keep up the practice for a lifetime of best health.

MONTH:							HC = Health Challenge™	ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____		
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_____ Number of days this month I made time to keep my brain healthy

_____ Number of days this month I was physically active for at least 30 minutes

Other wellness projects completed this month:

Name _____ Date _____



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ASK THE DOCTOR

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Q. What can I do to control allergy and asthma symptoms at home?

A. You open the shades on a sunny spring morning. Natural light shines through the window. That might sound refreshing. But if all you can see is a cloud of dust and other allergens in the air, you might be thinking, “Oh no. It’s allergy season.”

But there’s good news. A little elbow grease to keep your house clean can help reduce allergies and asthma symptoms.

Asthma and allergy symptoms

If you have seasonal allergies, you know the signs. Your eyes itch and water. You sneeze and cough. Your nose runs. Or all of the above. And if you have asthma, there’s the telltale sign of an allergic reaction...trouble breathing.¹

About 24 million people in the United States have asthma. And more than 50 million people suffer from seasonal allergies.² That translates to a lot of used tissues, elbow coughing, and missed days at work.

Spring cleaning tips to breathe easy

It’s tough to avoid many of the allergens that trigger an allergic reaction. It’s even harder if you spend a lot of time outside. But inside...a little cleaning can go a long way to help you breathe easy and avoid asthma and allergy problems. Here are some things you can do:³



In the kitchen

- Clean floors, cabinet surfaces, backsplashes and appliances weekly. Use soap and water.
- Keep the refrigerator clean. Use a little vinegar to clean.
- Use an exhaust fan when you cook to reduce moisture and mold.

In bedrooms/living room

- Use dust-proof covers for pillows, mattresses, and box springs.
- Wash bedding weekly.
- Vacuum carpets, sofas, and chairs weekly.
- Wash rugs and floor mats weekly. Mop hard surfaces.

In the bathroom

- Use an exhaust fan to reduce moisture from baths and showers.
- Wash rugs, mats, and linens weekly.

ASK THE WELLNESS DOCTOR

- Dry the tub or shower with a towel after use to prevent mold growth.

Around the house

- Keep windows closed during allergy season. Use air conditioning (AC).
- Get rid of any items that collect dust.
- If you have indoor pets, keep them out of the bedroom.
- Change the air filters in your air-conditioning and heater seasonally.
- Avoid using cleaning sprays.⁴ Research shows frequent use of cleaning sprays increases the risk for asthma and breathing problems. Use vinegar.

If you have asthma or allergies, you can still enjoy sunshine and spring. Just take a little extra time to keep your house clean to reduce dust, pollen, mold, and other allergens.

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