

STAYIN' ALIVE

Talking about safety isn't enough.



HEALTH & WELLNESS NEWSLETTER JANUARY 2022

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HIGHLIGHTS for the January 2022 Newsletter

Reach Your Health & Fitness Goals with a Wearable Device

Want to be healthier in 2022? Click, swipe, and tap your way to better health with a wearable device to help you lose weight, be more active, make better food choices, and more. Here's how...

Be Kind to Yourself to Prevent Heart Disease

Did you know heart disease is the leading cause of death in the United States? It's no secret diet, exercise, and a healthy weight make a difference. But there's at least one more way to prevent heart disease that might surprise you...

Eat THIS to Prevent Age-Related Memory Loss

There is no cure for Alzheimer's disease, dementia, or age-related memory loss. But new research shows certain foods may help protect your brain as you get older. Add these foods to your diet....

Y-Axis: The Necklace Diet

What if there was a necklace that can hear what you eat, track your calories, and help you make better food choices to manage your weight? This is happening...

Recipe: Creamy Apricot Oatmeal

You'll look forward to eating a healthy breakfast after you try this sweet and creamy oatmeal made with dried apricots.

Take the January Health Challenge!

Practice Healthy-Weight Habits: Adopt healthy habits to control your weight.

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: Can diet supplements help me lose weight?

NEWSLETTER

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THE Y AXIS



The Necklace Diet

Want to make better food choices to lose weight?



Try The Necklace Diet.

No, you don't have to eat your pearl necklace or gold chain.

Researchers in China have developed a necklace that hears what you eat...apples, carrots, potato chips, cookies, peanuts, walnuts...⁴

Chew it up. Gulp it down. And the Bluetooth necklace sends food data to your digital device to help you track daily calories, macronutrients, and more.

It's still in development, but the choker-style necklace might be just the thing to help you tip the scale in the right direction.

COMMENTS?

Send comments to the editor:

evan@thehealthycopywriter.com

Reach Your Health & Fitness Goals with a Wearable Device

Use a smartwatch or fitness tracker to boost your health

Do you have a health-related goal or New Year's resolution you want to achieve? Maybe you want to:

- Lose weight
- Be more active
- Eat healthier
- Walk 10,000+ steps per day
- Improve sleep habits
- Drink more water

If you want to improve your health and fitness in 2022, put your smartwatch or fitness tracking device to work.

More people than ever are turning to wearable technology, ever since the rise of COVID-19, gym closures, mask mandates, and social distancing.

And research shows wearable devices can help you be more active and make healthier choices.¹ "Tech devices are now central to our daily lives,"

says American College of Sports Medicine President Dr. Walter Thompson.

"They have changed the way we plan and manage our workouts. They provide immediate feedback. They can make you more aware of your level of activity and motivate you to achieve your goals."

Ready to get started? Set a goal. Then use your smartwatch, fitness device or mobile app to start tracking your daily habits and things like:

- Steps per day
- Calories per day
- Minutes of physical activity per day
- Sleep duration, and more

You'll be able to track your progress, make adjustments along the way, and stay motivated to reach your goal.

MORE

Fitness trackers + weight loss
<https://tinyurl.com/yc2t4fmt>

Be Kind to Yourself to Prevent Heart Disease

Mindfulness and self-care lowers risk for heart disease

Ever feel like you're always "on" and there never seems to be a break?

You know...you wake up early, work all day, stay up late, and do it all over again. But there's never enough time to take care of yourself.

Or maybe you're worried about the uncertainty surrounding COVID-19, vaccines and the spread of the omicron variant. It's a stressful way to live.

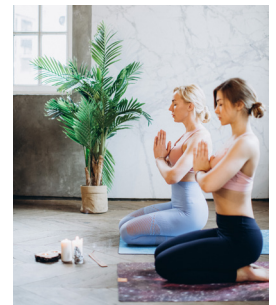
Here's the thing...living with chronic stress is a risk factor for heart disease, a leading cause of death in the United States that claims the lives of 659,000 people a year. But it doesn't have to be that way.

6 self-care habits to keep your heart healthy

In a recent study, researchers found a simple and low-cost way to lower the risk for heart disease: Be kind to yourself.²

People with regular self-care habits had healthier arteries and less plaque build-up linked to heart disease and stroke, too.

"We are all living through extraordinarily stressful times," says lead researcher Dr. Rebecca Thurston. "Our research suggests that self-compassion is essential for both our mental and physical health."





Creamy Apricot Oatmeal

You'll look forward to eating a healthy breakfast after you try this sweet and creamy oatmeal made with dried apricots.⁵ At just 233 calories per serving, it's a great way to start the day.

Ingredients

- 3½ C water
- 1/2 C dried apricots
- 2 C uncooked quick-cooking rolled oats (steel-cut oats optional with longer cooking time)
- 6 oz container fat-free vanilla yogurt

Directions

1. In a medium saucepan, bring the water and apricots to a boil, covered, over medium heat for 5 to 6 minutes. If using steel-cut oats, increase water to 5 cups.
2. Reduce heat to low and cook for 5 more minutes.
3. Stir in the oats. Cook uncovered for 1 to 2 minutes, or until thickened, stirring occasionally. If using steel-cut oats, extend cooking time by 20 minutes.
4. Spoon 1-cup serving sizes into bowls and top with a dollop of yogurt.

Eat THIS to Prevent Age-Related Memory Loss

Plant-based diet lowers risk for Alzheimer's and dementia

When university professor Alice Howland (played by Julianne Moore), starts forgetting things in the movie *Still Alice*, she knows something isn't right.

She stops mid-sentence during a lecture. She gets disoriented on a familiar run. She struggles to remember simple details.

And then she gets the news...Alzheimer's disease.

An estimated 5.8 million people in the U.S. are living with Alzheimer's disease or dementia. It's a brain disease that damages thought, memory and learning. And there is no cure.

Feast on plant-based foods to protect your brain

But it's not all bad news. A recent study found that eating more plant-based foods may lower the risk for dementia, Alzheimer's disease, and age-related memory loss.³

"A higher intake of fruits, vegetables, and plant-based foods...could help reduce the risk of cognitive decline due to aging," says the study's co-author Dr. Cristina Andrés-Lacueva.

Researchers found that chemical properties in certain plant-based foods may help protect the brain from age-related memory loss. This includes:

- Cocoa
- Coffee
- Mushrooms
- Red wine
- Apples
- Green tea
- Blueberries
- Oranges
- Pomegranates



But even other plant-based foods like fruit, leafy greens, and legumes, provide protective benefits to the brain and body.

In contrast, researchers found that artificial sweeteners may increase the risk for age-related memory loss and dementia.

If you want to keep your brain healthy as you get older, now is always the best time to start.

MORE

Warning signs of Alzheimer's disease
<https://tinyurl.com/mu6ce8fz>

Be Kind to Yourself to Prevent Heart Disease (continued from page 1)

Want to lower your risk for heart disease? Here are 6 simple ways to practice self-care:

1. Practice yoga, meditation or mindfulness
2. Watch a funny movie
3. Keep a journal

4. Read a good book
5. Schedule time to do something you enjoy
6. Practice deep breathing

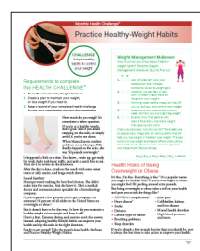
Regular exercise and a healthy diet will help keep your heart healthy, too.

MORE

Self-care in a pandemic
<https://tinyurl.com/mr4dfbay>

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Take the January Health Challenge!

Practice Healthy-Weight Habits: Adopt healthy habits to control your weight

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
Can diet supplements help me lose weight?

WELLNESS CHALLENGE

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Practice Healthy-Weight Habits



CHALLENGE

Adopt healthy habits to control your weight

Requirements to complete this HEALTH CHALLENGE™

1. Read "Practice Healthy-Weight Habits."
2. Create a plan to maintain your weight, or lose weight if you need to.
3. Keep a record of your completed health challenge in case your organization requires documentation.



How much do you weigh? It's sometimes a taboo question. If you're at a healthy weight, that's great. But if you dread stepping on the scale, or simply avoid it, you're not alone. When Massachusetts resident and busy mom Monique Tello finally stepped on the scale, she was 50 pounds overweight.¹

It happened a little at a time. You know...wake up, get ready for work, fight rush-hour traffic, and grab a quick bite to eat. Then do it in reverse in the afternoon.

After the day is done, crash on the couch with some sweet treats or salty snacks, and binge-watch shows.

Sound familiar?

Monique wasn't making the best food choices. She didn't make time for exercise. And she knew it. She's a medical doctor and communications specialist for a biotechnology company.

If you've gained a few pounds, you've got company. An estimated 74 percent of all adults in the United States are overweight or obese.²

But it doesn't have to be that way. So how do you maintain a healthy weight or lose weight and keep it off?

Here's a hint. Extreme dieting and exercise aren't the answer. Instead, adopting healthy lifestyle habits can improve your health and tip the scale in the right direction.

Ready to get started? Take the month-long health challenge and Practice Healthy-Weight Habits.

Weight-Management Makeover

How much do you know about healthy-weight habits? Take the Weight-Management Makeover Quiz to find out.



T F

1. Lack of sleep can slow your metabolism and increase hormones linked to weight gain.
2. Whether you eat fast, or eat slow, it doesn't really have an impact on your weight.
3. Drinking water before meals can help fill you up, eat less, and control your weight.
4. Stepping on the scale at least once a week can help you avoid gaining weight.
5. Studies show that people who keep a food diary lose more weight than people who don't.

Check your answers. How did you do? There really are no special diets, magic pills, or workout plans that will help you lose weight or maintain your weight. The best actions to lose weight and keep it off are pretty simple. Eat healthy foods. Be more active. Get enough sleep. And make smart lifestyle choices.

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

Health Risks of Being Overweight or Obese

"It's fine. I'm fine. Everything is fine." It's a popular meme you might be familiar with. If you're overweight or obese, you might feel OK packing around extra pounds.

But being overweight or obese takes a toll on your health and puts you at risk for things like:³

- Sleep disorders
- COVID-19 complications⁴
- Joint pain
- Heart disease⁵
- Gallbladder, kidney, and liver disease
- Stroke
- Mental health disorders
- Diabetes
- High blood pressure, and more.
- Certain types of cancer
- Breathing problems

If you're already a few pounds heavier than you should be, now is always the best time to take action to improve your health.

Healthy-Weight Habits: 7 Ways to Manage Your Weight

Looking for some easy ways to manage your weight? Adopt these healthy-weight habits.

1 Eat more fruits and veggies

They're lower in calories than processed foods and sugary snacks. They're also high in vitamins and nutrients your body needs for best health. But most people don't eat enough.⁶

- Only 12 percent of adults eat enough fruit (1.5 to 2 cups per day).
- Only 9 percent of adults eat enough vegetables per day (2 to 3 cups per day).

2 Drink more water

How much water do you drink per day? If you don't know, there's a good chance you're not drinking enough. Drinking water can help control calories, curb hunger, and manage your weight. Aim for at least 64 ounces a day.

3 Eat fiber-rich foods

If you're looking for a simple way to lose weight, eat more fiber-rich foods.⁷ Most adults eat 15 grams of fiber per day. But the Institute of Medicine recommends 25 grams of fiber per day for women; 38 grams for men. Foods high in fiber include:

- Salads
- Soups
- Fresh fruits and vegetables
- Whole-grain breads and cereals

4 Chew your food

That's a nice way of saying, "Slow down at meal time." Take a bite. Put your fork down. And chew slowly. In one recent study, researchers found that people who ate slower at meal time, ate 25% less calories from snacking in between meals.⁸

5 Track your weight

Weigh yourself every day, or at least once a week, and keep track.

Write it down in a journal, put it on your calendar, or record it with a mobile app. Research shows tracking your weight can help you make better food choices to support weight management.⁹

6 Get your ZZZs

Aim for 7 to 8 hours a night. People who cut sleep short are more likely to gain weight. Why? Lack of sleep alters levels of hormones (ghrelin and leptin) linked to hunger and cravings. And if you stay up late, you'll have more time for snacking.

7 Be more active

If you want to lose weight or maintain a healthy weight, exercise needs to be part of your plan. The American College of Sports Medicine recommends 30 to 60 minutes of physical activity per day.

If you want to lose weight or maintain a healthy weight, focus on healthy-weight habits you can practice every day. If something happens that throws your diet or exercise routine off track (work, family, stress, vacation, etc.), it's not that big of a deal. Just pick up where you left off, and keep going. That's how Monique lost 50-plus pounds and kept it off.



Weight loss and nutrition myths
<https://tinyurl.com/2p936kdc>

Practice portion control
<https://tinyurl.com/p3xc7ph>

10 behaviors for healthy weight loss
<https://tinyurl.com/2p96xb26>

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CHALLENGE
 Adopt healthy habits to control your weight

Practice Healthy-Weight Habits

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Create a plan to practice healthy-weight habits daily.
3. Use the calendar to record your actions and choices to manage your weight.
4. Review your progress at the end of each day, week, and at the end of the month. 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
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_____ Number of days this month I practiced healthy-weight habits

_____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

Name _____ Date _____

ASK THE DOCTOR

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Q. Can diet supplements help me lose weight?

A. The simple answer: Probably not. There's no magic pill, weight-loss supplement or potion that can make excess pounds melt away.

If losing weight is on your list of goals for the New Year, you're not alone. Lose weight. An estimated 73 percent of adults in the United States are overweight or obese.¹

The Truth About Weight Loss Supplements

If you're looking for a quick fix to lose weight, you might think taking a diet pill or supplement is all you need.

A lot of people do. In the U.S., an estimated 34 percent of adults have tried some type of weight-loss supplement. Americans spend about \$2.1 billion a year on weight-loss supplements in the form of tablets, capsules, softgels, and drinks.²

Most are made with ingredients that *could* improve metabolism or suppress appetite like:

- Green tea extract
- Chitosan
- Guar gum
- Conjugated linoleic acid
- Caffeine

However, a recent study found that diet and weight-loss supplements typically fail to help people lose weight.³



Researchers looked at 315 weight-loss studies that put different supplements to the test. They found that most did not result in weight loss. And only a few tipped the scale in the right direction by just a few pounds or less.

6 Lifestyle Habits for Healthy Weight Loss

Weight loss does not come in pill or powder form. It's a lifelong process. If you want to lose weight, skip the diet supplements, save your money, and adopt these 6 lifestyle habits to lose weight and keep it off:

- 1. Eat healthy foods** like fruits, vegetables, whole grains, legumes, and fish. Avoid or limit sugary drinks, snacks, desserts, and candy high in calories.
- 2. Be active.** Aim for 30 to 60 minutes of moderate physical activity on most days.
- 3. Drink more water** instead of soda, juice, energy drinks, or other sugary beverages.
- 4. Practice portion control** by counting calories, keeping a food journal, and being mindful of your food choices.

ASK THE *Wellness* DOCTOR

5. Get your Zzzs. Aim for 7 to 9 hours of sleep per night. Why? Lack of sleep alters levels of hormones (ghrelin and leptin) linked to hunger and cravings. And if you stay up late, you'll have more time for snacking.

6. Don't give up. If you miss a workout or overeat, it's not that big of a deal. Don't use that as an excuse to overeat or skip workouts. Instead, just get back on track and keep going.

If you need extra help to lose weight, talk to your doctor, join a weight-loss group for support, or work with a trainer and dietitian to help you develop a diet and exercise plan to help you get results.

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Head Office: 502 Old Wonderland Rd. London, ON N6K 1L6
info@ewsnetwork.com | www.ewsnetwork.com