



HEALTH & WELLNESS NEWSLETTER FEBRUARY 2022

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HIGHLIGHTS for the February 2022 Newsletter

Fit for Life: Top 5 Ways to Get in Shape in 2022

Set a goal to get in shape this year, but not sure how to make it happen? Check out the top 5 fitness trends in 2022 to get started.

How to Beat High Blood Pressure Like a Super Bowl Pro

Did you know half of all adults in the U.S. have elevated or high blood pressure? With the Super Bowl just around the corner, here's to to beat it like a pro.

Try This Fresh Recipe to Improve Your Mood

Tired, fatigued, stressed out, worried? You're not alone. Therapy and medication can help. But there's at least one more thing you can do. Here's a simple recipe to improve your mood.

Y-Axis Are You S.A.D?

You're hungry. What's your go-to meal or snack of choice? Be honest. This can tell you a lot about your diet, especially if you're feeling S.A.D.

Recipe: Homemade Popcorn with Olive Oil

Skip the microwave popcorn or the movie-theater kind lathered in butter. It's easy to make your own. It costs less, too. Try this easy-to-make popcorn recipe.

Take the February Health Challenge!

Rescue Your Resolutions: Take action to achieve your wellness goals

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: What foods help control blood sugar?

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THE Y AXIS



Are You S.A.D.?

Give your diet a little love.

What's on your plate today? If your food choices look anything like the Standard American Diet, it's pretty S.A.D.



About 88% of adults don't eat enough fruit, and 90% don't eat enough vegetables.⁴

So what are people eating? Pizza, burgers, fries, desserts, processed foods, and too much alcohol.

FYI...Nearly the entire U.S. population consumes a diet that is not on par with recommendations.

Give your diet a little love with more fruits, vegetables, whole grains, and less meat, and you'll feel better.

COMMENTS?

Send comments to the editor:

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Fit for Life: Top 5 Ways to Get in Shape in 2022

Improve your health in just 30+ minutes a day

Set a goal to get in shape this year? How's it going? Just 30 to 60 minutes a day will help you manage your weight and build muscle.

Exercise will also improve your health and quality of life. If you're not sure where to start, pick one of these activities.

The top 5 fitness trends in 2022, include:¹

- 1. Wearable tech:** Use a smart watch, fitness tracker or mobile app to get healthy. Track steps, heart rate, calories, workouts, and sleep time. And set goals to keep improving.
- 2. Home gyms.** The global pandemic shut down gyms for a while and forced more people to workout at home. Got an exercise bike or treadmill at home? Use it. Build muscle at home with weights or an exercise machine.
- 3. Outdoor exercise.** Another positive effect of COVID...more people are spending time

outdoors. Go for a walk, jog, hike or run. Ride a bike, ski, paddle, or even skateboard.

- 4. Strength training.** Hit the gym to lift weights (barbells, dumbbells, kettlebells, medicine balls, or machines). Or use bodyweight exercises to get stronger: push-ups, crunches, squats, lunges, burpees, and more.

- 5. Lifestyle programs.** Need to lose weight? Forget about fad diets, weight-loss pills, and gimmicky supplements. Make exercise a priority. Eat healthy foods. Limit junk calories from sugar and sweets. And you'll tip the scale in the right direction.

If you're struggling to hang on to New Year's resolutions to be healthier, you're not alone. Recommit to your goal every day and keep trying...one workout at a time.

MORE

7 easy ways to be more active
<https://tinyurl.com/ynp2ys6r>

How to Beat High Blood Pressure Like a Super Bowl Pro

Diet and lifestyle habits can make a difference



When the top two teams in the National Football League kick off Super Bowl LVI in California on Feb. 13, one long-time football legend will be watching.

Joe Montana. During his career as an NFL quarterback, he won four Super Bowls. He held the record for the most Super Bowl passes without an interception for decades. And he's been recognized in the Pro Football Hall of Fame.

Take a look at his winning record, and it's clear Montana doesn't like to lose. So when he developed high blood pressure after taking his

helmet off to retire, he needed a game plan to beat it.

Blood pressure on the rise

If your blood pressure is under 120/80, keep it that way. But if it's higher than that, you need a game plan just like Montana. Nearly half of all adults in the U.S. have elevated or high blood pressure.²

Left unchecked, it can damage your heart and arteries. High blood pressure also raises your risk for a stroke, loss of vision, trouble sleeping, and other health problems.

Pick these plays to control blood pressure

When Montana found out his blood pressure was high, he picked a couple of key plays to control it:

- He ate more fruits and vegetables (and less red meat and fried foods).



Homemade Popcorn with Olive Oil

Skip the microwave popcorn or the movie-theater kind lathered in butter. It's easy to make your own. It costs less, too. Popcorn can be a healthy, low-calorie snack.⁵

Ingredients

- 1/2 C popcorn kernels
- 1 T extra virgin olive oil
- 1/4 tsp salt

Directions – Stovetop Popcorn

- Place olive oil and popcorn kernels in large pot on medium heat. Cover with lid.
- When kernels begin to pop, turn up the heat. Move the pan back and forth, until all kernels are popped or pot is full.
- Sprinkle with salt and mix well.
(83 calories/ serving. Serves 7)

Try This Fresh Recipe to Improve Your Mood

Fruits and vegetables support mental health



Eat it raw. No, we're not talking about oysters or runny eggs. Those are foods you should avoid, especially raw, for a lot of reasons. But there are some foods where raw is the right choice.

In a recent study, researchers found that people who eat more raw fruits and vegetables are less likely to develop depression and mental health problems.³

What's the connection? Fruits and vegetables have the most nutrients when they're raw. In a few cases, nutrient density increases by cooking (e.g., tomatoes, broccoli, and asparagus). But most are healthiest when they're raw.

Top 10 raw fruits & vegetables

Researchers rated fruits and vegetables highest in nutrients for mental health.

The top 10 include:

- | | |
|----------------------|---------------|
| 1. Apples | 6. Cucumber |
| 2. Bananas | 7. Grapefruit |
| 3. Berries | 8. Lettuce |
| 4. Carrots | 9. Oranges |
| 5. Dark Leafy Greens | 10. Spinach |

Are you eating enough fruits and vegetables? Here's what most adults need:

- **Vegetables:** Eat 2 to 3 cups of vegetables a day
- **Fruit:** Eat 1.5 to 2 cups of fruit a day

If you're not getting enough fruits and vegetables, a few simple changes to your diet can make a difference.

Try this: Eat a banana or berries with breakfast. Have a leafy-green salad for lunch. Grab an apple for a snack. Include a vegetable with dinner.

Stick with it. In just a week or two, you'll feel better and be healthier.

MORE

How to eat more fruit and vegetables
<https://tinyurl.com/ybrkzgf>

How to Beat High Blood Pressure Like a Super Bowl Pro (continued from page 1)

- He cut back on salt.
- He put exercise back into his schedule for 30 minutes a day.
- And he started taking medication.

Within a year, he managed to get his blood pressure back to normal.

How's your blood pressure?

Make a snap decision to get it checked. If it's higher than normal, talk to your doctor to work out a game plan to lower it. And you'll be in the same league as Joe Montana.

MORE

10 ways to control blood pressure
<http://tinyurl.com/ls75sw3>

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Take the February Health Challenge!

Rescue Your Resolutions: Take action to achieve your wellness goals

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
What foods help control blood sugar?

WELLNESS CHALLENGE

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Rescue Your Resolutions



CHALLENGE
Take action to achieve your wellness goals

Requirements to complete this HEALTH CHALLENGE™

1. Read “Rescue Your Resolutions.”
2. Create a plan to work on your health and wellness goals daily.
3. Keep a record of your completed health challenge in case your organization requires documentation.



Oregon resident Sue Sanders was tired all the time. Getting out of bed felt like work. She drank soda and coffee just to make it through the work day.

She ate fast food and treats at her desk or during her commute. In the evening, she ate dinner, drank alcohol, and topped off the night with snacks and a couple hours of binge-watching shows.

And she wasn't happy. Her weight was a problem. Her health wasn't great. And every fad diet she tried followed the same pattern: Lose weight, then gain it all back.

“I was tired of being sick and tired,” says Sue. “I knew I needed to make a change.”

At first, it wasn't easy. There were lots of stops and starts. Good days and bad days. But she decided to work on developing healthy habits...one day at a time.

Healthy Habits Quiz

How much do you know about healthy habits to reach your goals? Take this quiz to find out.



- T F**
1. Sleeping 7 to 8 hours a night can help prevent weight gain and other health problems.
 2. The best way to curb a sugar craving is to gradually cut back on sweet treats and drinks by eating healthier foods.
 3. Losing 3 to 4 pounds per week is a healthy weight loss goal.
 4. The minimum amount of exercise adults need is 150 minutes of moderate exercise a week, plus strength training two days a week.
 5. If you want to quit smoking a combination of nicotine replacement, behavior changes, and a support group works best.

How did you do? Losing 1 to 2 pounds a week is a healthy weight loss goal. Good sleep, healthy eating habits, and regular exercise will improve your health. If you need to make a change, NOW is always the best time to start.

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

She changed her diet. She made exercise a priority. She swapped fast food for healthier options. She cut way back on alcohol. And she gave up binge-watching shows to spend quality time with family and friends.

And you know what happened? She lost about 100 pounds in a year, and she's kept it off by setting goals and taking action.

Did you wake up on New Year's Day with some big goals in mind? How's it going? The truth: About two-thirds of people who make New Year's resolutions give up within a month. But it doesn't have to be that way. Take the month-long challenge to Rescue Your Resolutions.

Weight Loss strategies for success
<https://tinyurl.com/7outrho>



10 Ways to Rescue Your Resolutions

You may have had a little trouble sticking to your resolutions in January. But that doesn't mean it's a lost cause. Here are 10 ways to improve your efforts to make positive changes:

- 1 Write it down.** Studies show that people who write down their resolutions are 10 times more likely to succeed than those who don't.³
- 2 Take baby steps.** It's tough to change old habits overnight, so start small. Break your goal down into baby steps and take it one day at a time.
- 3 Find a role model.** Find someone who has already achieved your goal and model their behavior.
- 4 Sleep on it.** Your brain needs 7 to 8 hours of rest to help control impulsive behavior, improve brain function, memory, and decision making.⁴
- 5 Limit stress.** Too much stress makes your brain focus on short-term rewards instead of your big-picture goal. Take a walk, get some exercise, or practice deep breathing to keep stress levels down.
- 6 Eat healthy.** The average person makes over 200 food choices a day. Healthy foods (fruits, vegetables, nuts and seeds, legumes, whole grains) feed your brain and help you feel happier.⁵
- 7 Practice.** It takes practice to turn good intentions into healthy habits. At first it's hard, and you might mess up. But keep trying, and making the right choice gets easier.
- 8 Avoid procrastination.** Adopt a do-it-now approach to working toward your goal. Even small steps will get you closer to your goal than doing nothing.⁶
- 9 Reward progress.** Choose healthy rewards for completing small goals. This can help you stay motivated to stick with your plan.
- 10 Visualize success.** Visualize achieving your goal. Imagine the day you achieve your goal weight or give up cigarettes for good.

6 steps to make exercise a regular habit
<https://tinyurl.com/2p8rp7ny>

SMART Goals Improve Results

When Sue committed to losing 100 pounds in a year, she didn't spend a lot of time worrying about that big number afterwards. Instead, she followed a proven plan using SMART goals to tip the scale in the right direction.²



If you've been struggling with your New Year's resolutions to get healthy, now is a good time to take a closer look at your plan. Pick your goal, and create a plan to make it happen. Your SMART goals should be:

- **Specific: Define your goal** with as much detail as you can. Write it down.
- **Measurable: You need a way to measure your efforts.** Keep a daily or weekly record of things related to your goal, like sleep, calories, weight, and workouts. Use a logbook or try a mobile app.
- **Action-Oriented: To achieve any goal, you need to take action.** Explain what you will do. Break down your goal into action steps you can take
- **Reasonable: Set goals you can realistically accomplish** in a few weeks or months.
- **Time-Bound: Set time expectations.** Have a start date and finish date by which you expect to reach your goal. This gives you a clear target to work toward.

Think about how you'll feel, how you'll celebrate, and how it will change your life.⁷

It's been a little over a year since Sue reached her goal to lose 100 pounds. And she's developed a whole new set of habits to keep the weight off and improve her health and her life in the process, and so can you.

Take another look at your health and wellness goals for the year. If you've strayed from your plan a little since January 1, that's OK. Use this challenge to get back on track. You'll be glad you did.

How to break the sugar habit
<https://tinyurl.com/znqzizm>

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Rescue Your Resolutions



CHALLENGE

Take action to achieve your wellness goals

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 work on your health and wellness goals daily.
3. Use the calendar to record your actions and choices to work on your health and wellness goals.
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 worked on health and wellness goals

_____ 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. What foods help control blood sugar?

A. How's your blood sugar level? About 96 million people in the United States have levels high enough to put them at risk for diabetes. And most don't even know it.¹ Fortunately, what you eat can make a difference.

The trouble with high blood sugar

Higher than normal blood sugar levels can lead to diabetes. Over time, high blood sugar can lead to poor blood flow, organ damage, and vision loss. Diabetes can raise your risk for heart disease or stroke, too.

Do you have diabetes or prediabetes? A simple blood test can show you:²

Fasting blood glucose	
Normal	Less than 100 mg/dl
Prediabetes	100 mg/dl to 125 mg/dl
Diabetes	126 mg/dl or higher

Healthy lifestyle habits help control blood sugar levels

For example, get regular exercise, maintain a healthy weight, and don't smoke. And there's at least one other lifestyle factor that has a lot to do with blood sugar levels... your diet.

5 foods to control blood sugar levels

Food is a big reason for higher than-normal blood sugar levels. Americans eat a lot of fast food, burgers, sugary drinks, cereals, and



biggie-sized desserts. And these foods are digested quickly. This, in turn, can cause a rapid spike in blood sugar levels.

Are you ready to improve your blood sugar level and reduce your risk for diabetes and other health problems?

Eat less junk food and choose healthier options such as:

- 1. Leafy greens.** Try kale, broccoli, spinach, or chard. Leafy greens are high in fiber, magnesium, vitamin A, and other nutrients that can help control blood sugar. Perfect as a side dish, in a smoothie, or in a salad with vinaigrette or olive-oil dressing.
- 2. Brightly colored vegetables.** Most adults should eat about 2 to 3 cups of vegetables per day. But only 10 percent of adults eat enough vegetables.³ Try red bell peppers, tomatoes, cucumbers, carrots, beets, and cabbage. Serve steamed, baked, grilled, or freshly cut on a vegetable tray.
- 3. Low-calorie drinks.** Skip sweetened drinks like soda and sports drinks. They're loaded with empty calories that can lead to diabetes, weight gain, and other health problems. Instead, drink water. It's usually free and has zero calories. If you prefer a bit of flavor, add a squeeze of lemon or lime. Don't like water? Then drink herb tea or a low-sugar drink.

ASK THE DOCTOR Wellness

4. Berries. If you're craving something sweet, you might be tempted to scarf down a candy bar. But that's a recipe for a spike in blood sugar levels. Instead, try blueberries, raspberries, or strawberries. These fruits are sweet. But research shows berries can help control blood sugar levels.⁴

5. Whole-grains. Here's one more food that should be part of your diet if you want to be healthier and manage blood sugar levels... whole grains. It's found in foods like whole-grain breads, pasta, cereals, and oats. The high fiber content takes longer to digest and helps regulate blood sugar levels.⁵

Want to keep your blood sugar levels under control to prevent or manage diabetes? Take a closer look at your diet. Eat more of these five kinds of foods.

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STAYIN' ALIVE

Talking about safety isn't enough.



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