

STAYIN' ALIVE

Talking about safety isn't enough.



HEALTH & WELLNESS NEWSLETTER JUNE 2022

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HIGHLIGHTS for the June 2022 Newsletter

Stop THIS Time Waster to Prevent Heart Disease

Did you know heart disease is the leading cause of death in the United States? Yet, it's largely preventable with diet, exercise and healthy lifestyle habits. Here's a simple way to lower your risk...

Beans: The 'Magical' Way to Beat Hunger

Ever wonder how to keep hunger and cravings in check? FYI...it's not diet pills or gimmicky weight-loss supplements. Instead, research suggests eating more beans may be one way to help tip the scale in the right direction. Here's what you need to know...

Use the Granny Method to Fight Obesity

Did you know an estimated 74 percent of all adults in the U.S. are overweight or obese? Making better food choices can make a big difference. But it's not the only thing you can do. New research suggests strength training (at any age) can help you lose weight, build muscle, and live longer. Here's a little motivation from a 100-year-old grandma...

Y-Axis: This Detox Will Boost Your Mood

Ever feel stressed out, frustrated, depressed or unhappy? It happens. Here's a low-tech way to boost your mood and free up time for more important things.

Recipe: Chickpea Salad

Need a healthy and easy-to-make salad for a picnic lunch or dinner? Try this chickpea salad recipe. (You might know chickpeas by their other name: garbanzo beans.) You only need six ingredients, and it takes just a few minutes to make.

Take the June Health Challenge!

Think Positive: Train your brain to think positive

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: How can I add more vegetables to my diet?

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THE Y AXIS



This Detox Will Boost Your Mood

How much do you click, swipe, tap, and scroll?



People who use social media spend up to 8 hours a week staring at a screen.

And if you're feeling like you're in a funk, that might be the reason.

What if you took a break from social media?

You know...no Facebook, Twitter, TikTok, Instagram, Pinterest, and all the others.

In a recent study, something happened when people cut social media use to just 3 minutes a day or less.⁴

The digital detox helped improve wellbeing. It also reduced feelings of depression and anxiety. Try it.

COMMENTS?

Send comments to the editor:

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Stop THIS Time Waster to Prevent Heart Disease

Limit TV screen time to less than 1 hour per day

Do you binge-watch your favorite streaming picks in front of a big screen?

Maybe you sit down after dinner to watch a TV show and catch the nightly news for a couple hours.

Or does your schedule include a regular dose of movies at home with popcorn, treats, and soda?

If you use a smartphone or computer for work, chances are pretty good you spend a lot of time staring at a screen. It's become a necessity for a lot of people.

But how much time do you spend in front of a TV screen?

In a recent 12-year study, researchers wanted to find out if there was a connection between TV time and heart disease.¹

- **The study.** Researchers looked at genetic risk factors for heart disease and TV screen time habits in a group of 500,000 adults.
- **The results.** They found spending less than an hour per day in front of a TV screen may cut the risk for heart disease by up to 16 percent...regardless of genetic risk factors.

“Our study provides unique insights into the potential role that limiting TV viewing might have in preventing...heart disease,” says lead researcher Dr. Youngwon Kim. “Limiting the amount of time sat watching TV could be a useful, and relatively light touch, lifestyle change that could help individuals...”

Looking for something good to watch? Turn off the TV. Go for a walk, and just look around.

MORE

Reduce screen time & get active
<https://tinyurl.com/3c2e5rbp>

Beans: The ‘Magical’ Way to Beat Hunger

Study: Eating beans for breakfast helps you eat fewer calories

“Beans, beans...the magical fruit. The more you eat, the more you...”

Ahem, you know the rest.

Beans for breakfast

Ever thought about that? Cereal, fruit, toast, donuts, or the coffee shop drive-thru might be your go-to plan for breakfast. Or maybe you skip breakfast.

What you eat (or don't eat) to start the day can have an impact on your appetite, according to a recent study.²

The study: Researchers fed a group of 43 people one of three breakfasts over several weeks:



- **Breakfast 1:** Meat patty with mashed potatoes
- **Breakfast 2:** Bean patty with mashed peas
- **Breakfast 3:** Bean potato patty with mashed peas

Three hours after breakfast, the people rated their hunger. Then they were all served the same lunch (pasta with meat sauce). They could eat as much lunch as they wanted, but researchers kept track of how many calories they consumed.

The results: People who had the bean patty with mashed peas for breakfast ate 12 to 13 percent fewer calories for lunch than the other



Chickpea Salad

Need a healthy and easy-to-make salad for a picnic lunch or dinner? Try this chickpea salad recipe.⁵ (You might know chickpeas by their other name: garbanzo beans.) You only need six ingredients, and it takes just a few minutes to make.

Ingredients

- 1 15-oz can chickpeas (drained, rinsed)
- 1/3 C light mayonnaise
- 1-1/2 stalk celery (diced)
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- Salt and pepper to taste

Directions

1. In a bowl, mash chickpeas with a fork. (Or you can puree them in a blender.)
2. Stir in remaining ingredients until mixed well.

Use the Granny-Method to Fight Obesity

Aim for at least 2 days of strength training per week

Florida resident Edith Murway-Traina likes to spend time in the gym.

She might not be as agile as she was when she was a dancer. But at 100 years old, she's still active and strong.

In fact, she holds a Guinness World Record for deadlifting 163 pounds and bench pressing 63 pounds.

Strength training for weight loss

If you need to lose weight, you might think you need to ramp up running, jogging or walking to tip the scale in the right direction.

But what if you have aches and pains or weaknesses that make that type of exercise hard? You know...things like knee pain, back pain, poor balance, or lack of strength.

No cardio. No problem. There's another way... The Granny Method.

In one recent study, researchers found that strength training like Edith can be an effective way to:³



- Lose weight
- Build muscle
- Increase strength
- Improve balance
- Improve overall health

“We can use resistance training and achieve meaningful effects with a diet based on caloric reduction,” says lead researcher Pedro Lopez. “We can reduce body fat percentage, whole-body fat mass, body weight and BMI.”

Strength training guidelines for adults

The American College of Sports Medicine recommends adults strength train at least two days a week. Here are some easy ways to get started:

- Take a strength training class
- Work with a personal trainer
- Lift weights at the gym, or...
- Do bodyweight exercises like squats, lunges, push-ups and crunches

MORE

5 strength-training tips for weight loss
<https://tinyurl.com/398z366c>

Beans: The 'Magical' Way to Beat Hunger (continued from page 1)

groups. They also reported feeling less hungry between breakfast and lunch.

Want to improve your diet and control hunger?

Eat beans for breakfast. Try:

- A breakfast burrito with black beans and chopped veggies.

- Mix mashed beans in with a fruit smoothie.
- Hummus with vegetables or whole-grain crackers.

Bean count. The protein and fiber in beans will help you feel fuller longer. Beans for breakfast can also help you lose weight or maintain a healthy weight.

MORE

10 ways to eat beans for breakfast
<http://tinyurl.com/y89odunk>

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Take the June Health Challenge!

Think Positive: Train your brain to think positively

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: How can I add more vegetables to my diet?

WELLNESS CHALLENGE

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Think Positive

CHALLENGE

Train your brain to think positive

Requirements to complete this HEALTH CHALLENGE™

1. Read “Think Positive.”
2. Create a plan to think positive daily.
3. Keep a record of your completed health challenge in case your organization requires documentation



Olympic skier Jackie Wiles topped 80 miles per hour on a downhill course in a World Cup Race. She hit turn after turn perfectly using her skis, poles, and body.

A week later, she was racing against the

best downhill skiers in the world. And then something happened.

At the peak of her career as a world-class athlete, Wiles lost her balance. She spun out of control and veered off course.

When race officials reached her on the snow-covered slope, she couldn't walk. The impact tore ligaments, broke two bones in her leg, and caused other injuries.

Even before surgery, Wiles knew she had a choice. Give up, quit skiing, and do something else. Or focus on getting better and stronger to ski like a pro again.

What would you do? Dwell on the negative or focus on the positive?

Positive thinking can actually improve your mood, support good health, and help you live longer. Give it a try. Take the month-long health challenge to Think Positive.

Giving thanks can make you happier
<http://tinyurl.com/vctbfmyd>

The Power of Positive Thinking

Fact or fiction: Is positive thinking good for your health. Take the quiz to find out.



T F

1. People with a positive outlook on life have a lower risk of heart disease than those who focus on the negative.
2. Stress and negative thinking don't really impact blood pressure.
3. A little exercise or meditation can boost your mood and help you feel better.
4. People who focus on the positive tend to live longer and have a lower risk for chronic disease than those who don't.
5. Positive thinking improves brain function, memory, and problem-solving skills.

How did you do? Skipping breakfast might save you calories. But if you don't have a plan, you're more likely to eat junk food later. Not all oatmeal and cereals are the same. Some are loaded with sugar and empty calories. Starting the day with a healthy breakfast can have a positive impact on your health.

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

9 Health Benefits of Positive Thinking

After the ski slope crash, Jackie was taken away on a stretcher. She needed surgery to repair torn ligaments, broken bones, and damage to her knee. Then came physical therapy. Every step of the way to recovery, she's focusing on the positive.

“Scars tell stories and show what I've been through and the strength from within,” says Jackie. “I'm going to come out stronger from this.”

And she did. She recently competed in the 2022 Winter Olympics in the Women's Alpine Skiing Downhill event.

It's good to focus on the positive or look on the bright side, even when things go wrong. It can improve your health and quality of life in many ways, such as:

- Lower the risk for heart disease¹
- Help you live longer²
- Bounce back from negative events faster
- Improve well-being and quality of life³
- Support and protect the immune system⁴
- Reduce blood pressure⁵
- Supports healthy relationships⁶
- Protect brain function and memory as you age⁷
- Reduce worry, stress, anxiety, and depression⁸

The Optimistic Outlook: 8 Ways to Think Positive

Are you already an optimistic person? Keep up the good work. But what if you tend to focus on the negative, or catch yourself thinking the worst? Practice positive thinking. Here are 8 ways to develop a positive mindset:

1 Start your day with positive thoughts. When you wake up, do you start worrying about everything on your to-do list and what could go wrong? Stop. Start your day with a positive thought like: “Today is going to be a great day.”

2 Be grateful. It’s another way of saying, “look for the positive.” For example, when you’re stuck in traffic, be grateful for extra time to listen to your favorite song or podcast.

3 Keep a gratitude journal. Take a few minutes each day to write down a few things you’re grateful for. Even little things matter, like clean air, a beautiful sunset, or all green lights on your way to work.

4 Laugh more. It’s a great way to boost your mood, feel happier, and be more positive. Read or listen to funny jokes. Watch a comedy. And look for humor, even in difficult situations. When you laugh, endorphins are released in the brain that help improve your mood.

5 Make time for exercise. Aim for 30 to 60 minutes a day. Break it up into smaller chunks of time if that fits your schedule better. Go for a walk. Ride a bike. Hit the gym. Take a fitness class. You’ll feel better, think better, and be more positive.

6 Learn from failure. When something doesn’t turn out the way you expected, it’s easy to focus on what went wrong. Change the way you think about failure. Turn it into a learning opportunity. Inventor Thomas Edison said: “I have not failed 10,000 times. I have not failed once. I have succeeded in proving that those 10,000 ways will not work.”

7 Stop, think, choose. Pay attention to what you say and think. When you catch yourself making a negative statement or comment, Stop. Think about what you’re saying. And Choose to reframe it with a positive statement. Here’s an example: **Stop:** I’ll never be able to eat a healthy diet. **Think:** That’s not true. I just ate a cookie, but I eat healthy foods, too.

16 more ways to think positive
<http://tinyurl.com/y8xc6hgw>



Choose: I’m working on eating a healthier diet. I’ll make better choices next time.

8 Surround yourself with positive people. You may not be able to avoid Debbie Downer or Bob Bummer if they’re your co-workers or part of your family. But you can surround yourself with positive people. Being around people with a positive outlook will help you learn to think this way, and avoid dwelling on the negative.

Positive thinking won’t solve all your problems or turn your life into a magical fairy tale. But it can improve your physical and mental health, help you live longer, and feel happier. And that’s something to be grateful for.

Think positive...
live longer
<http://tinyurl.com/y7cbavlv>

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Think Positive

CHALLENGE

Train your brain to think positive

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 think positive daily.
3. Use the calendar to record your actions and choices to think positive.
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 positive thinking
 _____ 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. How can I add more vegetables to my diet?

A. You mean without eating handfuls of broccoli and spinach, right?

If you're looking for ways to add more vegetables to your diet, you're headed in the right direction. Why?

Most adults don't eat enough vegetables. In fact, in a recent study, researchers found that only 10 percent of adults eat the minimum amount of vegetables recommended per day.¹

• **Eat this much.** The *2020–2025 Dietary Guidelines for Americans* recommends adults eat 2 to 3 cups of vegetables per day.²

Veggie power: 7 health benefits of vegetables

Did you know vegetables are rich in key nutrients, low in calories, and high in fiber? Eating vegetables is one of the best things you can do to improve your health. Research shows that eating more vegetables can help:³

- Lower blood pressure
- Support weight management
- Improve digestion
- Control blood sugar levels + prevent/manage diabetes
- Reduce the risk for heart disease and stroke
- Help prevent certain types of cancer
- Control appetite

Eat more vegetables: 6 ways to munch more

If you haven't been eating enough vegetables, you're



not alone. Only 1 in 10 adults eat enough fruits and vegetables. But it doesn't have to be that way.

Here are some easy ways to add more vegetables to your diet:

- **The Smooth Move.** Make a smoothie with vegetables and fruit. With just a few ingredients, you can use a high-powered blender to make a healthy smoothie. Try smoothie recipes with fruit and vegetables like carrots, spinach, cucumber, kale, or cauliflower.
- **The Dip Delight.** Try fresh vegetables served with a light salad dressing or fat-free dip. Stack a plate with raw broccoli, cauliflower, carrots, and snap peas, and enjoy these vegetables at snack time or while you're preparing a meal. They are much better for you than snacking on junk food or sweet treats.
- **The Soup Secret.** Add vegetables to your favorite low-sodium soup. If you're making your own vegetable soup, it's probably in good shape. But canned soups could benefit from more fresh veggies. Add some freshly chopped carrots, leeks, or green beans. Frozen vegetables work nicely too.
- **The Hiding Place.** Spaghetti sauce is the perfect "hiding place" for vegetables. Chop up zucchini,

ASK THE Wellness DOCTOR

onions, eggplant, broccoli, cauliflower, and mushrooms, and add them to your pasta sauce. Puree the sauce if you have to. The smaller you chop them, the less likely you'll even notice they've been added to the sauce!

- **That's a Wrap.** Burritos and quesadillas are even tastier with added vegetables. Cook some eggs. Toss in tomatoes, spinach, mushrooms, red onion, and asparagus. Then wrap it up in a tortilla. Or go sans tortilla and make an omelet pack with veggies.
- **The Griller.** Grill vegetables to serve with your meal. Brush your favorite vegetables with olive oil, light Italian dressing, or your own marinade, and cook them on the grill. Try portobello mushrooms, zucchini, yellow squash, eggplant, cauliflower, or asparagus spears. Or use skewers to create veggie kabobs.

Hungry to get healthier?
Eat more vegetables

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