



# HEALTH & WELLNESS NEWSLETTER AUGUST 2022

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## **HIGHLIGHTS for the August 2022 Newsletter**

### **Prison Break: The Curious Way to Stop a Heart Attack**

Every 40 seconds someone in the U.S. has a heart attack, even in prison. Fast action could save your life. Do you know the warning signs of a heart attack?

### **Fit for Life: Find an Activity You Enjoy to Stay Fit**

Want to be healthier and feel better? Neal Unger does. That's why he's still skateboarding at 65 years old. You're never too old to start exercising. Find an activity you enjoy to stay fit. Here's what you need to know...

### **Eat This: The Surprisingly Simple Diet to Live Longer**

Ever wonder what the secret is to living longer? In a recent study of 74,000 people, researchers found that the foods you eat make a big difference. Here's what the healthiest people in the world eat...

### **Y-Axis: The Dreamy Way to Curb Junk Food Cravings**

Got a sweet tooth that you can't seem to control? Check out this dreamy way to curb junk food cravings.

### **Recipe: Zucchini Salad**

Zucchini pops up in gardens everywhere this month. Got some of this summer squash? You can observe National Sneak Some Zucchini onto Your Neighbor's Porch on Aug. 8. Or, you can try this Zucchini Salad recipe..

### **Take the August Health Challenge!**

Spend Time Outdoors: Get outside to boost health & happiness.

### **Ask the Wellness Doctor:**

This month Dr. Don Hall answers the question: Can walking every day really make a difference?

# NEWSLETTER

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THE Y AXIS



### The Dreamy Way to Curb Junk Food Cravings

Got a sweet tooth that lures you to cookies, candy and ice cream? It might be your way of dealing with stress. But using food to beat stress isn't a winning strategy.



So how can you curb your cravings? Get a good night's sleep.

Research shows that 7 to 8 hours of sleep is a good recipe for healthy eating. Sleep helps decrease hunger and curb cravings for sweet and salty food.<sup>4</sup>

Sleep also helps reduce stress and improve mood. And those are ingredients that will help you make better food choices.

#### COMMENTS?

Send comments to the editor:

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## Prison Break: The Curious Way to Stop a Heart Attack

Learn to recognize the warning signs of a heart attack

When eight inmates in a Texas prison started shouting, it looked like a prison break.

Shackled together, they broke down the door to their holding cell. Then they rushed the prison guard, making as much noise as possible.

One minute their prison guard was talking and joking. The next minute, he fell over. The inmates knew something was wrong. He was having a heart attack.

Prison officials rushed in. They performed CPR on the guard and shocked his heart to start beating again. And the inmates helped save his life.

### Do you know the warning signs of a heart attack?

Every 40 seconds someone in the United States has a heart attack. When someone has a heart attack, getting treated as soon as possible can be the difference between life or death.

The most common warning signs of a heart attack include:<sup>2</sup>

- **Chest pain or discomfort**, usually in the center or left side of the chest.
- **Upper body discomfort**. Some people have pain in one or both arms, the back, shoulders, neck, jaw, or upper part of the stomach.
- **Shortness of breath**, even without being physically active. It often comes on suddenly, and can happen with or without pain or discomfort.
- **Sweating, nausea, or lightheadedness**. These can happen with or without chest pain or pressure.

If you or someone else shows warning signs of a heart attack, call 9-1-1. It's the best way to get help, get to a hospital, and survive a heart attack.

#### MORE

Heart attack? Here's what to do <https://tinyurl.com/5f2z4zum>

## Fit for Life: Find an Activity You Enjoy to Stay Fit

Be active for 20-30 minutes per day

It makes sense that Neal Unger lives in California. It's the birthplace of skateboarding. And he loves to ride...on the sidewalk, the street, and local skate parks. He's got the skills to land a long list of tricks, cut corners, and go fast.

He's even invented a couple of tricks of his own, like the Sissy Bounce Finger Flip. The dude is serious about staying active on his skateboard. It's his form of exercise. And it's also how he keeps his balance – both body and mind. He meditates as he strengthens his core on four wheels.

Unger may not fit your idea of the typical skateboarder. Watch him skate and one of the first things you'll notice is his gray hair. Unger is 65 years old.



“One of the main reasons why I wanted to skate was to show people that it's possible,” says Unger. “It's possible to be strong. It's possible to be in good condition. I just want to continue to see how healthy can I get, and how young can I get? How old can I look, and yet still act young?”



### Zucchini Salad

Zucchini pops up in gardens everywhere this month. Got some of this summer squash? You can observe National Sneak Some Zucchini onto Your Neighbor's Porch on Aug. 8. Or, you can try this Zucchini Salad recipe.<sup>5</sup>

#### Ingredients

- 2 tsp olive oil
- 1 tsp garlic, minced
- 1/4 tsp pepper
- 4 large zucchini, grated
- 1 T parsley, chopped
- 2 T dill, chopped
- 2 T red onion, chopped
- 1/4 C fat-free feta cheese
- 1/4 C fat-free Greek yogurt
- Juice of 1 lemon

#### Directions

1. In a small bowl, combine lemon juice, olive oil, garlic, salt and pepper. Set aside.
2. In a large bowl, mix in grated zucchini, parsley, dill, onion, and feta.
3. Add small bowl mixture to zucchini. Mix well.
4. Chill covered for two hours, or overnight before serving.

Makes 6 servings.  
65 calories per serving.

# Eat This: The Surprisingly Simple Diet to Live Longer

Plant-based foods are best for long and healthy life



Ever wonder what the secret is to living longer? That's a million dollar question, right?

People have been looking for a quick fix to live longer for centuries. FYI...the Fountain of Youth or a ring with magical powers does not exist.

### So why do some people live longer than others?

There's more than one factor at play. But it's clear that healthy eating habits make a difference.

In a recent study, researchers tracked the eating habits of 74,000 people for 12 years.<sup>3</sup>

Researchers found that healthy eaters had a lower risk of death than people who didn't eat a healthy diet. Healthy eaters were also less likely to die from heart disease or stroke.

So what did they eat?

### The healthiest people who lived the longest ate more:

- Fruits
- Vegetables
- Legumes
- Fish
- Nuts and seeds
- Low-fat dairy products
- Whole grains
- Healthy fats
- Lean meats

Now you know what to get the next time you go to the grocery store, plan a meal, or order out.

But what if you've been eating burgers and fries all your life?

### If you change your diet now, will it do any good? Yes.

Even small changes to your diet over time can cut your risk for chronic disease and early death, says lead researcher Mercedes Sotos-Prieto.

Eat healthier, starting today, to live longer.

**MORE**

TED Talk:  
How to live to be 100-plus  
<http://tinyurl.com/pntgdy6>

## Fit for Life: Find an Activity You Enjoy to Stay Fit (continued from page 1)

### Sit less, move more

Maybe you're not ready to ride the half-pipe with Neal. What do you like to do that keeps you active? Walk, cycle, swim, hike, dance, or maybe go to the gym.

Find a way to be more active. Pick an activity you enjoy, and make it a part of your lifestyle. Aim for at least 30 minutes a day.<sup>2</sup> You'll feel better, and live longer.

**MORE**

Find motivation to exercise  
<https://tinyurl.com/8a37974z>

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## Take the August Health Challenge!

Spend Time Outdoors: Get outside to boost health & happiness

## Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:

Can walking every day really make a difference?

# WELLNESS CHALLENGE

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# Spend Time Outdoors

## CHALLENGE

Get outside to boost health & happiness

## Requirements to complete this HEALTH CHALLENGE™

1. Read "Spend Time Outdoors."
2. Create a plan to spend more time outside (aim for 120+ minutes a week)
3. Keep a record of your completed health challenge in case your organization requires documentation.



When the young Cheryl Strayed reached a tipping point in her life, she wasn't happy.

Her marriage failed. Her mother died. She bounced from one job to the next as a journalist, waitress, office worker, youth advocate, and medical technician.

She made a lot of unhealthy choices. And she knew something had to change.

So she filled a backpack with a few essentials, put on some hiking boots, and headed for the great outdoors.

For the next three months, Strayed hiked north from California to Washington, along 1,100 miles of the Pacific Crest Trail. The journey changed her life and inspired her best-selling memoir, *Wild*.

You may not be planning to hike a thousand miles or go on a three-month camping trip. But spending some time outside is good for your health and happiness. Take the month-long health challenge to Spend Time Outdoors.

5 health benefits of spending time in nature  
<https://tinyurl.com/2vxb7es5>

## The Fabulous Fresh-Air Quiz

How much do you know about the health benefits of spending time outdoors? Take the quiz to find out.



### T F

1.   The average adult spends 75% of their time inside (home, office, store, car).
2.   People who spend 120+ minutes per week outside are happier than those who don't.
3.   Spending time in natural settings (parks, trails, greenspace, beach, etc.) can help reduce stress and lower blood pressure.
4.   Just a few minutes in the sun each day can boost vitamin D levels, improve bone health, and strengthen the immune system.
5.   Exercising outside increases serotonin levels and helps reduce depression and anxiety.

How did you do? Most adults spend 93% of their time indoors.<sup>1</sup> How much time do you spend outside per day or per week? Research shows spending time outdoors in natural settings can have a positive impact on your physical and mental health.

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

## Step Outside: 11 Health Benefits of the Great Outdoors

Have you ever felt a little stressed out, overwhelmed, or in a funk? Or maybe you're looking for ways to improve your health and prevent disease. Do this: Step outside a little more often.

Researchers looked at data from 143 studies and found that spending time outdoors may help:<sup>2</sup>

1. Improve mood
2. Lower blood pressure
3. Reduce stress
4. Increase longevity



5. Prevent and control diabetes
6. Raise HDL (good) cholesterol levels
7. Lower the risk for certain types of cancers

Research also shows spending time outdoors can help:<sup>3</sup>

8. Increase vitamin D levels
9. Strengthen the immune system
10. Support weight management
11. Boost creativity

# 15 Simple Ways to Spend More Time Outside

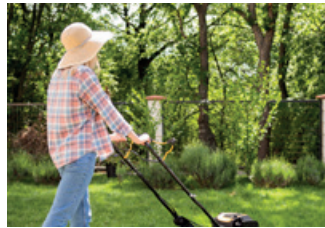
Want to improve your health and feel happier? Spend more time outside.

You don't have to spend three months outside or walk 1,100 miles like Cheryl Strayed did on the Pacific Crest Trail.

Instead, spend a few minutes outside every day (and maybe a little more on the weekend). Check out these simple ways to spend more time outside:

## At Home

**1 Work in the yard.** Mow the lawn. Water the flowers. Plant a garden. If you don't have a yard, help a friend who does.



**2 Eat en plein air.** That's French for "outside." Make breakfast, lunch or dinner, and enjoy it outside. Try the deck, backyard, balcony or driveway.

**3 Chat with neighbors.** Remember this? Most adults spend 93% of their time indoors. Take a walk and visit your neighbors.

**4 Get the mail.** If you have a community mailbox, take a walk to get it (instead of driving up to the curb...you've seen people do this, right?)

**5 Go for a walk.** Walk the dog. Take a stroll through the neighborhood. If it's close enough, walk to complete simple errands. Just walk to the end of the street. Or swap a gym workout for jogging or running outside.

## At Work

**6 Host a walking meeting.** You know...instead of sitting in a conference room or staring at a screen on a video call.



**7 Eat lunch outside.** Take your lunch to an outdoor eating area or nearby park. If you go out to eat, eat outside when the weather's good.

**8 Take a walk break...outside.** Take a short walk break a couple times a day. Just 15 to 20 minutes can boost your mood and creative juices.

**9 Read outside.** Maybe you've got a lot of paperwork to sift through. Or you want to take a break to read something a little lighter like a novel or magazine. Find a place where you can read outside.

10 work-week tips to spend more time outside  
<https://tinyurl.com/wr7efx2s>

## HealthyRx: Spend 120+ minutes a week outside



Starting to get the picture? Spending time outdoors is good for your health and happiness. But how much time makes a difference?

- **120+ minutes per week.** In a study of 20,000 people, researchers found that people who spend at least 120 minutes a week in nature are happier and healthier than those who don't.<sup>4</sup>
- **Break it up.** Researchers also found that spending less than 120 minutes per week outside wasn't enough to provide measurable health benefits. Break it up into smaller chunks of time that fit your schedule.
- **Don't forget the sunscreen.** If you're going to be outside for longer than 10+ minutes in direct sun, don't forget the sunscreen. Sunscreen with an SPF (sun protection factor) of 30 or higher blocks 97% of the sun's harmful rays.<sup>5</sup>

Mood makeover: Get back to nature  
<https://tinyurl.com/2p9fsjce>

## Out and About

**10 Park far away...** when you go to the store. Then walk across the parking lot.

**11 Go for a hike.** Find a trail, nature park or greenspace in your area and hike or walk.



**12 Plan a picnic.** Pack a lunch with your favorite foods and find a place to have a picnic like a park, beach, or even your backyard.

**13 Try camping or glamping.** Pack your tent, sleeping bags and camping gear for a night in the outdoors. Or make it a little easier and stay in an RV, cabin, yurt, or rental where you can get away and get outside.

**14 Look up at the sky.** Catch a sunset. Or go outside on a clear night and look up at the sky.

**15 Go exploring.** Chances are pretty good there's some outdoor gems in your area you haven't been to yet. Go exploring. Get outside and visit a park, trail, lake, beach, or natural area you haven't been to before.

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# Spend Time Outdoors

**CHALLENGE**  
Get outside to boost health & happiness

### 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 spend more time outdoors.
3. Use the calendar to record your actions and choices to spend more time outdoors.
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	
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 spent time outdoors  
 \_\_\_\_\_ Number of days this month I exercised at least 30 minutes

### Other wellness projects completed this month:

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Name \_\_\_\_\_ Date \_\_\_\_\_

# ASK THE DOCTOR

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# Q.

Can walking every day really make a difference?

# A.

Absolutely. If you're looking for a simple way to improve your health, go for a walk.

Lace up your shoes and...

- Walk out the door.
- Take a walk break during your work day.
- Walk around the block at home after dinner.
- If it's close enough, walk to the store to run errands or buy groceries.
- Or plan a hike, visit a park, or go to the beach and take a walk.

### Discover the health benefits of daily walking

Take a look at your schedule, and find a way to fit in 30 minutes of walking. Don't have a 30-minute block of time? Take a few 10-minute walk breaks, and you'll still reap the benefits.<sup>1</sup>

Research shows that regular walking can help you:

### Manage your weight

Did you know 73.6% of adults in the U.S. are overweight or obese?<sup>2</sup> Walking can make a difference.

- The average adult burns about 100 to 150 calories on a 30-minute walk.



- If you walked for 30 minutes every day for a year, you'd burn enough calories to lose 10 pounds of fat.

### Reduce chronic disease risk

Did you know heart disease is the leading cause of death in the U.S.? Stroke and diabetes are also on the list. But these chronic diseases are largely preventable with healthy lifestyle habits. Walking can make a difference.

- One recent study found that walking at least 7,000 steps a day may cut the risk for chronic disease and early death by 50 to 70%.<sup>3</sup>

### Boost your mood

Ever have one of those days? You know, you're stressed out or feeling down about something. There were a lot more of those days during the pandemic, right?

An estimated 41% of adults have reported feeling depressed or anxious since the start of the pandemic<sup>4</sup> The good news...walking can make a difference.

- In a University of Mississippi study, researchers found that just 10 minutes of walking can help

## ASK THE Wellness DOCTOR

reduce anxiety and depression, and increase happiness.<sup>5</sup>

### Improve overall health

If you're thinking about making some changes to get healthy, skip the fad diets, insane workouts and gimmicky exercise equipment. It doesn't have to be that hard.

Walking can make a difference. Research shows that walking can also help:<sup>6</sup>

- Strengthen your bones and muscles
- Prevent certain types of cancer
- Increase energy levels
- Improve balance and stability
- Boost your immune system

Good job. You read this all the way through. Now walk away. You'll be healthier, feel better, and live longer.

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# STAYIN' ALIVE

Talking about safety isn't enough.



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