

STAYIN' ALIVE

Talking about safety isn't enough.



HEALTH & WELLNESS NEWSLETTER JULY 2019

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HIGHLIGHTS for the July 2019 Newsletter

Blueberries Boost Heart Health

Remember Violet Beauregarde in the classic story Willy Wonka and the Chocolate Factory? She couldn't resist the three-course-meal gum that included blueberry pie. And maybe that's not such a bad thing. Learn more about the health benefits of blueberries.

What Happens When You Hang Out with Healthy People

Want to be healthier, stick with your diet, and be more active? There's a simple answer than doesn't have anything to do with food or fitness, and everything to do with the people you hang out with. Here's what you need to know.

The New Rules of Exercise to Control Blood Pressure

How's your blood pressure? If it's 120/80 or higher, do something about it to protect your heart. Here's how to exercise to control blood pressure. Y-Axis: The Two-Minute Task to Keep Your Brain Healthy

Got two minutes to spare twice a day?

This simple activity will help keep your brain healthy as you age. Learn more. Recipe: Quinoa Veggie Burger with Avocado Try this no-meat burger made with quinoa, beans, and flavor-rich seasonings.

Ask the Wellness Doctor

Dr. Brittany Carter answers this month's Ask the Wellness Doctor question: What goes into a healthy green salad?

Health Challenge

Take the month-long Health Challenge: Eat Less Sodium: Shake the salt habit to protect your heart.

NEWSLETTER

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THE Y AXIS



The Two-Minute Task to Keep Your Brain Healthy

Check your schedule. Got time for a two-minute appointment twice a day?

Sure, that might sound like a big commitment. But it's worth it. All you have to do: Brush your teeth.

If you don't brush your teeth daily, you may develop gum disease. And that's a problem.

New research shows gum disease toxins can travel to the brain and cause nerve damage linked to Alzheimer's disease.¹



Want to lower your risk for memory loss as you age? Use your brain. It only takes two minutes to brush your teeth.

COMMENTS?

Send comments to the editor: well@wellsources.com

Blueberries Boost Heart Health

A daily serving of blueberries lowers risk for heart disease by 15 percent

Remember Violet Beauregarde in the classic story *Willy Wonka & the Chocolate Factory*? She grabbed a piece of gum made to taste like a three-course dinner... even though she wasn't supposed to.



First came tomato soup. Then roast beef and baked potato. Finally, blueberry pie with a bit of a juicy twist. And maybe that's what she was after.

Blueberries help prevent heart disease

New research shows that eating about a cup of blueberries a day may cut your risk for heart disease by 15 percent.²

MORE
10 surprising facts about blueberries
tinyurl.com/yxfvh6v5

That's big. Almost as big as Violet when she's carted off by Oompa Loompa's to get squeezed for blueberry juice. Why?

Heart disease is the leading cause of death in the United States. It claims the lives of about 610,000 people a year.

But most heart problems can be prevented with:

- Healthy lifestyle habits
- Regular exercise, and
- Smart food choices, like eating more vegetables and fruits, including blueberries

In the study, researchers followed 138 overweight or obese adults at risk for heart disease for six months. One group ate a cup of freeze-dried blueberries with food every day. One group ate a half cup of blueberries a day. And a third group ate placebo blueberries.

In the study, a cup of blueberries a day helped improve circulation and reduce artery stiffness. It didn't matter if they were fresh, frozen, or even freeze dried.

If you want to lower your risk for heart disease, eat more blueberries. They're easy to add to cereal, yogurt, oatmeal, salads, and smoothies. And they taste just as good by the handful. @

What Happens When You Hang Out with Healthy People

Network of health-minded friends improve diet, exercise, lifestyle habits

"You're the average of the five people you spend most of your time with."

Ever heard that before? It's advice Jim Rohn encouraged people to think about. And it worked. His books and speeches motivated people to try new ideas and build successful businesses like Rohn had done.

But it's not just business advice. New research shows that the company you keep has an impact on your health and happiness, too.³

A fitness tracker + friends study

Researchers wanted to see how much sway a person's friends has



on diet, exercise, and lifestyle habits. So they collected nine months of fitness tracker data for about 700 students. The study also counted the number of times the students called or sent texts to each other. Then researchers combined the two bits of data. The answer? Friends have a strong influence.

You might use a fitness tracker to be more active. But you're a lot more likely to adopt and keep healthy habits when your friends have similar goals, share updates, and hold each other accountable.

Want to improve your health? Create a healthier social network online and offline. Here's how:

- **Share fitness tracker info with friends.** Compare data like steps, sleep, and calories. Use mobile apps or social media to motivate and encourage each other.
- **Take a walk with friends** at work or in your neighborhood. Or workout together.



Quinoa Veggie Burger with Avocado

Try this no-meat burger made with quinoa, beans, and flavor-rich seasonings.⁵

Ingredients

- 1 can cannellini beans, rinsed
- 1 medium avocado; dice one half, leave the other half whole
- 1 large egg
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp chili powder
- ½ tsp ground cumin
- ⅛ tsp black pepper
- 1 C quinoa, cooked
- ¼ C low-fat mayonnaise
- 1-½ tsp sriracha sauce

Directions

1. Preheat the oven to 375°F. Line a baking sheet with foil. Coat lightly with cooking spray.
2. Mash beans and the un-diced half of the avocado together. Add egg, garlic powder, paprika, chili powder, cumin, and pepper, stirring to combine.
3. Fold the diced avocado half and quinoa into the bean mixture.
4. Form the mixture into 5 patties. Bake 30 minutes.
5. Whisk together the mayonnaise and sriracha sauce. Spread on burgers when done
6. Serves 5. 343 calories per serving.

The New Rules of Exercise to Control Blood Pressure

Exercise your heart and muscles on most days of the week

What's your blood pressure? If it's 120/80 or higher, it's "Elevated" or worse. And it probably is. So what are you going to do about it?

Almost 50 percent of all adults in the U.S. have high blood pressure. Left unchecked, it can damage your heart, brain, kidneys, eyes, and bones. High blood pressure can even interfere with sexual function and sleep.

But it doesn't have to be that way. In fact, there are many lifestyle changes you can make to help control blood pressure:

- Avoid or limit high-sodium foods
- Eat more fruits and vegetables
- Avoid or limit alcohol
- Avoid or limit caffeine



Get at least 90 to 150 minutes a week of cardio exercise and strength training. A combination of both is the best exercise prescription to control blood pressure.

Cardio + strength training to control blood pressure

The American College of Sports Medicine recently announced new exercise guidelines to help control blood pressure.⁴ Here's what you need to know:

- Manage stress in healthy ways
- Maintain a healthy weight, or lose weight if you need to
- Don't smoke, or quit if you do
- And there's at least one more way to control blood pressure ... *exercise.*



Examples: Go for a walk. Lift weights. Swim. Do push-ups, pull-ups, curl-ups, and squats. Ride a bike. Play a team sport. Take a fitness class.



Pick a combination of cardio and strength training activities you enjoy.

If you want to protect your heart, control blood pressure, and live longer, aim to be active every day. @

MORE

Get active to control high blood pressure tinyurl.com/y5x4jpd7

What Happens When You Hang Out with Healthy People (continued from page 1)

- **Discuss food choices.** Share healthy meal ideas, recipes, and grocery shopping tips. Compare notes about cooking at home, healthy eating when you go out, calories, etc.

MORE

Can relationships boost longevity and well-being? tinyurl.com/y6gocbnd

- **Create accountability.** Want to eat better, be more active, lose weight, manage stress, or get more sleep? Share your wellness goals with friends. Friends can hold each other accountable. @

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Take the July Health Challenge!

Eat Less Sodium: Shake the salt habit to protect your heart

Ask the Wellness Doctor:

This month Dr. Brittany Carter answers the question:

What goes into a healthy green salad?

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WELLNESS CHALLENGE

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Limit Sodium

CHALLENGE

Shake the salt habit to protect your heart

Requirements to complete this HEALTH CHALLENGE™

1. Read "Limit Sodium."
2. Create a plan for meals and snacks to eat less sodium.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When Miki Sudo steps on stage this month at Nathan's Hot Dog Eating Contest on Coney Island in New York, she's going to be hungry ... for hot dogs. And in case you didn't know, hot dogs are one of many foods high in sodium.

Sudo is a competitive eater. She's munched her way through a mountain of high-calorie, high-sodium foods. She's devoured a massive pile of chicken wings: 178 of them! And she's last year's Hot Dog Eating champ.

What's on your menu? You're probably not going to eat anything like Sudo. But foods like hamburgers, hot dogs, pizza, and fried chicken are all high in sodium. And that's a problem if you eat foods like this a lot.

On the Fourth of July, Sudo will try to munch her way through dozens of hot dogs and buns in under 10 minutes. And she'll down about 19,000 mg of sodium. Sounds crazy, right?

You may not eat 178 chicken wings or 40 hot dogs at a time. But you may still eat too much sodium. Most people eat 3,400 mg of sodium per day or more. And that's enough to raise your risk for a heart attack, stroke, and other health problems.¹

Want to learn how to eat less sodium to protect your heart and your health? Take the month-long Health Challenge to *Limit Sodium*.

How much do you know about the health benefits of reducing sodium/salt in your diet? Take this quiz to find out.



T F

1. Too much sodium in your diet can increase blood pressure and the risk for heart disease and stroke.
2. You can lower your blood pressure in just a few days, by reducing the amount of sodium in your diet.
3. You need some sodium in your diet to help control blood pressure, absorb nutrients from food, and support nerve and muscle function.
4. The average adult should consume less than 1,500 mg of sodium/salt per day.
5. Canned soups, microwave meals, and breads do not contain high levels of sodium.

How did you do? The average adult should consume less than 1,500 mg of sodium per day. But most people eat twice that amount by eating things like fried foods, microwave meals, pizza, processed food, and processed meats. The good news: Eating more plant-based foods will help protect your heart and keep your blood pressure under control.

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

Why eat less salt?

A couple slices of pizza. A fast food burger with fries. Canned soup, microwave meals, and processed meats. What's the big deal? These foods are all high in sodium.

Most adults should eat 1,500 mg of sodium per day or less, according to the Centers for Disease Control and Prevention.² But people consume 3,400 mg of sodium or more per day. And that's a problem.

Find out how much sodium you consume tinyurl.com/vyys2ngz

EAT LESS SODIUM: Simple Ways to Improve Your Diet

Eat less than 1,500 mg of sodium per day. If you're going to follow this nutrition guideline to protect your heart and your health, here are a few things you can do.

- Read food labels.** Read the Nutrition Facts label on the food packages. Check the sodium content. Choose foods that have less than 100 mg of sodium per serving. Limit frozen dinners, pizza, packaged mixes, canned soups, and salad dressings.
- Buy fresh or frozen.** When it comes to fruits and vegetables, fresh or frozen is best. Canned and processed foods typically contain higher levels of sodium. If you do buy canned foods, always rinse before preparing to remove excess sodium.
- Avoid or limit fast food.** Many fast food chains serve burgers or fried foods that contain more than 1,000 mg of sodium in a single serving. Look up the nutritional information of menu items before you order.
- Go lean.** If you eat meat, eat fresh poultry, fish, and lean meat rather than canned, smoked, or processed meats.
- Make your own breakfast.** Instead of ordering breakfast on the go, make time to eat your morning meal at home. Choose low-sodium cereals or oatmeal. Enjoy fresh fruit or Greek yogurt.
- Season with spices.** Skip the salt shaker. Season foods with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends. Or use a salt substitute.
- Choose low-salt snacks.** Instead of pretzels and potato chips, try healthy snacks like unsalted nuts, dried fruit, low-fat or fat-free yogurt, plain popcorn, or fresh fruits and vegetables.

Top 25 foods that add the most sodium to your diet
tinyurl.com/yxrfunj7

Follow the DASH Diet to eat less sodium
tinyurl.com/dc87g

Four reasons to eat less sodium:

1. High blood pressure

What's your blood pressure? Less than 120/80 is normal. If it's higher than that, it's elevated, high, or a hypertensive crisis. About 1 in 3 adults has elevated or high blood pressure. It's a condition that forces the heart to work harder to circulate blood throughout the body. Over time, high blood pressure can damage your heart and arteries, lead to plaque build-up, and cause a heart attack or stroke.³

2. Kidney disease

Eating too much sodium can cause high blood pressure. Over time, high blood pressure can damage the small blood vessels in the kidneys. This increases the risk for kidney stones. It can also make you very tired and short of breath. Your body may retain water, and you might pee a lot.⁴

3. Poor bone health







If you consume high levels of sodium, your risk for poor bone health goes up. Too much sodium in your diet can limit the amount of calcium your bones absorb. And that can make them weaker and more prone to injury.⁵

4. Eye disease

High blood pressure and a diet with too much sodium can damage the small blood vessels in the eyes. This condition limits the amount of oxygen your eyes receive. And it can lead to vision loss.⁶

Where's the sodium?

Only a small amount of sodium occurs naturally in foods. Most is added during processing. Compare these foods:

1 cup, canned 354 mg		Green Beans	1 cup, fresh 1 mg	
1 cup, canned 428 mg		Peas	1 cup, frozen 8 mg	
1 cup, canned 571 mg		Corn	1 ear, corn cob 3 mg	

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Limit Sodium



CHALLENGE
Shake the salt habit to protect your heart

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or by your house keys).
2. Create a plan for meals and snacks to eat less sodium.
3. Use the calendar to record your actions and choices to eat less sodium.
4. At the end of the month, total the number of days you take action to eat less sodium. 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 took action to eat less sodium
 _____ Number of days this month I was physically active for at least 30 minutes



Other wellness projects completed this month:

Name _____ Date _____

ASK THE DOCTOR

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Q. What goes into a healthy green salad?

A. A green salad made the right way can add fruits and vegetables to your daily diet. It's one reason salad tops the list on just about every diet plan ever created. It's high in vitamins and nutrients. And it's low in calories ... with the right kind of dressing.

Munch on this ... Only about 9 percent of adults eat enough vegetables. And just 12 percent eat enough fruit.¹ But you need about 1.5 to 2 cups of fruit, and 2 to 3 cups of vegetables per day² Toss a few of both into a salad and you're on your way to better health. Eating salad is a great way to control calories, feel fuller longer, and add more whole foods to your diet.³

Here's how to build a healthy green salad:

1. Begin with leafy-greens

Skip the iceberg lettuce. Those pale-colored leaves don't contain the vitamins and nutrients found in other lettuce or greens. Start with romaine lettuce, spinach, kale, arugula, or a mix of leafy-greens.

2. Add some crunch to munch

No, that doesn't mean croutons, tortilla chips, or chow mein noodles. They're high in fat, sodium, and calories. Instead, add nuts, seeds, and raw veggies. Try diced celery, fresh broccoli florets, or pumpkin seeds. Sprinkle pine nuts, slivered almonds, walnut pieces, or pecans on top.



3. Brighten the bowl

Who says green salad has to be a pile of bland-tasting leaves? It doesn't. Add some bright colors and tastes to your salad bowl – sliced, diced, or whole:

- Red onions
- Tomatoes
- Avocado
- Beets
- Apples
- Pears
- Oranges
- Peaches
- Strawberries
- Blackberries
- Blueberries
- Blackberries
- Pomegranate seeds
- Red, yellow, and orange peppers

4. Pick a protein

- Your body needs protein to build strong bones and muscles, and support other functions. And it's easy to add it to a salad.
- **Beans:** Try canned black beans, garbanzos, or pintos. Rinse first.

ASK THE WELLNESS DOCTOR

- **Meat or fish:** Try chicken, turkey, salmon, or tuna.
- **Other protein-rich options** include hard-boiled eggs (sliced), tofu, or low-fat cheese like feta, mozzarella, or parmesan. And don't forget about nuts and seeds.

5. Dress for success

Here's a hint. Skip the creamy salad dressings. For example, a typical serving of ranch dressing on a salad can add 150 to 300 calories. Instead, use salad dressings made with lemon or lime juice, red wine, balsamic vinegar, or olive oil.

Be a salad artist

These basic ideas will help you build a healthy green salad. But don't stop there. Use a recipe, or a little creativity, to make your own salads. You'll feel better, be healthier, and lower your risk for chronic disease.

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