

STAYIN' ALIVE

Talking about safety isn't enough.



HEALTH & WELLNESS NEWSLETTER JUNE 2019

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HIGHLIGHTS for the June 2019 Newsletter

Red Meat Rules: Eat Less to Live Longer

Ready to fire up the barbecue? Before you grill some steak, burgers, or hot dogs, you need to know the new rules for red meat if you want to live longer. [Learn more.](#)

Want to Be Happy? Take a Break from Social Media

Click. Swipe. Tap. If social media time dominates your day, there's a good chance you're not as happy as you'd like to be. Find out if you're ready for a social media break.

Track It: The Smartphone Way to Get Moving

Maybe someday I'll...(fill in the blank). If that's the way you've been thinking about health and fitness goals, it's going to be tough to get results. But it doesn't have to be that way. Here's how to get started.

Y-Axis: Play Video Games to Curb Sugar Cravings

Maybe playing video games can actually be good for you...maybe. Here's what happened when a group of overweight people plugged in to play. What can you do to improve your eating habits?

Recipe: Stuffed Mushrooms

Hungry for a healthy no-meat dish? Try this stuffed portabello mushroom recipe with couscous, veggies, and cheese.

Ask the Wellness Doctor

Dr. Brittany Carter answers this month's Ask the Wellness Doctor question: What kind of shoes should I wear for exercise?

Health Challenge

Take the month-long Health Challenge: Protect Your Head: Make it a habit to wear a helmet.

NEWSLETTER

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Try a grilled veggie burger instead of beef.

THE Y AXIS



Play Video Games to Curb Sugar Cravings

Got a sweet tooth? Curb cravings by playing video games.

Sound crazy? Maybe not.

In a recent study, researchers created a video game called Diet Dash.¹ The goal: Fill a grocery cart with healthy foods, and skip junk foods, while a timer ticks down.

About 100 overweight adults with a sweet tooth signed up to play. First, they took a class to learn more about healthy eating. Then they played the game every day for about eight weeks.



The result: Shopping for healthy foods in virtual reality actually retrained their brains to eat better.

Want to improve your diet? Start by training your brain.

COMMENTS?

Send comments to the editor:
well@wellsources.com

Red Meat Rules: Eat Less to Live Longer

New study links eating red meat to higher risk of death, even in small amounts

It's that time of year when backyard barbecues, picnics, and grilling dominate the calendar. There's even a long list of contests to see who can grill the tastiest beef.

And there's no shortage of Americans ready to sink their teeth into steak, burgers, hot dogs, and ham. In fact, the average American eats about 222 pounds of meat a year, most of it red meat. And that's a problem.

A recent study found that even small amounts of red meat raises the risk for early death, heart disease, and some kinds of cancer.²

How small? Just two ounces a day may be too much. Researchers looked at the eating habits

of about 8,000 people over 11 years. Those who ate just two ounces a day, were more likely to die early.

Here's what two ounces of red meat looks like:

- 2 slices of bacon
- 2 slices of deli ham
- ½ of a small steak filet
- ½ of a hamburger
- 1 hot dog

MORE

What's the beef with red meat?
tinyurl.com/y62g78s6

If you want to be healthier, live longer, and avoid heart disease and cancer, limit red meat. Better yet, give fish, poultry, or a veggie burger a try when you fire up the grill this summer. @

Want to Be Happy? Take a Break from Social Media

Social media use linked to depression and mental health problems

Everyone is always smiling and happy. Your friends all take dream vacations and dine on gourmet food. Fame, fortune, money, success, good times...Your life might not have all these things, but it looks like everyone else does. You're missing out. And now you're not happy?

Ever felt that way? If you're a regular social media user, you might think all your friends are living the dream lifestyle. But it isn't true. You're only seeing the "highlight reel," according to a recent study.³

Too much social media time is a recipe for feeling unhappy and depressed, says University of Houston researcher Dr. Mai-Ly Steers. "Depressed feelings and lots of time on Facebook and comparing oneself to others tend to go hand in hand."



Social Media Use by the Numbers

- **3.5 billion** People actively use social media
- **7.6** Average number of social media accounts per person
- **142** Number of minutes the average adult spends on social media per day
- **10** Number of times per day social media users check accounts

If you're feeling down, depressed, or unhappy, take a break from social media.

- Try a social media fast for a few days.

- Cut back on how much time you spend on sites like Facebook, Twitter, Instagram, and others.
- Or simply call it quits to your click-tap-and-swipe habits for awhile.



Stuffed Mushrooms

Hungry for a healthy no-meat dish? Try this stuffed portobello mushroom recipe with couscous, veggies, and cheese.⁵

- 8 portobello mushrooms
- ¾ C scallions, chopped
- 2 T black olives, chopped
- 1-½ C tomatoes, chopped
- ¾ C dried couscous
- ¼ tsp ground black pepper
- 1-½ T oil
- 1 T balsamic vinegar
- 1-¼ C boiling water
- 3 oz fat-free mozzarella, shredded

1. Preheat oven to 400 degrees F.
2. Clean mushrooms; remove and discard stems and black gills from under the mushrooms.
3. Place mushroom caps onto a foil-lined baking sheet. Bake 20 minutes.
4. Chop scallions, olives, and tomatoes; add couscous, pepper, oil, and vinegar. Add boiling water, stirring to combine. Cover tightly with plastic wrap. Let steam 15 minutes, then fluff.
5. Divide couscous mixture among the mushroom caps. Top with cheese. Bake additional 10 minutes.

Track It: The Smartphone Way to Get Moving

Get more active with fitness tracking apps

You step on the scale or look in the mirror and promise yourself you're going to be more active. Maybe you got out of the habit of going to the gym, taking a daily walk, or regular exercise. Or maybe you've never had the habit.

You want to be active. But you can't seem to flip the switch to get started. Sound familiar?

Only 53 percent of adults get the minimum amount of exercise each day. That's a 30-minute walk, jog, bike ride, swim, or any other activity that raises your heart rate. Most adults only take 3,000 to 4,000 steps per day, but you need at least 10,000.

So how do you make it happen?

Track your activity. Use a fitness watch, tracker app on your smartphone, or some other digital tracker. Even an old-school pedometer will work. You can track things like:

- Steps per day
- Heart rate
- Calories burned
- Minutes of exercise
- Mile pace
- Distance traveled

"Studies show that people are 30 to 40 percent more active when they use activity trackers," says University of Wisconsin researcher Dr. John P. Porcari.⁴

Ready to be more active, improve your health, and



MORE

10 reasons to get moving today
tinyurl.com/y6uxe5mk

feel better? Use a fitness tracker. Aim for 30 to 60 minutes of physical activity a day. Or set a goal to take 10,000 steps per day. Now is always the best time to get started. @

Want to Be Happy? Take a Break from Social Media (continued from page 1)

In place of social media time, book a lunch date with friends. Go for a walk. Read a book. Cook a healthy meal. Spend more time with your family. Do something other than

MORE

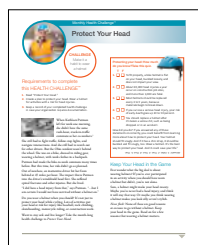
How to use social media wisely
tinyurl.com/y66ukwnk

staring at a screen comparing yourself to others, and you'll feel happier.

And if you still feel sad or depressed after a break from social media, see your doctor. @

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Take the June Health Challenge!

Protect Your Head: Make it a habit to wear a helmet

Ask the Wellness Doctor:

This month Dr. Brittany Carter answers the question:
What kind of shoes should I wear for exercise?

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STAYIN' ALIVE
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WELLNESS CHALLENGE

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Protect Your Head

CHALLENGE

Make it a habit to wear a helmet

Requirements to complete this HEALTH CHALLENGE™

1. Read "Protect Your Head."
2. Create a plan to protect your head. Wear a helmet for activities with a risk for head injuries.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When Kathleen Putman left for work one morning, she didn't have the same rush-hour, stuck-in-traffic commute as her co-workers.¹

She still had to fight traffic, follow stop lights, and navigate intersections. And she still had to watch out for other drivers. But the Ohio resident wasn't behind the wheel. She was on a bike, dressed in riding gear, wearing a helmet, with work clothes in a backpack.

Putman had made the bike-to-work commute many times before. But this time, her ride didn't go as planned.

Out of nowhere, an inattentive driver hit her from behind at 45 miles per hour. The impact threw Putman into the driver's windshield head first. She suffered spinal fractures and other injuries. But she lived.

"I did have a head injury from that," says Putman. "...but I am certain I would not have survived without a helmet on."

Do you wear a helmet when you should? It's not just to protect your head while cycling. Lots of activities put your head at risk for injury like baseball, rock climbing, skateboarding, motorcycle riding, or construction work.

Want to stay safe and live longer? Take the month-long health challenge to *Protect Your Head*.

Protecting your head: How much do you know? Take this quiz.



T F

1. To fit properly, a bike helmet is flat on your head, buckled loosely, and does not impact your view.
2. About 65,000 head injuries a year occur on construction job sites, and more than 1,000 are fatal.
3. Most helmets should be replaced every 3 to 5 years, because materials begin to break down.
4. If you survive a serious head injury, your risk of early death goes up 30 to 50 percent.
5. You should replace a helmet after it's taken a serious hit, such as being dropped or in an accident.

How did you do? If you answered any of these statements incorrectly, you could benefit from learning more about how to protect your head. Your helmet should fit snugly. And if it has a chin strap, it should be buckled and fit snugly, too. Wear a helmet. It's the best way to protect your head. And it could save your life.³

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

Keep Your Head in the Game

Ever wonder what the big deal is about wearing helmets? If you've ever participated in an activity where you should have worn a helmet but didn't, you're not alone.

Sure, a helmet might make your head sweaty. Maybe you've never had a head injury, and think it will stay that way. Or maybe you think wearing a helmet makes you look silly or isn't stylish.

News flash: None of these are good reasons or excuses to go without a helmet. Keep your head in the game. Read on for a few reasons that wearing a helmet matters.

5 Helmet Safety Rules to Protect Your Head

Want to protect your head and brain?² Always wear a helmet when there's a risk of injury.

1. You should wear a helmet if you...

- Ride a bike, skateboard, scooter, motorcycle, ATV, or horse
- Play baseball, football, or softball
- Rock climb, roller blade, snowboard, white water kayak, or ski (downhill and water)
- Work on a construction job site
- Do anything else where it's normal for helmets to be worn to prevent head injuries

Hard hats:
Know the facts
tinyurl.com/yxhvtxza

2. Get the right fit to protect your head

A loose helmet won't protect your head as well as one that fits snugly. Here's how to get the right fit:

- Buy a brand and size that fits well prior to adjustments.
- Use the adjustable straps and/or sizing pads to ensure a snug fit.
- If your helmet has a chin strap (most do), use it. Make sure it's buckled and secure.

How to:
Fit a bicycle
helmet
tinyurl.com/yxuv7fly

3. Wear it for safety, not style

- Wear the helmet flat atop your head. Do not wear the helmet tilted back at an angle.
- Make sure the helmet fits snugly and does not obstruct your field of vision. Remember: you wear a helmet to keep your brain safe, not as a fashion statement.

Video:
Motorcycle
helmets: Get your
head into it
tinyurl.com/y2x2kblh

4. Check your helmet before you go

- Try twisting and pulling on the helmet to see if you can remove it from your head or loosen the buckle on the strap. Check it before you go.

5. Know when to replace your helmet

- Most helmets should be replaced every 3 to 5 years. Materials used in the helmet weaken and break down over time. Do not use a helmet after it has been in an accident. Damage to the helmet may not be visible to an untrained eye. Even very small cracks in the helmet may keep it from being as effective in preventing injury.

Wearing a helmet matters:

70% Amount the risk for serious head injury drops when a motorcyclist wears a helmet



1,000

Annual number of bike-related deaths in the U.S. caused by head injuries

\$78,183

Average medical costs for a work-related head injury



28

Number of states that require motorcyclists to wear helmets

65,000

Number of work-related head injuries in the U.S. each year



900,000

Average number of people who bike to work in the U.S.

Every 15 Seconds

Frequency a traumatic brain injury occurs in the U.S. Many brain injuries could be prevented by wearing a helmet.

Keep your head safe

Thousands of people are injured or killed each year because of head injuries. In many cases, they're not wearing a helmet when they should be. Don't be one of them. Keep your head safe. Wear a helmet. It could save your life.

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Protect Your Head

CHALLENGE

Make it a habit to wear a helmet

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or by your bike or motorcycle).
2. Create a plan to protect your head and wear a helmet when necessary.
3. Use the calendar to record your actions and learn more about helmet safety to protect your head.
4. At the end of the month, total the number of days you take action to protect your head or wear a helmet. 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 protect my head or wear a helmet
 _____ 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 kind of shoes should I wear for exercise?

A. The kind of shoes that fit your feet, feel comfortable, and make sense for the exercise activity you enjoy. Translation: If you're shoe shopping for fashion first, you could be in trouble.

Have you ever had foot pain or uttered the words, "my feet are killing me?" You're not alone. And your shoes may be to blame.

The wrong shoes, or poorly-fitting shoes, can make it hard to enjoy walking, jogging, or exercise.¹ But it doesn't have to be that way.

Ready to find the right shoe to help you be more active? Here's what you need to know:²

Shop late in the day

Your feet swell slightly throughout the day. Try on shoes after work to get the best fit.

Measure your feet

Most shoe stores have a device that can measure the length and width of your feet. Use it at least once a year so you know your actual shoe size.

Don't be surprised if your feet are different sizes. Most people have a longer foot. Some have a wider foot. If your feet are within a half size, you can usually do okay buying a pair to fit the larger foot. Sometimes an insert is needed. If they are more than 1½ sizes apart, you should buy two pair.

IF THE SHOE FITS...



Some shoe stores offer a cost break if you buy two different sizes (<https://tinyurl.com/y67hqele>).

Or check out:

National Odd Shoe Exchange:
oddshoe.org

Odd Shoe Finder:
oddshoefinder.com

Shoewap:
shoewap.com

Know your foot type

Your arches might need special support. Or you may need a wider shoe or extra room for your toes. Sometimes you should see a foot doctor. Don't think a new pair of shoes will resolve heel pain, corns, Achilles tendonitis, bunions, hammertoe, ingrown toenails, or other foot-related problems.³

ASK THE Wellness DOCTOR

Choose a shoe based on activity

Do you need a separate pair of shoes for walking, hiking, and running? Not always. But shoes are designed for specific sports for a reason:

Running shoes: Cushioning to absorb impact, support arches, reduce injury

Basketball shoes: Ankle support for jumping, landing, and quick turns

Hiking: Ankle support and stronger tread for stability and traction

Assess fit and feel

Found a new pair of shoes for exercise? Try them on. Walk around. Make sure you have a half inch to an inch of room between your toes and the end of the shoe. If it's too tight or too loose, keep looking until you find a pair that fits.

One more piece of advice...Never buy a shoe expecting to "break it in." It's a recipe for blisters and other foot problems. A good pair of shoes will feel good when you try them on and help you enjoy your favorite form of exercise.

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