



# HEALTH & WELLNESS NEWSLETTER AUGUST 2019

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## **HIGHLIGHTS for the August 2019 Newsletter**

### **Fit for a King: Eat This Tasty Herb**

When Howard Carter dug at the corner of a stone buried in sand it seemed unlikely to be anything important. Then it happened. He uncovered a king's tomb filled with ancient treasures—including cilantro. No wonder this herb was highly valued. Its leaves and seeds have health benefits. Read the story.

### **Craving Sugar? This Night-Time Habit May Be the Reason**

Watching your favorite mini-series or skimming social media sites might seem like a good way to relax before going to bed. But it may be the reason for sugar cravings, weight gain, and high blood sugar. Here's what you need to know.

### **The Short Plan to Keep Your Brain Healthy**

Want to have something in common with Olympic sprinters? Exercise in short bursts. Read how short bouts of exercise can improve brain health.

### **Y-Axis: Need sleep? Do This 90 Minutes Before Bed**

Forget about counting sheep. This simple activity will help you fall asleep faster and sleep longer. Learn more.

### **Recipe: Spicy Black Bean Cilantro Dip**

Try this easy-to-make dip with fresh veggies.

### **Ask the Wellness Doctor**

Dr. Brittany Carter answers this month's Ask the Wellness Doctor question: Why should I get the flu vaccine?

### **Health Challenge**

Take the month-long Health Challenge: Change Your Fitness Routine: Be physically active in a variety of ways

# NEWSLETTER

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THE Y AXIS



## Need Sleep? Do This 90 Minutes Before Bed

Can't sleep? Forget about counting sheep, tossing and turning, or staring at the ceiling. If you're not getting 7 to 8 hours of sleep a night, do this 90 minutes before bed...



Take a hot bath or shower. For best results, the water temperature should be 104 to 109 degrees. Your pores will open. Lightly towel off. Your body will cool down and you will get sleepy.

In a recent study, people who took a hot bath or shower 90 minutes before bed fell asleep 10 minutes faster and slept longer.<sup>1</sup>

### COMMENTS?

Send comments to the editor:  
[well@wellsources.com](mailto:well@wellsources.com)

## Fit for a King: Eat This Tasty Herb

Cilantro promotes health, prevents disease

Howard Carter dug at the corner of a stone buried in sand. It seemed unlikely to be anything important. The site had been cleared after finding nothing a few years earlier. Then it happened. He uncovered a step.

More digging, more steps, and two sealed doors led to an historic find. Carter lit a candle to peer inside a tiny hole and got his first glimpse of King Tut's tomb. Four rooms held chariots, model boats, chairs, paintings, and items made out of gold and ebony. He even found cilantro carefully preserved.

Discover the health benefits of cilantro

The cilantro plant is full of antioxidants and nutrients that promote health and prevent disease. It's leaves and seeds (coriander) have been used for thousands of years. Research shows they can help:<sup>2</sup>

- Control cholesterol
- Improve gut health and digestion

- Reduce inflammation linked to many chronic diseases, including heart disease
- Control blood sugar levels
- Prevent certain types of cancers

Want to add a little flavor to your food? Use cilantro or coriander. They are available at most grocery stores and farmer's markets. And it's easy to grow your own. Try adding some to:

- Quinoa or brown rice
- Salsa or bean dip
- Watermelon or strawberries
- Greek yogurt
- Water (with a little lemon)

Cilantro or coriander. Go ahead and try them. They taste great and are good for your health. @

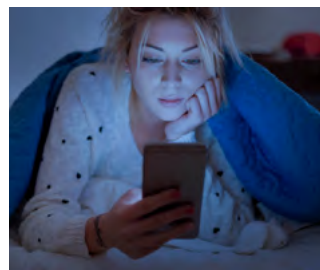
### MORE

Try this fresh salsa recipe  
[tinyurl.com/yxwmmf7n](http://tinyurl.com/yxwmmf7n)

## Craving Sugar? This Night-Time Habit May Be the Reason

Blue light from digital devices may raise diabetes risk

You've had a long day at the office. You survived rush-hour traffic. After dinner and clean up, you kick back and decide to binge-watch the latest season of *Stranger Things*, funny cat videos on YouTube, or your favorite movie.



That might seem like a good way to relax before going to bed. But it may be the reason for sugar cravings, weight gain, and high blood sugar.

That's a big deal. Three out of four adults are overweight or obese. More than 100 million people in the U.S.

are living with diabetes or pre-diabetes. One simple habit could make a difference.

Looking at blue light up to one hour before bed can make you crave sugary foods. It also makes it harder for your body to manage blood sugar levels.<sup>3</sup>

Follow this bedtime routine. An hour before bed, avoid blue light. That includes mobile phones, tablets, computer screens, TV, and other digital devices with LED lights or screens.

Even a dim light from a cell phone can trigger health problems. It's best to limit screen time at night. If you do look at your phone or TV, shut it off well before bedtime.

7 healthy ways to unplug before bed

Believe it or not, you can get to bed without binge-watching a show or checking your phone.



## RECIPE

### Spicy Black Bean Cilantro Dip

Here's a tasty way to enjoy fresh veggies like carrots, celery, bell peppers, and broccoli. Or maybe even low-calorie crackers or chips. It only takes about 10 minutes to prepare. Make your own Spicy Black Bean Cilantro Dip.<sup>6</sup>

#### Ingredients

- 15-ounce can black beans, drained and rinsed
- 1 garlic clove
- 1 tsp lemon juice
- ¼ C cilantro
- 2 T olive oil
- ¼ C water
- ½ small jalapeño pepper (optional), ribs and seeds removed

#### Directions

- Place beans, garlic, lemon juice, cilantro, olive oil, water, and jalapeño (if desired) into a food processor or blender.
- Process or blend. Stop to scrape down the sides. Continue until smooth, about 5 minutes.
- No processor or blender? Mash beans and cilantro with a potato masher. Stir in the rest of the ingredients.

Serves 2-4.  
140 calories per 2 T serving.

# The Short Plan to Keep Your Brain Healthy

## Short bouts of exercise improve memory and learning

Run 100 meters. It's just a quarter-of the way around a track. And it's where U.S.-athlete Noah Lyles plans to shine during the 2020 Tokyo Olympics next summer.

He'll aim to run the distance in under 9.58 seconds, chasing the world record held by retired track star Usain Bolt.

You may not be as fast as Lyles or Bolt. But you can learn a little something from short bursts of exercise. New research shows it excites an area of the brain that helps improve memory and learning.<sup>4</sup>

That's an important finding in Alzheimer's disease research.

It's estimated that 13.8 million adults will have the disease in 30 years. Today, it's the sixth leading cause of death in the U.S.

How much exercise do you need to keep your brain healthy?

For best health, aim for 30 to 60 minutes of physical activity a day. It's a smart way to strengthen your heart, lungs, and muscles, and manage your weight. And you don't have to do it all at once.

Even small bursts of exercise are good for your health and your brain. For example:

- Go for a two-mile walk.
- Join a game of pick-up basketball for a while.

Another study found that getting about 4,000 steps in a single exercise session was the sweet spot to activating memory and learning areas of the brain.<sup>5</sup>

Ready to be more active in short bursts? Get set. Go!



#### MORE

5 of the best exercises you can ever do  
[tinyurl.com/y9g3fnlg](https://tinyurl.com/y9g3fnlg)

## Craving Sugar? This Night-Time Habit May Be the Reason (continued from page 1)

Here are some easy ways to unplug before bed:

- Turn off all digital devices an hour before bed
- Take a hot shower or bath
- Read a book
- Go for an easy walk

#### MORE

Blue light has a dark side  
[tinyurl.com/y3uv6g9q](https://tinyurl.com/y3uv6g9q)

- Create a cool, dark room for sleeping
- Go to sleep at the same time every night, including weekends
- Use apps, settings, and filters on digital devices to reduce blue light

For best health, aim for 7 to 8 hours of sleep a night, and unplug before going to bed. @

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## Take the August Health Challenge!

Change Your Fitness Routine: Be physically active in a variety of ways

## Ask the Wellness Doctor:

This month Dr. Brittany Carter answers the question:

Why should I get the flu vaccine?

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# WELLNESS CHALLENGE

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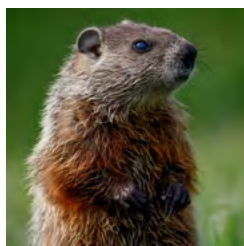
# Change Your Fitness Routine

## CHALLENGE

Be physically active in a variety of ways

## Requirements to complete this HEALTH CHALLENGE™

1. Read "Change Your Fitness Routine."
2. To complete the challenge, make small changes to your fitness routine on at least 22 days this month.
3. Keep a record of your completed challenge in case your organization requires documentation.



Remember the movie *Groundhog Day*?

Every day TV weatherman Phil Connors (played by Bill Murray) does the exact same things. He walks the same route to work. He greets the same

people. He talks about small-town weather. Every day is the same, and it's driving him crazy.

Does your exercise routine feel a little like that?

You do the same exercises at the gym from week to week. You always walk the same pace and route. You do the same workout class every week. You're active, but it's always the same old thing. Maybe you don't exercise at all. Either way, you're getting the same results.

Connors relives the exact same day hundreds of times in *Groundhog Day*. And he's unhappy until he figures out how to change his behavior to break the cycle.

He wakes up from the never-ending Groundhog Day, with a plan to live life a little differently.

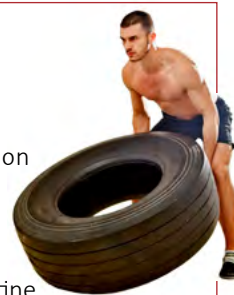
Are you losing interest in exercise? Are you frustrated that you're not getting the results you want from being active?<sup>1</sup>

If you want to get fit and feel better it's time to break the Groundhog-Day cycle. Here's how: Take the month-long health challenge to *Change Your Fitness Routine*.

## Should you change your fitness routine? Take the quiz to find out.

T F

1.   After a new workout, it's common to experience muscle soreness 24 to 72 hours later.
2.   It takes your body 2 to 3 weeks to adjust to a new exercise routine.
3.   Health experts say you should change your fitness routine every week to keep making progress.
4.   For best results, your exercise routine should match your goals (e.g. lose weight, build muscle, improve balance, increase endurance).
5.   Making small changes to your exercise routine (frequency, intensity, time, and type) is the best way to improve your health and fitness level.



How did you do? Check your answers. If you didn't get all of them right, you could benefit from learning more about how to change your fitness routine. When you exercise, you're training your body and your brain. Health experts recommend changing your workout routine every 4 to 12 weeks for best results.<sup>4</sup> Making small changes to your activity level and exercise routine is the best way to keep improving your health and fitness levels.

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

## Adapt: Break the Cycle

If you don't want your fitness routine to feel like you're living your own Groundhog Day, you need to change things up.

Why? Your body is always on the lookout for homeostasis (*ho-me-oh-stay-sis*) ... the easiest way to support your brain, heart, lungs, muscles, and other systems. It's a balancing act to keep things equal.

Stick with the status quo (same fitness routine week after week), and your body learns a new normal. It adapts. And that's good. But you can't keep doing the same things expecting different results ... just ask Connors.

6 signs it's time to switch up your workout  
[tinyurl.com/yyamlmdx](http://tinyurl.com/yyamlmdx)

# 4 Ways to Change Your Routine and Get FITT

So how do you get from where you are to where you want to be? Change your routine. Think **FITT** to get fit and stay fit:<sup>3</sup>

## 1. Raise Frequency

How many days per week do you exercise? If you're at zero, now is always a good time to start. If you've been at it awhile, can you add another day to your exercise schedule? Aim to be active at least five days a week.

How many days a week are you active now? Can you increase that by a day?

## 2. Choose Intensity

How much effort do you put into your exercise? At a minimum, your heart rate should be elevated when you exercise. That's around 80 to 170 beats per minute for most adults, depending on your age. You should break a sweat or breathe a little heavier than normal. Intensity can also be measured by your effort to lift weights or be flexible. Think "E" for effort.

Can you work a little harder during your next workout compared to your last?

## 3. Increase Time

How long is your typical workout? Or how many minutes per day are you physically active? If you don't know, start tracking it. Write it down or use a digital fitness device or mobile app to help you keep track. Be active for at least 30 to 60 minutes of moderate physical activity per day, plus two days of strength training per week.

Can you increase your next exercise session by a few minutes?

## 4. Pick Type

What kind of exercise do you like? Pick an activity. Swim, bike, run, jog, dance, lift weights, play a sport, take a fitness class. Any form of exercise will help you improve metabolism and strengthen your heart, lungs, muscles, and bones. Choose an activity you enjoy, or try something new. Make a small change to your exercise routine. Now is always the best time to start.

What activities do you enjoy to build strength and endurance, manage your weight, and improve your health?

## Make Small Changes to Get Big Results

What changes can you make to your fitness routine to lose weight, build muscle, improve balance, or increase endurance? Here's a hint. Start small, make simple change, rinse and repeat.<sup>5</sup> For example:

<b>DON'T</b> try to run a marathon, if walking a mile is your max.	<b>DO</b> increase your one-mile walk by a quarter-mile, walk faster, or both.
<b>DON'T</b> try to bench press 300 pounds, if your max is 100.	<b>DO</b> increase weight by 5-10 percent, sets, repetitions, or all three.
<b>DON'T</b> try an extreme 60-minute fitness bootcamp, if you're not in great shape.	<b>DO</b> exercise 5 to 10 minutes longer per week to improve strength and endurance.
<b>DON'T</b> try to exercise hard 6 days a week, if one day a week easy is your norm.	<b>DO</b> work up to 30 to 60 minutes a day, adding a day at a time then increase effort over time.

The secret to better health – exercise  
[tinyurl.com/y6rmo5zj](https://tinyurl.com/y6rmo5zj)

Bootcamp workout: Is it right for you?  
[tinyurl.com/y2s7n9e6](https://tinyurl.com/y2s7n9e6)

Changing your fitness routine every 4 to 12 weeks helps train your brain and body to keep adapting. Check out this build-muscle-play-soccer experiment:

**Prepare.** Will a change in training help soccer players perform better and reduce the risk for injury? Researchers wanted to find out.<sup>2</sup>

**Make a change.** Instead of the usual running, passing, and scrimmage drills, the soccer players changed their routine.

**Adapt.** They lifted weights for 10 weeks, twice a week, to strengthen their leg muscles.

**Measure results.** The routine change helped soccer players reduce muscle injuries. It also helped improve jumping height and running speed.

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**CHALLENGE**  
Be physically active in a variety of ways

# Change Your Fitness Routine

## Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or by your house keys).
2. Create a plan to make small changes to your fitness routine.
3. Use the calendar to record your actions and choices that change your fitness routine.
4. At the end of the month, total the number of days you made small changes to your fitness routine. 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 make small changes to my fitness routine

\_\_\_\_\_ Number of days this month I was physically active for at least 30 minutes



## Other wellness projects completed this month:

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

# ASK THE DOCTOR

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# Q. Why should I get the flu vaccine this fall?

**A.** Getting the flu vaccine is the best way to prevent the flu and reduce the risk of problems if you do get sick.<sup>1</sup> If you get the flu:

- You feel awful.
- You miss out on work.
- You can't do fun things with family and friends.
- You might get other people sick.

Any flu can be dangerous. Some are more deadly than others.

You might recover after just a few days at home. Other people might not be so lucky. The flu can be very serious for people who have a weak immune system, older people, and small children. The flu vaccine is a simple way to avoid getting sick, going to the hospital, or maybe even worse.

## Fight the flu: The power of prevention

Last year, about 40 percent of people in the United States received the flu vaccine.<sup>2</sup> And it helped prevent about:

- 7 million flu illnesses
- 109,000 flu hospitalizations
- 8,000 flu deaths

Most people did not get the flu vaccine, and that left a lot of people unprotected. Last flu season, there were:

- 49 million flu illnesses
- 960,000 flu hospitalizations
- 79,000 flu deaths

If you're on the fence about getting the flu vaccine, think about it like this: One microscopic droplet of the flu virus can make you sick... really sick.



Symptoms may include:

- Fever
- Muscle and body aches
- Chills and sweats
- Cough
- Headache
- Fatigue and weakness
- Runny or stuffy nose
- Sore throat
- Vomiting and diarrhea

Chances are pretty good you have better things to do than lay in bed feeling miserable for a few days or a few weeks. Right?

Get the flu vaccine to protect your health. Early fall, before the flu hits your area, is the best time to do it. It takes a few weeks for your body to build immunities from the vaccine and you want to be ready when flu season hits later in the year.

Note: Most people should get the flu vaccine. However, children younger than 6 months old should not. If you have an allergy to eggs or a weakened immune system, check with your doctor about flu vaccine options.

## Vaccine + lifestyle habits to prevent the flu

Getting the flu vaccine is an easy and inexpensive way to protect your health and avoid the flu. In addition to the

# ASK THE Wellness DOCTOR

vaccine, here are some things you can do to prevent the flu:

- Wash your hands with soap and water often. Lather up. Scrub hands for about 20 seconds. Rinse, and dry with paper towels.
- Avoid close contact with anyone with the flu. If you're sick, stay away from people. Your co-workers and friends don't want the flu. Neither do random people at a store. Stay home and try to isolate yourself from family members.
- Use disinfectant spray on surfaces that your hands might touch. That includes door handles, remote control, light switches, keyboards, phones, and countertops.
- Get 7 to 8 hours of sleep. Sleep helps strengthen your immune system to fight the flu.
- Exercise and eat healthy foods. Aim for 30 to 60 minutes of exercise per day. And eat healthy foods such as fruits, vegetables, whole grains, nuts and seeds and legumes.

If you want to avoid the flu this season, get the flu vaccine. It's your best defense to stay healthy during flu season.

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# STAYIN' ALIVE

Talking about safety isn't enough.



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