

# **STAYIN' ALIVE**

Talking about safety isn't enough.



# **HEALTH & WELLNESS NEWSLETTER SEPTEMBER 2019**

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## **HIGHLIGHTS for the September 2019 Newsletter**

### **Get Your Groove on for Better Health**

Looking for a fun way to be more active, burn calories, and improve your health? Famous people like former White House staffer Sean Spicer, supermodel Christie Brinkley, and basketball star Lamar Odom, are doing this. And so can you. Get your groove on and learn more about the health benefits of dance.

### **Fight High-Blood Pressure Zombie-Brain Drain**

Zombies get a bad rap for eating brains. One bite, and they turn you. It's what Hollywood wants you to believe. But if you want to protect your brain, it's not zombies you need to be worried about. It's your blood pressure. Learn more about the link between blood pressure and dementia.

### **Gulp This Down: Sugary Drinks May Shorten Lifespan**

How many sugary drinks do you consume per day? You might not think it's a big deal to gulp down soda, juice, energy drinks, sweet tea, lemonade, fruit drinks, or sports drinks. But there's a hefty price to pay if you drink more than two per day. Here's what you need to know about sugary drinks.

### **Y-Axis: The Fountain-Drink Fizzle**

Before you order a fountain drink or get yourself a refill, you may want to glove up or reach for the hand sanitizer. Find out why you may want to avoid fountain drink machines and order bottled water.

### **Recipe: Zucchini Lasagna**

Wondering what to do with an end-of-summer supply of zucchini? Give this recipe a try:

### **Ask the Wellness Doctor**

Dr. Brittany Carter answers this month's Ask the Wellness Doctor question: Can service and support animals improve your health?

### **Health Challenge**

Take the month-long Health Challenge: Build Strong Bones: Strengthen your bones with diet and exercise.

# NEWSLETTER

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THE Y AXIS



## The Fountain-Drink Fizzle

Like fountain drinks? Before gulping down your next biggie-sized drink, read this...

Researchers took 90 samples from fountain drink machines at 30 different restaurants.<sup>1</sup> They tested water and soda.

The results: 48 percent of the drinks had enough fecal matter (that's poop) and bacteria in them to make you sick.



Still thirsty for soda? Poor hand washing by customers and staff likely have a lot to do with it. Gross! Order bottled water next time.

### COMMENTS?

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

## Get Your Groove on for Better Health

Discover the health benefits of dancing

You've probably heard of former White House staffer Sean Spicer. Supermodel Christie Brinkley is no stranger to the fashion scene. And then there's NBA basketball star Lamar Odom.

What do the three of these celebrities have in common? No. They don't hang out during happy hour or send each other selfies. But they are going to move and groove this fall on *Dancing with the Stars*.

Even if you don't watch the show, you could bust out a few moves like the stars who step on stage. And it's not just the foxtrot, tango, or waltz. Any dancing is good for your health.

Go ahead, get your groove on the next time you hear a beat. Tango, and you'll burn an average of 200 calories an hour. Bust some hip-hop moves or Zumba, and you'll burn 500 calories an hour.

### MORE

Discover the health benefits of dance  
[tinyurl.com/y6ru98g5](http://tinyurl.com/y6ru98g5)

Research shows dancing can help:<sup>2</sup>

- Build muscle and stronger bones
- Reduce body fat and support weight loss
- Strengthen the heart and lungs
- Lower blood pressure
- Keep your brain healthy as you age
- Improve cholesterol levels
- Lower the risk for heart disease
- Reduce anxiety, stress, and depression
- Improve balance and mobility

Need a little exercise? Just dance. Aim for at least 30 minutes of exercise a day. Take a class. Watch a video and follow along. Or turn on some dance music and go free style. You'll feel better, burn a ton of calories, and be healthier. @

## Fight High-Blood Pressure Zombie-Brain Drain

Chronic high blood pressure raises risk for dementia with age

What would you do if you knew a zombie attack was coming? Protect your head. Stock up on supplies. Prepare to defend yourself. Probably all three, right?

If you have high blood pressure, something might eat your brain if you don't do anything about it. But it won't be zombies.

If you're a middle-aged adult with high blood pressure, you're 49 percent more likely to develop dementia as you age.<sup>3</sup> And that can lead to memory loss. It can also make it hard to get dressed, brush your teeth, or do other simple tasks of daily living.



The blood pressure and dementia connection

If your blood pressure is less than 120/80, risk for dementia as you age is lower. If it's higher than that, you may have elevated or high blood pressure. A lot of people do. About 1 in 3 adults in the U.S., in fact. And many don't even know it. (Kind of like being oblivious to a zombie attack.)

If you want to protect your brain as you age and lower your risk for dementia, keep your blood pressure in check. Less than 120/80 is ideal. If it's higher than that, healthy lifestyle habits and medicine can help.



## Zucchini Lasagna

Wondering what to do with an end-of-summer supply of zucchini? Give this recipe a try:<sup>5</sup>

### Ingredients

- ½ pound lasagna noodles, cooked
- ¾ C mozzarella cheese, grated
- 1-½ C cottage cheese
- ¼ C Parmesan cheese, grated
- 1-½ C raw zucchini, sliced
- 2-½ C tomato sauce
- 2 tsp basil, dried
- 2 tsp oregano, dried
- 1 clove garlic, minced

### Directions

1. Preheat oven to 350°F. Grease 9x13-inch baking dish.
2. Combine ¼ C mozzarella and 1 T Parmesan. Set aside.
3. Combine remaining mozzarella and Parmesan with cottage cheese. Set aside.
4. Combine tomato sauce, basil, oregano, and garlic. Spread thin layer of sauce in dish. Add a layer of noodles. Spread half of cottage cheese mixture on top. Add layer of zucchini.
5. Repeat layering. Top with sauce and cheese mixture. Cover with foil. Bake 30 to 40 minutes.

Serves 6. 200 calories per serving.

# Gulp This Down: Sugary Drinks May Shorten Lifespan

Study: Sugary drinks increase risk for heart disease, early death

Pop open a can. Twist off the cap. Pour yourself a drink. The fizzy sound might be music to your ears if you're a daily soda drinker. Or the sweet taste of sugary drinks might give your brain a buzz.

But if sugary drinks are part of your daily diet, it's time for a big gulp of truth.

Do you consume sugary drinks?

New research shows sugary drinks raise the risk of dying from heart disease.<sup>4</sup> Heart disease is the leading cause of death in the United States. Sugary drinks also raise the risk for early death and other chronic diseases.

Sugary drinks include carbonated and non-carbonated drinks like: Soda, juice, energy drinks, sweet tea, lemonade, fruit drinks, and sports drinks.



### MORE

The big benefits of plain water  
[tinyurl.com/y3a4msvy](https://tinyurl.com/y3a4msvy)

Just two or more sugary drinks per day is all it takes to raise your risk. The study found that you're 31 percent more likely to die early from heart disease if you drink two or more per day, compared to someone who doesn't drink as much.

Rethink your drink

Maybe it's time to rethink your drink and cut back on sugar-sweetened beverages. Drink more water. Add a lemon or lime for flavor. Or replace soda with 100-percent fruit juice. Anything you can do to reduce your risk of heart disease and early death is worth the effort. @

## Fight High-Blood Pressure Zombie-Brain Drain (continued from page 1)

Here are some things you can do to control blood pressure:

- Maintain a healthy weight, or lose weight if you need to.
- Exercise at least 30 minutes a day.
- Eat a healthy diet (fruits, vegetables, whole grains, nuts, seeds, legumes, and plenty of water)

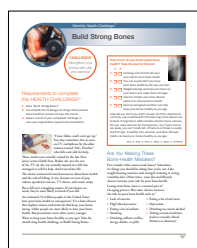
### MORE

5 simple steps to control your blood pressure  
[tinyurl.com/y286u4h2](https://tinyurl.com/y286u4h2)

- Avoid or limit high-sodium foods.
- Avoid or limit alcohol.
- Don't smoke, or quit if you do.
- Manage stress in healthy ways.
- Get a check-up and talk to your doctor. @

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## Take the September Health Challenge!

Build Strong Bones: Strengthen your bones with diet and exercise

## Ask the Wellness Doctor:

This month Dr. Brittany Carter answers the question:

Can service and support animals improve your health?

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# WELLNESS CHALLENGE

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# Build Strong Bones

**CHALLENGE**  
Strengthen your bones with diet and exercise

How much do you know about bone health? Take the quiz to find out:

T F

1.   Drinking a lot of milk removes your risk for poor bone health.
2.   You can usually tell if you have poor bone health by the way you feel.
3.   Weight-bearing exercises put stress on your bones and make them stronger.
4.   Vitamin D helps your body absorb calcium to improve bone health.
5.   Exercise and good nutrition can help keep your bones healthy as you age.



How did you do? If you didn't answer all of the statements correctly, you could benefit from learning more about how to build strong bones. Milk contains vitamin D and calcium, but you need exercise for strong bones, too. If your bones are weak, you can't really tell. A fracture or break is usually the first sign. A healthy diet, exercise, and other lifestyle habits can keep your bones healthy as you age.

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

## Requirements to complete this HEALTH CHALLENGE™

1. Read "Build Strong Bones."
2. To complete the challenge, do things that promote bone health on at least 22 days this month.
3. Keep a record of your completed challenge in case your organization requires documentation.



"I have fallen, and I can't get up." You may remember this as-seen-on-TV catchphrase by the older woman named "Mrs. Fletcher" who falls and calls for help.

Those words were actually coined by the late New Jersey actress Edith Fore. Before she was the star of the TV ad, she was actually injured in a fall, but managed to call for help. And it saved her life.

The classic commercial raised awareness about bone health and the risk of falling. It also became an icon of pop culture spoofed in movies, TV shows, and comic strips.

But a fall isn't a laughing matter. If your bones are weak, they're more likely to break if you fall.

An estimated 54 million people in the United States have poor bone health or osteoporosis.<sup>1</sup> It's a bone disease that depletes tissues and minerals that keep your bones strong. Older people are more likely to have poor bone health. But prevention starts when you're younger.

Want to keep your bones healthy as you age? Take the month-long health challenge to Build Strong Bones.

## Are You Making These Bone-Health Mistakes?

Ever wonder what causes weak bones? Sometimes it's things you should be doing that you're not. Like weight-bearing exercises and strength training or eating a healthy-diet. Other times, your diet and lifestyle choices increase your risk for poor bone health.

Losing some bone mass is a normal part of the aging process. But some choices increase the risk for poor bone health such as:<sup>2</sup>

- Lack of exercise
- High blood pressure
- Eating a lot of sodium
- Smoking
- Drinking caffeine (coffee, energy drinks, or pills)
- Eating a lot of red meat
- Depression
- Drinking too much alcohol
- Taking certain medicines (such as steroids, blood thinners or diuretics)

# 5 Ways to Build Strong Bones

Get up. Walk around. Carry groceries. Work in the yard. Exercise. If you want to move and get around, your bones help make it happen.

But if they're weak, you could get hurt, fracture a bone, require a cast or surgery, and spend weeks or more in recovery. And it doesn't have to be that way. Here are five ways to build strong bones:

Prevent falls and fractures  
[tinyurl.com/y2kekxb2](https://tinyurl.com/y2kekxb2)



**4. Get more vitamin D.** Vitamin D is vital to help your body absorb calcium and deposit it in your bones. You can get some vitamin D from food or supplements. But your best source of vitamin D?

The sun.<sup>6</sup> Aim for about 15 minutes a day in the sun. When your skin is exposed to sunlight, it makes large amounts of vitamin D. If you're not getting enough vitamin D (common if you live in northern regions), talk to your doctor about getting tested or taking a vitamin D supplement.



**5. Make lifestyle changes.** Take a look again at the list of things that cause poor bone health (*Are You Making These Bone-Health Mistakes?*). Are any of these habits part of your daily routine? If you

want to keep your bones healthy as you age, it may be time to make some changes. You may be able to do this on your own. Talking with your doctor, a nutritionist, or personal trainer can help too.

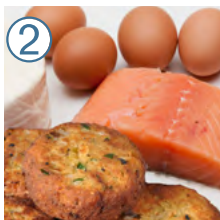
Easy ways to build better bones  
[tinyurl.com/yyzkcme](https://tinyurl.com/yyzkcme)

Take it one step at a time. You'll build stronger bones, be healthier, and enjoy a better quality of life.

Food and your bones  
[tinyurl.com/jz86z2g](https://tinyurl.com/jz86z2g)



**1** **Exercise.** An exercise that puts weight on your bones or makes your muscles stronger helps make your bones stronger. Try jogging, walking, or playing tennis. Basic bodyweight exercises like squats, pushups, and lunges strengthen your bones too.<sup>3</sup> Aim for at least two days of strength training exercises a week, and at least 30 minutes of exercise most days of the week.



**2** **Eat protein-rich foods.** Did you know the living part of the bone is made up mostly of proteins. You need protein in your diet to keep your bones healthy.<sup>4</sup> Good protein sources include legumes, nuts and seeds, low-fat dairy products, eggs, soy, fish, and lean meats like chicken or turkey.



**3. Eat more plant-based foods.** Your bones need essential nutrients found in fruits and vegetables, including vitamin K, vitamin B12, and calcium. These nutrients help make your bones more dense and slow bone loss as you age.

Add foods to your diet like: broccoli, kale, spinach, legumes, citrus fruits, and foods fortified with calcium.<sup>5</sup>

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# Build Strong Bones

**CHALLENGE**  
Strengthen your bones with diet and exercise

### Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or by your house keys).
2. Create a plan to strengthen your bones with diet and exercise.
3. Use the calendar to record your actions and choices to strengthen your bones.
4. At the end of the month, total the number of days you made small changes to strengthen your bones. 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 strengthen my bones  
 \_\_\_\_\_ 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. Can service and support animals improve your health?

**A.** Yes! You've probably seen a service dog help someone who is blind or has a disability.<sup>1</sup> The dog performs specific tasks.<sup>2</sup> It helps the person get around or cross the street. But that's not all they can do.

Dogs are the most common service animal. But pretty much any animal can provide emotional support and improve health. Cats, fish, birds, rabbits—you name it! You can register a pig, ferret, or monkey if they help you feel less depressed or anxious. But you can't take them anywhere you want.

Only service dogs are recognized by the Americans with Disabilities Act, and allowed in places like stores, businesses, and public buildings.

Service and emotional support animals can make a difference. Here are 5 ways:

### 1. Increase physical activity

Got a trained service dog? You're probably more active than people without a dog. Research shows that dog owners get about 350 minutes of exercise per week.<sup>3</sup> Non-dog owners only get about 159 minutes a week. Take Fido for a walk, OK?

### 2. Manage diabetes

Did you know dogs can be trained to recognize low blood sugar levels? About 100 million people in the U.S. have diabetes or pre-diabetes. A service dog can sense low blood sugar levels. When it does, it will warn its owner to test blood sugar levels, take medicine, or get help.<sup>4</sup>

### 3. Improve mental health

There's a reason support animals are sometimes referred to as a "best friend." Research shows



that animals can provide a source of comfort that helps reduce anxiety, depression, loneliness, and other mental health issues.<sup>5</sup> Don't have a pet? Visit a friend with a pet or volunteer at an animal shelter.

### 4. Reduce stress

Feeling stressed out? You're not alone. About 79 percent of all adults feel stressed out every day, according to a recent Gallup Poll. So how do you manage stress? Healthy options might include yoga, exercise, meditation, and journaling. And there's at least one more. Pet a dog or cat. Research shows that petting a dog or cat for just 10 minutes reduces the stress hormone cortisol.<sup>6</sup>

### 5. Lower blood pressure

What do 1 in 3 Americans have in common? High blood pressure. It's a major risk factor for the leading cause of death in the U.S...heart disease. How do you control blood pressure? Exercise. Eat more plant-based foods. Maintain a healthy weight. Reduce stress. Taking care of a pet may help, too. The American Heart Association found that pet owners tend to have lower blood pressure and lower risk for heart disease than non-pet owners.<sup>7</sup>

## ASK THE Wellness DOCTOR

If you want to improve your health, it's important to make smart lifestyle choices, exercise, eat healthy, and follow your doctor's advice. You shouldn't rush out and get a service dog or support animal. But research shows a furry friend can improve your health. Woof!

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