

# **STAYIN' ALIVE**

Talking about safety isn't enough.



# **HEALTH & WELLNESS NEWSLETTER OCTOBER 2019**

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## HIGHLIGHTS for the October 2019 Newsletter

### **The Scary Truth About the Halloween-Candy Haul**

If you came face to face with Pennywise the Clown from Stephen King's epic horror novel *It*, you'd probably turn and run. But there's something even scarier than that...Learn more about how to make Halloween healthier.

### **Want to Live Longer? Limit Screen Time on All Devices**

How much time do you spend in front of a screen when you have free time? TV, tablet, phone, and other devices...add it all up. It could be a problem. Learn more about the health risks of too much screen time.

### **Walk This Way to Lower Stroke Risk**

Every 40 seconds someone in the United States has a stroke. It can happen to anyone. Within minutes, a stroke can cause serious physical and mental problems. But you can cut your risk for stroke almost in half with one simple activity. Learn more.

### **Y-Axis: Your Mom Was Right...Chew Your Food**

Eat and run. Grab fast food. Scarf it down. If your eating habits are anything like this, it's time for a wake-up call. Let the chew-your-food lecture begin. Eating fast can put your health at risk for one of the leading causes of death in the U.S. Learn more.

### **Recipe: Melting Tart-Apple Treat**

Want a sweet treat that's better for you than Halloween candy? Try this tasty baked-apple recipe.

### **Ask the Wellness Doctor**

Dr. Brittany Carter answers this month's Ask the Wellness Doctor question: How can I tell if I'm depressed?

### **Health Challenge**

Take the month-long Health Challenge: Move More the NEAT Way: Make simple changes to daily activities to move more.

# NEWSLETTER

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THE Y AXIS



## Your Mom Was Right...Chew Your Food

You're hungry. You're in a hurry. So you grab a bite to eat.

And you practically inhale the food on your way out the door, in the car, or at the office. Chomp, chomp, gulp.

Stop right there.



Here comes the chew-your-food lecture.

Research shows that eating fast may raise the risk for type 2 diabetes.<sup>1,2</sup> Diabetes is one of the top 10 causes of death in the United States.

Next time you're hungry, slow down. Take small bites. Chew your food. Enjoy it. Then call your mom and tell her she was right.

### COMMENTS?

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

## The Scary Truth About the Halloween-Candy Haul

Average trick-or-treater brings home 9,000 calories

If you came face to face with Pennywise the Clown from Stephen King's epic horror novel *It*, you'd probably turn and run. That just might happen at a costume party or trick-or-treating. But there's something a little scarier than that... Halloween candy.

About 93 percent of kids in the United States will trick-or-treat this month. The typical haul...about 250 pieces of candy. That's a load of about three pounds of sugar packed with 9,000 calories. Scary, right?

Here's the other scary thing. Research shows that if some of that candy ends up at work, you're a lot more likely to chow down and eat more than you should.<sup>3</sup>

5 ways to make Halloween a little healthier<sup>4</sup>

**1. Sort it out.** If you take kids trick-or-treating, sort through the haul when you get back home. Toss out the taffy, hard candy, and sour treats first. These candies are more acidic, break down tooth enamel, and cause cavities.

**MORE**  
How to handle Halloween-candy leftovers  
[tinyurl.com/yxruz4ac](http://tinyurl.com/yxruz4ac)

**2. Keep the dark chocolate.** It's lower in sugar than milk chocolate. It's also higher in antioxidants that support heart health and your brain.

**3. Hand out healthy treats.** When goblins come to your door give them healthier options or toys. Examples: Fruit leather, nuts, toy cars, yo-yos, puzzles, stickers, or bracelets.

**4. Brush before bed.** Halloween night or not, brushing your teeth for two minutes before bed should be a regular thing.

**5. Treat co-workers to health.** Create a fruit and vegetable "monsterpiece" for your office party. Or go easy and bring fresh veggies with hummus, fruit, or popcorn seasoned with olive oil and garlic or chili powder.

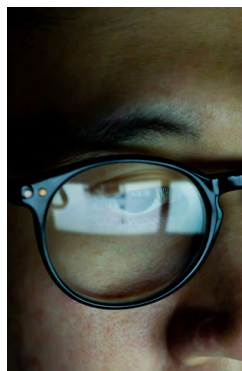
The Halloween-candy haul doesn't have to be scary. Make smart choices to protect your health, your teeth, and your waistline. And you won't turn and run when you look in the mirror. @

## Want to Live Longer? Limit Screen Time on All Devices

Risk for chronic disease and early death rises with screen time

How many hours of TV do you watch a day? Using a tablet or smartphone to browse social sites, listening to playlists, or binge-watching movies counts too.

The average adult spends about 3.5 hours a day or more in front of a screen in their free time. And that's a problem. Studies show that people who watch a lot of TV have a higher risk for serious health problems and early death than those who don't.<sup>5</sup>



Health risks rise with TV time

In a 14-year systematic review of data from 221,000 people, researchers found that the more TV people watched, the more likely they were to die from:

- Heart disease • Cancer • Diabetes

People who viewed more than three to four hours of TV a day were more likely to die from these causes than people who watched less TV.



## RECIPE

### Melting Tart-Apple Treat

Want a sweet treat that's better for you than Halloween candy? Try this tasty baked-apple recipe:®

#### Ingredients

- 4 tart apples, top third of the apple cut off
- ¼ C dried fruit (e.g., raisins, cranberries, apricots)
- ¼ C roasted nuts (walnuts or pecans), coarsely chopped
- 1 T honey
- ½ tsp ground cinnamon
- ¼ C water

#### Instructions

1. Preheat oven to 375 degrees F.
2. Place apples on a cutting board. Cut off the top third. Use a melon baller or spoon to remove top two-thirds of the core.
3. Prick top sides of the apple with a fork to prevent splitting.
4. Put the dried fruit, nuts, sweetener, and cinnamon in a small bowl. Divide the mixture into four parts. Stuff inside apples.
5. Put water in baking dish. Place apples in the water, open side up. Bake until apples are soft, about 1 hour.

## Walk This Way to Lower Stroke Risk

Walk at least two hours a week to protect your brain

When 42-year-old Wisconsin resident Tracy Nelson woke up one morning, her arm was limp. She thought it was probably caused by the way she slept for the night. But it wasn't.

A few minutes later, she collapsed. She crawled to the phone to call for help. And when a 911 operator answered, she couldn't speak. Tracy was having a stroke.

When a stroke strikes your brain

A stroke occurs when a clot blocks blood supply to the brain, or when a blood vessel in the brain bursts.



#### MORE

Stroke: Know the signs. Act in time. [stroke.nih.gov](http://stroke.nih.gov)

It can happen to anyone. Every 40 seconds, someone in the United States has a stroke. And within minutes, a stroke can cause serious physical and mental problems.

Take a daily walk to lower stroke risk

A recent study gathered exercise and health data on 135,645 people. The data showed that those who walked at a brisk pace for two or more hours a week lowered their stroke risk by an average of 44 percent.

If you want to lower your risk for a stroke, take a daily walk. @

## Want to Live Longer? Limit Screen Time on All Devices (continued from page 1)

Take the one-hour-a-day screen-time challenge

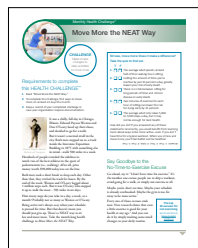
If you want to live longer and protect your health, limit screen time to an hour a day, outside of work. You'll be amazed at how much time you'll have for other things like going for a walk, cleaning the house, reading a book, or spending time with family and friends. @

#### MORE

10 tips to reduce screen time  
<https://tinyurl.com/yas7hde6>

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## Take the October Health Challenge!

[Move the NEAT Way: Make changes to daily activities to move more](#)

## Ask the Wellness Doctor:

This month Dr. Brittany Carter answers the question:

[How can I tell if I'm depressed?](#)

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# WELLNESS CHALLENGE

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# Move More the NEAT Way

## CHALLENGE

Make simple changes to daily activities to move more

Sit less, move more: Does it make a difference?

Take the quiz to find out.

T F

1.   The average adult spends at least half of their waking hours sitting.
2.   Cutting the amount of time you're inactive by just 10 percent a day, greatly lowers your risk of early death.
3.   There is no link between sitting for long periods of time and chronic disease or early death.
4.   Two minutes of exercise for each hour of sitting can lower the risk for dying early by 33 percent.
5.   The average adult only takes 5,000 to 7,000 steps a day, but it may not be enough for best health.

How did you do? If you answered any of these statements incorrectly, you could benefit from learning more about ways to be more active...even if you don't have time for a typical workout. When you sit less and move more, you'll feel better and be healthier.

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

## Requirements to complete this HEALTH CHALLENGE™

1. Read "Move More the NEAT Way."
2. To complete the challenge, find ways to move more on at least 22 days this month.
3. Keep a record of your completed challenge in case your organization requires documentation.



Edward Payson Weston  
©Library of Congress

It was a chilly, fall day in Chicago, Illinois. Edward Payson Weston and Dan O'Leary laced up their shoes, and decided to go for a walk.

But it wasn't a normal stroll in the city. Both men stepped on to a track inside the Interstate Exposition Building in 1875 with something else in mind...walk 500 miles in a week.

Hundreds of people crowded the sidelines to watch two of the best athletes in the sport of pedestrianism (i.e., walking). After all, prize money worth \$90,000 today was on the line.

Both men took a short break to sleep each day. Other than that, they circled the track for hours. By the end of the week, Weston and O'Leary logged about 1 million steps each. But it was O'Leary who stepped it up to walk the most...503 miles in six days.

How many steps do you take in a day, a week, or a month? Probably not as many as Weston or O'Leary.

Being active isn't always easy when your schedule is pressed for time. But that doesn't mean you should just give up. There's a NEAT way to sit less and move more. Take the month-long health challenge to *Move More the NEAT Way*.

## Say Goodbye to the No-Time-to-Exercise Excuse

Go ahead, say it: "I don't have time for exercise." It's the number one excuse people use to skip a workout, avoid going for a walk, or simply not exercise at all.

Maybe you're short on time. Maybe your schedule is already overbooked. Maybe the gym is too far away to be more active.<sup>1</sup>

Every one of those excuses ends now. New research shows that even a little exercise is good for your health at any age.<sup>2</sup> And you can do it by simply making some small changes to your daily routine.

The top 10 excuses for not exercising (and solutions!)  
[tinyurl.com/y5fdvjuk](http://tinyurl.com/y5fdvjuk)

# The NEAT Way to Improve Your Health

If a typical workout isn't your thing, or your schedule really is kind of crazy, how are you going to sit less, move more, and be more active to be healthy? There's a NEAT way to do it.

It's called **Non-Exercise Activity Thermogenesis**.<sup>3</sup>

It's the energy you use and calories you burn when you do anything. Sure, it takes effort to take the stairs, walk through the grocery store, move furniture, or play with your kids. But even singing, laughing, and cleaning your house are NEAT activities.

Research shows increasing NEAT activity level can help:<sup>4</sup>

- ✓ Control blood sugar levels and prevent diabetes
- ✓ Improve cholesterol levels
- ✓ Burn calories
- ✓ Lower blood pressure
- ✓ Increase metabolism
- ✓ Reduce the risk for heart disease
- ✓ Support weight management
- ✓ Strengthen the heart, lungs, and muscles

6 things to know about NEAT  
[tinyurl.com/y4sgrrjc](https://tinyurl.com/y4sgrrjc)

## 21 NEAT Ways to Be More Active

No-time-to-exercise excuses, be gone! Even if you're too busy to hit the gym, there are a lot of NEAT ways to be more active, sit less, and move more.

Overcoming barriers to physical activity: No more excuses  
[tinyurl.com/y3qk9u49](https://tinyurl.com/y3qk9u49)

### At Home

- Clean the kitchen like your guests are showing up any minute.
- Vacuum. No the robot-vacuum doesn't count.
- Rearrange your furniture.
- Take Fido for a walk.
- Take out the garbage.
- Fold laundry standing up. Then race to put it away.
- Walk to the neighbor's house instead of texting.
- Exercise during TV ads (push-ups, jumping jacks, running in place).



### At Work

- Stand up and stretch every hour.
- Always take the stairs
- Use a stand-up desk most of the time
- Go for a walk and hold a meeting at the same time
- Walk to deliver a message to a co-worker instead of sending an e-mail.
- Walk back and forth when you're on the phone or thinking



### Out and About

- Park far away when you go to the store.
- Take the stairs instead of the elevator or escalator.
- Walk a lap around the store before you start shopping.
- Turn shopping into a race, and find your items as fast as possible.
- When you can, carry your groceries instead of using a cart.
- Go inside instead of using the drive-thru.
- Stand while waiting for a ride or meeting.



## Improve your health with NEAT activity

If you spend a lot of time sitting at work, in the car, on the couch, or at the dinner table, you need to find a way to be more active. Even if you're short on time for exercise. Walking 500 miles a week like Weston and O'Leary probably isn't going to happen. Still, you can be more active and improve your health with NEAT activities.

Use the NEAT factor to burn calories  
[tinyurl.com/yxg3deym](https://tinyurl.com/yxg3deym)

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# Move More the NEAT Way



## CHALLENGE

Make simple changes to daily activities to move more

### Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or by your house keys).
2. Create a plan to change your daily activities to move more.
3. Use the calendar to record your actions and choices to move more the NEAT way.
4. At the end of the month, total the number of days you made changes to move more. 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 move more the NEAT way  
 \_\_\_\_\_ 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.** How can I tell if I'm depressed?

**A.** Pay attention to how you feel. That's the starting point to give your mood and mental health a checkup.

Sometimes Olympic swimmer Michael Phelps wanted to quit or skip practice. Winning 28 medals didn't make him feel like a success. That's when he had to take a hard look at what was going on inside his head.

"It's OK to not be OK," says Phelps. "And for me, the most important thing was just opening up and talking about [depression], asking for help."

Everybody has good days and bad days. A day or two of feeling down doesn't mean you're depressed. But if you feel down for more than two weeks, you might be suffering from depression.<sup>1</sup>

Millions of people struggle with depression. The cause is often linked to genetics, personal problems, social isolation, or substance abuse. For some people, it's a rare setback that lasts a few weeks. For others, depression can be a long-term problem.



So how can you tell if you're depressed? You probably know something isn't right. If you don't feel like yourself, take a minute to check up on your mental health and mood. Symptoms of depression can include:

- ✓ Feelings of anxiety, sadness, or hopelessness
- ✓ Poor sleep or insomnia
- ✓ Loss of appetite or change in weight
- ✓ Low energy or fatigue
- ✓ Increase in irritability or anger
- ✓ Loss of interest in activities you enjoy
- ✓ Self-medicating with substance abuse

## ASK THE *Wellness* DOCTOR

- ✓ Trouble concentrating or making decisions
- ✓ Body aches, headaches, muscle cramps, or digestive problems
- ✓ Thoughts of death or suicide

If you've had one or more of these symptoms for more than two weeks, you should follow Phelps' example. Talk to your doctor or counselor to see if you are depressed.<sup>2,3</sup>

If you're in a funk or feeling depressed, reach out and ask for help.

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