

STAYIN' ALIVE

Talking about safety isn't enough.



HEALTH & WELLNESS NEWSLETTER FEBRUARY 2020

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HIGHLIGHTS for the February 2020 Newsletter

The Spicy Super-Bowl Secret to Help You Live Longer

Even if you're not a football fan, you can learn something about the game-day diet that's actually good for your health. It's hot. It's spicy. And it can help you live longer. Here's what you need to know.

Practice Yoga to Keep Your Brain Healthy

Go ahead, stretch, relax and take a mental vacation to your happy place. If you thought yoga was just a fad to improve flexibility, it's time to give this ancient practice another try. Learn more to find out why.

Got a Caffeine Craving? Here's What You Need to Know

Ever feel like you need a cup of coffee, energy drink, or shot of caffeine to start the day or keep you going? Before you pour another cup, wake up and find out how much caffeine is safe to drink, according to the U.S. Food and Drug Administration.

Y-Axis: Beware of the Snack Attack Curse

Ever wonder why you can't seem to tip the scale in the right direction? Maybe you're not getting enough sleep. Maybe you need to exercise more. Or maybe it's the Snack Attack Curse. Here's how to break it:

Recipe: Fresh Salsa

Want to spice up your menu a little and improve your health? Research shows eating spicy foods can be good for your health. Give this fresh salsa recipe a try.

Ask the Wellness Doctor

Dr. Don Hall answers this month's Ask the Wellness Doctor question: How much do I need to exercise?

Health Challenge

Take the month-long Health Challenge: Reboot Your Resolutions: Take action to achieve your health and wellness goals.

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THE Y AXIS



Beware of the Snack Attack Curse

Ever feel hungry for a less-than-healthy snack even though you eat regular meals?

Beware: It could be the Snack Attack Curse taking over your brain, according to a recent study.⁴ When you eat high-calorie foods (chips, ice cream, extra fries), it makes your brain happy. Dopamine increases. You want more.

Instead of holding off until meal time, the Snack Attack Curse makes you think you need to eat, even though you don't. Give in, and it's a recipe for weight gain.

Want to break the curse? Eat healthy snacks and skip the junk food.



COMMENTS?

Send comments to the editor:
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The Spicy Super-Bowl Secret to Help You Live Longer

Spicy foods may help cut risk for early death by 14 percent

When the San Francisco 49ers take on the Kansas City Chiefs in Super Bowl LIV this year, millions of fans will be talking about two things. Football and food.

About 100 million people will watch the game on TV or at Hard Rock Stadium in Florida. And by the time the final buzzer sounds, fans will munch their way through an estimated 8 million pounds of salsa...mild, medium, and spicy.

Even if you're not a football fan, here's a spicy reason to take a bite of Super Bowl mania:

Research shows that eating spicy foods once or twice a week can cut your risk of dying

early by 10 percent. Eating spicy foods three or more days a week may lower the risk of early death by 14 percent.¹ Studies show that eating spicy foods may also help:

- Improve metabolism
- Lower cholesterol
- Reduce cancer risk
- Control hunger
- Lower blood pressure
- Support weight management

So how can you spice things up? Add spicy peppers and seasonings to food. Season sweet potatoes with cayenne pepper and chili powder. Sauté broccoli and cauliflower in olive oil with a dash of red pepper. Make lentil soup with a spicy kick. Or try some spicy salsa, even if you don't plan to watch the Super Bowl. @

MORE

Health benefits of spicy foods
<https://tinyurl.com/wyvet6ry>

Practice Yoga to Keep Your Brain Healthy

Yoga helps reduce stress, anxiety and depression

Adriene Mishler moves into Downward Dog position, then rises to Warrior Pose. She stretches and speaks softly. And she moves effortlessly from one yoga pose to the next, explaining the technique. But this isn't your typical yoga class.

Mishler's 'Yoga with Adriene' following includes an estimated 6 million fans on YouTube. But it's the health benefits (both mind and body), of yoga that keeps her grounded to make it accessible to everyone.

In a recent study, researchers found that yoga may help reduce stress, lower anxiety, and ward off depression by improving brain health.²

"The science is pointing to yoga being



beneficial for healthy brain function," says lead researcher Dr. Neha Gothe.

Researchers found that yoga at least once a week for 10 weeks or more can have a positive impact on brain health. Yoga may improve areas of the brain related to memory and



Fresh Salsa

Want to spice up your menu a little and improve your health? Research shows eating spicy foods can be good for your health. Give this fresh salsa recipe a try.⁵ All it takes is seven simple ingredients and a few minutes of prep time. Try it with whole-grain crackers or chips, fresh-cut vegetables, or brown rice.

Ingredients

- 2 medium tomatoes, chopped
- 1-1/2 C onion, chopped
- 1/3 C cilantro, chopped
- 3 jalapeño peppers, seeded and chopped
- 2 cloves garlic, finely chopped
- 2 T lime juice
- 1/4 tsp teaspoon salt

Directions

1. Chop and prepare tomatoes, onion, cilantro, peppers, and garlic.
2. Combine in a medium bowl.
3. Add lime juice and salt. Mix well.

Serve immediately, or refrigerate up to 3 days.

Serves six. 34 calories per serving.

Got a Caffeine Craving? Here's What You Need to Know

FDA: Limit caffeine to 400 mg per day

It might seem like a harmless way to give yourself a boost of energy or help you stay awake, but too much caffeine can be dangerous. It can cause arrhythmia or irregular heart beat.

In one recent case, a teenager drank a latte, soda, and energy drink, all within two hours. His heart started racing, and he died a short time later.

Caffeine guidelines for adults

The U.S. Food and Drug Administration says drinking up to 400 mg of caffeine a day is safe for most adults.³



That's the amount of caffeine found in four to five 8-ounce cups of coffee. But some specialty coffee drinks or energy drinks have as much as 300 mg of caffeine in a single serving.

Research suggests there may be some health benefits to drinking small amounts of caffeine. But it can also cause problems for women who are pregnant or those taking medicine.

Caffeine can have other side effects than just a boost of energy like:

- Headaches
- Sleep problems
- Upset stomach
- Nervousness
- Irritability
- Rapid heartbeat

If you drink coffee, tea, soda, or energy drinks, keep tabs on how much caffeine you're consuming to protect your health. @

MORE

Test your caffeine IQ
<https://tinyurl.com/u4fv2m6>

Practice Yoga to Keep Your Brain Healthy (continued from page 1)

recall. It may also help lower the risk for dementia and Alzheimer's disease.

Want to keep your brain healthy as you age? Take a yoga class. Watch a yoga video and follow along. Practice yoga at work, at the park, or at home.

MORE

Try this 20 minute yoga routine for beginners
<https://tinyurl.com/nqw7pr6>

Mishler hopes to turn yoga into an every-day practice as common as brushing your teeth or taking a shower. Why? It's good for your body and your brain. *Namaste.* @

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Take the February Health Challenge!

Reboot Your Resolutions: Take action to achieve healthy goals day

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
How much do I need to exercise?

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TALKING ABOUT SAFETY ISN'T ENOUGH

WELLNESS CHALLENGE

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Reboot Your Resolutions



CHALLENGE

Take action to achieve healthy goals

Requirements to complete this HEALTH CHALLENGE™

1. Read “Reboot Your Resolutions.”
2. Create a daily plan to achieve your health and wellness goals, and take action.
3. Keep a record of your completed health challenge in case your organization requires documentation.



You’ve probably heard of Valerie Bertinelli.

She’s been in front of the camera for years in TV shows like *One Day at a Time* and *Touched by an Angel*. Or maybe

you’ve seen her talking about food and tasting recipes on the Food Network.

But did you know she’s also struggled with her weight for years?

She knows exactly what it’s like to lose weight, gain it back, and start all over. She lost an estimated 40 pounds by eating right and exercising.

Then life happened. Her dad died. She took care of her aging mother until she passed away. She used food to cope with the stress and sadness, and the weight came back...again.

But instead of just going back on a diet, Bertinelli has a different kind of New Year’s resolution this year.

Ready to reboot your resolutions? Take the Healthy Habit Quiz

- | | T | F | |
|----|--------------------------|--------------------------|---|
| 1. | <input type="checkbox"/> | <input type="checkbox"/> | Sleeping 7 to 8 hours a night can help prevent weight gain and other health problems. |
| 2. | <input type="checkbox"/> | <input type="checkbox"/> | The best way to curb a sugar craving is to gradually cut back on sweet treats and drinks by eating healthier foods. |
| 3. | <input type="checkbox"/> | <input type="checkbox"/> | Losing 5 to 10 pounds a week is a healthy weight-loss goal. |
| 4. | <input type="checkbox"/> | <input type="checkbox"/> | Adults should be active at least 30 minutes a day for best health. |
| 5. | <input type="checkbox"/> | <input type="checkbox"/> | If you want to quit smoking, a combination of nicotine replacement, behavior changes, and a support group works best. |

Have you set a goal to be healthier this year? That’s a great place to start. Is weight loss one of your goals? Losing 1 to 2 pounds a week is a healthy goal. So what are your healthy resolutions? Instead of one giant goal, create a daily action plan you can follow to help you get there. You got this!

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

“I’m on a mission to know what true joy inside and out feels like,” Bertinelli said in a recent interview... That joy is tied to making healthy choices with my life in everything I do. Healthy in the people I surround myself with, the food I eat and, perhaps most importantly, the way I talk to myself.

Did you make some New Year’s resolutions this year to lose weight, be more active, or eat healthier? About half of all adults make resolutions. But few turn those good intentions into lifestyle habits that stick, or give up after a few weeks. And it’s time to change that.¹

Take the month-long challenge to Reboot Your Resolutions.



10 Ways to Reboot Your Resolutions

Ever wonder how some people set a goal and crush it, and others struggle?

It starts before you're standing in front of the buffet table. It starts before you roll over and hit snooze instead of going to the gym. It starts before you're hours into binge-watching an entire TV or movie series, instead of going to bed.

When you make a resolution or set a goal, you're more likely to be successful when you have a way to track and measure your progress.³ Here are some things you can do:

1. Write it down.

Studies show that people who write down their resolutions are 10 times more likely to succeed than those who don't.



2. Take it one day at a time.

It's tough to change old habits overnight, so start small. Break your goal down into baby steps and take it one day at a time.

3. Ask for help.

Find someone who has already achieved your goal and model their behavior.

4. Get your Zzzs.

Getting 7 to 8 hours of sleep is good for your health. It's also good for your brain and decision making.



5. Reduce stress. Too much stress makes your brain focus on short-term rewards instead of your big-picture goal. Take a walk. Get some exercise. Or practice deep breathing to keep stress levels down.

6. Eat healthy. The average person makes over 200 food choices a day. Healthy foods feed your brain and improve willpower.



7. Don't give up. It takes practice to turn good intentions into healthy habits. At first it's hard, and you might mess up. But keep trying, and making the right choice gets easier. On average, it takes 66 days to develop a healthy habit.⁴

8. Avoid procrastination. Adopt a do-it-now approach to working toward your goal. Even small steps will get you closer to your goal than doing nothing.

9. Reward progress.

Choose healthy rewards for completing small goals. This can help you stay motivated to stick with your plan.



10. Visualize success. Visualize achieving your goal. Imagine the day you achieve your goal weight or give up cigarettes for good. Think about how you'll feel, how you'll celebrate, and how it will change your life.

4 tips to keep New Year's resolutions
<https://tinyurl.com/txdhhs6>

Follow These 5 Resolutions to Improve Your Health

Ever wonder what you should be doing to improve your health? If you ask Dr. Google or people on social media, you'll get millions of different answers. And that's not helpful.

If you want to improve your health, there's just five resolutions to keep to feel better and live longer, according to a recent study:²

- 1. Eat healthy foods.** Mainly fruits, vegetables, whole grains, nuts and seeds, legumes, and plenty of water.
- 2. Exercise.** Be active at least 30 minutes a day.
- 3. Maintain a healthy weight** or lose weight if you need to. A Body Mass Index of 18.5 – 24.9 is a normal or healthy weight for adults.
- 4. Don't smoke,** or quit if you do. Even if you quit after years of smoking, your health improves.
- 5. Avoid or limit alcohol.** No more than one drink per day for men. No more than two drinks per day for women. Zero if pregnant.

What are your healthy resolutions? These top five are important. But other healthy goals may include things like save money, improve relationship, reduce stress, or improve sleep. If you're already wavering a bit on your resolutions, *now* is always the best time to get back on track and reboot.

Simple habits for healthy weight loss
<https://tinyurl.com/wgovzw1>

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Reboot Your Resolutions



CHALLENGE

Take action to achieve healthy goals

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.)
2. Create a daily plan to achieve your health and wellness goals, and take action
3. Use the calendar to record your actions and choices to reboot your resolutions. 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	
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_____ Number of days this month I took action to achieve health and wellness goals

_____ 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. How much do I need to exercise?

A. Be active at least 30 minutes a day. Probably more than you're exercising right now. It might be hard to hear, but it's true.

More than 80 percent of all adults in the U.S. don't get enough exercise.¹ About 36 percent of adults don't get any exercise. And that's a problem.

If you don't exercise, your muscles, bones, and heart get weaker over time. Lack of exercise can lead to weight gain, too. But the long-term effect of poor exercise habits is a lot more serious than clothes that don't fit.

Research shows that people who don't exercise regularly have a higher risk for:²

- Cancer
- Diabetes
- Early death
- High blood pressure
- Heart disease
- Obesity
- Poor bone health
- Alzheimer's disease

In one recent study, researchers looked at the exercise habits of about 15,000 adults during a 12-year period.³ They found that the most active people were 42 percent less likely to die early than inactive people. Even being moderately active, beginning at any age, will help you live longer.

Make Time for Exercise to Live Longer

So how much exercise do you need? Aim for 30 minutes of exercise a day.



Take an honest look at your exercise habits. How many minutes a day/week do you exercise? If you get at least 30 minutes of exercise a day, keep it up. If you don't, there's room for improvement.

Regular exercise makes the heart, arteries, bones, and muscles stronger. It helps your body turn food into energy faster. And it leads to good health.

Here's what the American College of Sports Medicine recommends:

- **30 minutes of moderate exercise** (like brisk walking or cycling) on five or more days a week. If you're short on time, aim for 20 to 30 minutes of vigorous exercise (like jogging or running) three times a week.
- **Muscle-strengthening exercises** (e.g., squats, push-ups, curl-ups, pull-ups, etc.) on at least two days a week.
- **Stretching exercises** at least 2-3 times weekly, for people age 55 and older (stretching and balance exercises for seniors).

4 Ways to Be More Active

The first rule of fitness, if you're out of shape: Don't overdo it. If you overwork your muscles, they can get sore or injured. It hurts – and you probably won't want to continue regular activity. Start at

ASK THE Wellness DOCTOR

an easy level and gradually increase your level of exercise over time.

Here are some other ways to help you be more active:⁴

1. **Choose activities you enjoy** doing (e.g., walk, bike, jog, swim, pickle ball, tennis or other active sports).
2. **Get a friend or family member to join you.** Social support is very helpful to stick to an exercise schedule.
3. **Set goals**, keep daily records, track your progress, and reward yourself for reaching your goals.
4. **Use a fitness tracking device**, mobile app, or pedometer. It's a proven way to help you reach your fitness goals and stay motivated.

Make time for exercise. You'll feel better, be healthier, and live longer.

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