

STAYIN' ALIVE

Talking about safety isn't enough.



HEALTH & WELLNESS NEWSLETTER MARCH 2020

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HIGHLIGHTS for the March 2020 Newsletter

Follow the No-Dieting Plan to Manage Your Weight

Want to tip the scale in the right direction? Forget about fad diets, weight-loss pills, and gimmicky supplements. Do this instead.

Back on Track: 6 Ways to Reduce Lower Back Pain

“Oh my aching back.” Chances are pretty good you’ve said that before. About 80 percent of all adults experience back pain at some point, and for some it’s chronic. Here are some things you can do to reduce lower back pain.

The Goldilocks Strategy to Prevent Type 2 Diabetes

What’s for breakfast? Before you grab a donut or hit the drive-thru, stop and think about what Goldilocks had for breakfast on that day in the woods. It could save your life and cut your risk for type 2 diabetes. Here’s what you need to know.

Y-Axis: The Digital Diet to Boost Happiness

You’re probably reading this on a screen right now...phone, tablet, computer. How much time do you spend in front of a screen per day? Something happens that might surprise you when you take time to unplug. Learn more.

Recipe: Whole-Grain Garlic Bread Sticks

Are you getting enough whole grains in your diet? You need 3 to 5 servings a day. But most adults eat less than one serving a day. Try this tasty recipe for whole-grain garlic bread sticks.

Ask the Wellness Doctor

Dr. Don Hall answers this month’s Ask the Wellness Doctor question: What should I eat to keep my heart healthy?

Health Challenge

Take the month-long Health Challenge: Eat Leafy Greens: Add more leafy greens to your diet.

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THE Y AXIS



The Digital Diet to Boost Happiness

You're probably reading this on a screen right now.

Phone, tablet, computer?

What's your digital diet look like?

Maybe you're in front of a computer all day, check your phone often, or bingewatch shows after work.

New research suggests that as your screen time goes up, your happiness level goes down.⁴

In the study, happiness started to go down after just 1 hour of screen time. Maybe you can't cut your screen time down to an hour on a workday.



But on the weekend? Unplug. Relax. Reconnect face-to-face.

COMMENTS?

Send comments to the editor: well@wellsources.com

Follow the No-Dieting Plan to Manage Your Weight

Healthy habits more effective than crash diets

It's not a pill, drink, or program on late-night TV. And it doesn't involve surgery. So if you want to lose weight and keep it off, or maintain a healthy weight, what's the secret?

If you're hoping for a quick fix, you're not alone. About 45 millions adults in the U.S. try some fad diet every year. But losing a few pounds this way isn't a long-term solution.

So how do you tip the scale in the right direction and keep it that way?

In a recent study, researchers tracked the eating habits and weight of about 5,000 people for 10 years.¹ They found that people who skipped fad diets for eating healthier more often, were more likely to maintain a healthy weight.

MORE

10 behaviors for healthy weight loss
<https://tinyurl.com/y797z8gg>

If you want to keep your weight in check, skip fad diets, and adopt these 5 healthy habits:

- 1. Be active.** Aim for 30 to 60 minutes of moderate physical activity per day.
- 2. Eat healthy foods.** Eat more fruits, vegetables, whole grains, nuts, seeds, and legumes. Drink plenty of water. And eat less fried food, red meat, soda, desserts, and processed meals.
- 3. Get your Zzzs.** Aim for 7 to 8 hours of sleep per night.
- 4. Track your choices.** Weigh yourself at least once a week. Keep track of your food choices. And log your exercise minutes.
- 5. Be consistent.** It's probably the toughest recommendation to follow. But it works. People who eat healthy and exercise regularly, are the most successful at weight management. @

Back on Track: 6 Ways to Reduce Lower Back Pain

Sit less, move more to prevent lower back pain

If you've ever uttered the words, "Oh, my aching back," you're not alone. About 80 percent of all adults will experience back pain at some point.

It's the most common reason people miss work. It's the second-most common reason people visit the doctor, topped only by coughs and colds.

So what's the cause of back pain for most people? Too much sitting.

In a recent study, researchers found that people who sit for more than 7 hours a day are more likely to develop back pain.²



How many hours a day do you spend sitting in the car, at the office, on the couch, or at the table for meals?

Back to basics

Fortunately, most back pain isn't caused by serious conditions. That means you can take action to get relief. Here are some things you can do:

- 1. Take regular breaks** to stand up, stretch, and move around.
- 2. Wear comfortable shoes** with low heels.
- 3. Maintain a healthy weight,** or lose weight if you need to. Excess weight around the waistline can strain lower back muscles.



Whole-Grain Garlic Bread Sticks

Are you getting enough whole grains in your diet? You need 3 to 5 servings a day. But most adults eat less than one serving a day. Whole grains are good for your heart and your health. Try this tasty recipe for whole-grain garlic bread sticks.⁵

Ingredients:

- 6 slices of whole-grain bread
- 2 T olive oil
- 1/2 tsp garlic powder
- Italian seasoning (as needed)

Directions:

1. Preheat oven to 300 degrees.
2. Spread 1 tsp of oil on each slice of bread.
3. Sprinkle with garlic powder and Italian seasoning.
4. Stack bread and cut each slice into three equal parts.
5. Arrange bread sticks on baking sheet and place in oven.
6. Bake about 25 minutes or until crisp and lightly browned

Serves 6. 130 calories per serving.

The Goldilocks Strategy to Prevent Type 2 Diabetes

Whole-grain foods high in fiber help control blood sugar

The storybook character Goldilocks gets a bad rap for breaking chairs and taking a nap where she doesn't belong. But when it comes to eating porridge, maybe she sampled all three bowls because she knew it was healthy.

Chances are pretty good. The Three Bears we're planning to eat whole-grain porridge or steel-cut oats when they came back from their walk. And that's just right, if you want to prevent type 2 diabetes.

In a recent study, researchers looked at the eating habits of 55,000 people over 15 years.³ They found that people who ate at least 50g of whole grains per day



(that's a bowl of oatmeal and slice of whole-grain bread) cut their risk for diabetes by up to 34 percent.

It's an important finding when an estimated 34 million adults in the U.S. have type 2 diabetes. Another 88 million have prediabetes.

Eat whole-grain foods to cut diabetes risk

If you're looking for a way to improve your diet and reduce your risk for type 2 diabetes, eat more whole-grain foods like:

- Steel-cut oats
- Shredded-wheat and other whole-grain cereals
- Whole-grain breads and pasta
- Brown rice
- Quinoa

Whole grains are a rich source of fiber that help improve digestion, and prevent diabetes and heart disease. Eat enough, and you may even have the energy to escape a family of hungry bears. @

MORE

10 tips to eat whole grains
<https://tinyurl.com/svc6bsg>

Reduce Lower Back Pain (continued from page 1)

4. **If you smoke, quit.** Smoking reduces blood flow to the lower spine and causes the spinal discs to degenerate.
5. **Try yoga or stretching.** This can help strengthen your back muscles and improve your posture.

MORE

Exercises to improve back and core strength
<https://tinyurl.com/qlv7v3n>

6. **When you are sitting,** keep your feet flat on the floor, or use a footstool. And place a rolled towel or small cushion behind you, if your chair doesn't offer enough lower back support. @

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Take the March Health Challenge!

Eat Leafy Greens: Add more leafy greens to your diet

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:

What should I eat to keep my heart healthy?

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WELLNESS CHALLENGE

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Eat Leafy Greens

CHALLENGE

Add more leafy greens to your diet

Requirements to complete this HEALTH CHALLENGE™

1. Read “Eat Leafy Greens.”
2. Eat more leafy greens (spinach, kale, broccoli, lettuce, etc.)
3. Keep a record of your completed health challenge in case your organization requires documentation.



Ever heard of The Spinach Challenge?

You know, like the Ice Bucket Challenge. Dump a bucket of ice on your head in dramatic fashion. Record it. Show it off on social media. Try eating leafy greens this way.

When former National Women’s Soccer League forward Stephanie McCaffrey heard about The Spinach Challenge, she was ready to strike. And U.S. Olympic gold medalist and pro hockey player Kacey Bellamy wasn’t about to back down.

“The rules are simple,” says McCaffrey. “Eat all of the spinach in the bag as fast as you can. The first one to eat all of it wins.”

And instead of McCaffrey vs. Bellamy, the friends turned The Spinach Challenge into an event. Both recruited teammates and

How much do you know about the health benefits of drinking water? Take this quiz to find out.

T F

1. Leafy greens are a rich source of vitamin K the body uses for blood clotting and strong bones.
2. You should eat 1 cup of vegetables daily, including leafy greens.
3. Eating leafy greens with healthy fats helps the body absorb more nutrients.
4. Antioxidants in leafy-green vegetables help prevent disease and certain types of cancer.
5. A serving of kale contains more calcium than a serving of milk and more vitamin C than an orange.

How did you do? If you didn’t get them all right, you could benefit from learning more about the health benefits of leafy greens. Eating 2 to 3 cups of vegetables per day, including leafy greens, will help lower your risk for chronic disease.² Leafy-green vegetables include foods like spinach, kale, broccoli, lettuce, and others.

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

pro athletes to participate at the Institute of Performance and Fitness in Massachusetts.

On your mark, get set...go! Spinach starts flying by the handful. McCaffrey strikes...munch...munch...munch. Bellamy rallies, grabs another handful and chews. But before the timer runs out at five minutes, it’s over with gag-me-with-a-spoon laughter.

“Honestly, I ate as much spinach as I possibly could,” says McCaffrey. “And there was not even a noticeable dent made into my bag.”

If you’re trying to eat healthier and lower your risk for disease, don’t stuff your face like this.¹ There’s a better way. Take the month-long health challenge to Eat Leafy Greens.

Try this green smoothie recipe
<https://tinyurl.com/t7kfq2b>

Easy Ways to Add Leafy Greens to Your Diet

Want to add more leafy greens to your diet? No, you don't need to eat mountains of salad or spinach leaves by the handful. Here are some easy ways to munch more leafy greens to improve your health:

Bake kale. Lay some kale leaves on a cookie sheet. Lightly spray them with olive oil and bake in the oven to make your own kale chips.



Green omelet. Add steamed broccoli and/or spinach to an egg-white or egg-substitute omelet.

Make a sandwich. Make a sandwich with whole-grain bread and your favorite fillings. Add leafy greens like spinach or romaine lettuce.

Salad please.

Make your own salad or order one from the menu. Start with romaine lettuce, spinach, and arugula. Add tomatoes, cucumbers, carrots, nuts and seeds, or tofu and turn your salad into a meal.



Smoothie secrets. Make a green smoothie in a blender with frozen fruit, water or soymilk, and leafy greens. Popular greens for smoothies are spinach, kale, romaine lettuce, bok choy, Swiss chard, or collard greens.

Soup of the day. Add greens with larger, tougher leaves such as collard greens, kale, or mustard greens to your favorite soup.



Steam it. Try steaming collard greens, mustard greens, kale, or spinach. It only takes a few minutes to make these leafy greens tender and soft. Serve with a sprinkle of lemon juice for added flavor.

Snack attack. When you get the craving for a snack, munch on broccoli and spinach dip.

That's a wrap.

Make a wrap with sautéed vegetables, brown rice, and black beans. Add some leafy greens, and wrap it up in a whole-grain tortilla.



Try stir-fry. Stir-fry chopped spinach, bok choy, or broccoli with chicken or tofu. Add peas, carrots, and other vegetables. Cook with olive or canola oil and flavor with garlic, onion, or ginger.

Make the effort to eat more leafy-green vegetables. You'll improve your health, feel better, and live longer.

18 leafy greens to add to your diet
<https://tinyurl.com/yx5cdota>

13 Reasons to Eat More Leafy Greens

It would be pretty cool if you could eat mouthfuls of spinach like McCaffrey and Bellamy and suddenly feel strong and full of energy. But going green won't give you an instant energy boost.

However, making leafy greens a regular part of your diet will improve your long-term health in many ways. And you'll feel better over time. Research shows that eating leafy greens can help:³

1. Reduce the risk for a heart attack or stroke
2. Lower the risk for type 2 diabetes
3. Control blood pressure
4. Improve bone health
5. Lower cholesterol
6. Protect vision
7. Increase energy
8. Prevent certain types of cancer
9. Improve bowel health
10. Control hunger and aid in weight management
11. Support healthy skin and hair
12. Prevent age-related memory loss
13. Strengthen the immune system

Health benefits of leafy greens
<https://tinyurl.com/r9mkogo>

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Eat Leafy Greens

CHALLENGE

Add more leafy greens to your diet

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of days you eat leafy-green vegetables.
3. Use the calendar to record the actions and choices you make to help eating more vegetables become a regular part of your life.
4. At the end of the month, total the number of days you ate leafy-green vegetables. 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 ate leafy greens
 _____ Number of days this month I got 30+ minutes of physical activity



Other wellness projects completed this month:

Name _____ Date _____

ASK THE DOCTOR

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Q. What should I eat to keep my heart healthy?

A. Making an effort to eat healthy foods is one of the best things you can do to keep your heart healthy and prevent heart disease.

But a lot of people don't eat healthy. If you're thinking about improving your diet to keep your heart healthy, start by answering these two questions:

1. How often do you eat French fries, red meats, pizza, pastries, and processed foods?
2. How often do you have sugary drinks?

If you eat a lot of these foods, you're at risk for high cholesterol, high blood pressure, and other health problems. These conditions can damage your arteries, which can lead to heart attack, stroke, and death. Consider this:

- Heart disease is the leading cause of death in the United States. It claims the lives of about 648,000 people a year.¹
- Every 40 seconds, someone in the United States has a heart attack.² Some recover. Some require surgery and long-term therapy. And many don't survive.

Eat heart-healthy foods

Choosing the right foods can help prevent heart disease. If you already have heart disease, or you're at risk, improving your diet can help, too. And it's easy. Research shows eating more plant-based foods and less junk food can improve heart health.³ Eat more of these heart-healthy foods:



Eat Heart-Healthy Foods

Fruits and vegetables

At meal time, fill half your plate with fruits and vegetables. Brightly-colored fruits, berries, and leafy-green vegetables are best. They have high levels of antioxidants that can help prevent plaque build-up in your arteries. Ultimately, this protects your heart. Aim for 8-10 daily servings of fruits and vegetables.

Nuts & seeds

Nuts and seeds contain healthy, unsaturated fat. This kind of fat helps lower LDL (bad) cholesterol levels, which can protect your heart from disease.

Nuts also contain omega-3 fatty acids and other nutrients that can improve the health of your arteries and reduce the risk for blood clots. Try to eat a handful of nuts (about 1½ ounces) each day.

Legumes

Legumes, such as black beans, kidney beans, and peas, contain the highest amount of fiber of any food group. High-fiber foods can lower cholesterol levels, reduce the risk for diabetes, and curb hunger to avoid weight gain. All of this

ASK THE Wellness DOCTOR

can lead to a healthier heart. Adult women need at least 25 grams of dietary fiber per day for best health. Men need at least 38 grams per day.

Whole Grains

Whole grains contain bran, fiber, and other nutrients that help lower blood sugar, cholesterol, and triglycerides (or fat) in the blood. This is good for heart health. Eat at least three servings of whole grains per day. A variety of grains is best, especially ones high in water-soluble fiber. Try oatmeal, whole-grain cereals, breads and pasta, brown rice, and quinoa.

Eating a plant-based diet is the best way to reduce your risk for heart disease. If you're not used to eating this way, start small with a healthy snack. Gradually add more fruits, vegetables, nuts, legumes, and whole grains to your eating plan. Then top off your new eating habits with 30 to 60 minutes of exercise on most days for a healthier heart.

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