

# **STAYIN' ALIVE**

Talking about safety isn't enough.



# **HEALTH & WELLNESS NEWSLETTER MAY 2020**

Powered by:



## **HIGHLIGHTS for the May 2020 Newsletter**

### **4 Ways to Prevent Pandemic Pounds**

Stuck at home during COVID-19 quarantine? You might be eating more and exercising less. All the changes to work, school and schedules can be stressful, too. And that's a recipe for weight gain. Here are some things you can do to prevent pandemic pounds.

### **Sniffles & Sneezes? 6 Tips to Manage Seasonal Allergies**

It's that time of year when grass grows greener, flowers bloom, and the sun is shining. Sounds great...unless you suffer from seasonal allergies. Keep the sniffles and sneezes from hay fever to a minimum with these tips.

### **Avoid or Limit Alcohol to Protect Your Health**

Let's clear something up right now. Alcohol does not protect you from the coronavirus. But that's not the only reason you might want to avoid or limit alcohol. Learn more.

### **Y-Axis: Pound Protection: Turn Out the Lights**

Worried about weight gain during quarantine? Here's a simple thing you can do right before bed that may actually tip the scale in the right direction.

### **Recipe: Banana Nut Bread**

Hungry for a healthier sweet bread recipe? Try this moist banana-nut bread recipe made with low-fat buttermilk.

### **Ask the Wellness Doctor**

Dr. Don Hall answers this month's Ask the Wellness Doctor question: How can I make grilling healthier?

### **Health Challenge**

Take the month-long Health Challenge: Walk for Health: Walk daily to improve your health.

[www.ewsnetwork.com/staysafestayhealthy](http://www.ewsnetwork.com/staysafestayhealthy)

# NEWSLETTER

Powered by:





THE Y AXIS



## Pound Protection: Turn Out the Lights

Ever go to sleep with the TV on? Or maybe you crash on the bed with the lights on.

It might be a recipe for weight gain.

In a recent study, researchers compared weight and sleep with exposure to artificial light.<sup>4</sup>

The people who slept with the most artificial light gained 17% more weight (about 11 pounds) during the five-year study, than people who slept in the dark.

It's not the only factor linked to weight gain. But if you want a little pound protection, flip the switch when it's time for bed.



### COMMENTS?

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

## 4 Ways to Prevent Pandemic Pounds

Keep your weight in check with healthy lifestyle habits

Stuck at home? If you're not an essential worker (healthcare, delivery, and food services), chances are pretty good you're not going out much during the global pandemic.

Most states have issued stay-at-home orders to help prevent the spread of COVID-19. It appears to be working. But it may also be tipping the scale in the wrong direction.

"As households stock up on shelf-stable foods, they appear to be purchasing ultra-processed, calorie-dense comfort foods," says Columbia University researcher Dr. Andrew Rundle.<sup>1</sup>

It's a recipe for weight gain and obesity for children and adults.

If you want to prevent packing on pandemic pounds, here are four simple things you can do.

**1. Be active.** Aim for 30 to 60 minutes of moderate activity per day. Most gyms are

closed, but you can still do something. Try exercises like push-ups, curl-ups, and jumping jacks. Take a walk. Play in the yard. Go for a bike ride. And keep your social distance.

**2. Eat a healthy diet.** It doesn't have to be hard. Eat more fruits, vegetables, whole grains, legumes, nuts, and seeds. Drink more water. And skip high-calorie snacks for healthier options like fruit with Greek yogurt, air-popped popcorn, or a fruit smoothie. Order online or plan ahead to get what you need at the store.

**3. Weigh yourself regularly once a week, or even once a day.** Keep track. Write it down or use a mobile app to track your weight. It's a good way to help you be accountable and make better choices about diet and exercise.

**4. Be consistent.** It's hard at first, because your schedule and routine probably changed overnight. Start small. Eat right and stay active. Keep a regular bedtime. Avoid excessive screen time. And keep trying. You'll feel better and keep your weight in check. @

### MORE

Tips for preventing weight gain  
<https://tinyurl.com/yxfv5lu3>

## Sniffles and Sneezes? 6 Tips to Manage Seasonal Allergies

Reduce exposure to allergens to prevent symptoms

It's that time of year when your days and nights can be filled with sneezing, watery eyes, congestion, and an itchy throat. A-a-a-choo!

Seasonal allergies affect about 20 million adults in the U.S.<sup>2</sup> And the most common offenders include pollen from:

- Trees
- Grass
- Weeds
- Flowers



- Plants
- Mold spores

**How do you handle seasonal allergies?** Over-the-counter and prescription medications can help. But you can also reduce your exposure to pollen and allergens to prevent symptoms. Here's how:

**1. Stay inside** when it's windy or when the pollen count or humidity is high in your area.

**2. Avoid rubbing your eyes,** and wash your hands frequently to remove any pollen that might be on your hands from being outdoors. This is important to prevent the spread of COVID-19, too.

**3. Wear sunglasses** outdoors to reduce the amount of pollen that gets in your eyes.

**4. Change your clothes** after being outside and shower to remove pollen from your skin and hair.



## Banana-Nut Bread

Hungry for a healthier sweet bread recipe? Try this moist banana-nut bread recipe made with low-fat buttermilk.<sup>5</sup>

### Ingredients

- 1 C bananas, mashed
- 1/3 C low-fat buttermilk
- 1/2 C brown sugar
- 1/4 C margarine
- 1 egg or egg substitute
- 2 C flour
- 1 tsp baking powder
- 1/2 tsp salt
- 1/2 C pecans

### Directions:

1. Preheat oven to 350° F. Lightly oil a 9x5-inch loaf pan.
2. In small bowl, mix bananas and buttermilk.
3. In large bowl, mix brown sugar and margarine. Beat in egg. Then add banana mixture.
4. In another bowl, mix dry ingredients. Then add to liquid ingredients. Stir until blended. Then mix in nuts.
5. Spoon mixture into loaf pan.
6. Bake for 50 to 55 minutes. Cool 5 minutes in pan.
7. Remove from pan and complete cooling on wire rack before slicing.

## Avoid or Limit Alcohol to Protect Your Health

Follow guidelines to avoid or limit alcohol

Spending a lot more time at home during COVID-19? It's become a popular time to drink more alcohol.

Three weeks after stay-at-home orders closed most bars and restaurants, store sales of alcohol jumped 55 percent compared to last year. But that might not be the best way to pass the time.

“Alcohol compromises the body’s immune system and increases the risk of adverse health outcomes,” according to the World Health Organization.<sup>3</sup> “People should minimize their alcohol consumption at any time,



and particularly during the COVID-19 pandemic.”

A few more reasons to avoid or limit alcohol:

- It’s loaded with empty calories
- Stimulates appetite
- May lead to weight gain
- Interferes with judgment

- Frequently linked to driving-related accidents
- Raises risk for chronic health problems and certain types of cancer

### If you do drink, follow these guidelines:

- **Men:** No more than 2 drinks per day.
- **Women:** No more than 1 drink per day. Zero if pregnant.
- **Seniors:** No more than 1 drink per day for people over age 65.
- **A standard drink is:** 12 ounces of beer or wine cooler, 5 ounces of wine, or 1-1/2 ounces of distilled spirits.<sup>4</sup>

#### MORE

Alcohol’s effects on the body  
<https://tinyurl.com/ycitsfxm>

## Sniffles and Sneezes? 6 Tips to Manage Seasonal Allergies (continued from page 1)

**5. Keep your windows closed,** and use an air conditioner in your house and in your car. This keeps pollen from circulating in the air you’re breathing.

**6. Hire someone** to mow your lawn and do yard work to limit exposure to pollen.

#### MORE

Check the pollen count in your area  
<http://www.pollen.com>

Still stuffy and congested after trying to control seasonal allergies on your own? Check with your doctor for other treatment options that can provide relief. @

## References

1. Rundle, A., et al. (2020). COVID-19-related school closings and risk of weight gain among children. *Obesity*. From: <https://tinyurl.com/yb4htvu3>
2. National Center for Health Statistics. (2017). Allergies and hay fever. Centers for Disease Control and Prevention. From: <https://tinyurl.com/y7gz3t9b>
3. World Health Organization. (2020). Alcohol does not protect against COVID-19; access should be restricted during lockdown. From: <https://tinyurl.com/t6f8sog>
4. Park, Y.M., et al. (2019). Association of exposure to artificial light at night while sleeping with risk of obesity in women. *JAMA Internal Medicine*, 179(8): 1061-1071. From: <https://tinyurl.com/y9mulhga>
5. National Heart, Lung, and Blood Institute. (2020). Banana-Nut Bread. From: <https://tinyurl.com/y9mthcaq>



## Take the May Health Challenge!

Walk for Health: Walk daily to improve your health

## Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:

How can I make grilling healthier?

© Wellsource, Inc. All Rights Reserved.

**Aster Awards**  
HONORING EXCELLENCE IN HEALTHCARE ADVERTISING

**EMPLOYEE WELLNESS SOLUTIONS NETWORK**

**STAYIN' ALIVE**  
Talking about safety isn't enough.

# WELLNESS CHALLENGE

Powered by:





# Walk for Health

## CHALLENGE

Walk daily to improve your health

## Requirements to complete this HEALTH CHALLENGE™

1. Read “Walk for Health.”
2. Create a plan to make walking a regular part of your day.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When Illinois-resident Lynn Kata stepped on the scale 40 pounds overweight, she knew some things had to change.<sup>1</sup>

Soda, sugary drinks, and fast food were a regular thing. And exercise? No so much.

But she was determined to get healthy. She started making better food choices. Then she decided to give exercise a try.

“I started walking every morning,” says Lynn. “Each day I went a little farther and faster until I was walking about three miles each time.”

At first, it just felt like a lot of work. But little by little, she started to see results.

Looking for an easy way to improve your health? It starts by taking the first step. Take the month-long health challenge to Walk for Health.

## Take the Walk for Health Quiz:

How much do you know about the health benefits of walking.

- |    | T                        | F                        |   |
|----|--------------------------|--------------------------|---|
| 1. | <input type="checkbox"/> | <input type="checkbox"/> | Walking can help strengthen bones and improve balance.  |
| 2. | <input type="checkbox"/> | <input type="checkbox"/> | Walking 60 minutes a day for a year would burn about 146,000 calories or about 40 pounds.       |
| 3. | <input type="checkbox"/> | <input type="checkbox"/> | It would take about 30 minutes of brisk walking to burn off the calories in a donut.            |
| 4. | <input type="checkbox"/> | <input type="checkbox"/> | Walking can help reduce the risk for heart disease, diabetes, poor bone health, and depression. |
| 5. | <input type="checkbox"/> | <input type="checkbox"/> | Less than half of all adults in the U.S. get at least 20 minutes of aerobic exercise a day.     |

How did you do? The average adult only walks about 3,000 to 5,000 steps a day, which is typical if you’re not very active. As for the donut, you might want to think twice before you eat another one. Walking is a low-impact and low-cost way to improve your health, prevent disease, and live longer.<sup>2</sup> And you can start...right...now.

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

## Walk the Path to Better Health

Do you think you can make walking a regular part of your day?

At first, Lynn wasn’t sure. She struggled to walk daily, eat healthier, and adopt this new routine. And then something started to happen.

“I was thrilled to see that the weight began to slowly go down day by day,” says Lynn. “It felt good to be outside. My mental health was benefitting, too. And I really started to see my body change.”

After about a year of consistent effort, Lynn lost those 40 pounds. And now she’s on a mission to help other people.

“I hope my fitness journey will inspire other people to take back their healthy,” says Lynn.

Want to lose weight, reduce stress, and lower your risk for chronic disease?<sup>3</sup> Walk the path to better health.

Walking for good health  
<https://tinyurl.com/vcdsz48e>

# How to Make Walking a Regular Part of Your Day

Wondering how to make walking a regular part of your day? It's not as hard as you might think. Aim for at least 30 minutes of walking each day (break it up if you're short on time). Here are some easy ways to add more steps to your day to improve your health:



## Track your steps

A pedometer, wearable device, or mobile app can track the number of steps you take per day. Keep a record of how many steps you take. Monitor your activity throughout the day. Fit in an extra walk if you need to so you can meet your goal. Aim for at least 10,000 steps a day.



## Take the stairs

Skip the elevator or escalator, and take the stairs. If you're working at home with stairs, walk to deliver a message instead of yelling.



## Park far away

Got a shopping trip planned? Forget about trying to find the closest spot to the front door. Park far away, and walk. You'll add more steps to your day, and save time and stress trying to find a parking spot.



## Schedule walk breaks

Let's face it. We're all busy. And if you don't make time for walking, it's easy to forget. So schedule it. Put it on your calendar. Your health depends on keeping this appointment. Take a morning and afternoon walk break. Fit a walk break in during your lunch hour. Or take a walk after dinner. Pick up the pace a few minutes at a time for added health benefits.<sup>5</sup>



## Use a treadmill

If the weather stinks or you have other reasons for not walking outside, get on a treadmill. You might have one at home, the gym, the office, or even at a hotel when you're on the road.



## Walk and talk...without tech

At home you might yell from room to room. At the office, probably not. But you might send a co-worker an email or text. Either way, you'll get more steps by taking a short walk to deliver the message in person.



## Move more, sit less

Add more steps to your day by pacing around. Think about how often you're sitting, when you could be moving: brushing your teeth, waiting for an appointment, on the phone, etc.



## Walk with someone

It's all too easy to hit the snooze button for an early-morning walk, or skip out because you're "too busy." But if you go with a friend or group, you're a lot more likely to get your steps in. Social distancing rules may apply.



## Host a walking challenge

Are you game for a little competition? Challenge your friends, co-workers, or family members to walk more, too. Keep track, and encourage each other to hit their daily steps goal. You could even share your progress on social media.

Exercise:  
Starting a  
walking program  
<https://tinyurl.com/y9c8lewt>

## 15 Health Benefits of Walking

If you've been thinking about taking action to improve your health, walking is one of the easiest ways to start.

Why? It doesn't require any special skills, a gym membership, or expensive equipment. Just lace up your shoes and go. Research shows that walking can help:<sup>4</sup>

1. Lower blood pressure
2. Build muscle strength
3. Improve balance
4. Boost energy levels
5. Develop aerobic or cardiovascular fitness
6. Lose weight or maintain a healthy weight
7. Sleep better
8. Control blood sugar levels
9. Improve cholesterol levels
10. Reduce risk for heart disease and stroke
11. Strengthen bones
12. Lower the risk for certain types of cancer
13. Decrease stress
14. Reduce anxiety and depression
15. Help you live longer



100 ways to  
add 2,000 steps  
a day  
<https://tinyurl.com/y9zdq4k3>

## References

1. Kata, L. (2020). Success stories: Lynn Kata. National Weight Control Registry. From: [www.nwcr.ws/stories.htm](http://www.nwcr.ws/stories.htm)
2. Harvard University. (2020). Walking: Your steps to health. Harvard Health Publishing. From: <https://tinyurl.com/ybzykkt8>
3. Olafsdottir, G., et al. (2018). Health benefits of walking in nature: A randomized controlled study under conditions of real-life stress. Environment and Behavior. From: <https://tinyurl.com/yb8ztqgh>
4. Centers for Disease Control and Prevention. (2020). Walking: Why walk? Why not! From: <https://tinyurl.com/yc4s9ax4>
5. Masuki, S., et al. (2019). High-intensity walking time is a key determinant to increase physical fitness and improve health outcomes after interval walking training in middle-aged and older people. *Mayo Clinic Proceedings*, 94(12): 2415-2426. From: <https://tinyurl.com/ybw8eqdl>





# Walk for Health

## CHALLENGE

Walk daily to improve your health

### Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of days you walk at least 30 minutes a day
3. Use the calendar to record the actions and choices you make walking a regular part of your life.
4. At the end of the month, total the number of days you walked at least 30 minutes. 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. _____		
HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____		
HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____		
HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____		
HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____		

\_\_\_\_\_ Number of days this month I walked for 30+ minutes

\_\_\_\_\_ Number of days this month I did other types of physical activity besides walking



### Other wellness projects completed this month:

-----  
-----

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

# ASK THE DOCTOR

Powered by:



# Q.

How can I make grilling healthier?

# A.

You might be thinking about firing up the grill to cook a meal about now. But don't get the briquettes or propane burner flaming hot just yet. Munching your way through char-grilled meat or fish isn't the best way to go.

Why? Grilling beef, pork, fish, and poultry at high temperatures can cause an unhealthy reaction in the meat. It's a recipe for heterocyclic amines (HCAs) linked to cancer.<sup>1</sup>

**Here's what happens:** When fat drops down during grilling and burns, it goes back into the food. This is how food gets charred during grilling. It's also how HCAs are formed.<sup>2</sup> But that doesn't mean you have to forget about summer-season grilling.

### Here are four ways to make grilling healthier:

**1. Use a grill in the oven.** If you want to grill something, use a grill in the oven where you can grill from above. Grilling from above helps prevent charring and HCAs.

**2. Choose plant-based burgers.** Use a barbecue grill. But instead of meat, try grilling plant-based burgers such as black-bean



## HEALTHY GRILLING TIPS

burgers or garden burgers. These are less likely to form harmful HCAs from grilling than meats.

### 3. Grill fruits and vegetables.

Here's another barbecue-friendly option. Make kebabs with your favorites like zucchini, tomatoes, potato wedges, egg plant, mushrooms, and pineapple chunks. Or grill corn on the cob wrapped in foil. Fruits and vegetables don't form HCAs. Just cook at a moderate temperature and avoid burning or blackening of food.

### 4. Season foods with herbs and spices instead of sauces high in calories.

Or marinate foods before grilling. Research shows this can help prevent HCAs from forming.<sup>3</sup>

### Discover the benefits of grilling at home

If you've been thinking about eating at home more often, give healthy grilling a try.

## ASK THE Wellness DOCTOR

Research shows that cooking at home can help you eat healthier foods, control calories, lose weight, or maintain a healthy weight.<sup>4</sup>

You hungry? Fire up the grill. Turn down the heat. Cook your food a little longer, and enjoy a home-cooked meal.

### References

1. National Cancer Institute. (2017). Chemicals in meat cooked at high temperatures and cancer risk. National Institutes of Health. From: <https://tinyurl.com/hz887t4>
2. American Institute for Cancer Research. (2019). Cancer experts issue warnings on grilling safety. From: <https://tinyurl.com/y78dn4x6>
3. American Institute for Cancer Research. (2019). Cancer experts issue warnings on grilling safety. From: <https://tinyurl.com/y78dn4x6>
4. Mills, S., et al. (2017). Frequency of eating home cooked meals and potential benefits for diet and health: cross-sectional analysis of a population-based cohort study. *International Journal of Behavioral Nutrition and Physical Activity*, 14(109). From: <https://tinyurl.com/ydehmldp>



# STAYIN' ALIVE

Talking about safety isn't enough.



Head Office: 502 Old Wonderland Rd. London, ON N6K 1L6  
[info@ewsnetwork.com](mailto:info@ewsnetwork.com) | [www.ewsnetwork.com](http://www.ewsnetwork.com)