



HEALTH & WELLNESS NEWSLETTER AUGUST 2020

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HIGHLIGHTS for the AUGUST 2020 Newsletter

You've Never Too Old to Exercise: 100 Laps for 100 Years

When Oregon resident Bud Lewis turns 100 years old this month, he won't be celebrating a century sitting down. Instead, he'll chalk up 100-plus laps around a local track. Want to live longer? Find out if you're getting enough exercise.

A Cup a Day: The Blueberry Diet for Heart Health

Did you know heart disease is the leading cause of death in the United States? It claims the lives of about 650,000 people a year. Every 40 seconds someone has a heart attack. Would you make one simple change to your diet to lower your risk? Learn more.

5 Reasons You Need a Regular Bedtime

"Time for bed." It's a universal statement that can trigger Operation Stall Tactics in kids. You know...one more story, a drink of water, more playtime, a movie. But you're smarter than that. Kids need their sleep...right? But are you getting enough sleep?

Y-Axis: The Dirty Little Secret About Potatoes

Before you dig into another bag of potato chips or pick up some potato-made fries at the drive through, you better read this. There's something about these types of potato products you need to know.

Recipe: Home-Run Hummus Wrap

Let's be honest. Baseball isn't the same with COVID-19 on the rise...empty stands...cancelled games. But that doesn't mean you can't enjoy some good food. Try this Home-Run Hummus Wrap recipe.

Take the August Health Challenge!

Avoid Red Meat: Eat healthier alternatives to protect your health

Ask the Wellness Doctor

This month Dr. Don Hall answers the question: How can I improve my balance?

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THE Y AXIS



The Dirty Little Secret About Potatoes

Put down the chips and step away from the bag. Skip the French fries.



What if you heard that on the grocery-store loudspeaker or drive-thru intercom?

You'd probably be a little freaked out...right?

Here's the thing. Most potato chips and French fries contain harmful chemicals, including acrylamide.⁴ It's been linked to heart disease, brain-related problems, and certain types of cancer.

You hungry? Cook real food at home, or at least order something healthier from the menu.

COMMENTS?

Send comments to the editor:
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You've Never Too Old to Exercise: 100 Laps for 100 Years

Regular exercise improves health, longevity

Dressed in combat fatigues, the young Bud Lewis moved into formation. A drill sergeant directed a group of soldiers, barking, "Left...left...left-right...left."

Even though it's been more than 75 years since Lewis served in the 41st Infantry Division during World War II, it's still a familiar cadence.

He's been walking a lap around Duniway Track in Portland, Ore., every morning at 11 a.m. for a cause. His goal...walk 100 laps to raise \$100,000 for the Sunshine Division. It's a food bank operated by the Portland Police Bureau where he was commander until retiring.

"I'm about to be 100 years old," says Lewis. "And I see this as a way to put the icing on the cake of my years."

On Aug. 8, Lewis will celebrate his birthday by walking another lap around the track. (He's actually completed more than 150 laps.) It's for a good cause. But Lewis also hopes it's a reminder that you're never too old to exercise.

"A journey of a thousand miles starts with one step," says Lewis. "Starting is the most important thing."

Get 30 to 60 minutes of exercise a day

How active are you? Adults should get at least 30 minutes of aerobic activity a day, or 150 minutes a week.¹

Only about half of all adults are active enough. But it's good for your health at any age. Aerobic exercise helps burn calories and fat. It helps your heart, lungs, and muscles be strong.

Maybe you're not ready for 100 laps, but there are plenty of other ways to be active. Ride a bike. Take a fitness class. Work in the yard.

Are you getting at least 30 minutes of aerobic exercise a day? Keep it up. If you're not, find an activity you enjoy, and get started. 🏃‍♂️

MORE

Make exercise a daily habit
<https://tinyurl.com/ydawjjz4>

A Cup a Day: The Blueberry Diet for Heart Health

Daily serving of blueberries cuts heart disease risk by up to 15 percent

It's the official berry of Nova Scotia, Canada. They taste so good American poet Robert Frost wrote a poem about them. And Australian blueberry farmers David and Leasa Mazzardis hold the record for the biggest blueberry in the world (12.39 grams).

That should get your juices flowing. It's blueberry season. Blueberries can transform a bowl of cereal, fruit smoothie, muffin recipe, or fruit salad. They're a tasty and healthy vitamin-packed treat.



But satisfying your taste buds with this sweet and sour berry isn't the only reason to eat them. Research shows eating a cup of blueberries a day may cut the risk for heart disease by up to 15 percent.²

Health benefits of blueberries

Blueberries contain high levels of antioxidants. They're rich in vitamin C, fiber and potassium. And they're low in calories. Health benefits of blueberries include:

- Improve heart health
- Reduce stroke risk
- Strengthen the immune system
- Improve digestion



Black Bean Home-Run Hummus Wrap

Let's be honest. Baseball isn't the same with COVID-19 on the rise...empty stands...cancelled games. But that doesn't mean you can't enjoy some good food. Try this Home-Run Hummus Wrap recipe.⁵

Ingredients

- 6 8-inch whole-wheat tortillas
- 1-1/2 C hummus
- 1 C red bell pepper, cut into 1/4-inch strips
- 1-1/2 C carrots, grated
- 1-1/2 C baby spinach leaves

Directions

- Place tortillas clean surface.
- Place 1/4 C hummus in the center of each tortilla. Spread the hummus evenly across center of each tortilla.
- Top hummus with 4–6 red pepper strips and 1/4 C grated carrots.
- Divide spinach leaves evenly. Place leaves over vegetables on each tortilla.
- Fold bottom edge of tortilla up and over vegetables, and roll up.
- Cut each wrap diagonally across the center width of the wrap, and serve.

5 Reasons You Need a Regular Bedtime

Get your Zzzs to reduce health risks



“Time for bed.” It’s a universal statement that can trigger Operation Stall Tactics in kids. You know...one more story, a drink of water, more playtime, a movie. But you’re smarter than that. Kids need their sleep...right?

Well, what about you? Are you getting at least 7 hours of sleep per night. It’s easy to skimp on sleep, stay up late, and go to bed at random times, especially on the weekends. But research shows adults should follow a regular bedtime routine, too.

Why? In a recent study, researchers found that lack of sleep and irregular sleep habits may increase the risk for:³

1. High blood sugar levels
2. High blood pressure
3. A heart attack or stroke
4. Being overweight or obese
5. Depression

Tips to help you get your Zzzs

Want to improve your health and get a better night’s sleep? For best health, aim

for 7 to 8 hours of sleep per night. Here are some tips to help you get your Zzzs:

- Go to bed at the same time every night, even on weekends.
- Avoid exercise within two hours of bedtime.
- Avoid caffeine, nicotine, and alcohol in the evening.
- Avoid going to bed on a full stomach.
- Make it comfortable. Your sleeping area should be dark, quiet, and cool.
- Still having trouble sleeping? Talk to your doctor about other ways to get your Zzzs.®

MORE

Your guide to healthy sleep habits
<https://tinyurl.com/y7d2yy2t>

A Cup a Day: The Blueberry Diet for Heart Health (continued from page 1)

- Reduce the risk for certain types of cancer
- Slow memory loss as you age
- Improve cholesterol levels
- Lower blood pressure
- Prevent or control diabetes

MORE

Try these blueberry recipes
<http://tinyurl.com/n2lwkgm>

You can improve your health by making one simple change to your diet. Eat more blueberries. They’re easy to add to cereal, yogurt, oatmeal, and smoothies. And they taste just as good by the handful. ®

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Take the August Health Challenge!

Avoid Red Meat: Eat healthier alternatives to protect your health

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
How can I improve my balance?

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WELLNESS CHALLENGE

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Avoid Red Meat

CHALLENGE

Eat healthier alternatives to protect your health

Requirements to complete this HEALTH CHALLENGE™

1. Read "Avoid Red Meat."
2. Create a meal plan to avoid or limit red meat in your diet.
3. Keep a record of your completed health challenge in case your organization requires documentation.



Baltimore Ravens football player Bradley Bozeman knows how to play the game.

At 6-foot-3 and 317 pounds, he's the kind of lineman that's hard to take down.

But he recently faced off with an unlikely opponent that almost did just that.

The Big Texan Steak Ranch Challenge. Instead of blocking the line to protect the quarterback, Bozeman stepped up to the plate for a different kind of competition.

Polish off a 4.5-pound steak. Eat shrimp cocktail, a baked potato, and a salad. Have a dinner roll with butter. And do it in less than an hour.

Meat on Your Mind?

How much do you know about the health risks of eating red meat? Take the quiz to find out:

T F

1. Eating a plant-based diet lowers the risk for chronic disease and improves mortality.
2. Cutting back on red meat just one day a week can improve your health.
3. Red meat contains vitamins and nutrients your body needs. It can help you live longer.
4. The risk for type 2 diabetes goes up based on the amount of red or processed meat consumed.
5. Red meat contains chemical compounds that can harden or clog arteries, damage the heart, and cause other health problems.

How did you do? If you answered any of the statements incorrectly, take some time to learn more about how to Avoid Red Meat. Research shows that eating red or processed meat can shorten your lifespan and increase the risk for chronic disease.² Red meat is high in protein, but you can get protein from foods like whole grains, legumes, nuts, and seeds.

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

He plowed through the meal in 50 minutes. But it wasn't easy.

"That was definitely the hardest thing I've ever had to eat," says Bozeman.

The next day, Bozeman left for New Mexico, and he said steak wasn't going to be on the menu.

And that's a good thing. Research shows that eating red meat is bad for your health.¹

You might not be hungry for a 4.5-pound steak. But even eating small amounts of red meat has been linked to a long list of chronic diseases.

Want to be healthier and live longer? Take the month long health challenge to Avoid Red Meat.

5 protein-packed foods for meatless meals
<https://tinyurl.com/y5gdhyk8>

5 Ways to Avoid or Limit Red Meat

If you're looking for ways to eat less red meat to improve your diet and overall health, here are five things you can do

1. Follow a plant-based diet



It's the best option. Maybe you're not ready for this. That's

OK. The more plant-based foods you eat, the better. But if you want to protect your health and live longer, eating a plant-based diet is the best thing you can do. People who eat red meat are more likely to develop disease and die early. People who follow a plant-based diet (fruit, vegetables, breads, cereals, pastas, beans, nuts, legumes) live longer.⁴

2. Go meatless one day a week



Pick one day a week that works for you with no meat

on the menu.

- Plan out meals and snacks for the day.
- Eat fruits, vegetables, salads, soups, whole grains, beans, nuts, and seeds.
- You might even try vegetarian options from the freezer section at the grocery store.
- Or fast food options like: Burger King: Veggie Burger, Carl's Jr: Veg It Burger,

Wendy's: Black Bean Burger, or White Castle: Veggie Slide.

3. Skip the processed meats



Not all red meats are created equal. If you're taking baby steps to eat

less red meat, start by giving up processed meats. This includes:

- Hot dogs
- Cold cuts
- Sausages
- Corned beef, and
- Canned meats

These are really meat bi-products. They're treated with chemicals and processed in a way that increases the risk for cancer.⁵

4. Cut red meat servings in half



Keep in mind, the idea is no red meat. But if you're not there

yet, cut the amount of red meat you're eating in half.

- Order a single cheeseburger instead of a double.
- Split a bowl of meatballs in half.
- Have fish or skinless poultry instead of red meat.
- Eat salad, fruit, or vegetables for seconds, instead of another serving of meat.
- Try a garden burger instead of a hamburger. It's a start.

Rethinking Red Meat



Maybe you're not planning a road trip to The Big Texan Steak Ranch. But is red meat on your menu like burgers, hot dogs, steak, bacon, and cold cuts?

Maybe you're not ready to eliminate red meat from your diet. If you don't eat red meat, keep it that way. If you do, it's time to rethink red meat. Why? Research shows eating red meat raises the risk for:³

- Colorectal cancer
- Diabetes
- Heart disease
- Early death.

Strategies to reduce red meat
<https://tinyurl.com/y2s2gq6w>

In fact, just one serving of red meat per day may raise the risk for early death by 13 percent. If you want to live longer, avoid or cut back on red meat in your diet.

5. Try vegetarian recipes



If you're not used to eating a plant-based diet, you might wonder if a meatless meal can taste good. But you won't know until you try it.

Many of your favorite dishes with meat, probably have a vegetarian alternative. Look up a vegetarian recipe and give it a try. You could also visit a vegetarian restaurant or ask a friend who follows a plant-based diet for help.

When you eat less red meat, you'll feel better, be healthier, and live longer.

What's the beef with red meat?
<http://tinyurl.com/p7kxaua>

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Avoid Red Meat

CHALLENGE

Eat healthier alternatives to protect your health

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of days you avoid or limit red meat.
3. Use the calendar to record the actions and choices you make to avoid or limit red meat.
4. At the end of the month, total the number of days you take steps to Avoid Red Meat. 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 less red meat

_____ 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 can I improve my balance?

A. Ever lose your balance, stumble, and fall? Maybe you trip on the stairs, stub your toe, get in a hurry, or feel wobbly and fall. It happens... and it's not just old people.

Beginning around age 40, the brain's ability to process information about motion and balance starts to decline.¹

The good news: If you stay active throughout your life, you can slow the process.

The bad news: Most people don't think about improving their balance until they have a problem. For example:²

1 in 4 adults over age 65 fall each year.

Every 11 seconds an older adult is hospitalized for a fall.

3 million older adults are treated for fall-related injuries every year.

1 out of 5 falls lead to broken bones and brain injuries.

5 Moves to Improve Balance

What can you do to prevent falls and improve your balance? Practice. Work on balance exercises 2 to 3 days a week for 10 to 15 minutes.³ Give these balance exercises a try:

1. Stand on one foot

Bend one knee and lift your foot about six inches off the ground. Balance on the other foot. If you



start to lose balance, grab a chair or use the wall to steady yourself. Keep your leg lifted for 60 seconds and then switch to the other. Too easy? Try it without wearing shoes.

2. Heel-to-toe walk

Walk around the room with your heel touching the toes of your opposite foot with each step. For added difficulty, try it with your eyes closed.

3. Straight-line walk

Walk in as straight a line as possible. Practice walking on a curb as if you're a gymnast on the balance beam.

4. Bodyweight squats

Lower-body strength training can help your balance a lot. Stand with your feet shoulder-width apart. Slowly lower yourself into a squatting position. Aim for 6 to 15, then rest and repeat.

Too easy? Hold weights in your hands while doing squats.

5. Tai chi, yoga, or Pilates

These activities improve your mobility and stability. One study found that balance improved after just 8 weeks of tai chi training twice a week.⁴ Sign up for a group class

ASK THE *Wellness* DOCTOR

at a local gym or community center. Or learn to do them on your own using videos or books.

Practice balance to stand up for your health

Want to prevent falls and improve balance? Make balance training a regular part of your routine. Everyone can benefit from an improved sense of balance. It doesn't matter if you are an athlete or an aging senior. Now is always the best time to start to improve your balance.

Try these stability and balance exercises

<https://tinyurl.com/yveapvdz>

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