

STAYIN' ALIVE

Talking about safety isn't enough.



HEALTH & WELLNESS NEWSLETTER SEPTEMBER 2020

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HIGHLIGHTS for the SEPTEMBER 2020 Newsletter

America's Got High Cholesterol: 6 Ways to Protect Your Health

Celebrity Howie Mandel is headed to Las Vegas later this month. He's a judge for the reality show America's Got Talent. And he'll expect to be entertained and surprised by the show's top finalists. But there's something else he knows a lot about that you might have in common.

4 Reasons COVID-Weight Gain is Up + Tips to Keep It Down

Have you gained some pandemic pounds? You're not alone. Weight gain is on the rise, and COVID-19 is partly to blame. But it doesn't have to be that way. Here's how to tip the scale in the right direction.

Munch & Crunch: This Green-Speared Veggie is Worth the Wait

This green-speared vegetable takes about two years to grow. But it's worth the wait, because it's packed with vitamins and nutrients. It contains zero cholesterol and fat. And it's low in calories. Munch and crunch this veggie for better health.

Y-Axis: Double Your Dose of LOL Medicine

Looking for a low-cost way to improve your health, feel better, and be happier? Research suggests an extra dose of this elixir may be just the thing.

Recipe: Banana-Kiwi Salad

Forget about serving fruit salad from a can. This mixture of fruit with vinaigrette dressing has just the right amount of tropical-island zing to make you say "yum."

Take the September Health Challenge!

Practice Healthy Aging Habits: Make smart lifestyle choices to live longer

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
What are the health benefits of drinking water?

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THE Y AXIS



Double Your Dose of LOL Medicine

Sure, you've got a lot on your plate. Most adults do. Work, relationships, bills to pay, a global pandemic.

Want to know how to deal with it better? Double your dose of LOL medicine.



Most adults only laugh 15 to 100 times a day. You can do better. Kids laugh 300 times a day. Tell a joke. Watch a funny movie. Do silly stuff with friends.

Research shows that laughing helps reduce stress, improves your mood, and strengthens the immune system.⁴

COMMENTS?

Send comments to the editor: well@wellsources.com

America's Got High Cholesterol: 6 Ways to Protect Your Health

High cholesterol linked to heart disease, stroke and diabetes

Celebrity Howie Mandel is headed to Las Vegas later this month. He's a judge for the reality show *America's Got Talent*. And he'll expect to be entertained and surprised by the show's top finalists.

Mandel built his career in the spotlight. But something happened along the way that came as a shocking surprise. More shocking than the Bonebreakers' moves or they guy dodging crossbow arrows...blindfolded.

During a routine visit with his doctor, he got the news. "You have high cholesterol."

He didn't know. He didn't have any symptoms. And he wasn't doing anything about it.

Yet, 40 percent of adults have higher than normal total cholesterol (200 mg/dL or above). Left unchecked, it can lead to plaque build-up that blocks blood flow to the heart and brain. And it's a risk factor for heart disease, stroke, and diabetes.

At first, Mandel didn't do anything about it. When he went back for a check-up, his cholesterol level was even higher. And

that's when he decided to get his act together with medication and healthy lifestyle habits.

6 ways to lower cholesterol levels

If you want to protect your health and keep your cholesterol levels in check, here are some things you can do:

- 1. Maintain a healthy weight**, or lose weight if you need to. Smart food choices and regular exercise can help.
- 2. Eat heart-healthy foods** like whole grains, fruits and vegetables, fish, nuts, and seeds.
- 3. Exercise at least 30 minutes a day.** Try walking, biking, or hiking. Even gardening and vigorous house-cleaning counts as exercise.
- 4. Don't smoke**, or quit if you do.
- 5. Avoid or limit alcohol.** No more than 2 drinks per day for men, 1 for women, zero if pregnant.
- 6. Follow your doctor's advice.** Medication can help, too.

Make the effort to control your cholesterol so you can get a Golden Buzzer for good health. @

MORE

High cholesterol: What you need to know <https://tinyurl.com/y6ax3lnz>

4 Reasons COVID-Weight Gain is Up + Tips to Keep It Down

Poor diet, isolation, stress, lack of exercise linked to weight gain

When Chicago resident Mark Konkol noticed his daily commute consisted of just 16 steps to grab some treats and go back to work, he decided to investigate.

The Pulitzer-Prize winning reporter found that weight gain is on the rise during COVID-19 stay-at-home orders. And he isn't the only one indulging in comfort foods.

If you've gained a few pounds since the coronavirus

became a global pandemic, you're not alone.

In fact, researchers recently pointed to four COVID-related reasons obesity is on the rise.

- Emotional stress
- Economic anxiety
- Physical inactivity
- Social isolation

Think about it this way. If you're stressed out, worried about money, stuck at home, or feel lonely, you're a lot more likely to turn to comfort foods. But it doesn't have to be that way.



Adopt these healthy habits to tip the scale in the right direction:

- **Eat healthy foods.** Skip the cookies, chips, fast food and ice cream. Eat more fruits, vegetables, whole grains, legumes, nuts and seeds.



Banana-Kiwi Salad

Forget about serving fruit salad from a can. This mixture of fruit with vinaigrette dressing has just the right amount of tropical-island zing to make you say “yum.”⁵

Ingredients

- 2 T lime juice
- 1 T canola oil
- 1 T minced shallot
- 2 tsp rice vinegar
- 1 tsp honey
- 1/4 tsp salt
- Pinch of cayenne pepper, or to taste
- 4 kiwis, peeled and diced
- 2 firm ripe bananas, cut diagonally into half-inch slices
- 1/2 C red bell pepper, diced
- 2 T fresh mint, thinly sliced
- 2 T cashews, toasted and chopped

Directions

1. Whisk lime juice, oil, shallot, vinegar, honey, salt and cayenne in a medium bowl.
2. Add kiwis, bananas, bell pepper and mint. Toss to coat.
3. Serve sprinkled with cashews.

Munch & Crunch: This Green-Speared Veggie is Worth the Wait

Asparagus rich source of fiber, vitamins, antioxidants

Good things come to those who wait. At least that’s true of asparagus. It takes about two years for an asparagus plant to grow from a seed to food on your plate. Crazy, right?

But it’s worth the wait. The spears of an asparagus plant can grow 7 to 10 inches in 24 hours. And a well-cared for plant will produce asparagus for a decade or more.



Asparagus is a nutrient-dense food that’s low in calories and good for your health. It’s a good source of:³

Try serving it:

- Steamed, grilled, or sautéed in olive oil
- With broiled salmon and brown rice, or
- In a stir fry with tofu, cashews, and mushrooms

Folate that supports cell growth and repair

Potassium, which helps regulate blood pressure

Fiber, which helps control weight, lower cholesterol, and improve digestion

Vitamin K, the body needs for strong bones

Antioxidants that help reduce inflammation and prevent certain types of cancer

Add asparagus to your plate. It’s easy to prepare, contains zero cholesterol and fat, and there’s just 26 calories in a one-cup serving. @

MORE

Try these asparagus recipes <https://tinyurl.com/yy5nxbv9>

4 Reasons COVID-Weight Gain is Up + Tips to Keep It Down (continued from page 1)

- **Be more active.** Aim for at least 30 minutes of exercise a day or 10,000 steps.
- **Read food labels.** On average, most adults only need to eat 2,000 calories per day. Pay attention to serving size, and calories per serving.

MORE

Quarantine 15? Weight gain during the pandemic <https://tinyurl.com/y4fv2x9>

- **Drink more water.** It’s calorie free. It’s inexpensive. And it helps control appetite.
- **Relax.** Get a massage. Take a mini vacation. Make time for a hobby.
- **Stay in touch** with family and friends via phone, video, email, text, and safe social distancing. @

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Take the September Health Challenge!

Practice Healthy Aging Habits: Make smart lifestyle choices to live longer

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: What are the health benefits of drinking water?

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WELLNESS CHALLENGE

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Practice Healthy-Aging Habits

CHALLENGE

Make smart lifestyle choices to live longer

Requirements to complete this HEALTH CHALLENGE™

1. Read “Practice Healthy Aging Habits.”
2. Create a plan to practice healthy aging habits daily.
3. Keep a record of your completed health challenge in case your organization requires documentation.



Put on your mask, sweetie. It's what 8-year-old Ruthie Tompson's mother said when they saw a large crowd.

But it wasn't 2020 during the peak of COVID-19. It was 1918.

The Spanish flu pandemic was spreading rapidly, infecting 500 million people. World War I came to an end. That was more than 100 years ago.

At 110 years old, Tompson has experienced a lot, including a long career as an animator and artist for The Walt Disney Company. She worked for Disney for 40 years on projects like *Snow White and the Seven Dwarfs*, *Sleeping Beauty*, *Mary Poppins*, and many others.

Her secret to living a long and healthy life: “Have fun. Try to do as much as you can for yourself. Remember all the good things in life.”

Ever wonder what it takes to live longer and enjoy life as you age? It's actually not a secret. Take the month-long health challenge to Practice Healthy-Aging Habits.

How much do you know about aging well? Take the quiz to find out.

T F

1. The average life expectancy in the U.S. is 98.6 years old.
2. An optimistic outlook can help you live longer.
3. Heart disease is the leading cause of death in the U.S., but it's largely preventable with healthy lifestyle habits.
4. Even if you smoke for years, then quit for good, your risk for dying of lung cancer is still high
5. Sleeping less than 6 hours a night can triple your risk of dying early from heart disease and cancer.

How did you do? The average life expectancy in the United States is 78.6. After you quit smoking for 15-plus years, your risk of dying early is the same as a non-smoker.

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

9 Health-Aging Habits to Live Longer

Want to live longer and improve your quality of life as you age? Here are some things you can do:

In a recent Harvard study, researchers found that adopting these five healthy habits can help you live up to 10 years longer.

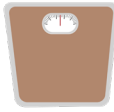
1. Eat a healthy diet. Most of your food and snacks should come from fruits, vegetables, whole grains, legumes, nuts and seeds. Eat fresh food, and drink plenty of water.

2. Exercise regularly. Aim for 30 minutes of moderate exercise a day. It's as simple as going for a walk. Exercises to strengthen your bones and muscles will help, too.

6 tips for healthy aging
<https://tinyurl.com/yyc47trx>

9 Health-Aging Habits to Live Longer (Continuation)

3. Maintain a healthy weight, or lose weight if you need to.



Worried about the number on the scale? Keep it simple. You can lose 1 to 2 pounds a week by making small changes to your diet and exercise habits.

4. Avoid or limit alcohol.

No more than 2 drinks per day for men. No more than 1 drink per day for women, zero if pregnant. Or don't drink at all.

5. Don't smoke, or quit if you do.

Health benefits of quitting begin as soon as you stop.



More Healthy Lifestyle Habits for Longevity

While these five habits appear to have the biggest impact on health and longevity, there's more you can do to age well.

6. Manage stress in healthy ways.

Try yoga, meditation, or deep breathing. Keep a journal. Talk to a counselor or therapist. Make time for a hobby. Stress less.²



7. Get your Zzz's. The optimal amount...



8 hours per night. Too little sleep, and even too much sleep, raises the risk for early death.³

8. Be positive. You might roll your eyes at the eternal optimist. But research shows people who see the "glass half full" manage stress better, have a lower risk for chronic disease, and live longer.⁴

9. Develop healthy relationships.

Spend time with family and friends. Make a phone call, text, or plan a video chat. Write a letter. Be part of a social group. Research shows that people with healthy relationships and a strong social network are healthier, feel happier and live longer.⁵



Quiz: Nutrition for healthy aging
<https://tinyurl.com/y63uv59s>

Everybody Wants to Live Long & Prosper



Star Trek actor Leonard Nimoy (Captain Spock) read the script. The U.S.S. Enterprise starship and crew would land on a distant planet and greet a friendly colony of people. But something was missing.

"I think we should have some kind of a special greeting," Nimoy told the director. "Asian people bow to each other. Military people salute each other. I think Vulcans should have some kind of greeting." And the director asked, "What would you like to do?"

Raise your hand. Extend your thumb. And part your middle finger and ring finger. That's how the iconic Vulcan greeting and farewell was born.

And it's kind of what everybody wants, right? Live long and prosper.

But if you're concerned about your health and aging well, you're not alone. For example:

- **Heart disease** is the leading cause of death in the U.S., claiming the lives of an estimated 647,000 people a year. But it's largely preventable.
- **The average life expectancy** in the U.S. is 78.6. But in 37 other countries it's 79 to 84 years old.
- **Tipping the scale.** An estimated 72 percent of all adults in the U.S. are overweight or obese. It's a major risk factor for chronic diseases and early death.
- **Lack of exercise.** Only 53 percent of adults are active more than 30 minutes a day. Only 23 percent do activities to strengthen bones and muscles.
- **Sugar rush.** An estimated 30 million people have type 2 diabetes. Left unchecked, it can cause nerve damage, poor circulation, vision loss, kidney disease, heart disease, and death. But it doesn't have to be this way.

Exercise and aging
<https://tinyurl.com/yytz2ukl>

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Practice Healthy-Aging Habits

CHALLENGE

Make smart lifestyle choices to live longer

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of days you practice healthy-aging habits.
3. Use the calendar to record the actions and choices you practice healthy-aging habits..
4. At the end of the month, total the number of days you take steps to Practice Healthy-Aging Habits. 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 practiced healthy-aging habits
 _____ 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. What are the health benefits of drinking water?

A. Drink more water. You've heard the advice before. But what's all the fuss about?

In a recent survey, 77 percent of working adults said they don't drink enough water.¹ And that's a problem.

There's the obvious...when you don't drink enough water, you'll start to feel thirsty. But being dehydrated can also lead to fatigue, poor mood, difficulty concentrating, headaches, and health problems.

So how much water should you drink?

It depends. The old-school rule to drink 8 glasses of water a day (64 ounces) is a good place to start for most people.

The National Academy of Medicine recommends most adults get 9 to 13 cups (72 to 104 ounces) of water per day.² That's from drinking water *and* eating fruits and vegetables that contain water.

You may need to drink more if you're highly active, sweat a lot, or live in a hot climate.

Health benefits of drinking water

Besides quenching your thirst, there are a lot of reasons to drink plenty of water. Drinking water and staying hydrated support important functions in your body.^{3,4} Water helps:

- Keep the skin soft
- Control body temperature



Quench Your Thirst With Water

- Prevent fatigue
- Improve physical performance
- Support joint, muscle, and tissue function
- Improve circulation
- Control blood pressure
- Support brain function
- Remove waste from the blood
- Improve digestion
- Support weight management and metabolism
- Reduce the risk for chronic disease

Ways to drink more water

If you already drink plenty of water, keep it up. If you don't, *now* is always a good time to start.

Here are some things you can do to drink more water:

Drink water throughout the day.

Have a glass of water in the morning when you first wake up. Have a glass of water when you get home. And drink water with meals.

Drink water before and during exercise

such as walking, hiking, or biking. Drink at least every 30 minutes during moderate activity.

ASK THE Wellness DOCTOR

Carry a water bottle with you at work, in the car, and when you're on the go. Drink often.

Drink water before meals. Water can help suppress appetite if you're trying to lose weight or maintain a healthy weight.

Fill a water bottle and freeze it. Then take it with you for an ice-cold drink later in the day.

Drink water in place of caffeinated beverages, alcohol, and sugar-sweetened drinks.

If you don't like the taste of tap water, use a filter.

Buy bottled water. Or add cucumber, lemon, lime, or other fruit to improve the flavor.

Thirsty for better health?

Drink plenty of water. It's easy. It's inexpensive. And it contains zero calories.

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