

STAYIN' ALIVE

Talking about safety isn't enough.



HEALTH & WELLNESS NEWSLETTER OCTOBER 2020

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HIGHLIGHTS for the OCTOBER 2020 Newsletter

The Power of Pink: 8 Ways to Prevent Breast Cancer

When Today Show co-host Hoda Kotb got the unexpected news from her doctor, she was worried. “You have breast cancer.” But she soon learned millions of women survive breast cancer. It’s treatable and preventable. Here’s how.

Neck & Shoulder Pain? Do THIS for 2 Minutes

Got neck and shoulder pain? Instead of taking over-the-counter pain medication, or suffering with it day after day, do something about it. Just a couple of minutes a day of THIS can make a difference. Learn more.

The Breakfast Club: 6 Reasons a Healthy-Morning Meal Matters

In the movie Elf, Buddy (played by Will Ferrell), dishes up a breakfast plate of spaghetti marshmallows, sugary candy, maple syrup, chocolate sauce, and pastries. Maybe your morning breakfast routine isn’t that bad, but could it be better? Here’s what you need to know.

The Y-Axis: Try This After-Dinner Shuffle

When you’re done with dinner, what do you do? Move to the couch, turn on the TV, or take a nap? Instead of loosening your pants or plopping down to binge-watch a show, do THIS instead.

Recipe: Pumpkin Spice Smoothie

How about a fall-friendly breakfast smoothie? This easy-to-make smoothie, made with canned pumpkin (not pie filling), only requires seven ingredients. Toss everything in a blender, and breakfast is ready in minutes.

Take the October Health Challenge!

Limit Sugary Foods: Curb sugar cravings to protect your health

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:

Can hand washing help you avoid getting sick?

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THE Y AXIS



This After-Dinner Shuffle

When you're done with dinner, what do you do?



Move to the couch, turn on the TV, or take a nap?

Hold on. There's something better you can do after dinner.

About 5 minutes after eating, get up and go for a brisk 10-minute walk.

Why? Research shows it's an effective way to control blood sugar levels and prevent or manage diabetes.⁵

COMMENTS?

Send comments to the editor:
well@wellsources.com

The Power of Pink: 8 Ways to Prevent Breast Cancer

Wear pink...October is Breast Cancer Awareness Month

Wake up early and go for a run in Central Park. That's how Hoda Kotb, co-host for the *Today Show* on NBC, likes to start her day.

But her morning routine was put on hold when something unexpected happened.

During a routine doctor's visit, Hoda was diagnosed with breast cancer. She was worried. She didn't want anyone to know. And she felt alone, until she discovered millions of women survive breast cancer.

Fortunately, Hoda was able to slip on her running shoes again after surgery, medication and recovery.

Did you know 1 in 8 women will be diagnosed with breast cancer in their lifetime?

There is no cure for breast cancer. About 325,000 women will be diagnosed with breast cancer this year. But there are things you can do to reduce your risk and improve your survival rate, including:¹

- 1. Maintain a healthy weight.** Or lose weight if you need to.
- 2. Exercise at least 30 minutes a day.** Go for a walk. Ride a bike. Swim. Workout

at the gym. Find a way to be more active that you enjoy, and make it a daily habit.

3. Avoid or limit alcohol. No more than one drink per day for women; zero if pregnant. Men can get breast cancer, too. No more than two drinks per day for men.

4. Avoid exposure to toxic chemicals linked to cancer (<https://tinyurl.com/jc3lewa>)

5. Limit exposure to radiation. Most people are exposed to radiation from X-rays, CT scans, and PET scans.

6. Ask your doctor about medications. Hormone replacement therapy and birth control drugs may increase your risk for breast cancer.

7. If you have a baby, breastfeed. Research shows women who breastfeed for a lifetime total of one year or more have a lower risk of breast cancer.

8. Get screened. If you're age 40 or older (Hoda was 43 when she was diagnosed), or a close family member with breast cancer, schedule an appointment with your doctor. You're twice as likely to develop breast cancer if it's part of your family history.

MORE

8 myths about breast cancer
<https://tinyurl.com/yaa2vfep>

Neck & Shoulder Pain? Do THIS for 2 Minutes

Use resistance-band exercises to loosen up

You're staring at a computer all day... and your phone. You're hunched over a desk. Maybe all three. And the stress of the day is getting to you. You can feel it in your neck and shoulders. Sound familiar? If you've experienced neck or shoulder pain, you know it can have an effect on your job and your life.

What if you could fix neck and shoulder pain in just two minutes a day?

It's possible. As little as two minutes of exercise a day using resistance bands can provide relief.² In a 10-week study, researchers divided participants into three groups:



- **2 minutes a day.** One group of office workers with neck and shoulder pain performed two minutes of exercise, five days a week.
 - **No exercise.** Another group with neck and shoulder pain did not exercise.
 - **12 minutes a day.** A third group performed the exercises for 12 minutes, five days a week during the study.
- The results:** Both exercise groups reported less neck and shoulder pain than the no-exercise group.



Pumpkin Spice Smoothie

How about a fall-friendly breakfast smoothie? This easy-to-make smoothie, made with canned pumpkin (not pie filling), only requires seven ingredients.⁴ Toss everything in a blender, and breakfast is ready in minutes.

Ingredients

- 1/2 C canned pumpkin (not pie filling)
- 1/3 C fat-free, plain yogurt
- 1/3 C fat-free milk or soy milk
- 2 T rolled oats
- 2 tsp honey
- 1/2 tsp pumpkin pie spice
- 3-4 ice cubes

Directions

1. Put all ingredients in a high-powered blender or food processor.
2. Blend for about one minute, or until smooth and frothy.
3. Pour into a glass. Serve immediately.

1 serving = 199 calories.

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The Breakfast Club: 6 Reasons a Healthy-Morning Meal Matters

Don't skip it...start your day with a healthy breakfast



What's for breakfast? If your morning meal looks anything like Buddy the Elf's favorite dish, it's time to pick some healthier options.

In the movie *Elf*, Buddy (played by Will Ferrell), piles a plate with spaghetti for breakfast. Then he tops it with marshmallows, sugary candy, maple syrup, chocolate sauce, and pastries.

Not exactly healthy, right? Maybe you should just skip breakfast.³

That may not be the best option either, according to the American Heart Association.

People who skip breakfast are more likely to:

1. Be overweight or obese
2. Have diabetes, heart disease, and high cholesterol
3. Use tobacco
4. Avoid exercise
5. Make poor food choices
6. Eat more foods high in sugar, calories, and fat

Join the Breakfast Club, and start your day with a healthy meal. Here's how:

Keep it simple with whole-grain toast or cereal, fresh fruit, or Greek yogurt.

- **Plan ahead.** Make muffins with healthy ingredients (berries, bananas, nuts). Or slow-cook oatmeal overnight.
- **Make a smoothie** with frozen fruit, bananas, leafy greens, ice, and a blender.
- **If you're in a hurry,** take it with you. Or if you stop to order breakfast, pick healthier options (instead of pancakes drenched in syrup, pastries, and sugary drinks).

MORE

12 healthy-breakfast smoothie recipes
<https://tinyurl.com/v2t8fnxr>

Neck & Shoulder Pain? Do THIS for 2 Minutes (continued from page 1)

The 12-minute exercisers achieved the best results. But even the 2-minute exercisers reduced neck and shoulder pain.

The sweet spot to beat neck and shoulder pain, according to researchers?

Two 10-minute exercise sessions per day.

- Try these resistance band exercises (<https://tinyurl.com/y5nc32bg>) to reduce neck and shoulder pain:
- Bent-Over Row

- Rear-Delt Row
- One-Arm Chest Fly
- One-Arm Lateral Raise
- Perform 10 repetitions of each exercise. Repeat 3 times.

MORE

Video:
Exercises for neck & shoulder pain
<https://tinyurl.com/y4pcu97h>

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Take the October Health Challenge!

Limit Sugary Foods: Curb sugar cravings to protect your health

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
Can hand washing help you avoid getting sick?

WELLNESS CHALLENGE

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Limit Sugary Foods

CHALLENGE

Curb sugar cravings to protect your health

Requirements to complete this HEALTH CHALLENGE™

1. Read “Limit Sugary Foods.”
2. Create a plan to limit sugary foods in your diet.
3. Keep a record of your completed health challenge in case your organization requires documentation.



Are you going to eat that? Doughnuts, chocolate, pie, cake, ice cream.

It didn't seem like a big deal to North Carolina resident Stephanie Miller.

Everybody eats sugary treats, snacks, and desserts, right?

But when she couldn't seem to lose weight, even though she was active, she took a closer look at her diet.

“I realized the sugar I continued to eat was defeating my healthy lifestyle efforts,” says Stephanie. “Who wants to workout for an hour, only to realize it was basically for nothing because you just ate a candy bar?”

Are You Addicted to Sugar?

Think about it. How often do you eat sugary treats, snacks, and desserts? Do you drink sugar-sweetened beverages like soda, energy drinks, and coffee with sugar and cream?

Quiz: How Much Do You Crave Sugar?



T F

1. Do you have trouble waking up in the morning and often crash in the afternoon?
2. Do you often have headaches, brain fog, or moodiness?
3. Do you crave sweet treats and carbs like pasta, bread, and white rice?
4. Do you feel guilty after eating sugary snacks, then eat more?
5. Do you eat sweet treats or drink a soda at least once a day?

If you answered “YES” to any of these statements, you're probably eating too much sugar. Maybe you eat a lot of candy or dessert. But did you know added sugar is also found in many other foods like cereal, yogurt, bread, and sauces?² If you're eating too much sugar, your brain and your body will keep wanting more. Fortunately, diet and lifestyle changes can help.

Stephanie realized her sugar habit was keeping her from losing weight. But she also worried eating too much sugar could raise her risk for other health problems.¹ And that was the tipping point.

“Breaking my sugar addiction really was the hardest habit I've had to change,” says Stephanie. “When I say I was a sugar addict, I truly lived off of sugar.”

But things turned out pretty sweet. Stephanie made changes to her diet to limit sugary foods. It took some practice, but it worked. Cutting back on sugar helped her lose weight, boost energy levels, and improve her health.

Want to improve your diet and your health? Take the month-long Health Challenge to Limit Sugary Foods.

Sugar:
Diet soda vs.
regular soda
<http://tinyurl.com/ybdfq9lg>

The Trouble with Too Much Added Sugar



If you ate only whole foods, you'd still be consuming sugar.

It's naturally found in many fruits, vegetables, whole grains, legumes, nuts, and seeds.

But sugar is added to a lot of foods, like drinks, desserts, yogurt, cereal, and sauces.⁵ Too much sugar can increase your risk for:

- Weight gain
- Tooth decay
- Heart disease
- Stroke
- Diabetes
- Liver and kidney damage
- Depression, dementia, and memory loss
- High cholesterol
- High blood pressure
- Certain types of cancer

7 Ways to Curb Sugar Cravings

Ready to curb your sugar cravings? It's going to take some practice, but you can do this. Here are some easy ways to get started:



1. Read food labels.

Watch out for ingredients like fructose and sucrose.

Check the amount of sugar in a single serving.

How does it measure

up to recommended limits per day (no more than 36 grams for men, 24 grams for women)? Keep track of how much sugar you eat.

2. Choose fresh and whole

foods like fruits, vegetables, whole grains, legumes, nuts, and seeds. Whole foods contain more fiber and complex carbohydrates that can help you feel fuller longer and curb sugar cravings.



3. Be more active.

Exercise helps use glucose (a form of sugar) as energy. But eat too much without enough exercise, and excess

glucose is stored as fat. Aim for at least 30 minutes of exercise per day.

4. Get tested. Ask your doctor about an Hg A1C test. This test measures your blood sugar level over the last couple of months. Have diabetes or are at risk for the disease? This test will tell you. Another option: A simple fasting blood glucose test.



5. Get your Zzzs.

Lack of sleep causes changes in levels of two hunger hormones (ghrelin and leptin).

When you're sleep deprived, hunger and food cravings for high-calorie and sugary snacks can go up.

6. Eat a healthy breakfast. Start your day with a breakfast high in protein and fiber. You'll feel fuller longer, and less likely to binge on sugary foods later. Try fruit, whole-grain toast, cereal or oatmeal, Greek yogurt, eggs, or mix fruit with cottage cheese.



7. Drink more water.

If you're used to sipping sweet tea, soft drinks, or coffee with sugar or a sweet creamer, cut back. Drink more water instead. If you don't like the taste of plain water, flavor it with fresh lemon, lime, or cucumber slices.



SUGAR SHOCK: ADDED SUGAR BY THE NUMBERS

Think you've got sugar cravings under control?³



You might be eating more sugar than you think...

496 calories. Average number of calories most adults eat per day from sugary foods.

30 teaspoons. Most adults eat this much added sugar per day.

51 pounds. Amount of sugar most adults consume in a year.

WHAT DOES A DAILY SUGAR HABIT LOOKS LIKE?



16 teaspoons of sugar in a 20-ounce soda.



15 teaspoons of sugar in a large chocolate shake



12 teaspoons of sugar in a 10-ounce glass of juice



7 teaspoons of sugar in a grande-sized coffee



5 teaspoons of sugar in a typical candy bar



3 teaspoons of sugar in a glazed donut

HOW MUCH ADDED SUGAR IS SAFE TO EAT?

The American Heart Association recommends **no more than:**⁴



6 teaspoons of added sugar per day for women or 24 grams

9 teaspoons of added sugar per day for men or 36 grams

6 teaspoons of added sugar per day for kids or 24 grams

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Limit Sugary Foods

CHALLENGE
Curb sugar cravings 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 sugary foods.
3. Use the calendar to record the actions and choices you make to limit sugary foods.
4. At the end of the month, total the number of days you Limit Sugary Foods. 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 limited sugary foods
 _____ 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.

Can hand washing help you avoid getting sick?

A.

Absolutely! Washing your hands with soap and water kills viruses that may be on your hands...

including the coronavirus.¹

If you want to avoid the common cold, flu virus, germs *and* the coronavirus...Wash. Your. Hands.

Makes sense, right? The problem... most people don't do it right, according to a recent study.²

Which hand-washing method looks the most like yours?

- **The Splash and Dash.** You just rinse with water after going to the bathroom. Faucet on... faucet off. And you're out of there. About 1 in 4 people think this is good enough.
- **The Dirty Little Secret.** You don't wash your hands at all after using the restroom. *Ahem, what would your mother say?* About 1 in 10 people don't wash their hands.
- **Operation: Lather Up.** You rinse, lather and scrub. Then rinse and dry. Just 5 percent of people wash their hands properly with soap and water after using the bathroom.

Here's the thing. If you don't wash your hands properly, germs, viruses, and bacteria on your hands can make you sick with symptoms like:

- Diarrhea
- Respiratory infections
- Skin irritations
- Eye infections
- A weakened immune system
- Digestive problems
- Vomiting
- Fever



Wash Your Hands

It's just too easy to transfer germs that can make you sick from dirty hands to your eyes, mouth, or nose. And it's why hand-washing is one of the best ways to protect yourself from the flu *and* the coronavirus.

The 20-Second Solution to Protect Your Health

Just 20 seconds of proper handwashing can remove up to 92 percent of germs that can make you sick.³

Here's how it's done in five simple steps:⁴

1. **Wet your hands** with clean water—warm or cold.
2. **Lather up with soap**—antibacterial or regular. Rub your hands together to cover your palms, between your fingers, under your nails, and the backs of your hands with soap.
3. **Scrub your hands for at least 20 seconds.** That's about how long it takes to sing the "Happy Birthday" song twice.
4. **Rinse your hands** off with clean water.
5. **Dry your hands** with a clean towel, paper towels, dryer, or just let them air dry.

If you want to stay healthy, make it a habit to wash your hands with soap and water for at least 20 seconds:

- Before, during, and after preparing food
- Before and after taking care of someone who is sick

ASK THE *Wellness* DOCTOR

- Before and after treating a cut or wound
- After blowing your nose, coughing, or sneezing into your hand
- After shaking hands with others or touching surfaces like hand rails, door knobs, vending or ATM machine buttons, and gas pump handles
- After using the restroom
- After changing diapers
- After touching an animal, animal feed, or waste
- After touching garbage

There's at least one more time you should wash your hands.

Any time your hands feel dirty, especially during cold and flu season and a global pandemic.

Take 20 seconds to protect your health, and wash your hands. It's one of the best ways to avoid getting sick.

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