



**HEALTH & WELLNESS
NEWSLETTER
NOVEMBER 2020**

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HIGHLIGHTS for the November 2020 Newsletter

Crave the Health Benefits of Cranberries

“Pass the cranberries.” That’s a request you’ll hear at the table during the holidays. Did you know Americans eat about 400 million pounds of cranberries a year? Go ahead, dish up. And learn more about these sweet and sour berries.

6 Ways to Avoid Getting Sick This Season

It’s not just COVID-19 you have to worry about. It’s cold and flu season, too. What can you do to avoid getting sick? Here are six things you can do.

3 Rules to Follow for the Big Holiday Meal

It all looks so good when you sit down for a big holiday meal. But before you pile up your plate with the main dish, gravy, dressing, sweet potatoes, and dessert, you need a game plan. Follow these rules for the big holiday meal.

Y-Axis: Breathe a Sigh of Relief

The holiday march is on, and it’s a crazy time between now and New Year’s. Stressed out just thinking about it? There’s something really simple you can do to help, and it only takes a couple seconds.

Recipe: Cranberry Nut Bread

How about some soft, moist cranberry nut bread to celebrate the holidays? Check out this easy-to-make recipe.

Take the November Health Challenge!

Get Fit in Minutes a Day: Exercise 10 to 30 minutes daily

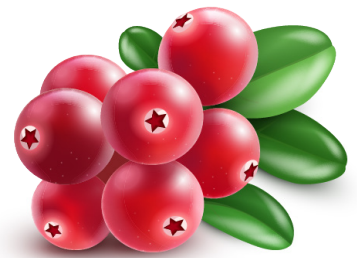
Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: How can I make holiday recipes healthier?

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THE Y AXIS



Breathe a Sigh of Relief

Ever felt stressed out at work? Worried about money, family, or health issues? Or maybe the holidays are already taking a toll.



What should you do? It's as simple as this: Breathe a sigh of relief. It's a real thing.⁴

Take a deep breath. Fill your lung with air, and let it all out like a deflating balloon.

When your body senses stress and tension, it forces you to sigh... because it works

But you don't have to wait until stress triggers your body to react. Take a deep breath and exhale. Like... right...now. You'll feel better.

COMMENTS?

Send comments to the editor: well@wellsources.com

Crave the Health Benefits of Cranberries

Dish up this sweet & sour berry for better health

“Pass the cranberries.” That’s a request you’ll hear at the table during the holidays. Go ahead, dish up and enjoy some of these sweet and sour berries.

Cranberries are good for your health.

Americans consume about 400 million pounds cranberries every year. It’s a colorful and festive berry. And it’s one of only a few fruits native to North America. But there’s a lot more to cranberries than just a pop of color.

Cranberries also contain vitamins and nutrients that help:¹

- **Reduce heart disease risk.** Cranberries are high in antioxidants. These nutrients help prevent damage to blood vessels that can cause a heart attack.
- **Prevent urinary tract infections.** Eating cranberries may help prevent a urinary

tract infection (UTIs). That’s because components in the cranberries stop bacteria, such as E. coli, from clinging to the cells along the walls of the urinary tract. (Most likely, though, cranberries can’t treat a UTI once you have one.)

- **Improve gut health.** Cranberries can make it hard for bacteria in the stomach to cause ulcers. The fiber in the skins and flesh of cranberries supports bowel health. This fiber can also improve cholesterol levels
- **Lower the risk for certain types of cancer.** Antioxidants and anti-inflammatory properties of cranberries help prevent cell damaged linked to cancer.

Enjoy cranberries in low-sugar juices, sauces,

MORE

Try these cranberry recipes <https://tinyurl.com/vyupoese>

6 Ways to Avoid Getting Sick This Season

Personal hygiene and sleep make a difference

Every time you’re around people, you’re at risk for catching a cold, the flu, or even COVID-19.

The elevator, shopping mall, the office, or grocery store all harbor cold-causing germs, bacteria, and viruses that can make you sick. What can you do to avoid getting sick?²

Here are six ways to protect your health during cold and flu season:

1. **Wash your hands frequently.** Lather up with soap for about 20 seconds. Rinse thoroughly under

running water. Use alcohol-based hand sanitizer if soap and water are not available.

2. **Try not to touch your nose and eyes.** These are places where cold germs enter your body.
3. **Practice good lifestyle habits.** Sleep eight hours a night. Exercise at least 30 minutes a day. Drink plenty of fluids. And eat healthy food such as fruits, vegetables, nuts, legumes, and whole grains



4. **Avoid cigarette smoke and secondhand smoke.** If you smoke, get help to quit. Cigarette smoke destroys the little hair-like fibers inside your nose and lungs that help filter out germs.



Cranberry Nut Bread

How about some soft, moist cranberry nut bread to celebrate the holidays? Check out this easy-to-make recipe:⁵

Ingredients

- 2 C flour
- 2/3 C sugar
- 1-1/2 tsp baking powder
- 1-1/2 tsp baking soda
- 2 tsp orange peel, grated
- 3/4 C orange juice
- 4 T butter, melted
- 1 egg (or 2 egg whites)
- 1 C cranberries, chopped
- 1/3 C walnuts, chopped
- 1/3 C powdered sugar

Directions

1. Preheat oven to 350°F. Mix flour, sugar, baking powder and baking soda in a large bowl.
2. Grate orange peel. Squeeze juice from orange. Add additional orange juice to make 3/4 cup.
3. Mix orange juice, butter, egg, and peel in a bowl. Add to flour mixture, and stir. Mix in cranberries and walnuts.
4. Pour batter into a greased 9- by 5-inch loaf pan.
5. Bake for 50-60 minutes. Cool in pan for 10 minute. Remove and cool completely on wire rack.
6. To make glaze, mix powdered sugar and water. Add water to make thin glaze. Drizzle over cooled loaf.

3 Rules to Follow for the Big Holiday Meal

Go ahead and gobble...but not too much

It all looks so good when you sit down for a big holiday meal. Turkey and gravy, dressing, sweet potatoes, and enough desserts to open your own bakery.

Go ahead and gobble, but not too much. The average person eats about 3,000 calories at the dinner table during a holiday meal.

Before you dig in, think about this: A 160-pound person would have to walk 30 miles to burn off that many calories.

You can still enjoy the feast. Just don't show up like you're trying out for a competitive eating contest. To keep your calories in check when there's a big holiday

meal on your schedule, try this basic action plan:

Before: Eat light, healthy meals and snacks during the day prior to the big meal.

Choose a green salad, soup, or fruits and vegetables. Then when the dinner bell rings, you won't be as hungry. Stepping on the scale daily, can also help you be mindful of your food choices during the holidays.³

During: If you really feel the need to indulge, sample everything on the table, just in smaller portions. Eat until you're full...not stuffed.



After: Plan to take a walk and exercise to burn off a few of those extra calories after the big meal. With a little planning and self-control, you can still enjoy the big holiday meal and be healthy.

How many calories per day should you eat?

MORE

Calculate your daily calorie goal
<https://tinyurl.com/y2f7vgh>

6 Ways to Avoid Getting Sick This Season (continued from page 1)

5. Use disinfectant. Viruses can linger on door knobs, keyboards, shopping cart handles, and many other places. Clean these surfaces with disinfectant regularly to keep germs from making you sick. And wear gloves when you do it.

6. Wear a mask and practice social distancing as much as possible. You'll lower your risk for spreading or inhaling infected droplets from coughing or sneezing.

MORE

Video: Protect your health this season
<https://tinyurl.com/y4ja8tgz>

References

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Take the October Health Challenge!
Get Fit in Minutes a Day: Exercise 10 to 30 minutes daily

Ask the Wellness Doctor:
This month Dr. Don Hall answers the question:
How can I make holiday recipes healthier?

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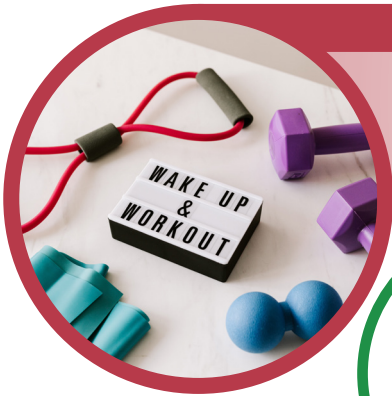
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WELLNESS CHALLENGE

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Get Fit in Minutes a Day

CHALLENGE

Exercise
10 to 30
minutes daily

Requirements to complete this HEALTH CHALLENGE™

1. Read "Get Fit in Minutes a Day."
2. Create a plan to exercise 10 to 30 minutes a day.
3. Keep a record of your completed health challenge in case your organization requires documentation.



Too busy to exercise? It's easy to *think* you're too busy. There's a lot of things competing for your attention...work, family, hobbies, entertainment. And there's only so many hours in the day...right?

So you skip a workout. You stop taking daily walks. You don't go to the gym anymore. And pretty soon, other things fill your schedule. That ever happen?

At first, it doesn't seem like a big deal. But things start to change in tiny increments. You gain a little weight. It's harder to walk up stairs without breathing heavy. Your risk for chronic diseases like diabetes, heart disease, and obesity go up. Or maybe you just start to feel sluggish?

Quiz: Can you get fit in just minutes a day?

T F

1. You need to spend hours in the gym or working out to get in shape and stay in shape.
2. You can improve your health with just 10 to 30-minutes of exercise a day.
3. If you only exercise a little, it doesn't really help control weight or prevent disease.
4. Exercising in 10-minute blocks, three times a day, provides the same health benefits as one longer workout.
5. Aerobic and anaerobic exercise helps strengthen your heart, lungs, bones, and muscles.

Check your answers below. If you answered any of these statements incorrectly, you could benefit from learning more about how you can get fit in just minutes a day. Even if you're short on time, 10-minutes of exercise can improve your health, boost your mood, and help you feel better..

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

Sound familiar? An estimated 77 percent of all adults don't get enough exercise. But it doesn't have to be that way, even if you're short on time.

Check your calendar. Check your schedule. Check your to-do list. Or just grab your phone, cause it's all there, right?. If you've got a half-hour window of time or less available, you can get fit in just minutes a day. And you don't even need to hit the gym, buy equipment, or hire a trainer.

Want to improve your health, feel better, and get a little more exercise? Take the month-long Health Challenge to Get Fit in Minutes a Day.

Make your workout work for you
<https://tinyurl.com/yycsa3jv>

13 Benefits of Shorter Workouts



Instead of waiting until New Year's, now is a better time to give up the excuse: "I don't have time to exercise." Start today. If you don't have 30 to 60 minutes to work out, even 10 to 20-minute sessions can make a difference.³

But saving time isn't the only benefit to shorter workouts. Exercising in shorter intervals can also help you:

1. Lose weight or maintain a healthy weight
2. Reduce body fat
3. Build muscle
4. Lower blood pressure
5. Reduce risk factors for heart disease
6. Control blood sugar levels
7. Cut the risk for certain types of cancer
8. Improve cholesterol levels
9. Build stronger bones
10. Improve mood and brain function
11. Increase mobility
12. Prevent injuries
13. Live longer



Get Fit in 20 Minutes or Less

Want to lose weight, get stronger, reduce your risk for chronic diseases, and improve your health? Twenty-minute exercise sessions can help.⁴

All you need to do is pick an activity where you can exercise in short bursts, rest a little, and repeat, like this:



Walk This Way

- Go for a walk in your neighborhood, the store, the park, or in the mall.

- Take a couple minutes to warm up.
- Then walk as fast as you can for 1 to 2 minutes. You should still be able to have a conversation, but you'll be breathing heavier.
- Slow down for 1 to 2 minutes. Repeat, until you've completed your walk



The At-Home Hustle

Want to work out at home? Maybe between commercials, early in the morning, or when you have 10-20 minutes of free time. Pick a group of exercises. Perform each exercise for 1 minute. Rest briefly and repeat for 1-2 rounds. Exercises can include:

- Jumping Jacks
- Burpees
- Push-Ups
- Curl-Ups
- Bodyweight Squats
- Jump Squats
- Jogging in place
- Plank
- Mountain Climbers
- Lunges



In the Gym

Try the treadmill, cycle, elliptical trainer, or rowing machine. Warm up. Hustle for 1 to 2 minutes. Rest briefly, and repeat, until you hit 20 minutes.



Exercise Anytime... Anywhere = No Excuses

If you've been making excuses about not having time to exercise, those days are over. You can exercise anytime, anywhere. The gym is great. But your living room, hotel, office, garage, or backyard will work just fine, too. Ready...set...GO!

How to get fit fast
<https://tinyurl.com/yycnlugy>

Get Fit Fast: The 20-Minute Solution



- Can you really get fit in just minutes a day?
- Do shorter exercise sessions work?
- Is working out at the gym better than working out at home?

That's what a team of researchers at Liverpool John Moores University wanted to find out.²

Home workouts vs. gym workouts

In the study, researchers created 12-week exercise plans for three groups of obese people.

- One group exercised 150 minutes a week, 30 minutes a day at a moderate pace.
- The second group rode a stationary bike for 20 minutes a few times a week at higher intensity.
- The third group did bodyweight exercises at home for 20 minutes three days a week

The results: Short exercise sessions at home can be just as effective as longer or more intense workouts. The third group achieved similar results (as groups 1 and 2) to lower body fat, reduce the risk for heart disease, and improve blood sugar levels.

"An at-home exercise regimen reduces barriers to exercise, such as time, cost, and access, and increases adherence in previously inactive individuals," says lead researcher Dr. Sam Scott.

"It gives people a more attainable exercise goal and thus could help improve the health of countless individuals."

20-minute at-home bodyweight workout
<https://tinyurl.com/y4qh3yyk>

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1. Centers for Disease Control and Prevention. (2020). Exercise or physical activity. From: <https://tinyurl.com/y3xpzcrq>
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Get Fit in Minutes a Day

CHALLENGE

Exercise
10 to 30
minutes daily

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of days you exercise 10-30 minutes.
3. Use the calendar to record the actions and choices you make exercise a regular habit.
4. At the end of the month, total the number of days you take steps to Get Fit in Minutes a Day. 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	
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_____ Number of days this month I made time for exercise
 _____ 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 make holiday recipes healthier?

A.

So you're hosting and want to make the meal a little healthier? That's great.

You don't have to give up those favorite family dishes. But you can make simple-ingredient swaps (without compromising taste), to serve healthier food.¹

Here are some simple substitutes you can make:²

Dairy Products

- Replace whole milk or cream with fatfree milk or soymilk.
- Substitute plain, fatfree or lowfat yogurt for sour cream.

Spices & Seasonings

- Use a variety of herbs and spices in place of salt.
- Use lowsodium bouillon and broths, instead of regular bouillons and broths.

Oils & Butter

- Instead of cooking with lard, butter, shortening, or other fats that are hard at room temperature, use a small amount of vegetable oil.
- Replace hardstick margarine with regular-soft margarine made with vegetable oil. Healthier margarine includes no trans fats and lists liquid-vegetable oil as the first ingredient on the food label.

Eggs

In baking or cooking, use egg whites or an egg substitute.



Meats & Poultry

- If you eat meat, choose a lean cut of meat and remove any visible fat.
- Remove skin from chicken and other poultry where fat is stored before cooking.

Sandwiches & Salads

- Use fat-free or low-fat mayonnaise, instead of regular versions.
- Make your own low calorie vinaigrette salad dressing with equal parts water and vinegar or lemon juice, and half as much oil.
- Garnish salads with fruits and vegetables instead of cheese and meats.

Soups and Stews

- Use cooking spray, water, or stock to sauté onion for flavoring stews, soups, and sauces.
- Remove fat from homemade broths, soups, and stews by chilling after cooking. Before reheating the dish, lift off the hardened fat that formed at the surface.
- If you don't have time to chill the dish, then float a few ice cubes on the surface of the warm liquid to harden the fat. Then, remove and discard the fat.

ASK THE *Wellness* DOCTOR

Breads

- When making muffins or quick breads, use 3 ripe, wellmashed bananas for each 1/2 C of butter or oil called for in the recipe.
- Applesauce also works as a good substitute for butter, margarine, oil, or shortening in muffins, quick breads, and cookies.

Desserts

- Make your own pie crust without the trans fat used in premade pie crust. Use vegetable oil in place of butter or shortening.
- For chocolate desserts, use 3 T of cocoa instead of 1 ounce of baking chocolate. If fat is needed to replace the fat found in chocolate, add 1 T or less of vegetable oil.
- To make cakes and softdrop cookies, use no more than 2 T of fat for each cup of flour.

Before you start cooking, review this list of substitute ingredients and make sure you have everything you need to make your meal a little healthier.

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STAYIN' ALIVE

Talking about safety isn't enough.



Head Office: 502 Old Wonderland Rd. London, ON N6K 1L6
info@ewsnetwork.com | www.ewsnetwork.com