



HEALTH & WELLNESS NEWSLETTER FEBRUARY 2021

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HIGHLIGHTS for the February 2021 Newsletter

Want to Lose Weight? Click, Swipe & Tap

Need to lose a few pounds? There's no shortage of fad diet, weight-loss supplements, and trendy workouts that promise results. But what if it was easier than that? Click, swipe, and tap to find out.

Get a Grip: A New to Find Out If You Have Diabetes

Did you know about 88 million people have prediabetes, and most don't even know it? Left unchecked, diabetes can take a major toll on your health. Now there's a way to predict diabetes, even if you don't have any symptoms.

Shake the Salt Habit: 6 Tips to Lower Sodium

Want to keep your heart healthy? Eat less sodium. Most people eat too much (about 3,400 mg per day), and it can raise blood pressure and other risk factors. Here's 6 easy ways to shake the salt habit.

Y-Axis: The Fried-Food Failure

Put down the French fries and step away from the fried chicken. Here's the truth about fried food...

Recipe: Roasted Root Vegetables

How about some warm-roasted vegetables this winter? Pick your favorite brightly-coloured root vegetables and your best seasonings. Then give this easy-to-make recipe a try.

Take the February Health Challenge!

Create Healthy-Snack Habits: Satisfy your hunger with healthy snacks.

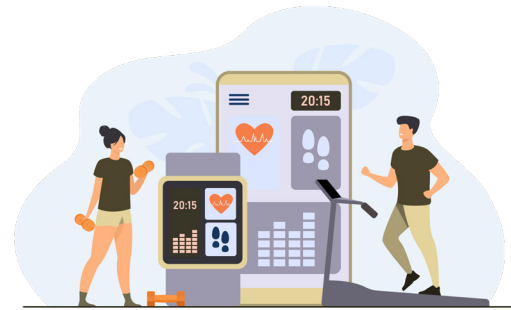
Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: Will a fitness tracking device help me get fit?

NEWSLETTER

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THE Y AXIS



The Fried-Food Failure

Put down the French fries.



And step away from the fried chicken.

OK. So maybe you don't eat like that every day.

Here's the thing... Even a little fried food is bad for your health.

In a recent study, researchers found that just one small serving a week (about 4 ounces or ONE fried chicken breast) of fried food raises the risk for chronic disease.⁴

If you eat a lot of fried food (like every day), the risk increases:

- Heart attack and stroke by 28%
- Heart disease by 22%
- Heart failure by 37%

How about fresh instead of fried? You'll live longer.

COMMENTS?

Send comments to the editor:

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Want to Lose Weight? Click, Swipe & Tap

Social media can help you lose weight

Send a picture of yourself on vacation. Sound off about celebrity news. Share a funny video, GIF, or meme. It's what an estimated 3.8 billion people do every day on social media.

But social media may offer more than just a place to keep up with your friends, play games, or follow pop culture.

Posting status updates about your weight-loss efforts may help you shed unwanted pounds.¹

In a recent study, researchers looked at the social media patterns of people who lost weight over a four-year period. They found that sharing status updates about their weight-loss journey (good and bad), helped people achieve success.

Set a weight-loss goal? You'll need to make smart food choices and exercise. But you can also use social media to help you make it happen. Try this on social media:

- Share your weight-loss goal and start date with your network

- Tell your online friends about what you eat for meals and snacks
- Post progress photos of things like meals, workout results, changes on the scale or measurements
- Ask questions to help you make better decisions and develop healthy habits

"By sharing success and setbacks in virtual support communities on social media, we found people are achieving better results," says researcher Dr. Tonya Williams Bradford. "This works especially well with goals like weight loss, where before and after images can be shared online with other community members."

And if you stray from your diet or miss a workout, your social network can help you get back on track, too.

MORE

5 apps to manage your weight
<https://tinyurl.com/y3c8d56l>

Get a Grip: A New Way to Find Out If You Have Diabetes

Study: Grip strength predicts risk for type 2 diabetes

"Come on Sy! You got this!"

A group of people cheered as Arizona resident Sy Perlis made his way to the weight bench.

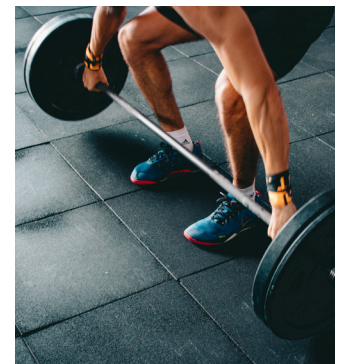
Ready to make history (he's in his 90s), Sy lay back on the bench and smiled. Then he gripped the barbell above his head loaded with 187.2 pounds.

He took a deep breath, lifted the bar over his chest, and muscled his way through five repetitions. He also set a new bench press world record for someone his age.

Perlis started weight training when he was 60 years old. He's strong, works out five days a week, and has a vice-like grip. And that may be one reason he doesn't have diabetes.

An estimated 34 million people in the U.S. have diabetes. Another 88 million have prediabetes, and most don't even know it. Left unchecked it can lead to:

- Heart disease
- Stroke
- Kidney damage



- Nerve damage
 - Early death
- In a recent study, researchers found that weak grip strength is a predictor of type 2 diabetes.³



Roasted Root Vegetables

How about some warm-roasted vegetables this winter? Pick your favorite brightly-colored root vegetables and your best seasonings. Then give this easy-to-make recipe a try.⁵

Ingredients

- 2 carrots, chopped
- 1 onion, chopped
- 4 other root vegetables (e.g., sweet potatoes, rutabagas, turnips, parsnips, beets, etc.)
- 1/4 C olive oil
- 3 T Parmesan cheese or herbs

Directions

1. Preheat oven to 350 degrees.
2. Cut root vegetables into large chunks. Chop carrots and onion.
3. Place vegetables in a medium bowl and pour oil over top. Add seasonings (e.g., dill, basil, oregano, rosemary, parsley, thyme, garlic, etc.) or Parmesan and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender.



Shake the Salt Habit: 6 Tips to Lower Sodium

Limit sodium to less than 2,300 mg per day






Imagine filling a teaspoon with salt and eating it. Your tongue and your brain would deliver an instant message: "Yuck! Too salty!" And you'd reach for the nearest glass of water to wash out your mouth.

Sounds gross to eat that much salt at once, right? But the average adult eats 2.7 pounds of salt a year, and you might not even realize it.

Here's what the American Heart Association recommends:²

- Less than 2,300 mg of salt/sodium per day
- 1,500 mg of salt/sodium per day is ideal

So how much salt does the average person consume? Around 3,400 mg per day. How's that possible? Chew on this:

-  Cheeseburger = 1,400 mg sodium
-  1 Fried chicken breast = 1,140 mg sodium
-  Ham & egg biscuit = 1,100 mg sodium
-  Slice of pizza = 640 mg sodium
-  Microwave meal = 500 to 1,500 mg sodium

Packaged and processed foods, sauces, dressings, and potato chips are also high in sodium.

So what's the big deal with sodium? A diet high in sodium increases your risk for high blood pressure. It's a major risk factor for heart disease and stroke. Too much sodium has also been linked to kidney disease and poor bone health.

Fortunately, a few simple changes can help you cut back on the amount of sodium you consume. Here are some things you can do:

- Eat more fresh fruits and veggies.
- Buy low-sodium foods and soups.
- Read food labels and track your sodium intake.
- Drink water instead of soft drinks.
- Use low-sodium salad dressings made with olive oil or vinegar.
- Cut back on eating fast-foods and packaged meals.

And one more thing...Go easy on the salt shaker.

MORE

Check sodium levels in food <https://tinyurl.com/4jtxl>

Get a Grip: A New Way to Find Out If You Have Diabetes (continued from page 1)

In fact, they found that weak grip strength can identify diabetes risk in people who don't have any other risk factors.

If you want to prevent diabetes and live longer, exercise, eat healthy and maintain a healthy weight. Strength training can help, too. Try:

- Working out with weights or machines
- Bodyweight exercises (push-ups, pull-ups, sit-ups)

You'll build muscle that will increase your lean body weight (including grip strength) and improve your health for years to come.

MORE

Give grip strength a hand <https://tinyurl.com/y2gx37zm>

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Take the February Health Challenge!

Create Healthy-Snack Habits: Satisfy cravings with healthy snacks

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
Will a fitness tracking device help me get fit?

WELLNESS CHALLENGE

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Create Healthy-Snack Habits



CHALLENGE

Satisfy your hunger with healthy snacks

Requirements to complete this HEALTH CHALLENGE™

1. Read "Create Healthy-Snack Habits."
2. Create a plan to eat healthy snacks.
3. Keep a record of your completed health challenge in case your organization requires documentation.



Ever had a snack attack?¹ It usually looks something like this...

At the end of a long day, you plop down in front of the TV with a bowl of ice cream.

When mid-afternoon rolls around, you take a trip to the vending machine for a candy bar, chips, and

soda. Maybe all three.

Every time you take a road trip, it's fueled by quickie-mart fare and fast food.

When you go grocery shopping, you toss "junk food" into your cart (chips, candy, cookies, soda, etc), and open a bag on your way home.

Sometimes you hit the drive-thru for a little something extra... after you've already had dinner.

And later you realize you've munched your way through a ton of empty calories. That ever happen?

For some people snacking might mean devouring an apple, baked kale chips, or a leafy-green salad washed down with a glass of water. If you're already a healthy snacker, keep it up.

But if you think your snack food choices may be to blame for packing on a few pounds or linked to other health problems, you can make a change.²

If you're thinking, "Yeah, right," you're not alone. But don't worry. There ARE lots of healthy snacks that taste good AND satisfy cravings. Take the month-long challenge to Create Healthy-Snack Habits.

Snack-Attack Survey

Are you a healthy snacker? Take the survey to find out.



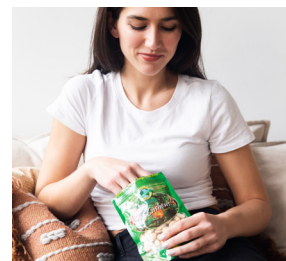
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1. When I have a snack-food craving, I usually eat whatever sounds good
2. I know someone who eats healthy snacks, but I think it takes too much time to eat that way.
3. I don't usually pay attention to food labels or serving sizes when I have a snack.
4. When I take a road trip, I eat whatever is available at gas stations, restaurants, and convenient stores.
5. I have a stash of candy bars, cookies, soda, chips and sweets at home/work.

How did you do? If you answered "yes" to any of these statements, your snack-food habits could be better. Snacking can be a good way to control calories, manage your weight, and improve your health. But only if you eat the right snacks. Want to make a change? Now is always the best time to start.

STOP...Are You Really Hungry?

Think about this question the next time you get the urge to tear open a bag of chips. Are you really hungry?

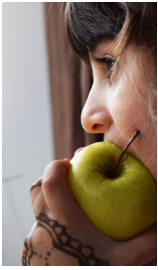


You might snack out of habit or because you're bored. Or maybe you need a snack to keep your blood sugar levels normal. Not sure? Keep a record of the snacks you eat and time of day you eat them. Then see if you can spot a pattern:

- Do you snack late at night, while stuck in a traffic jam, or in the afternoon?
- Do you find yourself reaching for snacks when you're tired, stressed, or feeling lonely?
- When you do decide to have a snack, is it healthy, planned, or impulsive?

Taking a closer look at your snack habits can help. And making small changes and simple swaps may be just the thing.³

Revamp your snacking habits <http://tinyurl.com/hvjoo6z>



4 Rules for Healthier Snacks

So what's a healthy snack look like? Don't worry...you've got options. Follow these 4 rules:

1. **1-2 snacks between meals** if you're feeling hungry.
2. **100 calories or less** per snack (read the food label or look it up).
3. Choose snacks with a bit of **protein, fiber and fat**.
4. **Fresh is best** (fruits, vegetables, whole grains, nuts, seeds, legumes, water).



The Truth About Late-Night Snacking

It's a recipe for weight gain, high blood sugar, and other health problems, according to a recent study.⁴

Researchers tracked the eating habits of a group of people for 16 weeks. They ate 3 meals and two snacks per day. During the first eight weeks, they ate between 8 a.m. to 7 p.m. The next eight weeks, they ate from noon to 11 p.m.

Researchers found that eating and snacking later:

- Slowed metabolism
- Increased weight gain
- Stored more fat
- Elevated blood sugar, cholesterol, and triglycerides
- Negatively altered hormones linked to hunger and appetite

There's nothing wrong with having a snack. It might be just the thing to help you make better food choices. But research suggests snacking after dinner or before bed won't help you tip the scale in the right direction.



Prepare for a Snack Attack

If you don't have a plan when a craving hits, there's a good chance you'll default to your old ways.

But it doesn't have to be like that. You just need to be prepared.

If you reach a point during the day that calls for a snack, make it a healthy one.

- **Plan ahead.** Make a list of healthier snacks you actually enjoy.
- **Stock up** on healthy snacks, and avoid heading to the vending machine, drive-thru or quickie-mart to satisfy a craving.
- **If you do give into junk food cravings,** and munch your way through some sweet treats or less-than healthy snacks, don't consider it a free pass to keep eating junk. Just get back on track.

99 healthy-snack recipes
<http://tinyurl.com/zffb5et>

What makes a healthy snack?
<http://tinyurl.com/jtq8deu>

Your Guide to Healthy-Snack Foods

Wondering how to create healthy-snack habits? Swap the junk food for healthier snacks, like this:



Cool as ice

- Fruit-juice popsicle
- No-sugar-added fudgsicle
- 1 small scoop of frozen yogurt
- 1 cup of fat-free pudding

Protein power

- 1 hard-boiled egg
- String cheese
- Non-fat Greek yogurt
- Cup of skim or soy milk
- Tuna packet
- Jerky

On-the-go

- Trail mix
- Pretzels
- Dry cereal (no sugar added)
- Rice cakes (with a healthy topping like peanut butter, hummus, or sugar-free jam)

Drink of choice

- Water
- 1 glass of low-sodium tomato juice
- Smoothie made with fruit, spinach, yogurt, non-fat milk or soy milk, and ice

Crunch & munch

- Celery sticks with peanut butter
- Sliced cucumber, bell pepper, or carrots
- Whole-grain crackers with hummus
- Air-popped popcorn

Sweet dreams

- Small banana
- Cup of strawberries
- Half a grapefruit
- Dried fruit



Got a craving for a snack? Toss out the junk food and stock up on healthy options. You'll satisfy your cravings without eating a ton of empty calories. You'll feel better and be healthier, too.

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CHALLENGE
Satisfy your hunger with healthy snacks

Create Healthy-Snack Habits

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of days you eat healthy snacks.
3. Use the calendar to record the actions and choices you make to create healthy-snack habits.
4. At the end of the month, total the number of days you take steps to Create Healthy Snack 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 ate healthy snacks
 _____ Number of days this month I exercised at least 30 minutes



Other wellness projects completed this month:

Name _____ Date _____



ASK THE DOCTOR

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Q. Will a fitness tracking device help me get fit?

A. Strap it on your wrist. Download the app. Sync it with your smartphone. Click, swipe, and tap to improve your health.

That's the idea behind fitness tracking devices and mobile apps. They're made to track your daily habits, like:

- Steps
- Heart rate
- Water intake
- Food choices
- Sleep patterns
- Breathing
- Miles

But will owning one make you healthier?¹ Here are some things you can do to get the most out of your fitness tracker:

Do Your Homework

Not all fitness tracking devices and apps are the same. For example, not all devices can measure heart rate. If you want to use a fitness tracking tool to improve your health, do your homework.

Choose a device, app, or wearable that has the features you want and need.

Research shows wearable tech combined with healthy habits can help you make positive changes.²

Pay Attention to Feedback

Digital fitness tools may help you develop healthy habits, but they have their limits. For example:

Your device can't force you out of bed.



It can't make you workout or go to the gym.

It doesn't handle grocery shopping or cook healthy meals.

Fitness tracking devices and apps are designed to collect data about your habits, then help you make better choices. But for that to happen, you need to pay attention to the feedback.³ Then it's up to you to make behavior changes.

Connect Offline

Forget about your phone, device, apps and tech tools for a minute, and think about this. You're more likely to:

Get to the gym or show up for a workout if you know a friend is expecting you.

Make smart food choices when you have to show a coach, trainer, or doctor what you're eating every day.

When you have to check in with someone, you're more likely to make better choices about your health.

Connect Online

Most fitness trackers also have features that allow you to connect with friends on social media, compete in virtual events, and share your progress. That's a great way to stay on track, too.

ASK THE *Wellness* DOCTOR

One study that combined the use of digital devices and social media help people double their weekly exercise efforts in three months.⁴

Be Consistent

After the novelty of getting a new fitness tracking device, what happens? A lot of people quit. You know the trend for most New Year's resolutions. If you want to get the most out of your fitness tracking device, use it every day.

Track your steps, miles, and heart rate. Record your weight, sleep patterns and food choices. And measure your progress from week to week, and month to month.

You'll have a better sense of your overall health. And you'll have a lot of data to help motivate you to make better choices about food, fitness, and your health.

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STAYIN' ALIVE

Talking about safety isn't enough.



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