

STAYIN' ALIVE

Talking about safety isn't enough.



HEALTH & WELLNESS NEWSLETTER MAY 2021

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HIGHLIGHTS for the April 2021 Newsletter

5 Signs COVID is Taking a Toll...Even if You're Virus Free

You've followed all the COVID-19 guidelines. Social distancing, limited in-person contact, masks, and sanitizing are now a regular part of life. But something's still not right. Sound familiar? Here are 5 signs COVID fatigue may be taking its toll on you.

Munch and Crunch Whole Grains for Heart Health

You might think breakfast isn't complete without donuts, pastries, and white-bread toast. But they're actually loaded with empty calories that can lead to weight gain, diabetes, obesity, and heart disease. But it doesn't have to be that way...

The Hamster-Wheel Hack to Boost Your Immune System

What if there was a simple way to boost your immune system and reduce inflammation? It's a lot easier than you might think. All you need is about 20 minutes a day.

Y-Axis: Beans, Beans...The Magical Fruit

What if you could get your hands on some magic beans to lose weight and control your appetite? Here's what you need to know...

Recipe: Walnut Energy Snacks

Hungry for something simple, healthy and tasty? Give this recipe a try.

Take the April Health Challenge!

Build Core Strength: Exercise to strengthen your core.

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: How can I exercise if I'm always busy?

NEWSLETTER

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THE Y AXIS



Do NOT Pick That Up and Eat It

That's right. The next time something tasty hits the ground. Throw it away.



But it's perfectly fine.

There's nothing wrong with it.

Five-second rule...right?

Try telling that to researchers who disproved the five-second rule 2,560 times.⁴

They dropped watermelon, bread, and gummy candy on dirty surfaces. In less than one second, some foods were already covered in germs that could make you sick.

Moist foods were the worst. Foods dropped on carpet only fared slightly better than hard surfaces.

Here's a new 5-second rule to follow. When food hits the floor, count to five. Then pick it up and throw it away.

COMMENTS?

Send comments to the editor:

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Use 1,800 of THESE Daily to Prevent Heart Disease

Turn this one simple activity into a daily habit

One-one thousand... Two-one thousand... Three one-thousand...

If you're playing an old-school game of hide-and-seek, that's how you mark time in seconds while everybody hides.

That simple counting exercise might just be the secret to preventing heart disease.

Let's do the math: 1 second X 1,800 = 30 minutes.

Thirty minutes isn't really a long time. You probably spend that much time or more doing things like:

- Binge-watching shows
- Checking your phone
- Commuting
- Sleeping in

When there are 1,440 minutes in every day, 30 minutes isn't much. But it could save your life. What if you spent 30 minutes a day on exercise?

Brisk walking for 30 minutes a day (that's 1,800 seconds), can lower your risk for heart disease.¹

A recent study looked at walking and heart disease risks. First, researchers checked the weight, blood pressure, and cholesterol levels of every person in the study.

Then the people in the study were tasked with walking 30 minutes a day for 10 weeks. They also had a couple assignments:

- Complete a health risk assessment
- Track daily steps
- Learn more about heart-healthy habits
- Increase daily steps by 10 percent or more during the 10 weeks

Guess what happened? It worked! Walking helped lower risk factors for heart disease, support weight loss, control blood sugar levels, lower cholesterol, and more.

Take a good look at your schedule. Have 30 minutes to spare or 1,800 seconds? Get up and go for a walk. You'll be glad you did, and so will your heart.

MORE

Walking:
Your steps to health
<http://tinyurl.com/nnr4xhb>

6 Unhealthy COVID-Eating Habits on the Rise

Not eating well? Ask for help to change your eating habits

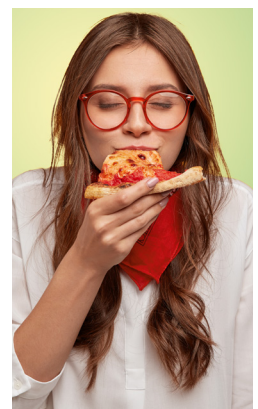
You hungry? Even though more people are getting the COVID-19 vaccine, the pandemic is still taking a toll. And in more ways than one.

If you've gained a few pounds during the past year, you're not alone. About 42 percent of adults have gained weight during COVID-19 lockdowns and social distancing, according to the American Psychological Association.

But there's a bigger problem than just a few extra pounds. Research shows that COVID-related stress and isolation may be linked to a rise in eating disorders, including:²

1. Mindless snacking
2. Eating more food and bigger portions
3. Excessive fasting, avoiding food, and skipping meals
4. Eating to cope with stress, anxiety and depression
5. COVID-related reasons for not eating
6. Eating disorders

Can you relate to any of these?





Skinny Pizza

Hungry for pizza without all the extra carbs and calories? Give this Skinny Pizza recipe a try! Yum!

Ingredients

- 4 6-inch tortillas
- 1/2 tsp olive oil
- 2 C mushrooms (sliced)
- 1 bell pepper (sliced)
- 1 red onion (sliced)
- 2 tsp garlic (minced)
- 1/2 C low-sodium tomato sauce
- 1/2 C mozzarella cheese (shredded)
- 2 tsp Parmesan cheese (grated)

Directions

1. Heat oven to 400°F.
2. Place tortillas on 2 large baking sheets.
3. Cook 5 minutes. Flip. Cook 5 more minutes. Set aside.
4. Heat oil in skillet over medium heat. Add mushrooms, peppers, onions, and garlic.
5. Cook until vegetables soften, about 10 minutes. Set aside.
6. Spread tortillas with: 2 T tomato sauce, 1/4 C vegetable mixture, 2 T mozzarella cheese and 1/2 tsp of Parmesan cheese.
7. Place pizzas back in the oven. Cook until cheese is melted, about 10 minutes.

Serves 4. 190 calories per serving.



6 Sunny-Day Habits to Protect Your Skin

Follow these simple tips to protect your skin from the sun

When summer temps start to sizzle, you probably look for ways to stay cool, like...

- Eat ice cream.
- Enjoy a cold drink.
- Crank up the air conditioning.
- Or take a trip to the pool, lake or beach

Sounds pretty good, right? Summer can be a great time to be outdoors. But too much time in the sun can be dangerous. Want to boost your immune system and protect your health? Hop on a treadmill and go. Or get outside for a walk. You'll feel better, be healthier, and live longer.

Sounds pretty good, right? Summer can be a great time to be outdoors. But too much time in the sun can be dangerous.

What's the big deal about a little sunburn?

It might only hurt for a few days, but it can also increase your risk for:

- **2** types of skin cancer, basal cell carcinoma and melanoma³
- **2X** - Your risk for melanoma doubles if you've had five or more sunburns in your life.
- **87,000** new melanoma cases are diagnosed every year.
- **10,000** people a year die from this type of skin cancer.

6 WAYS TO PROTECT YOUR SKIN FROM THE SUN

Here are some things you can do to avoid a sunburn this summer:



1. Go indoors or get in the shade when the sun's ultraviolet (UV) rays are the strongest (10 a.m. to 4 p.m.).



2. Wear a wide-brimmed hat to protect your nose, ears, and neck from too much sun.



3. Dress in loose-fitting clothes (long-sleeved shirt, long pants).



4. Wear sunglasses that provide 100-percent UV protection from the sun.



5. Use sunscreen with an SPF-30 rating or higher. Reapply every two hours.

MORE
Protect your skin from the sun
<http://tinyurl.com/Yc47yxu9>

6 Unhealthy COVID-Eating Habits on the Rise (continued from page 1)

Being overweight or obese raises the risk for heart disease, diabetes, and other chronic diseases.

But it's the rapid rise in eating disorders health officials are the most worried about. Why?

Every 52 minutes, someone in the U.S. dies from complications tied to an eating disorder.

The goal for a healthy diet: Eat more fruits, vegetables, whole grains, legumes, nuts and seeds.

And less sugary drinks, snacks, processed foods and red meat. But sometimes it's not that simple.

If you're struggling with eating well, ask for help to change your eating habits. Your doctor, counselor, therapist, or nutritionist can help you get back on track.

MORE
Feeding Hope: Help & support
<https://tinyurl.com/3wm4j4rh>

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Take the May Health Challenge!
Sleep Better: Aim for 7 to 8 hours of sleep a night
Ask the Wellness Doctor:
This month Dr. Don Hall answers the question:
What's so great about eating leafy greens?

WELLNESS CHALLENGE

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Sleep Better

CHALLENGE

Get 7 to 8 hours of sleep a night

Test Your Sleep IQ

How much do you know about healthy sleep habits? Take the quiz to find out:



Y N

1. Do you watch TV or use digital devices in bed to fall asleep?
2. Do you snore or take sleep medication regularly?
3. Do you go to bed at random times during the week and on weekends?
4. Do you drink alcohol or caffeinated drinks in the afternoon or evening?
5. Do you get less than 7 to 8 hours of sleep most of the time?

How did you do? If you answered “yes” to any of these statements, you could probably take a nap right now. Right? Research shows that getting 7 to 8 hours of sleep is ideal for most adults. Why? Sleep helps improve health and prevent disease. If you don’t get enough sleep right now, making simple lifestyle changes can help.

Requirements to complete this HEALTH CHALLENGE™

1. Read “Sleep Better.”
2. Create a plan to improve your sleep habits.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When Randy Gardner was 17 years old, he wanted to win a high school science fair in San Diego, Calif. But to do that, he would need an epic project. Something that would defy the laws of science, the laws of nature. Maybe even redefine the human experience. What could he do?

Somewhere between that dream-like state and sunrise, the idea came to him.¹

- Go without sleep for 11 days (264 hours).
- Document the impact of sleep deprivation.
- Set a new world record in the process.

Think you could go without sleep for 11 days? Don’t try it. Lack of sleep (even a little) can have a negative impact on your mood, brain function, and decision-making skills. And over time, lack of sleep can increase your risk for chronic disease.

Gardner did set a new world record. He managed to stay awake for 11 days straight with the help of two friends, and a Stanford University researcher who drove him around in a convertible. Plus, he won the science fair.

It’s been 50-plus years since Gardner’s experiment. FYI...lack of sleep is no longer part of the Guinness Book of World Records. Why? Research proves it’s bad for your health.

So how much sleep should you get? And what can you do to get your Zzzs? Take the month-long health challenge: Sleep Better, and aim for 7 to 8 hours of sleep a night.

Here’s what happens when you don’t get enough sleep
<https://tinyurl.com/rmhyrub5>



11 Dreamy Ways to Sleep Better

Want to be healthier, feel better, and live longer? Get 7 to 8 hours

of sleep a night, or the equivalent if you do shift work. Here are 11 ways to sleep better:

1. Ban digital devices before bed.

Shut off the TV, computer, tablet, phone, and any other digital devices an hour before bed. The light from their screens excites brain activity that can keep you from drifting off to dreamland.

2. Create a bedtime routine.

Do something before you go to sleep each night to help you get ready for bed. Take a warm bath. Read a book. Listen to soothing music. Make it a habit. It will help you relax and fall asleep faster.

3. Plan for Zzzs. Go to bed at the same time every night, even on weekends. When you stick to a regular sleep schedule, you'll sleep better.

4. Stage your room for sleep. Your bedroom should be dark, quiet, comfortable, and cool. Remove distractions like a TV, computer, or digital devices. Make sure your pillow, bedding, and sheets are comfortable.

5. Move more, sit less. Exercise helps reduce stress and improve mood. People who exercise fall asleep faster and sleep better than those who don't. Just don't exercise right before bed, or you'll be wide awake, not sleepy.

6. See the sun. Try to get outside in natural sunlight for at least 30 minutes a day. Sun exposure helps increase melatonin levels in the part of your brain that controls sleep.

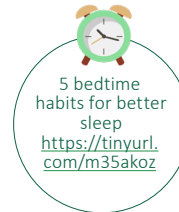
7. Curb the caffeine. Avoid coffee and other caffeinated drinks 6 to 8 hours before bed.

8. Avoid alcohol. It may make you feel drowsy. But alcohol can cause sleep problems. You wake up after a few hours and can't get back to sleep. Or your sleep isn't as deep, so you miss out on REM sleep. You might snore more

9. Munch meals earlier. Avoid eating late in the day and going to bed soon after stepping away from the table. Most people don't sleep well with a full stomach.

10. Can't sleep? Get up. If you can't fall asleep within 15 to 20 minutes after turning out the lights, get up. Do something to help you relax. Repeat your bedtime routine, and try again.

11. Get medical help. If you can't sleep, talk to your doctor. Some medications like steroids, pain relievers, and over-the-counter medicine can disrupt sleep. Your doctor can also diagnose and treat sleep disorders to help you get your Zzzs.



The Problem with a Sleep-Starved Lifestyle



Stay up late to watch your favorite TV show, or binge-watch an entire series. Work late. Help kids with homework. Go out with friends. Skimp on sleep.

Ever feel like you're living a sleep-starved lifestyle?

The occasional late-night might leave you feeling tired and groggy the next day. But that's minor compared to the long-term impact of poor sleep. Research shows that lack of sleep (less than 7 to 8 hours) on a regular basis can lead to:²

Diabetes. Lack of sleep causes blood sugar levels to rise. High levels cause your body to produce more insulin. Long-term, that's a recipe for type 2 diabetes.

Heart disease. If you don't get enough sleep on a regular basis, your risk for a heart attack goes up. It also raises your risk for high blood pressure. And that's a problem. Heart disease is the leading cause of death in the U.S.

Obesity. Stay up late, eat more junk food. It happens. But it's not the only reason poor sleep can lead to obesity. Lack of sleep can also slow metabolism and increase hormones linked to hunger and food cravings.

Depression. Data shows that lack of sleep raises the risk for depression and other mood disorders by 22 percent.³

Early death. Want to live a long and healthy life? Get enough sleep. Research suggests lack of sleep raises your risk for early death.⁴

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Sleep Better

CHALLENGE

Get 7 to 8 hours of sleep a night

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Create a plan to help you sleep 7 to 8 hours a night.
3. Use the calendar to record your actions and choices to build better sleep habits and make it a regular part of your life.
4. Review your progress at the end of each day, each week, and at the end of the month. 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 practiced positive sleep habits
 _____ 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. What's so great about eating leafy greens?

A. Take a look at smart-eating plans or diets. Leafy greens like spinach, broccoli, kale, and cabbage are usually on the list of foods you should eat.

Mediterranean diet, check. Paleo diet, check. Keto diet, check. DASH diet, check.

Plus, recipes for leafy-green salads, smoothies, and side dishes are everywhere.

Why? Because leafy greens are good for you.

They're packed with vitamins and nutrients. They're low in calories. They're affordable (unlike some diets that require buying expensive products). You can add leafy greens to your diet with little to no prep time. And studies show leafy greens provide important health benefits such as:¹

- Reduce the risk for a heart attack or stroke
- Lower the risk for type 2 diabetes
- Control blood pressure
- Improve bone health
- Lower cholesterol
- Reduce inflammation
- Prevent certain types of cancer
- Improve bowel health
- Control hunger and aid in weight management
- Prevent age-related memory loss



Are you eating enough leafy greens?

Probably not. Most adults don't eat enough leafy greens and other vegetables. In fact only 9 percent do.²

If you want to change your eating habits, improve your health, and feel better, eat more leafy greens can help. The goal: Eat 2 to 3 cups of vegetables per day, including leafy greens, like:³

- Kale
- Collard greens
- Spinach
- Cabbage
- Beet greens
- Watercress
- Romaine Lettuce
- Swiss chard
- Arugula
- Endive
- Bok choy
- Turnip greens

9 easy ways to eat more leafy greens

Hungry for ways to eat healthier? Eating more leafy greens doesn't have to be hard. Check out these 9 easy ways to add more "green" to your diet.

ASK THE *Wellness* DOCTOR

1. **Build a bowl** - Add leafy greens to a burrito bowl.
2. **Pizza topping** - Use spinach as a topping for thin-crust pizza.
3. **Breakfast of champions** - Cook eggs or egg-whites with arugula
4. **Splendid blended** - Make a green smoothie with fruits and vegetables, including leafy greens
5. **Dress up noodles** - Add Bok choy to noodles
6. **Soup's on** - Make soup that includes leafy greens
7. **Munch n' crunch** - Bake your own kale chips
8. **Dip it** - Add spinach to homemade hummus
9. **The classic** - Eat more leafy-green salads

Want to be healthier, feel better, and live longer? Eat more leafy greens.

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