



HEALTH & WELLNESS NEWSLETTER AUGUST 2021

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HIGHLIGHTS for the August 2021 Newsletter

5 'Sneaky' Reasons to Eat More Zucchini This Summer

One day you go to bed one night, and your garden looks normal. The next morning it's being overtaken by zucchini. That ever happen? Eat it. It's healthy. And celebrate Sneak Some Zucchini Onto Your Neighbor's Porch Night. Here's how...

Summer Shouldn't Be Stressful: 3 Ways to Chill Out

Ever feel like life is too busy, too tiring, too complicated, too overwhelming, too...? Some things might even feel like they're out of your control. What can you do when you're feeling stressed? Here are 3 easy ways to chill out.

Drink More Water: 6 Refreshing Ways to Stay Hydrated

You thirsty? If you wait until you're feeling parched on a hot summer day, you might be in trouble. Drink up. Stay hydrated. Here's how.

Y-Axis: Try the Two-Foot Diet

Want to tip the scale in the right direction? It might be easier than you think. Just try the Two-Foot Diet.

Recipe: Zesty Skillet Zucchini

If your garden's being overrun by zucchini, you've been tagged during Sneak Some Zucchini Onto Your Neighbor's Porch Night, or you just like zucchini, give this recipe a try.

Take the August Health Challenge!

Be Active 30 Minutes Daily: Learn to sit less and move more.

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: Why should I do strength training exercises?

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THE Y AXIS



Try the Two-Foot Diet

Want to maintain your weight or lose weight?



You don't need a crazy workout, meal plan, or supplements.

Just try the Two-Foot Diet.

Get up and go for a walk. Or at least get up off the couch and stand. Either way, you'll be on your feet. And that's what matters, according to a recent study.⁴

Standing for six hours a day burns 54 more calories than sitting. That might not sound like a lot. But it's enough to burn about five pounds of fat in a year. And that's something worth standing for.

COMMENTS?

Send comments to the editor:

evan@thehealthycopywriter.com

5 'Sneaky' Reasons to Eat More Zucchini This Summer

Discover the health benefits of summer squash

Imagine you're drifting off to sleep on a hot summer night. Then you hear a strange noise. Peering into the shadowy darkness, you see your neighbor in the garden. Weird, right?

It looks like he's collecting caveman clubs or deformed bowling pins. And you can't really tell if that's a network of alien tentacles snaking across the ground, or if those are just vines.

But if you wake up in the morning and discover a surprise at your front door, it will all make sense. August 8 is Sneak Some Zucchini Onto Your Neighbor's Porch Night.

Yes, it's actually a thing. And it makes sense. Zucchini grows like crazy around this time of year. And if you can't eat it all, share it.

Try some zucchini (aka summer squash) while it's in season. It's high in vitamin C, antioxidants, and other nutrients.

Here are five reasons eating zucchini is good for your health. Zucchini:¹

1. Helps control blood pressure
2. Reduces inflammation linked to chronic disease and certain types of cancer
3. Promotes gut health and digestion
4. Low in calories to aid in weight management
5. High in B vitamins to support metabolism, mood, and energy levels

Enjoy this summer squash as a snack or side dish. Try it in place of pasta. And use it in breads, soups, and main dishes.

If you have a garden full of zucchini, eat some and give some away. If you don't, stop by the grocery store or farmer's market and give this vegetable a try.

MORE

Zucchini & summer squash recipes
<https://tinyurl.com/yby3v3s6>

Summer Shouldn't Be Stressful: 3 Ways to Chill Out

Improve your mood + improve your health

Ever have one of those days? It happens. Traffic is a nightmare. You've got a looming work deadline. There's trouble at home. Or some series of unexpected events have you feeling stressed out and anxious. Now what?

A two-week vacation to sort things out and recharge might help. But is there anything else you can do to improve your mood and feel better?

Yes, and it's simple. Make a choice to improve your mood. Learn to focus on the positive and pay attention to your surroundings, instead of just focusing on what's wrong. In a recent study, researchers found that taking just a few minutes to refocus can reduce stress and anxiety.²

Follow these 3 easy steps to chill out:

- 1. Take a walk break.** It doesn't have to be far. Walk around the block, through the mall, or in a park. You could even use a treadmill. Aim for 10-15 minutes; more if you have time.
- 2. Observe.** Your brain will want to review your to-do list or rehash whatever's bothering you while you walk. But push those thoughts aside. Instead, focus on making simple





Zesty Skillet Zucchini

If your garden's being overrun by zucchini, you've been tagged during Sneak Some Zucchini Onto Your Neighbor's Porch Night, or you just like zucchini, give this recipe a try.

Ingredients

- 1/2 C tomato juice (low-sodium)
- 1/4 tsp black pepper
- 1 onion (medium)
- 1 tomato (medium)
- 1 C mushroom (canned)
- 2 zucchini (medium)
- 1 tsp basil

Directions

1. Peel the onion. Chop it into small pieces.
2. Chop the tomato.
3. Drain the water from the can of mushrooms.
4. Cut each zucchini into thin slices.
5. Put the tomato juice and pepper in a skillet or pan. Cook on high heat for 3 minutes.
6. Add the onion, tomato, and mushrooms.
7. Reduce the heat to medium-high. Cover and cook for 5 minutes.
8. Add the zucchini. Cover and cook for another 5 to 7 minutes.

Serves 6. 29 calories per serving.

Drink More Water: 6 Refreshing Ways to Stay Hydrated

How much water should you drink?

It's hot outside, and you're thirsty. Do you pop open a can of soda and chug it? Or do you go for ice-cold water instead?

If you go with a soft drink or alcohol, you actually increase your risk for dehydration. In the short term that could lead to feeling tired, fatigued, or worse. But it doesn't have to be that way...

On a hot day, drink cold water to stay cool, hydrated, and healthy.

When the weather heats up, people flock to pools, lakes, and air conditioned comfort. Keeping cool on a hot day is important. But drinking water is also important. In fact, it's vital to your health when temperatures soar.³

How much water should you drink?

Most people probably need to drink more of it. Even when it's not hot, health professionals say adults should drink an average of 40-64 ounces of water a day for best health.

The exact amount you should drink depends on factors like how much muscle you have (versus fat), your activity level, and the temperature.



Looking for some easy and refreshing ways to drink more water?

Here are SIX things you can do:

1. Carry a water bottle with you and drink from it throughout the day.
2. Use your watch, computer, or a smartphone app to set reminders to drink water every couple of hours.
3. Drink water in place of drinks you might normally have, like soda, coffee, or alcohol.
4. Keep a log of how much water you're drinking and track your progress.
5. Challenge a friend to drink more water with you.
6. If you want a little flavor, add a squeeze of lemon, lime, or cucumber to water.

Why drink water? It has zero calories, and it's usually free. It helps your brain, muscles, digestion, joints, and kidneys work better. It helps you manage your weight. Plus, proper hydration helps prevent heat-related illnesses.

Now take a break...and a drink of water.

MORE

Daily water recommendations.
<http://tinyurl.com/ybdlv289>

Summer Shouldn't Be Stressful: 3 Ways to Chill Out (continued from page 1)

observations. Notice the details of a tree. Look at clouds overhead. Listen carefully to the sounds around you. Feel the sensation of your feet touching the ground as you walk.

3. Breathe. Breathe in slowly, and exhale slowly as you walk and observe.

"You don't need to exert a lot of extra effort in order to improve your wellbeing," says lead researcher Chih-Hsiang "Jason" Yang. "Being more mindful while you're moving around is enough."

MORE

[Learn to relax](http://tinyurl.com/y7xrku3s)
<http://tinyurl.com/y7xrku3s>

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Take the August Health Challenge!

Be Active 30 Minutes Daily: Learn to sit less & move more

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
Why should I do strength training exercises?



WELLNESS CHALLENGE

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Be Active 30 Minutes Daily

CHALLENGE

Learn to sit less & move more

Requirements to complete this HEALTH CHALLENGE™

1. Read "Be Active 30 Minutes Daily"
2. Be active for at least 30 minutes a day.
3. Keep a record of your completed health challenge in case your organization requires documentation.



There's something California-based lifestyle medicine expert Dr. Joe Raphael tells a lot of his patients...

"You know what you need to do, but you're just not doing it."

Ever heard that before?

If you're feeling a little squirmy right now, what exactly might be the THING you're not doing?

Being active...enough. If you're already crushing your daily steps goal and carving out time to exercise, keep up the good work.

But if you're not (only 23 percent of adults meet the minimum guidelines for physical activity¹), chances are pretty good you know being more active is something you need to work on.

You know...go for a walk. Get to the gym. Watch less TV. If it's been on your mind, now is always the perfect time to start.

You don't need to do grueling workouts, run marathons, or train like a bodybuilder. But you can make simple changes to your day to exercise, get your steps in and improve your health.

Take the month-long health challenge to Be Active 30 Minutes Daily.

Quiz: Hustle for Better Health

How much do you know about the health benefits of physical activity?



- | | T | F | |
|----|--------------------------|--------------------------|--|
| 1. | <input type="checkbox"/> | <input type="checkbox"/> | Exercising increases your metabolism during and after your workout. |
| 2. | <input type="checkbox"/> | <input type="checkbox"/> | Regular physical activity improves bone density, which can prevent bone loss and fractures. |
| 3. | <input type="checkbox"/> | <input type="checkbox"/> | Recording your exercise activity is a waste of time. It won't really help you lose weight or get in shape. |
| 4. | <input type="checkbox"/> | <input type="checkbox"/> | Only activities like lifting weights, running, or cycling count as exercise. |
| 5. | <input type="checkbox"/> | <input type="checkbox"/> | You must exercise at least 30 minutes at a time to achieve any health benefits from exercise. |

How did you do? If you answered any of these statements incorrectly, take a little time to learn more about the benefits of physical activity. Then get moving. Everyone should be active at least 30 minutes a day. Several 10-minute sessions are just as effective as one longer period. There are many ways to exercise and be more active. And tracking your progress like steps per day, pounds lost, and minutes of exercise can help you achieve your wellness goals.

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

Struggling to Find Time to Be Active?

"I don't have time." It's usually one of the reasons patients give Dr. Joe for not being active enough. And it's pretty common.

Only about 53 percent of adults exercise for at least 30 minutes per day. The rest are active for about 17 minutes a day. And sometimes that's in really short sessions, like walking from the parking lot to the store.

Are you really too busy to be active 30 minutes a day? Maybe your schedule is packed with work, school, family, and other things. But take a closer look at how you spend your time.

- Can you fit in a walk, gym/home workout, or fitness class?
- Do you have 5 to 10 minutes of free time several times during the day?
- Can you get more steps per day without making big changes to your routine?

10 tips to make exercise a daily habit
<http://tinyurl.com/ydawjjz4>



13 Creative Ways to Be More Active



Still wondering how you're going to fit 30 minutes of physical activity into your day? If you don't have time for a 30-minute workout, here are some easy and creative ways to be more active that don't require a formal workout or gym membership:

1. Take the stairs.
2. Host a walking meeting at work.
3. Walk to deliver a message to someone (instead of yelling, calling, or texting).
4. Use a stand-up desk.
5. Take the dog for a walk.
6. Exercise during commercials (jumping jacks, push-ups, sit-ups, squats).
7. Clean the house...FAST.
8. Play in a park (swingset, playground, games, sports).
9. Use your home exercise equipment (cycle, treadmill, weights).
10. Park far away when you go shopping to get extra steps.
11. Speed walk through the store when you shop.
12. Work in the yard.
13. Walk around when you're on the phone.

Now you know how to be more active, even if you're short on time. Carve out time for a 30-minute workout, or break it down into bite-sized sessions of physical activity. You'll feel better, be healthier and live longer.

The Clock is Ticking...

Think about it like this. Everybody has the same 1,440 minutes in a day. Can you find time to spend just 30 minutes a day on being more active? It's worth the effort.

Research shows that people who are active at least 30 minutes a day are TWICE as likely to avoid:²

- Stroke
- Heart disease
- Diabetes
- Obesity
- Certain types of cancer

When you're active, you're also TWICE as likely to feel happier and live longer, than people who aren't.

Take It For a Test Run: 10 Reasons to Be More Active

Still think 30 minutes is too much? If you don't have time for a gym workout or 30-minute walk, try being active in 5-minute sessions a few times a day. Take this for a test run and see how you feel. Research shows that physical activity can help:³

1. Improve sleep
2. Control weight
3. Improve strength and flexibility

4. Lower cholesterol
5. Improve heart health
6. Build stronger bones
7. Lower blood pressure
8. Boost mood
9. Reduce stress & anxiety
10. Lower body fat

Favorite Workout? Do Your Thing in 30 Minutes

Aiming for at least 30 minutes of physical activity per day is the goal. But don't pick an activity you despise. You'll be miserable, and you won't want to keep doing it. The best workout is the one you'll actually do. Pick an activity you enjoy, and start moving. Try:

- Walking
- Swimming
- Cycling
- Running
- Hiking
- Dancing
- Yoga
- Gardening
- Weight Lifting
- Taking a Fitness Class

How to be active at home
<https://tinyurl.com/ts6nman>

Track your activity level
<https://tinyurl.com/3edbrjwm>

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Be Active 30 Minutes Daily

CHALLENGE
Learn to sit less
& move more

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Track your physical activity minutes for 30 days. Aim for 30 minutes daily.
3. Use the calendar to record your actions to be more active.
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	
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 was active
 _____ 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. Why should I do strength training exercises?

A. You might think strength training is just for people who want to build muscle or play sports. But it's actually something everyone should do.

Adults should be active enough to sweat for least 30 minutes a day, or a total of 150 minutes a week. But it's not the only form of exercise you need. For best health, you also need to do strength training or resistance exercise at least two days a week.¹

Strength training is any form of physical activity that requires your muscles to work against resistance. Some examples include:

- Body weight exercises (e.g. squats, push-ups, pull-ups, planks)
- Weight lifting
- Carrying groceries, a backpack, or briefcase
- Chores that require lifting, pushing, or pulling
- Even going from sitting to standing is a form of strength training

4 Health Benefits of Strength Training

Activities like walking, jogging and cycling make you breathe deeper. They strengthen your heart and lungs. But what can you do to build stronger bones and muscles? Strength training. This form of exercise or physical activity can help:



- 1. Prevent loss of strength and muscle mass.** After age 30, adults lose about 3 to 5 percent of strength and muscle mass per year.² That might not seem like a lot, but it adds up over time. The good news: Strength training and a healthy diet can help slow the loss of muscle mass and strength as you age.
- 2. Improve bone health.** About 54 million adults in the U.S. have weak bones. It's a major risk factor for falls and fractures. But you can do something about it. Strength training makes your bones stronger by increasing bone density.³
- 3. Avoid injuries.** If you neglect to keep your bones strong and healthy, your risk for injuries goes up...a lot. Weak bones and muscles make you 2.3 times more likely to break a bone when you fall.⁴ Just two days of strength training a week can help you keep your balance better and be more flexible to help prevent injuries.
- 4. Support brain function.** Feel stressed, anxious, depressed? These and other brain-related problems can make it hard for you to work, make good choices, and get things done. Medicine and counseling can help. But research shows resistance training can

ASK THE *Wellness* DOCTOR

also improve brain function and mental health.⁵ Want to look better, feel better, and reduce your risk for injuries as you age? Make strength training a regular part of your life.

Strength training guidelines

1. Choose exercises that work all the major muscle groups (chest, back, shoulders, arms, legs).
2. Perform one set of 8 to 12 reps per exercise.
3. Make time for strength training at least two days a week.

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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