

STAYIN' ALIVE

Talking about safety isn't enough.



HEALTH & WELLNESS NEWSLETTER JUNE 2021

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HIGHLIGHTS for the June 2021 Newsletter

7 Sweet Reasons to Serve Up Strawberries This Summer

Tennis is back at the world-famous Wimbledon Championship this year. The top pros in the world will be serving their best. And a limited number of fans will be served the traditional strawberries and cream. Here's 7 reasons to add strawberries to your diet this summer.

Jump Rope: 6 Benefits of This Simple Exercise

No gym. No problem. Pick up a jump rope and get moving. Research shows jumping rope can help you burn calories and fat, and help strengthen your heart and lungs. But there's some other surprising benefits, too.

Get Your Zzzs to Boost Immune System

You might be tempted to stay up late to get things done, watch TV, or hang out. But skimping on sleep comes with a price. If you want to give your immune system a boost to avoid getting sick, here's what you need to do.

Y-Axis: The Stairway to Heart Health

Take the elevator, the escalator...or the stairs? The answer might surprise you.

Recipe: Apple Oatmeal Muffins

What's for breakfast? Skip the donuts or greasy drive-thru and make something healthier...like this Apple Slice Pancake recipe. Yum!

Take the June Health Challenge!

Keep a Food Journal: Track your eating habits for 30 days.

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: Why is getting enough calcium important?

NEWSLETTER

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THE Y AXIS



The Stairway to Heart Health

Take the stairs. You've heard the advice before. But can it really make a difference?



Yes. The next time you see the elevator, resist the urge to press the button and stand around for the doors to open.

Instead...take the stairs and hustle to your destination.

Why? New research shows that even short bursts of stair climbing can improve heart health.⁴

It's easy. Hustle for just 20 seconds up the stairs. Rest briefly. Then continue. Researchers found that even one-minute bouts of exercise is good for your heart.

COMMENTS?

Send comments to the editor:

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7 Sweet Reasons to Serve Up Strawberries This Summer

Enjoy the sweet health benefits of strawberries

Raise your fork...or your tennis racket to strawberries. The Wimbledon Championship in London, England, is back later this month.

For two weeks, fans will see the world's best tennis players battle it out at the most-watched tennis match in the world. But tennis isn't the only thing in-person spectators look forward to.

In the past, hungry fans eat close to 62,000 pounds of strawberries by the time the winners are announced. Fresh-picked the day before they're served, strawberries have been part of Wimbledon lore for a long time.

But these bright red berries promise more than just good taste. Strawberries are packed with vitamin C, antioxidants, fiber, and other nutrients that:¹

1. Strengthen the immune system.
2. Help prevent certain types of cancer
3. Slow memory loss as you age
4. Lower blood pressure
5. Reduce the risk for heart disease, diabetes, and stroke

6. Support weight loss and weight management
7. Improve cholesterol levels, and more

If you can't make it to Wimbledon for tennis and a bowl of berries, enjoy them at home. Here's how:

- Add strawberries to cereal or yogurt
- Make a fruit smoothie
- Slice strawberries and add to fruit salad
- Try strawberries with low-calorie whip cream
- Buy strawberries fresh or frozen, or try growing them on your own

And if you want to sweeten things up a little more, the Centers for Disease Control and Prevention recommends eating 1-1/2 to 2 cups of fruit per day... including strawberries.

Want to be healthier? Serve up some strawberries this summer.

MORE

Try these tasty strawberry recipes <https://tinyurl.com/vk5vkt7b>

Jump Rope: 6 Benefits of This Simple Exercise

No gym required to improve your health

California resident Michael Rogers tipped the scales at 300 pounds. His diet was far from healthy. He didn't exercise. And he knew something had to change if he wanted to see his daughter grow up.

So he cleaned up his diet and picked up a jump rope.

After eight months of better eating and lots of jump roping, he dropped 100 pounds.

Eventually, he developed a one-hour jump rope workout routine that included:

- Regular jumping
- Crossovers
- High-knees jumping
- Double jumping (the rope spins fast enough to go around twice in a single jump).



The 15-minute jump rope experiment

At first, 15 minutes of sporadic jump roping was all he could do. But he was determined.



Apple Oatmeal Muffins

What's for breakfast? Skip the donuts or greasy drive-thru and make something healthier...like this Apple Slice Pancake recipe.⁵ Yum!

Ingredients

- 1 apple (Granny Smith)
- 1-1/4 C pancake mix (any type)
- 1/2 tsp cinnamon
- 1 large egg (or egg substitute)
- 2 tsp canola oil
- 1 C non-fat milk or soy milk

Directions

- Heat oven to 350°F. Lightly coat griddle or skillet with cooking spray over medium heat.
- Peel, core and thinly slice apple into rings.
- In a large mixing bowl, combine ingredients for pancake batter. Stir until evenly moist. (Small lumps are OK.)
- For each pancake, place apple ring on griddle and pour about 1/4 C batter over apple ring, starting in the center and covering the apple.
- Cook until bubbles appear. Turn and cook other side until lightly brown. Serves 4. 190 calories per serving.

Makes 6 servings (2 pancakes each). 174 calories per serving.

Get Your Zzzs to Boost Immune System

Aim for 7-8 hours of sleep per night

Work late. Hang out with friends. Tackle a homework project with a kid well past midnight. Kick off your shoes after a long day and watch late-night TV. Or stay up late on your mobile device reading, tapping, and swiping.

Been there, done that? There are millions of reasons (and excuses) why you skimp on sleep. But it will cost you.

New research shows that lack of sleep can weaken your immune system and raise your risk for getting sick.³

Researchers tracked the sleep patterns of healthy adults. Some slept seven or more hours a night. But others slept less than six hours a night. After just two weeks, tests showed the group not getting enough sleep had weaker immune systems.



You might think burning the midnight oil is fine with a morning latte, energy drink, or caffeine pill.

But if you do, you're fooling yourself. If you're chronically sleep deprived, you're at risk for getting sick. Why?

Sleep helps restore your body's health. It also helps build immune system pathways that fight viruses.

"Sleep is as important as diet and exercise to optimal health," says lead researcher Dr. Nathaniel Watson. "Prioritize it in your life and reap the benefits."

Jump Rope: 6 Benefits of This Simple Exercise (continued from page 1)

6 benefits of jump roping

Want to improve your health? Pick up a jump rope, and go. It can help you with a lot more than weight loss.² The benefits of jump roping include:

- Build lower leg strength to help prevent injuries
- Improve coordination (feet, eyes, hands, brain)
- Give your brain a boost to improve balance & thinking

- Burn calories and fat
- Improve cardiovascular health
- Eliminate excuses by making exercise simple

If you're looking for an easy way to be more active and improve your health, Michael has some advice for you...

"Try jump roping," says Michael. "If you don't like that, go for a walk. Just pick something you enjoy. Live an active life. You have to make the decision to do something to improve your health."

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Take the June Health Challenge!

Keep a Food Journal: Track your eating habits for 30 days

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:

Why is getting enough calcium important?

WELLNESS CHALLENGE

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Keep a Food Journal

CHALLENGE

Track your eating habits for 30 days

Requirements to complete this HEALTH CHALLENGE™

1. Read "Keep a Food Journal."
2. Track your eating habits for 30 days.
3. Keep a record of your completed health challenge in case your organization requires documentation.



Ohio resident Jeff Gilbert knew weighing 274 pounds was a problem. So he tried to hide it. He didn't like looking in the mirror, and he was unhappy. He knew he needed to make a change, but he didn't have the motivation to take action. Instead, he just kept on making poor food choices and wasn't active.

And then something happened...

He went to the doctor for a routine exam. When he went to pay his bill, a French fry fell out of his wallet. That was his sign from the universe it was time to make a change.

His next move...Gilbert decided to use the LoseIt! app endorsed by the U.S. Surgeon General's Office to keep track of what he was eating.¹

He started counting calories.

He paid more attention to his food choices.

His diet and exercise habits changed.

Within a couple years, he lost 90 pounds and finished five marathons

Take the Daily Diet Quiz

How much do you really know about your eating habits?



Y N

1. I know how many calories I eat/drink each day.
2. I know how many calories I burn from physical activity each day.
3. I always drink at least 64 ounces of water per day.
4. I eat 1.5 to 2 cups of fruit and 2 to 3 cups of vegetables per day.
5. I eat less than 2,300 mg of sodium per day.

How did you do? If you answered 'No' to any of these statements, you could benefit from keeping a food journal. When you know what you're eating, you can make adjustments in your diet that can help you lose or maintain weight, reduce your risk for chronic disease, and improve your health..

"I tell people that losing weight without tracking your food and exercise is kind of like trying to manage a bank account without ever looking at your balance," says Gilbert. "It's really difficult to do."

Here's a simple question: What did you have for breakfast, lunch, dinner and snacks yesterday? Can't remember? You're not alone. If you want to improve your health and your diet, take the month-long health challenge to Keep a Food Journal.





Keep Track: 5 Tips to Help You Make Better Food Choices

So how do you keep track of what you eat? Choose a format that works for you. Research shows mobile apps work well for most people.³ But a paper journal or notebook works, too.

Here are five tips to help you track your food choices to improve your diet.

1 Keep Track...But Don't Change Anything Yet

Keep track of all the food you eat and drink for meals and snacks.

Include time and date with each entry to help you identify specific eating patterns.

Be honest. Dessert, alcohol, second or third servings all count.

2 Count Your Calories

Apps make this easy and track calories for you. Everyone's calories needs are different. Men usually need more calories than women. And everyone needs fewer calories as they age.

Use a calorie calculator like (My Plate: <https://tinyurl.com/rd4tn7ae>) to help you find your daily calorie goal.

3 Pay Attention to What You're Eating

Read food labels to find out. Most packaged food labels include the number of calories. Pay attention to serving size...it might be less than you think.

Restaurant calories. Check the menu before you order. A typical fast-food meal (burger, fries, and soda) contains 1,000-plus calories.

4 Evaluate Your Eating Habits

Once you've kept at least a week of entries about your eating habits, take a closer look at what you've been doing. This helps you see what you're doing well, and where you can improve.

Total your daily calories, and make some changes if you need to.

Follow a healthy eating plan. Most of your food should come from fruits, vegetables, whole grains, nuts and seeds, and legumes. If you eat meat or dairy, go with fish, skinless poultry, and non-fat options.

Share your results with someone you trust. Or review your foods choices with your doctor or nutritionist. It's a smart way to help you be more accountable.

5 Set a Goal

Keep a food journal for a least a week. Track everything. Then set a goal to improve, lose weight or eat healthier.

Choose a food diary
Paper:
 Daily Food and Activity: <http://tinyurl.com/hcylldfo>
Web-based:
 My Plate Meal Template: <https://tinyurl.com/2d2cjhvn>
Mobile app:
 Lose It!: www.loseit.com

Train Your Brain to Make Better Food Choices



Eat this, not that. Have more fruits and veggies. Drink more water. You've heard the advice before. But are you doing it? If you're not, keeping track of what you eat can help.

In a recent Duke University study, researchers followed a group of 105 overweight people for 6 months.² One group measured their weight every day. Another group tracked everything they ate. And a third group tracked both.

On average, everyone lost weight. But the group that track their weight AND food choices lost the most weight (about 7 pounds), and kept it off.

"We have very strong evidence that consistent tracking — particularly of diet, but also one's weight — is an essential element of successful weight loss," says lead researcher Dr. Gery Bennett. "Consumers should look for apps that make it easy for them to track on a consistent basis.

How to read food labels
<https://tinyurl.com/9x42pf5>

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Keep a Food Journal

CHALLENGE

Track your eating habits for 30 days

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Track your eating habits for 30 days with a mobile app, notebook or journal.
3. Use the calendar to record your actions to keep track of what you eat and make healthier food choices.
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 tracked my eating 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.

Why is getting enough calcium important?

A.

Remember the old milk commercial slogan. “Milk...it does a body good.” You’d see a young kid drinking milk, growing up and getting stronger.

No, you don’t have to drink milk. But it’s high in calcium, and you do need to get enough calcium to protect your health.¹

- **How much calcium do you need?** About 750 to 1,000 mg per day for adults.

Your body needs calcium to:

- Improve bone health
- Keep your teeth strong
- Support your heart and lungs

There’s two ways to get more calcium...from food and the sun.

1. Calcium-rich food sources

Some of the best food sources for calcium include:

- Leafy greens (collard greens, kale, broccoli, bok choy)
- Foods fortified with calcium (juice, cereal, bread, orange juice)
- Nuts and seeds (almonds, peanuts, pistachios)
- Low-fat dairy (milk, cheese, yogurt)

Tip: Read food labels or consult a nutrition guide to track how much calcium you’re getting from the foods you eat.



2. Sun exposure to boost calcium

Even if you eat plenty of calcium-rich foods, your body might not absorb it. You need the right amount of vitamin D for this.² Sun exposure can help.

Exposing your face, arms, legs, or back without sunscreen for a few minutes a day can help your body make enough vitamin D to put the calcium in your diet to work.

- **Aim for 15 minutes a day.**

About 15 minutes a day in the sun between 10 a.m. and 3 p.m. most days of the week is effective in much of the United States.

Tip: When the weather is good, spend some time outdoors. Or talk to your doctor about taking a vitamin D supplement (1,000 to 2,000 IU per day)

If you’re not getting enough calcium...your risk goes up for poor bone health and fractures.

ASK THE *Wellness* DOCTOR

Other ways to keep your bones healthy include...

- **Exercise.** Build stronger bones by lifting weights, hiking, jogging, or playing sports.
- **Healthy lifestyle habits.** Smoking, eating lots of salty foods, or drinking more than two alcoholic drinks a day if you’re a man (or more than one drink a day if you’re a woman) can rob your bones of calcium.
- **Water vs. other drinks.** Drinking too much coffee and carbonated beverages can also increase your risk for poor bone health.

If you make an effort to eat a balanced diet and spend a little time in the sun, you’ll maximize the amount of calcium available in your body for good health.

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