



WELLNESS NEWSLETTER

JANUARY 2020

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HIGHLIGHTS for the January 2020 Newsletter

Walk Away From Heart Disease in 30 Minutes

Heart disease is the leading cause of death in the United States. But what if you could change that in just 30 minutes a day? Lace up your walking shoes, because you can. Here's what you need to know.

Follow the Grocery Store Game Plan to Improve Your Diet

Thinking about giving your diet a makeover in the New Year, but not sure where to start? Here's your game plan to shop smarter and eat healthier.

Is It Time for a Waist-Size Wake-Up Call?

What's your waist size? It says a lot about your overall health and risk for chronic disease. Grab a tape measure and find out if it's time for a waist-size wake-up call.

Y-Axis: Beware of the Baby Yoda Effect

Hooked on the new *Star Wars* series, or got a thing for binge-watching shows before bed? It might be messing with your sleep schedule. Here's what you need to know.

Recipe: Hot Ginger Tea

Need a way to combat cold weather and improve your health? Give this easy-to-make hot ginger tea recipe a try.

Ask the Wellness Doctor

Dr. Don Hall answers this month's Ask the Wellness Doctor question: What should I do when I get a food craving?

Health Challenge

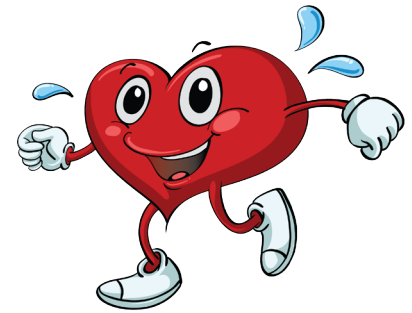
Take the month-long Health Challenge: Drink More Water: Stay hydrated to improve your health.



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THE Y AXIS

Beware of the Baby Yoda Effect

Hooked on binge-watching *The Mandalorian* and Baby Yoda from Star Wars?

Just watch it at night. Sounds like a good idea, right? Not exactly.

A new study suggests that binge watching before bed can lead to sleep problems and fatigue.⁴

Research shows that binge watching keeps your brain active. If you're focused on what you saw, what happened, and the next episode, before bed, it can be hard to fall asleep.

If you are going to binge-watch, turn off all electronics at least an hour before bed. Or the Force may not be with you the next day.



COMMENTS?

Send comments to the editor:
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Walk Away from Heart Disease in 30 Minutes

Daily walk improves heart health

Got 30 minutes to spare? Check your watch, calendar, or smartphone. You might think you're too busy to squeeze in a 30-minute appointment. But what if it could save your life?

About half of all adults in the United States have heart disease, according to the American Heart Association. It's the leading cause of death. Heart disease claims the lives of an estimated 647,000 people a year. But it doesn't have to be that way.

Research shows that brisk walking for 30 minutes a day can lower your risk for heart disease.¹

MORE

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

In a recent study, people were asked to do three things: walk 30 minutes a day, track daily steps, and attend a class on heart-healthy habits.

The results: Those 30 minutes a day were well spent, and helped lower risk factors for heart disease like high blood pressure, high cholesterol, and obesity.

So about your too-busy schedule? When there are 1,440 minutes in every day, 30 minutes isn't much. After all, how much time do you spend on social media, streaming movies, or watching TV? Chances are pretty good you can spare 30 minutes.

Get up and go for a walk. You'll be glad you did, and so will your heart. @

Follow the Grocery Store Game Plan to Improve Your Diet

Plan ahead to shop for healthy meals & snacks

You head to the grocery store after work because you know the fridge and cupboards are bare. And then you realize you don't really have a game plan. Sound familiar?

Do you stock up on frozen meals, fried food from the deli, and dinner in a can? Or do you know what to buy for healthy, easy-to-make meals and snacks?

Your food choices can have a big impact on your health, your waistline, and your risk for chronic diseases. Here's how to shop smart:

"Make your meal healthier by using foods with lots of color from natural sources," says



cardiologist Dr. Susan Smyth.² "Start in the produce section with fresh fruits and veggies, which are high in vitamins and fiber and low in fat."

Add these foods to your shopping list

- Fruits (e.g. apples, oranges, bananas, berries)

- Vegetables (e.g. spinach, broccoli, carrots)
- Low-fat dairy products (yogurt, milk, cottage cheese)
- Whole-grain foods (bread, cereal, pasta)
- Nuts (unsalted)
- Canned beans (low sodium)

Get recipe ideas on the go

If you haven't had time to plan out a menu, you can still find healthy recipe ideas on the go. Ask if your grocery store has recipe ideas. (Many do.) Grab your smartphone and check grocery store websites for healthy recipes. Or visit Nutrition.gov for more ways to make heart-healthy meals.



Hot Ginger Tea

Need a way to combat cold weather and improve your health? Research shows ginger can help reduce inflammation, prevent certain types of cancer, and strengthen your immune system.⁵ Drink hot ginger tea. It's easy to make.

Ingredients

3 ounces thinly-sliced ginger root

1 C water

Honey (to taste)

Directions

1. Add one cup of water to cooking pot or tea kettle.
2. Add ginger root and heat until boiling.
3. Strain to remove any ginger root pulp.
4. Add honey to taste. Stir and enjoy.

Is It Time for a Waist-Size Wake-Up Call?

Waist size measures risk for chronic disease

What's your waist size? If you were going to tailor a suit or dress, or buy a new pair of pants, you'd need to know to get the right fit. Don't know your waist size? Maybe it's time for a wake-up call.

Your waist size is a measure that can tell you a lot about your health, even if you're a healthy weight.³ A healthy waist size is:

- **Women:** 31.5 inches or less
- **Men:** 37 inches or less

If your waist size is 35 inches or more for women or 40 inches or more for men, you're at high risk for health problems like diabetes, heart disease, and high

blood pressure. A bigger belly means you're storing fat, a risk factor for chronic disease.

How to measure waist size:

1. Wrap a tape measure around your waist. (Note: The tape measure should be just above your hip bone near your belly button.)
2. Breathe in, then out, normally.
3. Pull the tape measure snug.
4. Record your waist size.

If your waist size is larger than normal, set a goal to improve it. Be active 30 to 60 minutes a day. Eat more



fruits, vegetables, whole grains, legumes, nuts, and seeds, and less junk food. Drink more water.

Set a small goal, like losing one pound a week, until your waist size is in the normal range. Then keep up those healthy habits for life. @

MORE

Video: Measure your waist
<https://tinyurl.com/uxvace>

Follow the Grocery Store Game Plan to Improve Your Diet (continued from page 1)

Steer clear of packaged foods

Here's another hint for making your shopping trip a little healthier. Avoid packaged

MORE

Healthy shopping list
<http://tinyurl.com/zjapo8f>

foods. Why? "Almost everything in a plastic wrapper or cardboard package is highly processed," says Smyth. "These foods are usually loaded with fat, salt, sugar, or all three." @

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Take the January Health Challenge!

Drink More Water: Drink 40 to 64 ounces of water a day

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:

What should I do when I get a food craving?

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WELLNESS CHALLENGE

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Drink More Water

CHALLENGE

Stay hydrated
to improve
your health

Requirements to complete this HEALTH CHALLENGE™

1. Read "Drink More Water."
2. Drink more water daily to improve your health.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When Olivia Charles started nursing school, she spent most of her time studying. She also spent less time exercising or eating healthy. Her diet included a lot of fast food, pizza, soda, and snacks.

At first it seemed like a short-term solution, but eventually something had to change.

Charles started gaining weight. Her blood pressure went up. Her risk for heart disease was rising. She didn't feel good. And she knew she could do better. So she decided to make one simple change...drink more water.

If you're thinking about how to lose weight or improve your health, it's one of the easiest things you can do. Drinking water helped Charles drop 35 pounds, feel better, and be more active. Are you drinking enough water each day? Your body is made up of about 60 percent water. It's essential for a healthy functioning body.¹ And most people need to drink more of it.

Now is a great time to develop a healthy habit. Fill up your cup and take the month-long health challenge to Drink More Water.

How much do you know about the health benefits of drinking water? Take this quiz to find out.

- | | T | F | |
|----|--------------------------|--------------------------|--|
| 1. | <input type="checkbox"/> | <input type="checkbox"/> | Water does not help regulate your body temperature. |
| 2. | <input type="checkbox"/> | <input type="checkbox"/> | Your body needs water to help maintain normal bowel function. |
| 3. | <input type="checkbox"/> | <input type="checkbox"/> | Drinking water does not support weight loss, improve metabolism, or help control hunger. |
| 4. | <input type="checkbox"/> | <input type="checkbox"/> | Proper hydration helps protect your brain, muscles, and other tissues. |
| 5. | <input type="checkbox"/> | <input type="checkbox"/> | Canned soups, microwave meals, and breads do not contain high levels of sodium. |



How did you do? If you answered any of these statements incorrectly, you may benefit from learning more about the health benefits of drinking water. Water helps keep your body cool. It also provides needed hydration to support circulation, metabolism, digestion, brain function, and physical activity.

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

Drink Water: Sip on These 8 Health Benefits

Fortunately, Charles recognized that drinking water would have a positive impact on her health. Now she's a healthy weight, and her risk for chronic disease is lower. If you don't have enough water in your body, a variety of very serious health problems can occur. Dehydration can cause headaches, constipation, kidney stones, and impaired circulation. In hot weather, poor hydration can also lead to heat exhaustion and heat stroke. The good news...when you drink enough water it can help:²

- ✓ Control food cravings
- ✓ Regulate body temperature
- ✓ Prevent fatigue
- ✓ Improve physical performance
- ✓ Support kidneys to remove fluid and waste
- ✓ Control blood pressure
- ✓ Support brain function
- ✓ Improve digestion and metabolism

What's
in Your Drink?
Compare zero-
calorie water to
calories in other drinks
<http://tinyurl.com/yancxlr>

How much water are you drinking?

If you're not drinking enough water, what are you drinking? Soda, energy drinks, sugar-sweetened beverages...maybe nothing. In a recent survey, researchers found that:³

- ✓ 7% of adults don't drink any water
- ✓ 36 % of adults drink 1 to 3 cups of water a day
- ✓ 35 % of adults drink 4 to 7 cups a day
- ✓ 22% of adults drink 8 cups or more per day



Take a closer look at the survey results. Are you drinking enough water? At least 43 percent of adults aren't drinking enough water. About 8 cups of water a day is recommended.

Make this simple change to drink more water

If you want to develop a healthy habit to drink more water, start small. Drink one more glass of water a day than you normally do.

In a recent study, researchers wanted find out what would happen with one simple swap. Replace on soda a day with a glass of water.⁴ Researchers found that just one extra glass of water a day helped reduce calories, control hunger, support weight management, and improve overall health.

10 tips to make
better drink
choices
<https://tinyurl.com/y8lll9n8>

How much
water should you
drink?
<https://tinyurl.com/y9m4t4zl>

Simple Ways to Improve Your Diet

If you want to drink more water to improve your health, there are many things you can do to develop this healthy habit.



- ✓ **Wake up with water.** Drink a glass of water in the morning when you first wake up. Have a glass of water when you get home. And drink a glass of water before going to bed.
- ✓ **Hydrate for hustle.** Drink before any physical activity such as walking, hiking, or biking. Drink at least every 30 minutes during moderate activity.
- ✓ **Use a water bottle.** Keep a bottle of water beside your desk at work. Drink often throughout the day.
- ✓ **Drink water before meals.** Water can help suppress your appetite if you're trying to lose weight.
- ✓ **Freeze first.** Fill a water bottle and freeze it. Take it with you for an ice-cold drink later in the day.
- ✓ **Add one glass of water a day.** Drink water in place of caffeinated beverages, alcohol, and sugar-sweetened drinks.

If water doesn't taste good to you, filter it. Keep a pitcher in the fridge. Buy bottled water. Or add lemon or lime slices to water to improve the flavor.

With a little effort, you can make drinking more water a healthy habit. It's easy to do, and it's inexpensive. Fill up a glass or your water bottle to enjoy a drink to good health.

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Drink More Water

CHALLENGE

Stay hydrated
to improve
your health

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.)
2. Create a plan to drink more water daily.
3. Use the calendar to record your actions and choices to drink more water daily. You must do this on at least 22 days this month to complete this challenge. 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 took action to drink more water daily

_____ 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. What should I do when I get a food craving?

A. Change your diet to curb food cravings

It's 3 p.m. You're tired and stressed. And you can't stop thinking about candy bars and cookies. Or maybe it's a soda, burger, and fries.

You know these foods are not exactly healthy. But you still want them.

Dr. Douglas Lisle, author of *The Pleasure Trap*, puts it this way. "You know what you should do, so why is it so hard to do it?"¹

Understanding where food cravings come from can help.

Two types of food cravings

Food cravings occur for two main reasons. Physiological (body) needs or psychological (mind) needs. Sometimes it's both.

Physiological cravings

If you're craving "pleasure" foods (ice cream, cookies, treats, refined grains), your blood sugar level is probably too low.

Skipping meals or eating this kind of food often will cause rapid changes in blood sugar levels from too much insulin. And you'll experience food cravings.

If a poor diet really is to blame, change your menu. Eat more healthy proteins and healthy fats. Eat an apple, orange, nuts, or dried apricots to satisfy cravings, instead of unhealthy foods.



Psychological cravings

These types of cravings typically stem from learned behavior.

What's your relationship to food? Do you turn to food for comfort? Is your craving linked to feeling happy, sad, lonely, bored, or stressed? Food cravings are often tied to how you're feeling.

Fortunately, you can do something about this type of food craving, too.

3 steps to manage food cravings

Think of food cravings like any other addiction (smoking, alcohol, drugs). When a craving strikes, take these three steps to change your behavior.

Step 1: Stop. Before you open the refrigerator, walk into the store, or pull into the drive-thru to get your fix, stop. Take a minute to notice that you're having a food craving. Research shows that distracting yourself for 30 seconds can be enough to curb a food craving.²

ASK THE Wellness DOCTOR

Step 2: Think. Think about what's happening. Are you actually hungry? Stop to think about it before you start eating. This will help you take the next step to deal with a craving.

Step 3: Choose. It's decision time. If you really want to control food cravings, you need to create habits to help you deal with them. Start by making small changes. Swap an unhealthy comfort food for something better, like apple slices instead of cookies. Limit emotional eating. Try it for a day, then a week, and keep going.

When you give into food cravings, it might make you feel good. But it also makes your body and your brain crave those foods even more. The only way you can escape this pleasure trap is by changing your behaviors.

You'll still get food cravings. But if you stop, think, and choose, you'll be able to give that candy bar or soda a nod and move on.

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