

STAYIN' ALIVE

Talking about safety isn't enough.



HEALTH & WELLNESS NEWSLETTER JULY 2021

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HIGHLIGHTS for the June 2021 Newsletter

8 'Wild' Reasons to Spend More Time Outside

Have you ever felt a little stressed out, overwhelmed or in a funk? Medication and therapy can help. But there's at least ONE more thing you can do to improve your mood and your health. And it's easy...

The 20-Minute Trick to Prevent Type 2 Diabetes

Did you know 88 million people in the U.S. have pre-diabetes? Many don't even know it. Maybe you're one of them. Here's one simple way to prevent diabetes, and all you need is a little time.

Watermelon: A Sweet & Juicy Way to Control Blood Pressure

Pick the perfect watermelon, and take a bite. If it's sweet and juicy, your taste buds are happy. But it's not the only benefit. Watermelon can also help control blood pressure. Here's what you need to know.

Y-Axis: Do the Brain Dance

Think you could earn a high score on Dancing with the Stars? Even if you can't...you CAN move your feet and train your brain to get into a healthy groove. Here's how.

Recipe: Strawberry Fruit Smoothie

Hungry for some sweet and tasty strawberries this summer? Enjoy a dish of sliced strawberries. Make some strawberry shortcake. Add sliced strawberries to a salad. Or give this fruit smoothie recipe a try.

Take the July Health Challenge!

Reduce Screen Time: Cut back on media this month.

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: Can a morning routine make you healthier?

NEWSLETTER

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THE Y AXIS



Do the Brain Dance

Think you could earn a high score on *Dancing with the Stars*?



Move your feet. Feel the beat. Smile. Keep up with your partner. Learn a new routine every week.

You might not be the next celebrity pick for the popular reality show. But if you want to keep your brain healthy, plan to move and groove a little more.

Why? New research shows that dancing can help keep your brain young and prevent problems like dementia and Alzheimer's disease.⁵ It also improves balance.

Want a high-score the next time you see your doctor? Start dancing.

COMMENTS?

Send comments to the editor:

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8 'Wild' Reasons to Spend More Time Outside

Step outside to improve your health

When the young Cheryl Strayed reached a tipping point in her life, she wasn't happy.

Her marriage failed. Her mother died. She bounced from one job to the next. She made a lot of unhealthy choices. And she knew something had to change.

So she filled a backpack with a few essentials, put on some hiking boots, and headed for the great outdoors.

For the next three months, Strayed hiked north from California to Washington, along 1,100 miles of the Pacific Crest Trail. The journey changed her life and inspired her best-selling memoir, *Wild*.

Have you ever felt a little stressed out, overwhelmed, or in a funk?

Spending time outside can help. Research shows that spending time outdoors can:¹

1. Improve mood
2. Lower blood pressure
3. Reduce stress

4. Increase vitamin D levels
5. Strengthen the immune system
6. Increase energy levels
7. Promote physical activity
8. Improve sleep

Need a reason to spend more time outside?

Chances are pretty good most people would benefit from a regular dose of the outdoors.

You don't need to take a 1,100-mile trek through the mountains to improve your health. But you do need to be active.

Plan a day hike. Visit a park. Go for a bike ride. Take a walk around your neighborhood. Or get outside and work in the yard.

Even if you're busy, spending a little more time outside can improve your move and your health...without medication. And that's kind of *wild*.

MORE

Get outside to improve your well-being
<https://tinyurl.com/93z97n7c>

The 20-Minute Trick to Prevent Type 2 Diabetes

You hungry? Take time to chew your food

If you're stressed, in a hurry, or both, it's easy to inhale your food. And a lot of people do eat quickly...in the car, on the way out the door, at the office. Or maybe mealtime at home always feels like a mad dash. Sound familiar?

What you eat certainly makes a difference when it comes to your health. But a recent study found that how you eat may also affect the way your body responds to food.²

In the study, researchers found that eating fast may be linked to an increased risk for diabetes. Your mom was right...chew your food.

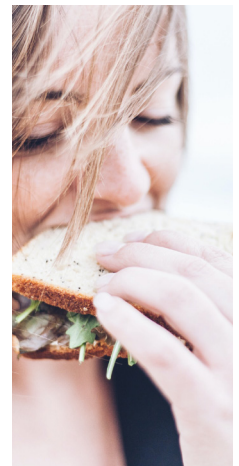
In the U.S. about 34 million people have type 2 diabetes. And another 88 million people have prediabetes, according to the Centers

for Disease Control and Prevention. Diabetes can lead to:

- Poor circulation
- Kidney failure
- Blindness
- Strokes
- Heart disease
- Early death

Is there anything you can do to prevent diabetes?

Eat a healthy diet. Maintain a healthy weight or lose weight if you need to. Get regular exercise. And there's at least one more recommendation...





Strawberry Fruit Smoothie

About five years ago, farmer Koji Nakao found an apple-sized strawberry in his field. The official weight of 250 grams (8.82 ounces) landed him a spot in the *Guinness Book of World Records*.

His daughter said it was tasty.

Hungry for some sweet and tasty strawberries this summer? Enjoy a dish of sliced strawberries. Make some strawberry shortcake. Add sliced strawberries to a salad. Or give this fruit smoothie recipe a try.⁴

Ingredients

- 1 banana
- 1 C fresh strawberries
- 1 C vanilla yogurt, low-fat
- 1/2 C fruit juice
- 6-8 ice cubes

Directions

- Put all ingredients in a blender.
- Blend on high until smooth.
- Enjoy!

Watermelon: A Sweet & Juicy Way to Control Blood Pressure

Study: Eating watermelon helps lower blood pressure

Pick up a carefully-cut wedge of watermelon. Take a bite. Savor its sweet taste. If the juice runs down your arm, you know you've picked the perfect melon.

This summer, we'll celebrate National Watermelon Day. Millions of people will bite into this sweet and juicy fruit. And that may be just the thing to help control blood pressure, according to a recent study.³

Did you know 1 in 3 adults have elevated or high blood pressure?

According to the American Heart Association, elevated or high blood pressure can lead to:

- Heart attack
- Stroke
- Vision loss
- Kidney disease
- And other health problems

But it doesn't have to be that way. In the study at San Diego State University, researchers looked at the impact of eating cookies vs. watermelon.

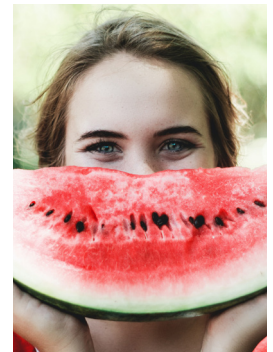
FYI...the results for watermelon were a lot juicier than cookies.

Eating watermelon every day can help you:

- Lose weight
- Lower Body Mass Index
- Reduce triglycerides and LDL (bad) cholesterol
- Lower blood pressure

There's other benefits, too. Watermelon is low in calories. It contains vitamins, minerals and antioxidants that prevent disease and certain types of cancer. And it's about 92 percent water to help you stay hydrated.

Eating a slice of watermelon may be the most popular way to enjoy this fruit. But it also tastes great in fruit salad, salsa, and drinks. That's some juicy stuff...Yum!



MORE

Try this recipe: Watermelon Gazpacho <https://tinyurl.com/2rc48mme>

The 20-Minute Trick to Prevent Type 2 Diabetes (continued from page 1)

Slow down at meal time. Here's how:

- **Time it.** Set a timer or stopwatch for 20 minutes. Use all the time to eat a normal-sized meal.
- **Chew your food.** Take small bites and chew slowly.
- **Be quiet.** Eat silently for the first five minutes. Think about your

food, what it looks like, how it tastes, and what it took to produce.

- **Slow down** your eating. Try using your nondominant hand to hold your fork. Put your fork down when you chew. Or try using chopsticks

MORE

Simple steps to prevent diabetes <https://tinyurl.com/lbnkqs>

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Take the July Health Challenge!

Reduce Screen Time: Cut back on media this month

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: Can a morning routine make you healthier?

WELLNESS CHALLENGE

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Reduce Screen Time

CHALLENGE

Cut back on media this month

Requirements to complete this HEALTH CHALLENGE™

1. Read "Reduce Screen Time."
2. Limit your screen time for 30 days.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When Rhode Island resident Michael Pollock was stressed out about his career, personal matters, and building an online business, he needed an escape.

So he looked for different ways to beat stress. And eventually, he

thought he found a harmless and low-cost way to deal with the ups and downs...watch TV.

How do you relax, unwind, and destress?

At first, it seemed like an easy way to take his mind off the challenges of the day.

But pretty soon, he was watching six hours of TV a day. In a year, that's...

- 2,190 hours
- 91 days
- 3 months of watching TV 24-hours a day.

"I was sitting in front of a television, hypnotized, tuned in, but zoned out," says Michael. "I was living in a make-believe world while the real world passed me by."

Quiz: Screen-Time Habits

Find out if you spend too much time in front of a screen



Y N

1. Do you watch TV or use digital devices before going to bed?
2. Do you ever experience headaches, eye strain, neck or back pain?
3. Do you use a computer at work most of the time?
4. Do you need to lose at least a few pounds?
5. Do you want to reduce your risk for chronic diseases?

How did you do? If you answered "yes" to any of these questions, you could benefit from learning more about managing your screen time. Too much screen time can have a negative impact on your health. Fortunately, there are many things you can do about it, even if you work at a computer most of the time.

- How much screen time do you spend on watching TV or binge-watching shows and movies?
- What about screen time and social media, texting, or gaming?

When Michael finally reached a tipping point, he realized his screen-time habit was a problem.

"Instead of using my time and energy to deal with my problems and improve my life, I was wasting it on television," says Michael.

Have any idea how much time you actually spend in front of a screen? Probably a lot more than you realize. And it can have an impact on your health and happiness. But it doesn't have to be that way. Take the month-long challenge to Reduce Screen Time.





6 Ways to Unplug to Protect Your Health

Looking for some easy ways to reduce screen time? The average adult spends 70-plus hours a week in front of

a screen. For a lot of people, that's just part of a day at the office, smartphone use and some TV time at home. Here are six ways to unplug to manage screen time and protect your health.

1 Beware of blue light at bedtime

The blue light from a digital device can make your brain think it's still daytime.³ Reading a frantic email from your boss at 10 p.m. can stress you out. And watching funny cat videos at 2 a.m. won't help you get sleepy.

2 Read it, old-school style

That's right. Instead of downloading the digital version, pick up an old-school book or magazine. It's easier on the eyes, and you won't have to worry about charging the battery.

3 Get a hobby, seriously

You're probably not going to be able to change the amount of time you spend in front of a screen at work by much. But when you're not working, forget about tapping, swiping, texting, or surfing. Take up a hobby like painting, gardening, fishing, or your favorite form of exercise.

4 Avoid the food/ screen-time combo

When your brain is focused on videos of funny cat videos, an action-packed movie, or even a work-related webinar, avoid the combo of food and screen time. Why? You're more likely to overeat when you're plugged in.⁴

5 Set limits on screen time

You might not be able to change the amount of time you spend in front of a screen at work. But you can limit your screen time after work.

When Michael took a closer look at his screen-time habits, he quickly cut 4 hours of TV time out, went to bed earlier, and got a better night's sleep.

6 Take a break every 30 minutes

When you are in front of a screen, take a break every 30 minutes. Stand up and look away from the screen. Stretch, go for a short walk, or do both.

In today's digital world, you probably won't be able to eliminate screen time entirely. But you can make smart choices to reduce screen time, improve your health, and feel better.



The Dark Side of Too Much Screen Time



Most adults stare into a screen to check email, watch a movie, buy stuff, read a book, pay bills, or send messages. And a lot of people spend their entire workday staring into a screen.

- 8 to 11 hours a day. On average, that's how much time most adults spend in front of a screen (computer, smartphone, tablet, and other digital devices).

Maybe it's convenient. But there's a darkside to too much screen time. In a recent study, researchers found that too much screen time raises the risk for early death by up to 47 percent from:¹

- Certain types of cancer
- Heart disease
- Diabetes
- Influenza
- Parkinson's disease
- Liver disease

10 Reasons to Pay Attention to Screen Time

Other studies suggest that when screen time goes up, unhealthy lifestyle habits and health problems may increase.² Too much screen time may lead to:

1. Poor eating habits
2. Lack of sleep
3. Higher levels of stress
4. Lack of exercise
5. Weight gain
6. Neck and shoulder pain
7. Headaches
8. Eye strain
9. Depression
10. Social & behavioral problems

Heavy users spend 17.5 hours in front of a screen per day. But even moderate users in front of a screen just 7 hours a day may be negatively impacted.

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Reduce Screen Time

CHALLENGE

Cut back on media this month

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Track your screen-time habits and look for ways to limit screen time for 30 days.
3. Use the calendar to record your actions to reduce screen time.
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 limited screen time
 _____ 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. Can a morning routine make you healthier?

A. If you wake up in the morning, grab your smartphone, and start scrolling through messages, you're not the only one.

Maybe you get dressed, grab a cup of coffee, and dash out the door. Or maybe you feel stressed out, like every day is a battle to tick things off your to-do list.

That might be your morning routine. But it's not the kind of morning routine that helps you be healthy, happy, and productive.

Take a different approach to the first few minutes of your day. Slowing down long enough to "smell the roses" can have a positive impact on your life in more ways than one.¹

How? Meditation helps lower anxiety and stress, according to a study by the U.S. Army Research Laboratory.²

Research also shows that being mindful can:³

- Lower blood pressure
- Improve mood
- Help you relax
- Improve sleep quality
- Reduce pain
- Promote creativity
- Improve memory & thinking
- Help you focus



Start Your Day with a Morning Routine

If you want to do more than just react to the events of the day, a well-planned morning routine can help. And it doesn't have to take long.

With just 10 minutes a day, you can change the way you think and feel to be happier, healthier, and more productive. Here's how:

1. Read. Take a couple minutes to read about something that interests you. A book, article, or blog post, for example.

2. Be active. Go outside, weather permitting. Take a brisk walk. Bike around the block. Jump rope. Or stretch your muscles. This isn't your 30-minute workout. Just be active for a couple of minutes.

3. Meditate. Sit in a quiet and comfortable place. Some people use this time to pray. Others simply focus on breathing for a few minutes.

4. Be mindful. Now focus on what you want to accomplish and habits you want to form. (Start with a small goal you can track and measure. For example:

- "I will eat more fruits and vegetables for a week."

ASK THE *Wellness* DOCTOR

- "I will exercise at least 30 minutes a day."
- "I will manage stress in healthy ways."

5. Visualize. Now imagine yourself making these decisions throughout your day. For example, picture yourself eating a leafy-green salad, going for a walk, and calmly handling a stressful situation at home or work.

6. Write. Wrap up your morning routine by writing. Create an action plan for things you will do. Write down lessons you have learned. Or keep a list of things you're grateful for. But keep it simple. This should only take a few minutes.

What do you get out of a morning routine like this?

You get a framework to improve your health, break bad habits, and create healthier ones. That's the real benefit of a well-planned morning routine.

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