



## THE **DO'S** AND **DON'TS** OF HEALTH COACHING...

**DO**

Do give yourself the permission and time during your work day for these free 30-minute health coaching sessions to help improve your quality of life at work and at home!

**DON'T**

Don't expect perfection! We all face challenges and life can interfere with our action plans. That's ok! Your health coach will help you realign and steer you back in the right direction.

**DO**

Do be open and honest with your health coach. We want to know if the steps set in place are too small or too big. Open communication will give you the best results in your wellness journey.

**DON'T**

Don't think anything is impossible! We focus on small, practical steps to help you achieve your goals. With the right knowledge, a plan, and a health coach to keep you accountable and cheer you on, anything is possible!

**DO**

Do avoid distractions. Make your health coaching sessions a quiet, comfortable space where you can speak freely without concern for other responsibilities. Make this time for you.

**DON'T**

Don't hesitate to book your free health coaching session. We understand that life is busy, but starting the process now helps get you moving in the right direction towards a healthier you!

**DO**

Do ask your health coach questions. The more we know about you and what you are working towards, the better we can support you and help you achieve your goals!



**Laura**  
Health Coach Manager

**SCHEDULE A MEETING WITH  
YOUR HEALTH COACH TODAY!**

**BOOK NOW!**



**WELLNESS NEWSLETTER  
NOVEMBER 2022**

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## HIGHLIGHTS for the November 2022 Newsletter

### **Skip the 'Festivus' Main Course for THIS**

Remember the 'Festivus' episode from the popular TV show *Seinfeld*? There's a mysterious main dish on the menu. But instead of going heavy on meat or pasta, make sure you get plenty of THIS during the holidays.

### **Ding...Ding! Propose a Holiday Toast to Live Longer**

It's no secret more people drink alcohol during the holidays than other times of the year. But how much is safe to drink? And what if you don't drink? That might be a topic to discuss before the next holiday party. Here's what you need to know.

### **Take the Walk-After-Dinner Holiday Challenge**

Did you know the average holiday meal is around 3,000 calories? And that doesn't include whatever you ate before the big meal. Here's a simple way to control calories and improve your health. Try this during the holidays and consider making it a year-round after-dinner tradition.

### **Y-Axis: Read This Before Bedtime Binge Watching**

Got a bed-time habit of binge watching shows before you drift off to dreamland? If you want to get your Zzzs and protect your health, read this before you click the remote...

### **Recipe: Pumpkin Bean Soup**

How about a healthy and hot bowl of soup on a fall-weather day? Skip the canned-soup aisle, and make your own with just a few ingredients in about 30 minutes.

### **Take the November Health Challenge!**

Control Your Blood Pressure: Practice healthy habits to manage blood pressure

### **Ask the Wellness Doctor:**

This month Dr. Don Hall answers the question: What can I do to manage big holiday meals better?



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THE Y AXIS



### Read This Before Bedtime Binge Watching

Missed the last season of *The Walking Dead*?



Just binge-watch it every night before bed. Sounds like a good idea, right?

Not exactly. A new study suggests that binge watching before bed can lead to sleep problems and fatigue.<sup>5</sup>

Researcher Lise Exelmans says 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 TV and electronics at least an hour before bed.

Or you may feel more like the walking dead the next day.

### COMMENTS?

Send comments to the editor:

[evan@thehealthycopywriter.com](mailto:evan@thehealthycopywriter.com)

## Skip the 'Festivus' Main Course for THIS...

Eat more fruits and vegetables during the holidays

When Jerry Seinfeld and his friends celebrate the fictional TV-show holiday, Festivus, the main course includes a mystery dish of reddish slices of food on top of a bed of lettuce.

Is it meat loaf or is it spaghetti? Seinfeld fans are still debating this 20-plus years later.

What do you plan to eat for the holidays?

If you're planning to host a dinner party, skip the Festivus traditions (you know... airing grievances, feats of strength, ridiculous miracles). And serve something other than Festivus meatloaf and spaghetti, like more fruits and vegetables.

For example, at the first Thanksgiving in 1621 in the U.S., the Pilgrims and Wampanoag Indians ate:

- Corn, onions, beans, lettuce, spinach, cabbage, carrots, peas, and nuts.

- They ate fruits such as blueberries, plums, grapes, raspberries, and cranberries.
- And they enjoyed roasted pumpkin with honey and spices, too.

This holiday season, limit the processed foods and desserts loaded with sugar, fat, and empty calories. And feast on more fruits and vegetables. Adults should eat:<sup>1</sup>

- **Fruit:** 1.5 to 2 cups per day
- **Vegetables:** 2 to 3 cups per day

Why more fruits and vegetables? They're loaded with vitamins, nutrients, and antioxidants that protect your health. They're low in calories.

And there's nothing mysterious about fruits and vegetables like the Festivus main course.

### MORE

5 holiday tips to eat more fruits & veggies  
<https://tinyurl.com/kpm5r8h6>

## Ding...Ding! Propose a Holiday Toast to Live Longer

Limit alcohol to no more than 1-2 drinks per day, or don't drink at all

In the movie, *A Simple Favor*, the wealthy and fashionable Emily Nelson (played by Blake Lively) disappears. The mommy-blogger friend she shared drinks with just days earlier launches a search to find her in this mystery thriller.

If you've shared drinks with a friend, you're in good company. In the movie, the two friends don't share drinks again, but in real life they probably would.

About half of all adults in the U.S drink alcohol at least once a month, according to a U.S. Department of Health survey.<sup>2</sup> But if you don't drink, it's a good habit to maintain.



### How much is safe to drink?

The Centers for Disease Control and Prevention currently recommends:

- **Men:** No more than two drinks per day
- **Women:** No more than one drink per day for women (zero if pregnant)



### Pumpkin and Bean Soup

How about a healthy and hot bowl of soup on a fall-weather day? Skip the canned-soup aisle, and make your own with just a few ingredients in about 30 minutes.<sup>4</sup>

#### Ingredients

- 15 oz. can of white beans (rinsed)
- 1 onion (diced)
- 1 C water
- 15 oz. can of pumpkin
- 1-1/2 C apple juice
- 1/2 tsp cinnamon
- 1/8 tsp nutmeg
- 1/2 tsp black pepper

#### Directions

- In a medium bowl, add white beans, onions, and water in a bowl. Mash until smooth, or use a blender. Set aside.
- In a large saucepan, add pumpkin, apple juice, cinnamon, nutmeg, pepper, and salt. Mix well.
- Add the blended bean mixture to the saucepan.
- Cook over low heat for 15 to 20 minutes.

Serves 6. 159 calories per 1 C serving.

## Take the Walk-After-Dinner Holiday Challenge

Go for a 15-minute walk after eating

When Colorado resident Meghan Rabbit started feeling like her wine-and-Netflix habit after dinner was taking a toll, she decided to make a change.

Her goal was simple. Take a 15-minute walk after dinner for 30 days.

Think you're too busy to fit a little exercise into your day?

With the holidays fast approaching, it's all too easy to let your fitness habits slide.

But even the busiest people can set aside 15 minutes for a little self-care.

Start the holidays out right by taking a 15 minute walk after dinner, or another meal during the day.

Research shows that taking a post-meal walk can help:<sup>3</sup>

- Control blood sugar levels
- Support digestion
- Lower blood pressure



- Improve mood
- Support weight management

Other benefits of walking include:

- Reduced food cravings
- Lower breast cancer risk
- Less joint pain
- Stronger immune system

Take the challenge. Make it a habit. It's only 15 minutes per day. Take a walk around your neighborhood. Walk in the mall or big-box store. Go to the gym. Or dust off that treadmill and walk your way to better health.

**MORE**

5 surprising benefits of walking  
<https://tinyurl.com/2hyf8esc>

## Ding...Ding! Propose a Holiday Toast to Live Longer (continued from page 1)

### How much is a drink?

- 12 oz. beer (5% alcohol)
- 8 oz. malt liquor or craft beer (7% alcohol)
- 5-oz. glass of wine (12% alcohol)
- 1-1/2 oz. of 80-proof liquor (40% alcohol)

If you do drink, propose a toast to drink moderately, especially during the holidays.

And consider alternatives like water with lemon or lime, sparkling cider, or a nonalcoholic mixed drink.

**MORE**

The danger of drinking during the holidays  
<https://tinyurl.com/y9knb7ci>

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## Take the November Health Challenge!

Control Your Blood Pressure: Practice healthy habits to manage blood pressure

### Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:  
What can I do to manage big holiday meals better?



# WELLNESS CHALLENGE

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# Control Your Blood Pressure



## CHALLENGE

Practice healthy habits to manage blood pressure

## Requirements to complete this HEALTH CHALLENGE™

1. Read "Control Your Blood Pressure."
2. Practice healthy lifestyle habits to control your blood pressure.
3. Keep a record of your completed health challenge in case your organization requires documentation.



Forty-year-old Andy Jones was always on the go. With a young family and long hours as a package-delivery driver, he felt like he had to cut corners to keep up.

He started grabbing fast food for a bite to eat, instead of making better food choices. He gained weight and wasn't very active. But he still felt like he was in pretty good health.

Then one day, he knocked on someone's door to make a delivery. Without warning, he felt dizzy and fell down. With all the salty foods, weight gain, lack of exercise, and other bad habits, Andy's blood pressure was so high it was dangerous. And he didn't even know it. He had a stroke, and it took months to recover.

"I wish I had known I had high blood pressure," says Andy. "I would have done something about it and would have probably prevented the stroke."

High blood pressure is bad for your heart, and your health. And it's a problem for a lot of people. But it doesn't have to be. Healthy habits can help you manage your blood pressure. Take the month-long health challenge to Control Your Blood Pressure.

## Test Your Blood Pressure IQ

How much do you know about blood pressure and your health? Take this quiz to find out:



### T F

1.   An ideal blood pressure reading is less than 120/80.
2.   High blood pressure is called "the silent killer" because there are usually no symptoms.
3.   Eating foods high in potassium and low in sodium can help control blood pressure.
4.   You shouldn't exercise if you have high blood pressure.
5.   High blood pressure can harm your heart, kidneys, eyes, blood vessels, and brain.

How did you do? In most cases, healthy habits can help control blood pressure. Your weight, food choices, exercise habits, sleep patterns, alcohol use, and other factors can all have an impact on it. When that's not enough, medicine can help.

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

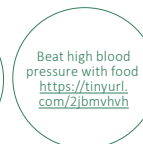
## High Blood Pressure: The Silent Killer

Did you know about half of all adults in the United States have high blood pressure?<sup>1</sup> That's about 116 million people, but only one in four have their blood pressure under control.

Many don't even know they have high blood pressure. It's one reason high blood pressure is sometimes called "the silent killer." And it's why your blood pressure gets checked every time you visit the doctor.

Left unchecked, high blood pressure can lead to:<sup>2</sup>

- Heart attack or stroke
- Heart failure
- Kidney problems
- Vision problems
- Metabolic syndrome
- Age-related memory loss
- And other health problems





# 10 Ways to Control Blood Pressure



If you have high blood pressure, you can do something about it. Studies show that lifestyle changes can make a difference.<sup>4</sup> It might not be easy, but it's worth it when your health depends on it. Here are 10 things you can do:

**1 Manage your weight.** If you need to lose a few pounds, your diet and exercise habits can help. A healthy weight will reduce your risk for high blood pressure.

**2 Limit sodium.** Too much salt and sodium can raise your blood pressure. Processed foods are a big source of excess sodium for a lot of people. Eat more healthy foods. Avoid or limit things like fast food, microwave meals, and processed meals. Limit your sodium intake to 1,500 mg a day.

**3 Be active.** Aim for 30 to 60 minutes of exercise a day. Take a walk. Ride a bike. Use your treadmill. Or take a class at the gym. Exercise will help control blood pressure. It will also help lower your risk for heart disease, cancer, and diabetes.

**4 Avoid or limit alcohol.** Even a little alcohol can raise your blood pressure and risk for other diseases. If you do drink, follow these guidelines. No more than one drink per day for women, zero if pregnant. No more than two drinks per day for men.

**5 Get enough potassium.** Eating foods high in potassium can help control blood pressure. You need about 4,700 mg a day for best health. Try sweet potatoes, bananas, prune juice, pinto beans, and beet greens.

**6 Eat a healthy diet.** Choose fruits, vegetables, whole grains, nuts, low-fat dairy products, and foods that have healthy fats. Studies show that an eating plan like the DASH Diet or the Mediterranean Diet can be good for blood pressure and heart health.<sup>5</sup> Aim for 8 to 10 servings of fruits and vegetables daily.

**7 Get your Zzzs.** Good sleep habits can help control blood pressure. Adults need 7 to 8 hours daily. If you're not getting enough sleep, take a closer look at your bedtime routine. Eating late at night, watching TV in bed, or using a mobile device in bed can disrupt sleep.

## How's your blood pressure?



A healthy or normal blood pressure is less than 120/80. If it's higher than that, you may have elevated or high blood pressure.

**The good news:** Making changes to your diet, exercise habits and lifestyle can help control blood pressure. However, you may need medicine in addition to diet and lifestyle changes to control blood pressure.

### Blood Pressure Basics<sup>3</sup>

Blood Pressure	Systolic mmHG (upper#)	Diastolic mmHG (lower#)
Normal	Less than 120	Less than 80
Elevated	120-129	Less than 80
High (Stage 1)	130-139	80-89
High (Stage 2)	140 or higher	90 or higher
Hypertensive Crisis (see a doctor immediately)	Higher than 180	Higher than 120

**8 Don't smoke, or quit if you do.** Every time you inhale smoke from a cigarette, your blood vessels constrict and your blood pressure rises. The only helpful approach is to be tobacco free. You should also avoid secondhand smoke.

**9 Take medicine, if needed.** Some things raise your risk of high blood pressure, like age, family history, and race. When healthy habits can't control your blood pressure, you might need medicine. Follow your doctor's advice.

**10 Manage stress in healthy ways.** Anger and stress can lead to high blood pressure. Meditation, yoga, and exercise can help. Laughter, a hot bath, massage therapy, or enjoying a hobby can help, too.

Get active to control blood pressure  
<https://tinyurl.com/4zrt9rsy>

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# Control Your Blood Pressure



**CHALLENGE**  
Practice healthy habits to manage blood pressure

### Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Practice healthy lifestyle habits to control your blood pressure.
3. Use the calendar to record your actions and choices to control blood pressure.
4. Review your progress at the end of each day, 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 practiced healthy lifestyle habits to control blood pressure  
 \_\_\_\_\_ Number of days this month I exercised at least 30 minutes

### Other wellness projects completed this month:

-----  
 -----

Name \_\_\_\_\_ Date \_\_\_\_\_



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**ASK THE DOCTOR**

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**Q.**

**What can I do to manage big holiday meals better?**

**A.**

It's about to begin. You know...the next couple of months are packed with more parties, treats,

and dining out than usual... and the big holiday meal.

But Instead of stressing out, canceling your plans, or feeling guilty about what you eat, try this:

Enjoy the meal. And spend time visiting with family and friends. Sound good?

It's all too easy to gain weight between now and New Year's if you don't pay attention to what you eat. In fact, a recent study found that the average adult gains 1 to 2 pounds during the holiday season.<sup>1</sup>

That might not sound like a lot. But gaining a little weight every year can add up. It's one reason about 73.6 percent of adults are overweight or obese.<sup>2</sup> But it doesn't have to be that way.

### **So how do you handle big holiday meals and still enjoy the food?**

It all looks so good when you sit down for a big holiday meal. Right?



**Your Holiday-Meal Game Plan**

You know...turkey and gravy, dressing, sweet potatoes, desserts, and more. The average person eats about 3,000 calories during a holiday meal.

You can still enjoy the feast. But to keep your calories in check when there's a big holiday meal on your schedule, try this basic action plan:

#### **Before**

Eat light, healthy meals and snacks during the day prior to the big meal. Choose a green salad, soup, or fruits and vegetables. Then when the dinner bell rings, you won't be as hungry.

Stepping on the scale daily, can also help you be mindful of your food choices during the holidays.<sup>3</sup>

#### **During**

If you really feel the need to indulge, sample everything on the table, just in smaller portions. Eat until you're full...not stuffed.

Drink water instead of alcohol, sparkling cider, juice or sugar-sweetened beverages.

## **ASK THE** Wellness **DOCTOR**

Take time to chew your food and visit with family and friends.

#### **After**

Plan to take a walk to burn off a few of those extra calories after the big meal. If the weather isn't ideal, go for a walk in a mall or put that treadmill to good use.

With a little planning, you can still enjoy the holiday meal and be healthy.

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