WORKPLACE WELLNESS MEMBERSHIP

WELLNESS NEWSLETTER

NOVEMBER 2023

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HIGHLIGHTS for the November 2023 Newsletter

Give This Root Vegetable a Try: It's 'Yammy'
Yams vs. sweet potatoes: What's the difference? There's a big one, and it might surprise you. Planning to eat this root vegetable during the holidays? Check out these fun facts before you dig in.

4 Healthy Habits to Jingle Your Way Through the Holidays
Like it or not, the holidays are here. For the next few weeks, there's a revolving door of holiday parties, treats, and probably more dining out. So how do you enjoy it all and still prioritize your health? Check out these four ways to jingle your way through the holidays..

Click, Swipe & Tap THIS Tech Tool to Stay Healthy
What if you had a personal trainer, wellness coach, and nutritionist following you around? That would be pretty cool, right? Here's a more affordable, but effective way to be more active, make healthier food choices, and stick with it…

Y-Axis: Improve Your Health with the Drill Sergeant Method
What's it going to take to improve your health and be more active? No, you don't need a drill sergeant barking commands in your face. There's an easier way…

Recipe: Cranberry Pumpkin Muffins
Hungry for a sweet treat or breakfast starter made from fall-friendly ingredients? Give this recipe a try for Cranberry Pumpkin Muffins.

Take the November Health Challenge!
Eat Fiber-Rich Foods: Feast on fiber to improve your health

Ask the Wellness Doctor:
This month Dr. Don Hall answers the question: What are the health benefits of intermittent fasting?

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NEWSLETTER

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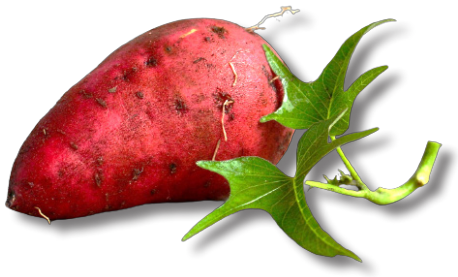
WellNotes®
NOVEMBER 2023
INFORMATION FOR KEEPING HEALTHY



THE Y AXIS

Improve Your Health with the Drill-Sergeant Method

"Left-left… left-right-left… March!" You know the drill.

But forget about taking orders from a drill sergeant. You can march your way to better health by taking just a few more steps per day on your own.

A recent study found that taking an extra 3,000 steps per day may be the sweet spot to help reduce the risk for high blood pressure, heart attack, stroke, and heart failure.[4]

Want to protect your health and control blood pressure?

Move more. Sit less. Get up and go for a walk. Marching optional.

COMMENTS?

Send comments to the editor:
evan@thehealthycopywriter.com

Give This Root Vegetable a Try: It's Yammy!

Sweet potatoes packed with vitamins & nutrients

A traditional holiday meal wouldn't be complete without yams. No matter where you are, yams are likely part of your holiday meal this month.

Even astronauts on the International Space Station have enjoyed the root vegetable served 220 miles above the earth during the holidays.

But the yams you eat probably aren't real yams…

- They're sweet potatoes, despite the sign at the grocery store.
- The label on canned yams at the store says "sweet potatoes" in fine print.
- True yams grow in Africa and Asia where they are roasted, dried, or pounded into a paste and eaten every day. They're not commonly available in the United States.

In America, the average person eats just 5.2 pounds of sweet potatoes a year. That's not a lot, especially since this vegetable is low in calories and loaded with vitamins and nutrients.

4 'sweet' reasons to eat more of this root vegetable

They're a good source of:[1]

1. **Potassium**, which helps regulate blood pressure and supports muscle strength.
2. **Vitamin A**, which keeps your eyes, skin, teeth, and bones healthy.
3. **Vitamin C and iron** to support your immune system.
4. **Antioxidants** that help lower the risk for heart disease, inflammation, obesity, certain types of cancer, and more.

Fun fact: When eaten with the skin, a serving of sweet potatoes has more fiber than a serving of oatmeal.

Hungry to make the holidays healthier? Give this 'yammy' root vegetable a try.

MORE

Try these sweet potato recipes https://tinyurl.com/2s3unm4y

4 Healthy Habits to Jingle Your Way Through the Holidays

Smart food & lifestyle choices make a difference

When "Buddy" decides to make breakfast in the holiday movie Elf, he stacks a plate with spaghetti. He adds chocolate candies, colored sprinkles, mini-marshmallows, and crumbled toaster pastries. Then he tops it off with more than a drizzle of chocolate and maple syrup.

Ever wonder how many extra calories you consume during the holidays? For most adults, it's enough to gain 1 to 2 pounds by Jan. 1.[2] But it doesn't have to be that way.

Here are FOUR things you can do to jingle your way through the holidays:

1. Practice portion control. Eat healthy foods as much as possible during the holidays (fruits, vegetables, whole grains, legumes, fish, and soy foods). Then go ahead and enjoy

the occasional dinner party and desserts, but practice portion control.

2. Track your calories. Keep a food journal or use a mobile app that makes it easy to track your calories from food, drinks and snacks. Set a daily calorie goal, and stick to it. Plan ahead if you know you'll be going to a party with food or out to eat.

Cranberry Pumpkin Muffins

Hungry for a sweet treat or breakfast starter made from fall-friendly ingredients? Give this recipe a try for Cranberry Pumpkin Muffins.[5]

Ingredients

- 2 C flour
- 3/4 C sugar
- 3 tsp baking powder
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 3/4 tsp allspice seasoning
- 1/3 C vegetable oil
- 2 eggs
- 3/4 C pumpkin, canned
- 2 C cranberries, chopped (fresh or frozen)

Directions

1. Preheat oven to 400 °F.
2. In large bowl, sift together dry ingredients.
3. In separate bowl, beat oil eggs and pumpkin until well blended.
4. Add pumpkin mixture to dry ingredients. Stir until moistened.
5. Fold in chopped cranberries
6. Spoon into paper-lined muffin cups
7. Bake at 400 °F for 15 to 30 minutes.

Makes 12 muffins. 200 calories per muffin.

Aster Awards
HONORING EXCELLENCE IN HEALTHCARE ADVERTISING

Click, Swipe & Tap THIS Tech Tool to Stay Healthy

Use wearable technology to improve diet and exercise habits

California resident Ann Marie Michaels knew her work-from-home job was partly to blame for packing on a few extra pounds. She spent a lot of time in front of the computer. And she rarely needed to go anywhere.

When she finally decided to lose weight, she wasn't about to become a gym rat. But she needed a way to be active and stay motivated.

Q: Want to lose weight, get in shape or make better food choices? Maybe even get a jumpstart on New Year's resolutions?

A: A fitness tracking device or mobile app can help you.

It's what Anne Marie used to lose 13 pounds in six weeks. She set a goal to walk 10,000 steps a day. And she used a fitness tracker or wearable device to make it fun.

Wearables are ranked the No. 1 top fitness trend in 2023, according to the American College of Sports Medicine.[3] They're like having a personal trainer and health coach follow you around to keep you on track.

MORE

How fitness trackers can improve your health
https://tinyurl.com/y73ra8t7

Wearables, fitness devices, and apps can help you track things like:

- Steps per day
- Sleep quality
- Heart rate
- Activity level
- Calories burned
- Weight
- Diet (Some include a digital food diary to keep track of what you eat)

Got a health and fitness goal in mind? Use wearable technology to improve your diet, be more active, and develop healthy habits.

4 Healthy Habits to Jingle Your Way Through the Holidays (continued from page 1)

3. Step on the scale. In the study, people who weighed themselves every day were more successful at preventing holiday weight gain than those who didn't. Why? It's a simple strategy that helps you be more mindful of your food choices.

4. **Make time for exercise. Take** a walk during the workday or after dinner. Use a stationary bike or treadmill at home or the gym. Be active. It's a great way to burn calories and fat, improve your mood, and strengthen your heart, lungs, and

MORE

5 healthy-eating tips for the holidays
https://tinyurl.com/y6fdsb96

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5. U.S. Department of Agriculture. (2023). Cranberry Pumpkin Muffins. MyPlate. From: https://tinyurl.com/5n8yycjc

Take the November Health Challenge!

Eat Fiber-Rich Foods. Feast on fiber to improve your health

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
What are the health benefits of intermittent fasting?

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WELLNESS CHALLENGE

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Eat Fiber-Rich Foods

CHALLENGE
Feast on fiber to improve your health

Requirements to complete this HEALTH CHALLENGE™

1. Read "Eat Fiber-Rich Foods."
2. Create a plan to eat more fiber-rich foods daily.
3. Keep a record of your completed health challenge in case your organization requires documentation.

When Michigan resident Bree Maloney went to work at a desk job, she usually packed a lunch or went out to eat.[1]

And even though her choices were relatively healthy, her stomach didn't seem to agree. She felt bloated. She was tired most of the time. And she was gaining weight.

Bree wasn't always chowing down on fast food, soft drinks, and sugary snacks like the typical American office worker. But there was one specific nutrient she was missing: Fiber.

"I decided to ditch the processed junk," says Bree. "I started incorporating more soups, beans, roasted veggies, fruits, and salads into my workplace diet. And I noticed an enormous difference. I had more energy, slept better, felt lighter, and more importantly. I did not have as much belly bloat."

How much fiber do you eat in a day? If you don't know, you're not alone. But if your diet looks anything like typical fast-food fare, you're probably not getting enough.

Fortunately, a few changes to your diet can fix that. Take the month-long health challenge and Eat Fiber-Rich Foods to improve your health.

Fiber: Feast or Famine?

How much do you know about fiber? Take the quiz to find out.

	T	F	
1.	☐	☐	The average adult in the U.S. only eats 20 to 30 grams of fiber per day.[2]
2.	☐	☐	For best health, women should eat 25 grams of fiber per day. Men should get 38 grams of fiber per day.
3.	☐	☐	Fiber is only found in plant-based foods.
4.	☐	☐	Eating a lot of fiber may help reduce the risk for stroke, high cholesterol, heart disease, obesity, diabetes, and certain types of cancer.[3]
5.	☐	☐	One cup of split peas has four times as much fiber (16 grams) as one cup of oatmeal.

How did you do? Most only eat 10 to 15 grams of fiber per day. If you don't know how much fiber you eat in a day, read food labels, and keep track. Then make fiber-rich foods part of your daily diet to improve your health and prevent disease.

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

How Much Fiber Do You Need?

Fiber is only found in plant-based foods like fruits, vegetables, nuts, seeds, and legumes. And it's likely you need to eat more of it.

How to get more fiber in your diet https://tinyurl.com/52xwyzc8

The American Academy of Nutrition and Dietetics recommends:[4]

- **Women:** 25 grams of fiber per day
- **Men:** 38 grams of fiber per day

15 Easy Ways to Eat More Fiber

It's easy to say you're going to eat more fruits, vegetables, nuts, seeds, and legumes. But if you're not eating enough fiber right now, what can you do to change your eating habits?

Here are 15 easy ways to eat more fiber:

1. **Choose whole-grain breads and cereals** instead of white bread and sugary cereals.
2. **Leave the skin on potatoes, apples, and carrots.** The outer layer is highest in fiber.
3. **Go nuts.** Snack on a handful of nuts, seeds, or raw vegetables instead of cookies or chips.
4. **Add cooked beans and peas** to pasta, soups, stews, casseroles, and salads.
5. **Choose an orange or grapefruit** instead of juice for breakfast. (Juice doesn't have a lot of fiber.)
6. **Eat fresh or dried fruit** for desserts or snacks.
7. **Make a smoothie with fresh fruit** and toss in high-fiber foods like flaxseed, avocado, and leafy greens.
8. **Choose high-fiber grains** like brown rice, bulgur, quinoa, and couscous instead of white rice and white flour.
9. **Puree vegetables** and add to sauces and stews.
10. **Replace white rice** with chopped cauliflower (cooked).
11. **Make pancakes with high-fiber flour** instead of white flour or a packaged mix.
12. **Add raw sprouts** to sandwiches and salads.
13. **Sprinkle flaxseed** in oats, smoothies, yogurt, and baked goods.
14. **Drink plenty of water.** The more fiber you eat, the more water your digestive system needs to break down food. If you don't, you could end up with constipation.

Take the Dietary Fiber Quiz https://tinyurl.com/ys26a3ka

9 Healthy Reasons to Feast on Fiber

If you think the classic childhood lecture, "Eat your fruits and vegetables," was just a ploy to get you to follow the rules, think again.

Foods high in fiber are good for your health in many ways and help prevent disease. (It's OK. Call your mom, and tell her she was right.)

Research shows that eating a fiber-rich diet may help:[5]

1. Reduce the risk for heart disease
2. Prevent stroke Lower blood pressure
3. Improve absorption of nutrients from food
4. Control or prevent diabetes
5. Support weight loss and weight management
6. Improve digestion
7. Control cholesterol levels
8. Strengthen the immune system
9. Prevent certain types of cancer

15. **Keep a food log and read food labels** to track how much fiber you're eating per day. Aim to eat 25 to 30 grams of fiber. Keeping track will remind you to choose food high in fiber.

Add More Fiber to Your Diet Gradually

If you're not getting enough fiber in your diet now, start by eating a little more fiber than you did yesterday. Then gradually eat a little more each day, like these fiber-rich foods:

- Split peas
- Lentils
- Black beans
- Lima beans
- Peas
- Oats
- Bran flakes
- Raspberries
- Blackberries
- Avocados
- Broccoli

When Bree Maloney started eating 25 to 30 grams of fiber a day, she felt a lot better, less tired, and less bloated. Like Bree says, "Get out there and get your diet and your mind focused on fiber, fiber, fiber."

Can oatmeal reverse heart disease? https://tinyurl.com/33y3c2vz

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Eat Fiber-Rich Foods

CHALLENGE
Feast on fiber to improve your health

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Create a plan to eat more fiber-rich foods daily.
3. Use the calendar to record your actions and choices to eat more fiber-rich foods.
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._____	
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 ate high-fiber foods
_____ 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 are the health benefits of intermittent fasting?

A. There's more than one way to practice intermittent fasting, and it does offer a variety of health benefits.

What does intermittent fasting look like?

Here's the simple answer. It's a way of eating that involves taking breaks from eating during a specific window of time. Think of it like a schedule to follow for when to eat and when to take a break from food.

Here's an example:

- The most common approach to intermittent fasting is the 16/8 method.[1]
- You fast for 16 hours, and eat during an 8-hour period.
- That might look like lunch, dinner and some snacks.

7 health benefits of intermittent fasting

Can skipping meals and following an eating schedule really help you lose weight and improve your health? Check out these seven health benefits of intermittent fasting:[2]

1. Boost weight loss and metabolism

When you fast, you eat fewer calories. It's a simple formula that can help you lose weight. It also helps speed up your metabolism by making your body use stored fat for energy.

2. Control blood sugar levels

If you're at risk for diabetes, intermittent fasting can help. It makes your body better at controlling blood sugar. This can lead to less insulin resistance and lower levels of insulin in your body, which is important for managing diabetes.

3. Improve heart health

Fasting can also improve heart health. How? It can lower your blood pressure, improve cholesterol levels, and reduce inflammation in your body.

4. Keep your brain healthy

Intermittent fasting doesn't just help your body, it helps your brain, too. It can increase a type of protein that supports brain function. This can make you think better, improve memory, and even protect your brain from dementia and age-related memory loss.

5. Improve healthy-cell growth

When you fast, your body starts cleaning up its cells. This is important for your overall health, and can help you live longer. Intermittent fasting helps get rid of bad or damaged cells that can make you sick.

6. Reduce inflammation

Inflammation is linked to a long list of chronic diseases like obesity, heart disease, and certain types of cancer.

Fortunately, research shows intermittent fasting can help reduce inflammation in your body, lowering your risk for disease.

7. Protect against certain types of cancer

Research shows that intermittent fasting may help protect against certain types of cancer and support chemotherapy treatments. How? Fasting may slow down the growth of tumors and reduce the bad effects of cancer treatments.

Thinking about giving intermittent fasting a try?

It's not for everyone. If you're pregnant, nursing a baby, you're underweight, or have other health problems, talk to your doctor before trying intermittent fasting.

Intermittent fasting isn't just a diet trend. It's a way of living that comes with many health benefits. It can help with weight loss, make your body work better, keep your heart and brain healthy, and maybe even help you live longer.

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Written by Don Hall, DrPH, CHES

EMPLOYEE WELLNESS
SOLUTIONS NETWORK

Head Office: 502 Old Wonderland Rd. London, ON N6K 1L6
info@ewsnetwork.com I www.ewsnetwork.com