



**WELLNESS NEWSLETTER
FEBRUARY 2023**

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HIGHLIGHTS for the February 2023 Newsletter

Hustle for Health: 5 Popular Ways to Be Active in 2023

Set a goal to get in shape this year, but not sure how to make it happen? Check out the top 5 fitness trends in 2023 to get started.

Grapefruit and the Mystery of a Healthy Breakfast

Did you know kid-detective Nancy Drew ate a grapefruit every morning while discussing her latest cases to solve crimes? Find out why this healthy fruit is a great way to start your day.

The Low-Cost, Low-Impact Fix for Back Pain

Did you know 80% of adults will experience back pain at some point in their life? If you've ever said, "Oh, my aching back," give low-cost, low-impact fix a try.

Y-Axis: How Cool Is That?

What's your drink of choice? If your default is soda, juice, milk, energy drinks, it may be time to rethink your drink. More adults are drinking THIS than ever before, and it's a good thing.

Recipe: Green Onion Omelet

Hungry for a DIY gourmet breakfast? Give this Green Onion Omelet recipe a try.

Take the February Health Challenge!

Track Your Eating Habits: Keep a record of your food choices for a month

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: What does it take to follow the Mediterranean diet?

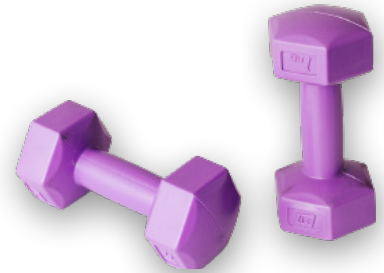


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THE Y AXIS



How Cool Is That?

"No thanks, I'll have water."



That's what more people are saying when the drink menu comes around, according to a recent study.⁵

For almost two decades, 62% of adults chugged at least one soda a day.

Now only 50% of adults are drinking a daily soda. And that's a good thing. But teens and certain groups still drink too much.

Soda and other sugary drinks are loaded with empty calories that can lead to weight gain and other health problems.

Thirsty? Drink a glass of water. With or without ice, it's cool.

COMMENTS?

Send comments to the editor:

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Hustle for Health: 5 Popular Ways to Be Active in 2023

Aim for 30+ minutes of exercise per day

Looking for some ideas to help you move more, sit less, and be more active this year? "Now" is always the best time to start.

You don't have to run a marathon or climb a mountain. But at least 30 minutes of exercise per day will:

- Improve heart health
- Strengthen bones and muscles
- Support weight management
- Lower chronic disease risk
- Improve quality of life

If you're not sure where to start, pick one of these activities. Five trending ways to be active in 2023 include:¹

- 1. Use Wearable Tech.** Use a smart watch, fitness tracker or mobile app to get healthy. Track steps, heart rate, calories, workouts, and sleep time. And set goals to keep improving.
- 2. Lift Weights.** Hit the gym, work with a trainer, or use a home gym if you have one. Start with lighter weights. Learn basic lifts like: bench press, squat, shoulder press, lunge, rows,

and bicep curls. New to lifting weights? Start with 10 reps per exercise, and do 2 or 3 sets per exercise. Increase the weight as you get stronger.

3. Do Bodyweight Exercises. You know... push-ups, jumping jacks, curl-ups, planks, squats, and lunges. You can do bodyweight exercises anytime, anywhere, even during commercials. So, about those excuses?

4. Practice Functional Fitness. What is this? It's any form of exercise that builds strength, balance and coordination to help you handle everyday tasks. You know...like picking up a baby, carrying groceries, changing a car tire, or working in the yard.

5. Get Outside. More people started doing this during the pandemic years, and it's still popular. Get outside. Go for a walk, jog, hike or run. Ride a bike, ski, paddle, or even skateboard.

Pick an activity you enjoy, and make it part of your daily routine. You'll feel better and be healthier.

MORE

How to exercise when you're short on time
<https://tinyurl.com/ynp2ys6r>

Grapefruit and the Mystery of a Healthy Breakfast

Tap into the health benefits of grapefruit

You've probably heard of the mystery-solving, crime-stopping detective Nancy Drew. She's the smart, quick-witted heroine featured in hundreds of books, movies, and TV shows since the 1930s.

But do you know what she ate for breakfast? A grapefruit with a cherry on top.

Every morning Nancy Drew enjoyed this sweet and sour fruit while she talked about the latest case, crime, or town gossip around the table.

You might not be heading out the door to look for clues, but eating grapefruit for breakfast is a good way to start your day.

Hungry for better health? Grapefruit contains:²

- **Zero** fat, sodium, cholesterol, and no added sugar.
- **All the Vitamin C** you need for a day.
- **Antioxidants** that help prevent cancer and heart disease.
- **Vitamin A** to help strengthen the immune system.





Green Onion Omelet

Hungry for a DIY gourmet breakfast? Give this Green Onion Omelet recipe a try:⁴

Ingredients

- 3 potatoes, peeled & sliced
- 1 T vegetable oil
- 1 egg
- 3 egg whites
- 3 T 1% low-fat milk
- 1/4 tsp salt
- 1/2 C ham, diced
- 1/2 C tomatoes, diced
- 1 T green onion, chopped

Directions

1. Peel and slice potatoes. Cut sliced potatoes into strips.
 2. In a large skillet over medium heat, lightly brown potatoes in vegetable oil for 5 to 10 minutes.
 3. In a mixing bowl, add egg, egg whites, milk, and salt. Mix well.
 4. Stir in ham, tomatoes, and green onions.
 5. Pour egg mixture over potatoes in the skillet.
 6. Cover skillet and continue to cook eggs over medium heat until firm, not runny (about 8 minutes).
 7. Cut the omelet into four pieces and serve.
- Serves 4.

The Low-Cost, Low-Impact Fix for Back Pain

Yoga can help reduce lower back pain

If you have lower back pain, you might find it hard to walk, tie your shoes, or even sit for long periods of time.

It's the most common reason people miss work. About 31 million Americans suffer from lower back pain at any given time.

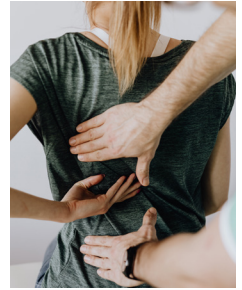
To treat lower back pain, you might:

- See a chiropractor
- Take medication
- Do physical therapy
- Have surgery

But those aren't your only options. A recent study found that practicing yoga regularly can help reduce:³

- Lower back pain
- Depression and anxiety
- Overall chronic pain
- Need for pain medications
- Difficulty with activities of daily living

If you've ever said the words, "Oh my aching back," you know how much it can hurt. And if you haven't, you're lucky, because about 80 percent of the population will experience a back problem at some point in time.



If you are among the millions of people living with lower back pain, take a yoga class. Or learn how to do basics yoga poses like:

- Downward-Facing Dog
- Child's Pose
- Warrior Pose
- Tree Pose
- Cat-Cow Pose
- Mountain Pose

MORE

Yoga tips to reduce back pain
<https://tinyurl.com/58dndp9c>

Over time, you'll experience the health benefits of yoga, reduce back pain, feel better, and improve your quality of life.

Grapefruit and the Mystery of a Healthy Breakfast (continued from page 1)

- **Potassium** that helps control blood pressure and lower stroke risk.
- **Fiber** to improve digestion, control blood sugar levels, and cholesterol.

Give grapefruit a try...for breakfast

It's a little sweet, a little sour, and good for you. Note: If you take any prescription

medications, check with your doctor before adding grapefruit to your diet. Grapefruit juice can interfere with some medications and be dangerous.

MORE

Try these grapefruit recipes
<https://tinyurl.com/yc3tmhas>

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Take the February Health Challenge!

Track Your Eating Habits: Keep a record of your food choices for a month

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:

What does it take to follow the Mediterranean diet?



WELLNESS CHALLENGE

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Track Your Eating Habits

CHALLENGE

Keep a daily record of what you eat

Requirements to complete this HEALTH CHALLENGE™

1. Read “Track Your Eating Habits.”
2. Use a journal or mobile app to keep track of what you eat daily.
3. Keep a record of your completed challenge in case your organization requires documentation.



When Colorado resident Becky Brown tipped the scale at 250 pounds, she knew something had to change.

She was stuck in a loop of emotional eating that included fast food, processed meals, junk food, and soda. But she wasn't sure what to do.

At first, she tried a long list of fad diets, severely restricted calories, and did a lot of exercise. But it was classic yo-yo dieting. Lose weight, gain it back, and start over.

It wasn't working. Eventually, Becky decided to do things differently. She started using an elliptical machine. She did bodyweight exercises at home. She took her dog for walks more often. She started running.

And she started paying more attention to what she was eating. No restrictions. Just smarter food choices. Less junk food and more fruits, vegetables, whole grains, fish, and lots of water.

She dropped 30 pounds in the first year. Paying attention to her eating habits along with regular exercise helped her lose a total of 100 pounds, and keep it off.

“Now, those healthy habits I developed in my weight loss journey are just my normal,” says Becky. I eat what I love. I have the energy and stamina to do the things I enjoy. And I just feel good.”

Take the Food-for-Thought Quiz

How much do you really know about your eating habits?



Y N

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

How did you do? If you answered ‘No’ to any of these statements, you could benefit from keeping track of what you eat. 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.

Ready to improve your health and your diet, maybe even lose weight? Take the month-long health challenge to Track Your Eating Habits.

The Surprisingly Simple Power of Food Tracking

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.¹ 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 tracked 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.

How to make healthier restaurant choices
<https://tinyurl.com/3phv9mxm>

The Surprisingly Simple Power of Food Tracking



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Food Tracking Habits: 5 Tips for Success

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.² But a paper journal or notebook works, too.

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

1. Track everything: No restrictions

- **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. Know your daily-calorie data

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. Keep track of how many calories you're eating per day.

- **Find your daily calorie goal:** 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.** Food labels include things like: ingredients, serving size, calories per serving, sodium, sugar, protein, fats, and carbohydrates. Before you buy or eat something, just ask yourself: Is this a healthy choice?
- **Restaurant calories.** Check the menu before you order. A typical fast-food meal (burger, fries, and soda) contains 1,000-plus calories. Chain restaurants are required to publish nutrition data about their menu. Smaller restaurants don't have to.

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. What you drink counts, too.
- **Share your results** with someone you trust. Or review your food 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 at least a week. Track everything. Then set a goal to improve, lose weight or eat healthier.

Tools to track what you eat

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

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

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Track Your Eating Habits

CHALLENGE

Keep a daily record of what you eat

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Keep track of what you eat for 30 days with a mobile app, notebook or journal.
3. Use the calendar to record your actions and choices to set healthy SMART goals to improve your health.
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	
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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 _____



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ASK THE DOCTOR

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Q. What does it take to follow the Mediterranean diet?

A. If you want to eat healthier, following the Mediterranean Diet is a good decision.¹

Research shows eating this way can:²

- Protect your heart³
- Lower blood pressure
- Reduce stroke risk
- Prevent certain types of cancer
- Control blood sugar levels
- Reduce the risk for age-related memory loss

So what's the Mediterranean Diet?

It's a healthy way of eating that's been part of life for people living near the Mediterranean Sea for centuries. It's based on eating fruits and vegetables, whole grains, lean meats and fish, and some low-fat dairy products.

A true Mediterranean diet also includes ample olive oil used in cooking, and nuts and red wine in moderation.

Here are some easy ways to eat Mediterranean-style:

Pile on the vegetables. Eat more veggies served raw, baked, steamed or sautéed. If you're pressed for time, buy pre-packed salads and pre-cut vegetables.



Eat fruit every day. Enjoy fresh, frozen, dried, or cooked fruit every day. Add pear slices, oranges, dried cranberries, or apple chunks to garden salads. Mix berries into yogurt or oatmeal. Make a fruit smoothie. Eat cereal with sliced bananas.

Choose whole grains. Skip white bread, white rice, and cereal made from refined grain. Instead, eat whole-grain breads, oats, and brown rice. And give other whole grains a try like quinoa and amaranth.

Bring on the beans. Magic or not, beans are a great substitute for meat. They're also a great source of protein, vitamins, minerals, and fiber. Add beans to soups, salads, stews, and casseroles.

Go a little nuts. Nuts are a good source of healthy fat. They're also high in calories, so limit yourself to a handful a day. Try snacking on pistachios and pecans. Add slivered almonds to vegetables. Or top off a salad with walnuts.

Use healthy fats. Avoid or limit using butter or margarine for cooking. Instead use oils with healthy fats like olive oil, canola oil, and soy oil.

ASK THE Wellness DOCTOR

Healthy fats are also found in fish, avocados, nuts, and seeds.

Spice up your meals. Skip the salt and season your meals with generous amounts of spices. Try garlic, thyme, oregano, basil, cayenne, curry, and other herbs.

Eat slowly. Your food choices provide the primary health benefits of the Mediterranean diet. But it's not just about the food. Lifestyle matters, too. When it's time to eat, enjoy your meal, chew your food, and join the conversation at the table. You'll feel better and live longer.

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