



We all know that exercise is an essential part of a healthy lifestyle, and strength training is an excellent way to get your body moving. There are many reasons you should include strength training in your routine and your personal goals will determine the intensity and frequency of your training days. But why is strength training important? Strength training, also known as weight or resistance training, has many benefits and can help you transform your body and your health.



Improves Strength and Fitness

Plain and simple... strength training makes you stronger. Increasing your muscle strength can enhance your quality of life and improve your ability to do everyday activities. Building muscle can also protect your joints and improve your balance, which is beneficial since we naturally begin to lose muscle mass as we age.



Burns Calories More Effectively

While all exercise helps boost your metabolism, strength training does it better. Strength training demands more energy based on how much energy you're exerting, so the harder you work, the more energy you need. This means the more calories you burn during your workout, the more you'll burn afterward during recovery.



Protects Bone Health and Muscle Mass

Beginning in our 30s, our bodies' lean muscle mass naturally starts to decrease an average of 3 to 5 percent per decade. Doing as little as 30 minutes of resistance-based exercise twice a week can help preserve or increase muscle mass which is essential for bone, joint, and muscle health as we age.



Boosts Energy Levels and Mood

All exercise increases endorphins, which help to improve your energy and mood. Research also suggests that strength training helps improve your sleep, and when we sleep better, we have more energy and experience better moods and emotional well-being.

Make the most of all these benefits and get strength training! How can you get started? You don't need a gym membership or all the latest and greatest equipment at home. Your first step is to make an appointment with your health coach. If you don't have a coach, send an email to healthcoaching@ewsnetwork.com and we will set you up with one! Your health coach can talk to you about your goals and barriers, and create a customized plan that you can follow in the gym or the comfort of your home. If you're ready to build a stronger, healthier body, don't delay. Let's work together to make that happen!



SCHEDULE A MEETING WITH YOUR HEALTH COACH TODAY!

BOOK NOW!





**WELLNESS NEWSLETTER
MARCH 2023**

Powered by:



HIGHLIGHTS for the [March 2023 Newsletter](#)

Shoot Hoops to Net Health Benefits of Basketball

Want to improve your health and fitness and have a little fun? Shoot hoops. You don't have to be an all-star player or March Madness basketball fan either. Just grab a ball and shoot some hoops. Check out the health benefits of playing a little basketball.

7 Ways to Cut Your Risk for Colorectal Cancer

Colorectal cancer is one of the most common forms of cancer. Healthy lifestyle habits can help lower your risk. And early detection makes it easier to treat. March is National Colorectal Cancer Awareness Month. Here are seven ways to lower your risk.

The Dining-Out Dilemma: 6 Ways to Eat Healthier

You hungry? Before you head to a fast-food drive-thru or sit-down restaurant, there's something you need to know. Most restaurant meals contain enough calories for two. Check out these six simple ways to make dining out healthier.

Y-Axis: You Hungry? Feast Your Eyes on THIS...

If you're trying to keep your diet in check, the "see-food" diet isn't going to help you. But THIS simple hack that only takes a few seconds can make a difference.

Recipe: Carrot Raisin Bread

Like sweet breads? Try this recipe. It's low in saturated fat, calories, and cholesterol made with finely shredded carrots.

Take the March Health Challenge!

Drive Safely: Be safe behind the wheel

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: Why should I get a check-up once a year?



WORKPLACE WELLNESS
MEMBERSHIP

NEWSLETTER

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THE Y AXIS



You Hungry? Feast Your Eyes on THIS...

Want to improve your diet and eat healthier food?



Feast on THIS the next time you're at the grocery store or a restaurant: Food labels.

On your next shopping trip, take a second to read the food label on the package.

If you're going out to eat, find out how many calories are in a meal...before you order.

On average, most adults only need 2,000 calories a day.

Reading food labels can help you be more mindful of your food choices to keep your weight in check and improve your health.⁵

COMMENTS?

Send comments to the editor:

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Shoot Hoops to Net Health Benefits of Basketball

Tap into March Madness to improve your health

Are you combing through all the stats to pick your March Madness NCAA basketball winners?

You're not alone. About 45 million people bet on bracket winners, according to the National Gaming Association. And millions more play for fun.

Even if you don't follow college basketball, how about shooting some hoops?

It doesn't really matter if you can't

- Dunk a ball
- Hit every free throw
- Block heavy hitters
- Nail outside shots

Basketball is a great form of exercise, even if you're not playing in the NBA or picked for the March Madness line-up in college basketball.

The get-in-shape basketball study

A recent study measured the health benefits of basketball in a group of people who were out of shape.¹

- The people in the study played basketball for about an hour three times a week for three months.
- Each session included warm-up exercises, shooting, dribbling, passing, and playing the game.

Think you could handle that? Researchers found that playing basketball helped:

- Improve cardiovascular endurance
- Burn calories
- Build lean body mass
- Lower blood pressure
- Strengthen bones
- Reduce body fat
- Improve resting heart rate

Tip off March Madness with this piece of advice:

- You'll have better luck improving your health by playing basketball than you will picking the team to win the championship.

MORE

5 fun ways to play basketball
<https://tinyurl.com/Zekmyyij>

7 Ways to Cut Your Risk for Colorectal Cancer

March is National Colorectal Cancer Awareness Month

When former *Today Show* host Katie Couric lost her husband to colon cancer when he was just 42 years old, she made it her mission to help prevent it.

"Colon cancer took him from us, like it's taken so many others," Couric said. "That's why I've made it my mission to talk about getting screened."

But instead of just talking about it, she even underwent a colonoscopy on live TV. If you're 45 or older, it's "time to screen," Couric said.

Last year 151,030 people were diagnosed with colorectal cancer, and 52,580 people died from this type of cancer.²

But it's not all bad news. When detected and treated early, 65.1 percent of people recover.

Here are SEVEN ways lower your risk for colorectal cancer:

1. **Get preventive exams.** If you're over age 45, you should be screened for colorectal cancer every 5 to 10 years. If you have a family history of this type of cancer, you may want to schedule a screening sooner.
2. **Maintain a healthy weight,** or lose weight if you need to. About 40 percent of all cancers have one thing in common: being overweight or obese.





Carrot Raisin Bread

Like sweet breads? Try this recipe. It's low in saturated fat, calories, and cholesterol.⁴

Ingredients

- 1-1/2 C flour
- 1/2 C sugar
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp salt
- 1-1/2 tsp ground cinnamon
- 1/4 tsp ground allspice
- 1 egg, beaten
- 1/2 C water
- 2 T vegetable oil
- 1/2 tsp vanilla
- 1-1/2 C carrots, finely shredded
- 1/4 C pecans, chopped
- 1/4 C raisins

Directions

1. Preheat oven to 350 degrees. Lightly oil loaf pan.
2. Mix dry ingredients in large bowl. Make a well in center of mixture.
3. In separate bowl, mix remaining ingredients. Add this mixture all at once to dry ingredients. Stir to moisten and mix up carrots.
4. Pour into pan. Bake for about 50 minutes.
5. Cool 5 minutes in pan. Remove from pan and cool on wire rack.

99 calories per serving.

The Dining-Out Dilemma: 6 Ways to Eat Healthier

Most restaurant-meal portion sizes big enough for two

You hit a fast-food drive through, or you dine in at a sit-down restaurant. And when the food arrives, you chow down. Sound familiar?

About 1 in 3 adults goes out to eat once a day or more, according to the Centers for Disease Control and Prevention. And that's a high-calorie problem.

In a recent study, researchers looked at 223 meals at 111 chain restaurants in 6 different countries.³ Researchers found that: Most fast-food and dine-in restaurant meals contain 800 to 1,300 calories or more.

- The typical portion size is big enough for two adults.
- And this didn't include side orders, drinks or dessert.

Dining out: 6 ways to practice portion control

Here are SIX easy ways to practice portion control the next time you dine out:

1. **Split it.** Split a meal with someone else.
 2. **Save half for later.** Place half of your meal in a to-go box as soon as your food arrives.
 3. **Downsize your order.** Order a smaller portion size from the senior menu or kid's menu.
 4. **Chew your food.** Take time to chew your food, instead of rushing through meal time. Then save the rest for later.
 5. **Hydrate.** Drink water instead of sugary drinks or alcohol.
 6. **Make a special request.** Ask the restaurant staff to make you a smaller portion.
- You'll eat fewer calories this way. And that's good for your health.



MORE
Tips to practice portion control
<https://tinyurl.com/f3sszmkb>

7 Ways to Cut Your Risk for Colorectal Cancer (continued from page 1)

3. **Don't smoke.** Quit if you do.
4. **Be more active.** Aim for 30 minutes of physical activity a day.
5. **Avoid or limit alcohol.** No more than two drinks per day for men. No more than one drink per day for women; zero if pregnant.
6. **Avoid red meats** like beef and pork used to make burgers, sausage, bacon and steak.
7. **Eat more plant-based foods** like fruits, vegetables, whole grains, legumes, nuts and seeds.

When you make the effort to adopt healthy habits, you can lower your risk for colorectal cancer, and many other types of cancer.

MORE
Learn more about Colorectal Cancer Awareness Month
<https://tinyurl.com/yco8mb55>

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Take the March Health Challenge!

Drive Safely: Be safe behind the wheel

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: Why should I get a check-up once a year?



WELLNESS CHALLENGE

Powered by:





Drive Safely

CHALLENGE

Be safe behind the wheel

Requirements to complete this HEALTH CHALLENGE™

1. Read “Drive Safely.”
2. Create a plan to practice safe driving every time you get behind the wheel.
3. Keep a record of your completed challenge in case your organization requires documentation.



How’s your driving? The next time you get behind the wheel, think about this...

When New Jersey resident Alexandra Mansonet left home in a black Mercedes-Benz just after 8 a.m. one morning, she was thinking about work and dinner plans later that night.¹

Meanwhile, Dr. Yuwen Wang was out for a walk on a work break to get some fresh air. She had just celebrated a six-year anniversary with her husband the night before, and the couple was trying to get pregnant.

Mansonet’s cell phone buzzed. “Cuban, American or Mexican for dinner. Pick one.” She read the message, and started typing a response. But cell phone records show all she typed was, “me...”

A split second later, Mansonet’s car hit the back of a Toyota Corolla. The impact forced the Corolla off the road and out of control. It hit Wang out for a walk and sent her flying. She died a few days later from her injuries.

Mansonet was later convicted of second-degree vehicular homicide and sentenced to five years in prison for the crash that killed Wang.

Do you ever drive distracted, speed, or break other traffic laws? Texting while driving is against the law in most states. But many other distractions or poor choices while driving can be just as dangerous. Want to be a better driver? Take the month-long health challenge to Drive Safely.

The Driver’s Seat Quiz

Are you a safe driver?²
Take the quiz to find out.



- | T | F | |
|-----------------------------|--------------------------|--|
| 1. <input type="checkbox"/> | <input type="checkbox"/> | Texting while driving raises your crash risk by three times compared to drunk driving. |
| 2. <input type="checkbox"/> | <input type="checkbox"/> | Driving while tired interferes with reflexes, judgment, and the ability to pay attention. |
| 3. <input type="checkbox"/> | <input type="checkbox"/> | If you have a lot of driving experience, it’s OK to drive faster than the speed limit. |
| 4. <input type="checkbox"/> | <input type="checkbox"/> | When you’re behind the wheel, any activity that takes your attention away from the road is distracted driving. |
| 5. <input type="checkbox"/> | <input type="checkbox"/> | More than half of all people killed or hurt in car accidents aren’t wearing seat belts. |

How did you do? Distracted driving of any kind can put you and others at risk. Texting while driving is six times more dangerous than drunk driving. If you’re tired, don’t get behind the wheel. Always follow the speed limit and other traffic laws. And don’t forget to buckle up.

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

Distracted Driving: A Front-Seat View

Not every traffic accident can be prevented. With an estimated 284 million cars on the road in the U.S., there’s bound to be some fender-benders, accidents, and fatalities from time to time.



But distracted driving crashes and fatalities are largely preventable. Here’s an annual front-seat view of the dangers of distracted driving:^{2,3}

- **400,000** people are injured in car accidents caused by distracted driving
- **33,000** car-accident injuries are caused by a driver using a cell phone
- **3,142** people are killed in car accidents caused by distracted driving
- **6.7 million** car accidents are caused by distracted driving resulting in fatalities, injuries and property damage

Video: Hazards of distracted driving
<https://tinyurl.com/4r3v5d6z>

Safe driving habits could prevent most of these car accidents from happening. Here’s another way to think about this: If Mansonet left her phone alone that morning, Wang might still be alive.



6 Ways to Be Safe Behind the Wheel

At any given moment during daylight hours, more than 800,000 vehicles are being driven by someone using a hand-held cell phone.⁴

But it's not the only form of distracted driving. Distractions include:⁵

- **Visual:** Taking your eyes off the road
- **Manual:** Taking your hands off the wheel
- **Cognitive:** Taking your mind off driving

And it doesn't have to be this way. Just a few simple choices and habits can keep you and others safe when you're behind the wheel. Here are some things you can do:

1. Buckle up

Make it the first thing you do when you get in the car. And make sure everyone else is buckled, too. Seat belts save lives.

2. Turn off your phone

No texting or talking on a phone while driving.



- It's against the law in most states.
- Even hands-free devices while driving can be a distraction.

3. Never drive impaired

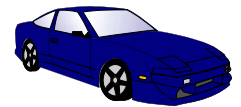
If you've been drinking or using drugs, don't get behind the wheel. Some medicines can impair your judgment, too (read the label or ask your doctor). If you are impaired:

- Ask a friend for a ride.
- Call a taxi, Uber or Lyft.
- Take the bus.
- If you're tired, don't drive. Or pull over and take a nap.



4. Inspect your car

Before you drive, walk around your car to make sure nothing is in the way.



- Make sure your tires are in good condition.
- Check brakes, windshield wipers, headlights, and turn signals
- Make any necessary repairs before driving.

5. Follow the speed limit & obey traffic laws

If you're late for work, school, or an important meeting, you might think speeding or making an illegal U-turn might help you get there on time. But it's not worth the risk of causing an accident.

- Plan ahead to give yourself plenty of time.
- If driving conditions are poor (wind, snow, ice, rain), slow down or stay home.

6. Minimize distractions

Texting while driving or using a cell phone isn't the only distraction to avoid while driving. Other distractions include:

- Eating
- Grooming
- Reading
- Childcare
- Talking
- Even behind-the-wheel karaoke can distract you from driving

Avoid any activity that will distract you from driving.

Want to live longer and avoid causing a car accident?

Turn off your cell phone. Practice safe driving habits. And pay attention to other drivers on the road.



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Drive Safely

CHALLENGE

Be safe
behind the
wheel

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Avoid distractions and follow traffic laws to be safe behind the wheel.
3. Use the calendar to record your actions to drive safely.
4. Review your driving habits at the end of each day. 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 safe driving habits
 _____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

 Name _____ Date _____



ASK THE DOCTOR

Powered by:



Q. Why should I get a check-up once a year?

A. You don't know what you don't know. Going to your doctor once a year might seem like a waste of time, especially if you're healthy.

But what if you're not as healthy as you think?

- You could be at risk for health problems like heart disease, diabetes, obesity, or cancer and not know it.
- If you are at risk, the sooner you do something about it, the better.

Here's just ONE reason an annual doctor visit is a good idea.

More than 1 in 3 adults in the United States has pre-diabetes.¹

- It's a risk factor for diabetes, heart disease, and stroke.
- So what's your blood glucose (sugar) level? You can't know if it's higher than normal by looking in a mirror. Pre-diabetes often doesn't have any symptoms.
- And it's not the only health problem like that. In other words, what you don't know can be bad for your health. Make sense?

4 Simple Tests to Measure Your Health

Simple tests and a talk with your doctor once a year about your health and lifestyle can be good for your overall well-being.

Here are some common tests your doctor may recommend during an annual visit:²



Check blood pressure

About 116 million adults in the United States have high blood pressure.³ Only about half have it under control. And many others don't even know they have high blood pressure.

Keeping your blood pressure in check will help prevent heart disease...the leading cause of death in the U.S.

Calculate Body Mass Index

Are you overweight or obese? It's a risk factor for a long list of health problems like:

- Heart disease
- Diabetes
- Certain types of cancer
- Joint pain
- Arthritis

Being overweight or obese can have an impact on your quality of life, too. A healthy Body Mass Index (BMI) is 18.5 to 24.9. In the United States, and estimated 73.6 percent of adults are overweight or obese.⁴

Screen for certain types of cancer

Almost 40 percent of adults will be diagnosed with cancer at some point in their lives.⁵

The most common cancers include:

- Breast
- Lung
- Prostate
- Colorectal

ASK THE Wellness DOCTOR

Not all cancers are preventable or treatable. But many are. Your age, gender, family history, and lifestyle – such as tobacco use – are factors your doctor will consider to screen for cancer.

Test your blood

A simple blood test is often part of an annual doctor's visit.

Why? It's an easy way to identify risk factors for chronic diseases.

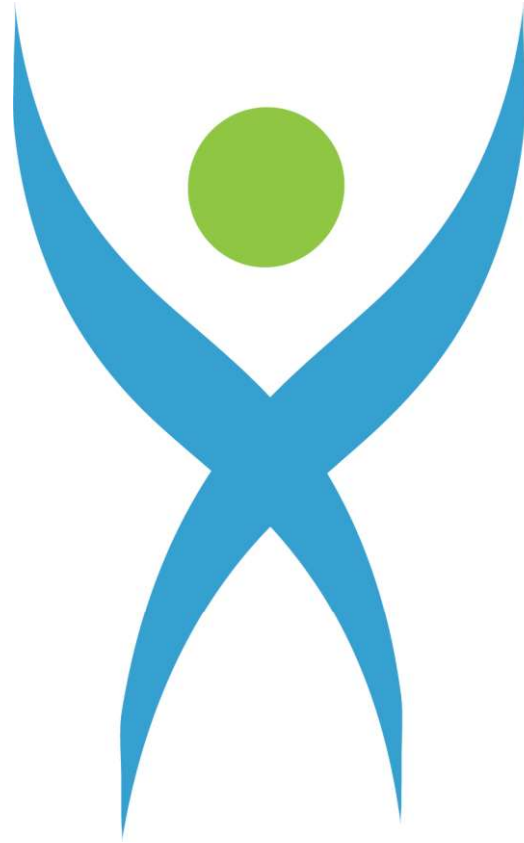
Common tests include glucose, cholesterol, and triglycerides. But your doctor can also order tests for other things (like vitamin deficiencies) to evaluate your health.

Want to be healthier, live longer, and lower your risk for chronic disease?

See your doctor once a year for a check-up. It's a simple way to protect your health.

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