



WELLNESS NEWSLETTER
JUNE 2023

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HIGHLIGHTS for the June 2023 Newsletter

The Two-Minute Formula to Live Longer

How many hours per day do you spend sitting? Think about it. In the car, at work, during meals, and in front of a screen. Too much sitting can take a toll on your health. But there's something simple you can do about it in just two minutes...

Slow Down at Meal Time to Prevent Diabetes

You already know the diet drill to control blood sugar levels. Eat more fruits, vegetables, whole grains, and legumes. Avoid or limit sugary drinks and snacks. There's at least one more way to control blood sugar levels and prevent diabetes. It has nothing to do with what you eat, but how you eat...

What Your Waist Size Says About Your Health

Step on the scale, measure body fat percentage or calculate Body Mass Index. These measurements can be used to estimate your risk for chronic disease. But there's at least one more way. Pick up a tape measure...

Y-Axis: Will You Stand for This?

If you want to manage your weight, maybe it's time to take a stand...

Recipe: Homemade Guacamole

Hungry for some guac with chips? Give this homemade guacamole recipe a try.

Take the June Health Challenge!

Sit Less, Move More: Stand up, stretch and be more active

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: I'm so confused...What does a healthy diet look like?



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THE Y AXIS



Will You Stand for This?

If you want to manage your weight... No! Not another lecture about exercise or eating fruits and vegetables. Is that what you're thinking?



Get up and walk away. Or at least stand there and take it. Either way, you'll be on your feet. And that's what matters, according to a recent study.⁴

Standing for six hours a day burns 54 more calories than sitting. That might not sound like a lot. But it's enough to burn about five pounds of fat in a year. Want to lose weight or maintain a healthy weight? Stand for it.

COMMENTS?

Send comments to the editor:

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The Two-Minute Formula to Live Longer

Walk 2 minutes for every hour spent sitting

Hop in the car and commute to work. Sit at your desk. Find a seat in a restaurant for lunch. Hop in the car and drive home. Eat dinner at the table, and sit down to watch TV.

It's a routine millions of Americans follow every day. Sound familiar? It adds up to a lot of time spent sitting. Too much sitting time can increase the risk for heart disease, diabetes, and early death.

Fortunately, there's an easy way to combat the downside of sitting too much. Walking.

Based on a recent study, it's best to take a short walk for every hour you sit. It may help undo the harmful results of being sedentary.³

The power of a 2-minute walk

- Researchers tracked the exercise and sitting habits of 3,200 people for three years.

- They found that just two minutes of walking or other forms of light exercise for every hour spent sitting lowered the risk of early death by 33 percent.

Need a reality check about how much time you actually spend sitting?

On average, adults spend 9.5 hours a day sitting at work, home, and commuting. Being sedentary can take a toll on your health. But it doesn't have to be that way...

- Calculate how many hours you spend sitting per day.
- Multiply hours spent sitting per day by 2.
- If you sit for 10 hours a day, carve out some time for a 20-minute walk.

You'll feel better and live longer.

MORE

5 surprising benefits of walking
<https://tinyurl.com/4nfsedy9>

Slow Down at Meal Time to Prevent Diabetes

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, or at the office. Been there, done that?

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.

- Diabetes can lead to poor circulation, kidney failure, blindness, strokes, and heart disease.
- It's among the top 10 leading causes of death in the United States.



- An estimated 37 million people in the U.S. have diabetes, and another 96 million have prediabetes.
- Yet it's largely preventable.

Is there anything you can do to prevent diabetes?

Eat a healthy diet. Maintain a healthy weight. Get regular exercise. And there's at least one more recommendation. Slow down at meal time.



Homemade Guacamole

Hungry for some guac with chips? Give this homemade guacamole recipe a try.⁵

Ingredients

- 3 avocados (ripe)
- 1 tsp lemon juice
- 1 tablespoon lime juice
- 2 roma tomatoes (diced)
- 1-1/4 red onion (chopped)
- 1/2 jalapeno pepper (chopped. Include seeds if you want extra spice/heat)
- 1/4 C cilantro (fresh, chopped. Or 2 tsp dried cilantro)
- 1/2 tsp salt
- 1/4 tsp black pepper

Directions

- Cut avocados in half, remove pit, and scoop pulp into a medium bowl.
- Mash avocado pulp with a fork and mix in remaining ingredients.
- Stir to combine. Serve with raw vegetable sticks or baked tortilla chips.

Notes. For less spice/heat, remove jalapeno from recipe. You can also use a food processor to mash avocado and mix ingredients together.

Serves: 6. Calories: 140 per serving.

What Your Waist Size Says About Your Health

Pick up a tape measure to find out

What's your waist size? If you were going to tailor a suit or dress, you'd need to know to get the right fit. Maybe you're shopping for pants or shorts.

You need to know your waist size for that, too. But it's also a measure that can tell you a lot about your health.

Your waist size is normal if it's:¹

- 35 inches or less for women
- 40 inches or less for men

If your waist size is bigger than this, you're at risk for health problems like diabetes, heart disease, and high blood pressure.

A bigger belly means you're storing fat, a risk factor for chronic disease.

How to measure your waist size:

- Wrap a tape measure around your waist. (Note: The tape measure should be just above your hip bone near your belly button.)



- Breathe in, then out, normally.
- Pull the tape measure snug.
- Record your waist size.

If your waist size is larger than normal, set a goal to improve it. Here are some things you can do:

- Be active 30 to 60 minutes a day.
- Eat more fruits, vegetables, whole grains, legumes, nuts, and seeds, and less junk food.²
- Set a small goal, like losing one pound a week, until your waist size is in the normal range.
- Work with a doctor, nutritionist, or coach to help you lose weight and keep it off.

MORE
Waist size matters
<https://tinyurl.com/4veavu3p>

Slow Down at Meal Time to Prevent Diabetes (continued from page 1)

Here's how:

- **Set a timer or stopwatch for 20 minutes.** Use all the time to eat a normal-sized meal.
- **Take small bites** and chew slowly.
- **Eat silently** for the first five minutes. Think about your food, what it looks like, how it tastes, and what it took to produce.

- **Have a conversation.** Chat with your family, friends or co-workers during meal time.
- **Slow down your eating** by using your nondominant hand to hold your fork. Put your fork down to chew. Or try using chopsticks if you don't normally use them.

MORE
Simple steps to prevent diabetes
<http://tinyurl.com/lbnkqus>

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Take the June Health Challenge!

Sit Less, Move More: Stand up, stretch and be more active

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:

I'm so confused...What does a healthy diet look like?



WELLNESS CHALLENGE

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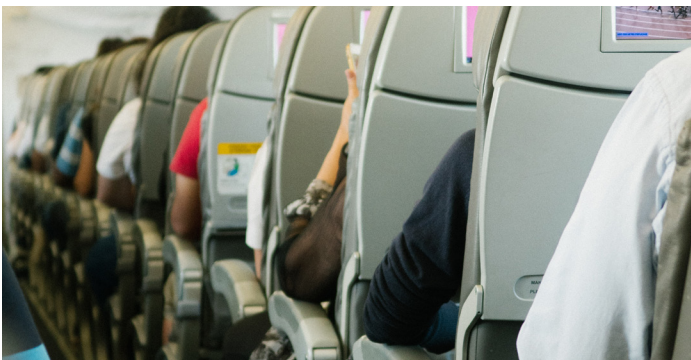
Sit Less, Move More

CHALLENGE

Stand up, stretch & be more active

Requirements to complete this HEALTH CHALLENGE™

1. Read “Sit Less, Move More.”
2. Create a plan to sit less, move more and be more active.
3. Keep a record of your completed health challenge in case your organization requires documentation.



If you catch a flight from New York City to Singapore on an Airbus A350, you’ll be sitting for a while. The trip is a mere 9,527 miles. And it’s the longest non-stop flight in the world. How long? Except for a bathroom break or two, you’ll be sitting for about 19 hours.

That might seem like a lot of sitting. But the truth is, a lot of people sit for nearly that much time every day... in the car, at work, at the table, on the couch. And that’s a problem.

A recent study compared data from 47 studies on sedentary behavior and health risks linked to hospital visits and early death.¹ The data showed that most people spend half of their waking hours sitting. Researchers also found that the more time you spend sitting, the more at risk you are for chronic diseases.

Quiz: Sedentary Secrets

How much do you know about sitting and your health? Take the quiz to find out.



T F

1. The average adult spends at least half of their waking hours sitting.
2. Cutting the amount of time you sit by just 10 percent a day, greatly lowers your risk of early death.³
3. There is no link between sitting for long periods of time and chronic disease or early death.
4. Two minutes of light exercise for each hour of sitting can lower the risk for dying early by 33 percent.⁴
5. About 20-30 minutes of physical activity per day can help prevent chronic disease and early death⁵

If you want to live longer, feel better and lower your risk for chronic disease, eat more fruits, vegetables, whole grains, nuts, seeds, and legumes. Eating even a little red meat raises the risk for heart disease and other health problems.³

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

Take a Stand on Sitting Down

Fortunately, you don’t have to take all the statistics you hear about your health sitting down. In the 86,400 seconds that tick by each day, you make hundreds of choices that impact your health. Why not choose to sit less?

You can decide right now to be more active. Stand up. Stretch your arms above your head. Take a deep breath, and exhale. Don’t you feel better already?

“The health risks tied to sitting may not be completely related to the act of sitting,” says Harvard University researcher Dr. I-Min Lee. But sitting keeps you from doing healthier activities, like walking.²



Want to improve your health and live longer? Take the month-long health challenge to Sit Less, Move More.



The Trouble with Too Much Sitting

Here's a little more to think about when you're sitting around at home, at work, or in the car. Too much sitting can lead to:⁶

- Slower metabolism
- High cholesterol
- Certain types of cancer
- Early death
- Musculoskeletal pain (back, neck, shoulders, legs)
- High blood pressure
- Poor posture
- Heart disease
- Diabetes
- Poor flexibility
- Weight gain



Taking breaks from sitting throughout the day to be more active can improve your health, your mood, and your quality of life.

How to Sit Less & Move More

If you want to combat the downside of sitting, you've got to find ways to be more active. And it doesn't have to take a lot of time. A daily walk, bike ride, workout, or fitness class that takes just 20-30 minutes can make a big difference.

But there are also other ways you can sit less and move more at work, at home, and when you're on the go:

At Work

- Take the stairs.
- Use a stand-up desk at work
- Stand up and stretch at least once an hour
- Walk to give a message to a coworker.



- Pace back and forth when you're thinking or talking on the phone
- Hold standing-only meetings in person or virtually.
- Take a walk during your lunch hour or break

At Home

- Walk through your house to find a family member, instead of yelling.
- Take out the garbage.
- Walk your dog.
- Clean the kitchen as fast as you can.
- Fold all your laundry standing up. Then race from room to room to put it away.
- Walk to a friend's house to visit.
- Clean up your garage.
- Vacuum with vigor and get it done fast.
- Walk around when you're on the phone.
- Wash your car.
- If you have fitness equipment (i.e., exercise bike, treadmill, weight set), use it.



On the Go

- Park far away when you go to the store.
- Walk a lap around the store before you begin your shopping.
- Go inside instead of using the drive-thru.
- Take the stairs instead of the elevator or escalator.
- Stand while waiting for a ride, interview, or appointment.
- When you can, carry your groceries instead of using a cart.
- Lift your gallon of milk or laundry detergent a few times before you drop it in your shopping cart or put it away at home.



Take Steps to Improve Your Health

Sit less. Move more. You don't have to run a marathon or climb a mountain. Even a little activity is better than none. All it takes is a few steps, and you'll be on your way to better health.

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Sit Less, Move More



CHALLENGE

Stand up,
stretch & be
more active

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 sit less and move more daily.
3. Use the calendar to record your actions and choices to eat more plant-based foods and make it a regular part of your life.
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 took breaks from sitting

_____ 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.

I'm so confused...
What does a
healthy diet
look like?

A.

If you're having trouble trying to decide what a healthy diet looks like, you're not alone.

You know...the endless barrage of diets that recommend things like zero carbs, high protein, apple-cider vinegar, or some expensive dietary supplement with mystery ingredients.

About 80 percent of adults find it hard to know what's healthy and what's not.¹

The reason: Too many choices, too much information, and conflicting advice. Sound familiar?

A frenzy of food advice

With a smartphone, you can find tips about diet, weight loss, healthy eating, good foods, and bad foods in seconds. And it's not all good advice. Plus, there's a never-ending stream of new diets, products, and programs that promise health and happiness.

If that wasn't enough, food packages are often labeled with words that claim to be healthy. Some are. Some aren't. And that can lead to more confusion.

In fact, 72 percent of adults say reading food labels can be confusing.²

Beware of healthy eating roadblocks

What happens when you try to make healthy food choices but get conflicting advice? You tire of trying to sort it out, and most likely



go back to your old ways. Been there, done that?

It's like you reach a kind of healthy-eating roadblock. When this happens, a lot of people just give up and adopt an anything-goes diet.

You know...these foods become the norm:

- Fast food
- Sugary drinks
- Treats
- Biggie-sized portions
- Very few fruits and vegetables

And this may be one reason obesity, diabetes, heart disease, and other chronic diseases are on the rise.³

But it doesn't have to be this way.

The simple solution to healthy eating

Eating a balanced diet promotes health and prevents many diseases. And it can be pretty simple, says Dr. David Katz, a best-selling author and founder of the Yale Prevention and Research Center.

Eat wholesome foods in sensible combinations. Or to put it in even more practical terms: "Eat food. Not too much. Mostly plants."⁴

Forget about all the fad diets, questionable nutrition advice, and confusing food labels.

ASK THE Wellness DOCTOR

Here's what a healthy diet includes:

- Vegetables
- Fruits
- Whole grains
- Beans
- Lentils
- Nuts
- Seeds

The healthiest people in the world eat various combinations of these foods. They drink plenty of water, too. That's it. No more confusion. Eat this way at least 80 percent of the time, and you'll feel better, be healthier, and live longer.

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