



**WELLNESS NEWSLETTER  
SEPTEMBER 2023**

Powered by:



## HIGHLIGHTS for the [September 2023 Newsletter](#)

### **The Email-Health Connection: Stop Doing THIS After Work**

Ever feel like you have to work-related answer emails or text messages AFTER your work day is over? It's called Workplace Telepressure, and it could be bad for your health and happiness...

### **Exercise Rx: The Prescription to Prevent 5 Health Problems**

What if your doctor gave you a prescription for exercise? Would you take the daily dose? If you want to improve your health and prevent disease, here's what regular exercise can do for you.

### **The Zzz Factor: 7 Tips to Help You Sleep Better**

Ever wake up feeling tired or need a caffeine boost late in the day? Check your sleep habits. Here are 7 ways to get a better night's sleep.

### **Y-Axis: The Last Straw**

Those eco-friendly, biodegradable straws are a good thing, right? Turns out, maybe not according to a recent study that tested 39 different straws for harmful chemicals. Here's what they found...

### **Recipe: Fruit Yogurt Parfait**

Hungry for a healthy breakfast or snack with a little sweet and a little crunch? Give this Fruit Parfait Recipe a try

### **Take the September Health Challenge!**

Shake the Salt Habit: Eat less sodium to protect your health

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

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



WORKPLACE WELLNESS  
MEMBERSHIP

NEWSLETTER

Powered by:





THE Y AXIS



### The Last Straw...

“We only use paper straws.”



Chances are pretty good you’ve ordered a drink that comes with a more eco-friendly straw than the old-school plastic ones.

But you may want to skip the straw if that’s the only option.

Why? In a recent study, researchers tested 39 different brands of paper straws.

They found that most eco-friendly paper straws contain measurable amounts of PFAS.

PFAS are chemicals linked to lower response to vaccines, low birth weight, thyroid disease, elevated cholesterol, liver damage, and certain types of cancer.

Thirsty? Go for a glass of water, without a straw.

### COMMENTS?

Send comments to the editor:

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

## The Email-Health Connection: Stop Doing THIS After Work

Unplug after work to improve health & happiness

You get home from a long day at the office. Or you work from home, and call it a day.

Now what? Get dinner ready. Hustle a kid to practice. Meet up with friends. Do the laundry. Maybe even kick back and relax.

You’ve got a life outside of work, right? Then your phone buzzes. It’s an email from your boss or a client. And you feel compelled to respond.

So you swipe and type a quick message. Or you fire up your computer and squeeze in a few minutes of work. Sound familiar?

### If you’re answering work emails after hours, it could be bad for your health.

In a recent study, researchers tracked the after-hours email habits of about 300 people.<sup>2</sup> The people who spent the most time on email after hours were more likely to be:

- Stressed out
- Emotionally exhausted
- Unhappy

- Have poor work-life balance
- Experience health problems

### It even has a name: Workplace Telepressure.

You might think you are being more productive by working extra hours at home. In fact, it can lessen how productive you are.

“The ‘always-on culture,” says lead researcher Dr. Liuba Belkin, “may prevent employees from fully disengaging from work, leading to chronic stress.”

Have workplace telepressure? Talk to your supervisor. Set up an auto-responder to let people know you’ll reply later. Or just don’t respond after hours. Those emails will still be there in the morning.

### MORE

Email after hours  
<http://tinyurl.com/hwhwh4k>

## Exercise Rx: The Prescription to Prevent 5 Health Problems

Study: Being active drops the risk for five chronic diseases

“I’ll write a prescription for that.” It’s the kind of thing your doctor might say to wrap up an appointment.

But what if the prescription wasn’t for medicine? You look at the scribbly writing on the prescription, and it says: Running shoes, workout clothes, and regular exercise.

OK...so running shoes and workout clothes aren’t covered by insurance. But at least they don’t have unpleasant side effects like nausea, constipation, or diarrhea, to name a few.

### So what could a prescription for workout gear and exercise do for your health?

More than you might realize. One recent study found that an active lifestyle may be the antidote to deadly diseases.<sup>3</sup>



Researchers looked at 174 studies on exercise and chronic disease. They found that the more active people were, the less likely they were to develop these five health problems:

1. Heart disease
2. Stroke
3. Breast cancer
4. Colon cancer
5. Diabetes



### Fruit Yogurt Parfait

Hungry for a healthy breakfast or snack with a little sweet and a little crunch? Give this Fruit Parfait Recipe a try:<sup>5</sup>

#### Ingredients

- 1/2 cup yogurt, fruit-flavored (low-fat)
- 1/2 banana (medium)
- 1/2 cup grape
- 1/4 cup dry crunchy cereal (Grape Nuts or granola cereals are good)

#### Directions

1. Peel and slice the banana.
2. Spoon the grapes into a tall plastic cup.
3. Put 3 spoonfuls of yogurt on top of the grapes.
4. Spoon sliced bananas on top of the yogurt.
5. Add the rest of the yogurt.
6. Sprinkle the cereal on top.

Serves: 1.  
Calories per serving: 379.

## The Zzz Factor: 7 Tips to Help You Sleep Better

Aim for 7+ hours of sleep to protect

It's after midnight. You're watching infomercials, TV reruns, or one-star movies on Netflix. Or you're on your phone. But you know you should be asleep. Sound familiar?

A lot of people have trouble sleeping for different reasons. But if you're not sleeping at least 7 hours a night, your health may be at risk.

Lack of sleep can take a toll on your body, and it's not just fatigue. Poor sleep can also raise your risk for a long list of health problems, including:<sup>4</sup>

- Diabetes
- Obesity
- Heart disease
- Depression

If you're feeling sluggish throughout the day, you might want to take a closer look at your sleep habits.

Currently, one-third of U.S. adults sleep less than 7 hours a night. The most common side effect: Memory problems and difficulty concentrating. And there's other negative side effects, too, like nodding off while driving.



But it doesn't have to be that way. Before you grab the TV remote long after bedtime, here are 7 tips to help you get a healthy night's sleep:

1. Keep a regular sleep schedule.
2. Aim for 7-9 hours daily.
3. Avoid exercise within two hours of bedtime.
4. Avoid caffeine, nicotine, and alcohol in the evening.
5. Avoid going to bed on a full stomach.
6. Sleep in a dark, quiet, room with a cool, comfortable temperature.
7. Talk to your doctor about other ways to get adequate sleep.

MORE

[Natural ways to sleep better](https://tinyurl.com/bp5dm5h6)  
<https://tinyurl.com/bp5dm5h6>

## Exercise Rx: The Prescription to Prevent 5 Health Problems (continued from page 1)

### Take a daily dose of exercise

If you want to protect your health and lower your risk for chronic disease, take a daily dose of exercise. Aim for 30 to 60 minutes a day. Go for a walk. Ride a bike. Swim.

Take a fitness class. Work out at the gym. Play basketball. Daily activities like vacuuming,

gardening, and taking the stairs can count as exercise minutes, too.

By the way, exercise does have certain side effects. It can help you lose weight, improve your mood, increase energy, help you sleep better, and lower your risk for chronic diseases.

MORE

[The benefits of physical activity](https://tinyurl.com/z784vmp)  
<https://tinyurl.com/z784vmp>

### References

1. Boisacq, P., et al. (2023). Assessment of poly- and perfluoroalkyl substances (PFAS) in commercially available drinking straws using targeted and suspect screening approaches. *Food Additives & Contaminants*. From: <https://tinyurl.com/2ke8ufyb>
2. Belkin, L, et al. (2016). Exhausted, but unable to disconnect: After-hours email, work-family balance and identification. *Academy of Management*, 1:10353. From: <https://tinyurl.com/33nted8a>
3. Kyu, H.H., et al. (2016). Physical activity and risk of breast cancer, colon cancer, diabetes, ischemic heart disease, and ischemic stroke events: systematic review and dose-response meta-analysis. *British Medical Journal*, 354:i3857. From: <https://tinyurl.com/y8wt46n6>
4. Centers for Disease Control and Prevention. (2022). Sleep and chronic disease. From: <https://tinyurl.com/35dhva8n>
5. U.S. Department of Agriculture. (2023). Fruit yogurt parfait. Choose My Plate. From: <https://tinyurl.com/5n8xsfe6>



## Take the September Health Challenge!

Shake the Salt Habit: Eat less sodium to protect your health

### Ask the Wellness Doctor:

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



# WELLNESS CHALLENGE

Powered by:



# Shake the Salt Habit



## CHALLENGE

Eat less sodium to protect your health

## Requirements to complete this HEALTH CHALLENGE™

1. Read “Shake the Salt Habit.”
2. Create a plan to reduce the amount of sodium you consume daily.
3. Keep a record of your completed health challenge in case your organization requires documentation.



Have you ever stopped to take a look at how much sodium you’re consuming? If you don’t know, you’re not alone.

The average adult consumes an estimated 3,400 mg of sodium per day. Yet, the American Heart Association recommends consuming less than 1,500 mg of sodium per day for most adults.<sup>1</sup>

So where’s all the sodium coming from? Fast food, meals-in-a-box, grab-and-go packaged snacks, processed meats, and deep fried foods.

These foods may be quick and convenient, but eating too much salty or high-sodium food can also put you on the fast track to high blood pressure, heart disease and stroke.

## The Salty Side of Life Quiz

How much do you know about the health benefits of reducing sodium/salt in your diet? Take this quiz to find out.



### T F

1.   Too much sodium in your diet can increase blood pressure and the risk for heart disease and stroke.
2.   You can lower your blood pressure in just a few days, by reducing the amount of sodium in your diet.
3.   You need some sodium in your diet to help control blood pressure, absorb nutrients from food, and support nerve and muscle function.
4.   Most adults should consume less than 1,500 mg of sodium/salt per day.
5.   Canned soups, microwave meals, and breads do not contain high levels of sodium.

How did you do? The average adult should consume less than 1,500 mg of sodium per day. But most people eat twice that amount by eating things like fried foods, microwave meals, pizza, processed food, and processed meats. The good news: Eating more plant-based foods will help protect your heart and keep your blood pressure under control.

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

If your diet is similar to the average American’s, you’re loading up on far too much sodium/salt. For example, in one year, the average adult consumes 20 pounds of French fries and 23 pounds of pizza.



Consuming too much sodium can put your health at risk. But it doesn’t have to be that way. You can learn to improve your diet, limit adding salt to the foods you eat, consume less processed foods, and make healthier choices for meals and snacks. Take the month-long Health Challenge and Shake the Salt Habit.

Sodium in your diet  
<https://tinyurl.com/4fptwmww>

# 4 Reasons to Consume Less Sodium



Eat less sodium. You've heard the advice before. But what does consuming too much sodium really do? Here are four reasons to shake the salt habit. Consuming too much sodium increases the risk for:

## 1. High blood pressure

About 1 in 3 adults have elevated or high blood pressure. It's a condition that forces the heart to work harder to circulate blood throughout the body. Over time, high blood pressure can damage your heart and arteries, lead to plaque build-up, and cause a heart attack or stroke.<sup>2</sup>

## 2. Kidney disease

Over time, high blood pressure can damage the small blood vessels in the kidneys. This increases the risk for kidney stones. Left unchecked, it can lead to renal disease, kidney failure, and dialysis. The warning signs: It can also make you very tired and short of breath. Your body may retain water, and you might pee a lot.<sup>3</sup>

## 3. Poor bone health

If you consume high levels of sodium, your risk for poor bone health goes up. Too much sodium in your diet can limit the amount of calcium your bones absorb. And that can make them weaker and more prone to injury.<sup>4</sup>

## 4. Eye disease

High blood pressure and a diet with too much sodium can damage the small blood vessels in the eyes. This condition limits the amount of oxygen your eyes receive. And it can lead to vision loss.<sup>5</sup>

10 high-sodium foods to avoid or limit  
<https://tinyurl.com/mwxmh97x>

# 7 Simple & Healthy Ways to Limit Sodium

Wondering how to shake the salt habit to protect your health? Here are seven simple and healthy ways to limit sodium...

## 1. Read food labels

Read the Nutrition Facts label on the food packages. Check the sodium content. Choose foods that have less than 100 mg of sodium per serving. Limit frozen dinners, pizza, packaged mixes, canned soups, and salad dressings.



## 2. Buy fresh or frozen

When it comes to fruits and vegetables, fresh or frozen is best. Canned and processed foods typically contain higher levels of sodium. If you do buy canned foods, rinse before preparing to remove excess sodium.

## 3. Avoid or limit fast food

A typical fast-food meal with a burger and fries contains 1,00 mg of sodium. At chain restaurants, look up the nutritional information of menu items before you order.

## 4. Choose lean meats

If you eat meat, eat fresh poultry, fish, and lean meat rather than canned, smoked, or processed meats.



## 5. Make breakfast healthy

Instead of ordering breakfast on the go, make time to eat your morning meal at home. Choose low-sodium cereals or oatmeal. Enjoy fresh fruit or Greek yogurt.

## 6. Season with spices

Skip the salt shaker. Season foods with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends. Or use a salt substitute.



## 7. Choose low-sodium snacks

Instead of pretzels and potato chips, try healthy snacks like unsalted nuts, dried fruit, low-fat or fat-free yogurt, plain popcorn, or fresh fruits and vegetables.

Low Sodium:  
Follow the DASH diet  
<https://tinyurl.com/3kxtmfs2>

## References

1. American Heart Association. (2023). Shaking the Salt Habit to Lower High Blood Pressure. From: <https://tinyurl.com/4663usdw>
2. Stamler, J. et al. (2018). Relation of dietary sodium (salt) to blood pressure and its possible modulation by other dietary factors. *Hypertension*, 71(4): 631-637. From: <https://tinyurl.com/v4see97d>
3. Arcand, J., et al. (2017). More evidence that salt increases blood pressure and risk of kidney disease from the Science of Salt: A regularly updated systematic review of salt and health outcomes. *Journal of Clinical Hypertension*, 19:813-823. From: <https://tinyurl.com/y4lnyvw9>
4. American Heart Association. (2022). High blood pressure may accelerate bone aging. From: <https://tinyurl.com/5beskp59>
5. Dziedzic, J., et al. (2022). Impact of arterial hypertension on the eye: A review of the pathogenesis, diagnostic methods, and treatment of hypertensive retinopathy. *Medical Science Monitor*, 28: e935135-1-12. From: <https://tinyurl.com/3a75wahp>





# Shake the Salt Habit

**CHALLENGE**  
Eat less sodium  
to protect  
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 reduce the amount of sodium you consume daily.
3. Use the calendar to record your actions and choices to build strong bones.
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. _____		
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. _____		
HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____		

\_\_\_\_\_ Number of days this month I consumed less sodium  
 \_\_\_\_\_ Number of days this month I exercised at least 30 minutes

### Other wellness projects completed this month:

-----  
 -----

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



WORKPLACE WELLNESS  
MEMBERSHIP

**ASK THE DOCTOR**

Powered by:



# Q.

What are the health benefits of walking?

# A.

Go for a walk. You've heard the advice before. Right?

But maybe you're wondering if walking can really improve your health. You know...if you walk around your neighborhood, on the treadmill or on the track...will it do anything?

Here's the thing. The average adult only walks 3,000 to 4,000 steps per day. Too many adults live a sedentary lifestyle without a lot of physical activity. It's a recipe for weight gain and chronic disease.

But it doesn't have to be that way. One of the easiest ways to improve your health...lace up your shoes and go for a walk.

Walk at least 30 minutes a day, and you'll be healthier and happier. If you don't have 30 minutes in your schedule, take a few 10-minute walk breaks, and you'll still reap the benefits. Research shows that regular walking can help:<sup>1</sup>

## 1. Reduce blood pressure

If your blood pressure is 120/80 or higher, you've got some work to do. About 1 out of 3 adults have elevated or high blood pressure. It's a risk factor for heart disease, the leading cause of death in the United States. The good news: Walking helps reduce blood pressure.<sup>2</sup>



4 HEALTH BENEFITS OF WALKING

## 2. Burn calories

Want to lose weight to improve your health? Skip the fad diets and supplements, gimmicky workouts, and made-for-TV exercise equipment. Instead, make better food choices and walk every day. Walking burns calories (about 200 to 300 per hour) and fat. This helps you lose weight.<sup>3</sup>

## 3. Lower cholesterol

Get a basic blood test, and one of the things your doctor will look at is your cholesterol levels. If this is high, it can clog your arteries, make them stiff, and raise the risk for a heart attack or stroke. Research shows brisk walking is an effective way to lower cholesterol.<sup>4</sup>

## 4. Improve mood

Ever have one of those days? You know, you're stressed out or feeling down about something. Medication, coffee, or a bowl of ice cream might help. But so can walking, and it doesn't have any negative side effects or calories. Research shows physical activity can improve your mood, reduce pain, and help you feel better.<sup>5</sup>

# ASK THE Wellness DOCTOR

And those are just a few of the benefits you'll get from walking at least 30 minutes a day. Some research suggests a walk each day can also help curb food cravings, reduce joint pain, boost immune function, and help you live longer.<sup>6</sup>

Want to be healthier? Put on a pair of comfortable shoes, and go for a walk.

## References

1. Godman, H. (2023). Get more out of your daily walk. Harvard Health Publishing. From: <https://tinyurl.com/2p8atcpn>
2. McMullan, S., et al. (2022). Can walking lower blood pressure in patients with hypertension? *American Family Physician*, 105(1): 22-23. From: <https://tinyurl.com/pf9k5u42yvu>
3. Golden, N. (2021). Walking for weight loss: Burn calories at your own pace. National Academy of Sports Medicine. From: <https://tinyurl.com/n5wvvpv6x>
4. Albarrati, Al, et al. (2018). Effectiveness of low to moderate physical exercise training on the level of low-density lipoproteins: A systematic review. *BioMed Research International*, 5982980. From: <https://tinyurl.com/4u9jr585>
5. Panza, G., et al. (2017). Physical activity intensity and subjective well-being in healthy adults. *Journal of Health Psychology*, 24:9. From: <https://tinyurl.com/4a7m43aw>
6. Harvard University. 5 surprising benefits of walking. Harvard Health Publishing. From: <https://tinyurl.com/ycqzxlvn>



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