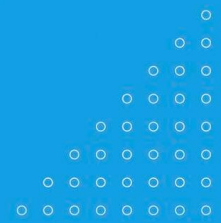




WELLNESS NEWSLETTER

October 2024



HIGHLIGHTS for the [October 2024 Newsletter](#)

5 Creepy-Cool Tips for a Healthier Halloween

You want to know something scary? The average trick-or-treater hauls in 250 pieces of candy loaded with sugar and about 9,000 calories. Check out these five creepy-cool ways to make Halloween a little healthier.

Do THIS Daily to Lower Stroke Risk

Every 40 seconds someone in the United States has a stroke. Within minutes, a stroke can cause serious physical and mental problems. However, making time for one simple activity every day may cut your risk of stroke by 44 percent.

7 Simple Ways to Eat More Fruits & Vegetables

Hungry for better health? Start with the basics. You know...eating more fruits and vegetables. Why? They're packed with vitamins and nutrients and low in calories. Here's how to add more fruits and veggies to your diet...

Y-Axis: The Dreamy Way to Lower Blood Pressure

Looking for a simple way to lower your blood pressure by 3 to 5 points? Kick back and relax, anybody can do this...

Recipe: Fall Veggie Casserole

Grab some fresh eggplant and tomatoes from the market (or your garden) and serve this veggie casserole topped off with Parmesan cheese for dinner. Yum!

Take the October Health Challenge!

Chill Out: Manage stress in healthy ways

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: Does being just a little overweight really matter?



THE Y AXIS



The Dreamy Way to Lower Blood Pressure

You've heard of the power nap. It's that afternoon siesta that can recharge your batteries. But it's not the only thing a nap can do for you.



A recent study found that napping for up to an hour a day may help lower blood pressure by 3 to 5 points.⁵

That might not seem like much, but researchers found it's similar to other healthy lifestyle habits (like diet and exercise), that help lower blood pressure.

Want to lower your blood pressure? Turn out the lights and take a nap..

COMMENTS?

Send comments to the editor:

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5 Creepy-Cool Tips for a Healthier Halloween

Average kid-candy haul is 9,000 calories

If you came face to face with Pennywise the Clown from Stephen King's epic horror novel *It*, you'd probably turn and run. That just might happen at a costume party or trick-or-treating. But there's something a little scarier than that... Halloween candy.

About 93 percent of kids in the United States will trick-or-treat this month. The typical haul...about 250 pieces of candy. That's a load of about three pounds of sugar packed with 9,000 calories. Scary, right?

Here's the other scary thing. Research shows that if some of that candy ends up at work, you're a lot more likely to chow down and eat more than you should, even if the chocolates are next to the veggie tray.¹

Hungry for a little help to make Halloween healthier? Check out these 5 creepy-cool tips:

1. Sort it out. If you take kids trick-or-treating, sort through the haul when you get back home. Toss out the taffy, hard candy, and sour treats first. These candies are more acidic, break down tooth enamel, and cause cavities.

2. Keep the dark chocolate. It's lower in sugar than milk chocolate. It's also higher in antioxidants that support heart health and your brain.

3. Hand out healthy treats. When goblins come to your door, give them healthier options or toys. Examples: Fruit leather, nuts, toy cars, yo-yos, puzzles, stickers, or bracelets.

4. Brush before bed. Halloween night or not, brushing your teeth for two minutes before bed should be a regular thing.

5. Treat co-workers to healthy options. Create a fruit and vegetable "monsterpiece" for your office party. Or go easy and bring fresh veggies with hummus, fruit, or popcorn seasoned with olive oil and garlic or chili powder.

The Halloween-candy haul doesn't have to be scary. Make smart choices to protect your health, your teeth, and your waistline. And you won't turn and run when you look in the mirror.

MORE

How to handle Halloween-candy leftovers
<https://tinyurl.com/yxruz4ac>

Do THIS Daily to Lower Stroke Risk

Study: Walking 2-plus hours a week lowers stroke risk

When 42-year-old Wisconsin resident Tracy Nelson woke up one morning, her arm was limp. She thought it was probably caused by the way she slept for the night. But it wasn't.

A few minutes later, she collapsed. She crawled to the phone to call for help. And when a 911 operator answered, she couldn't speak. Tracy was having a stroke.

When a stroke strikes your brain A stroke occurs when a clot blocks blood supply to the brain, or when a blood vessel in the brain bursts.



It can happen to anyone. Every 40 seconds, someone in the United States has a stroke. And within minutes, a stroke can cause serious physical and mental problems.



Fall Veggie Casserole

Grab some fresh eggplant and tomatoes from the market (or your garden) and serve this veggie casserole topped off with Parmesan cheese for dinner.⁴ Yum!

Ingredients

- 5-1/2 C eggplant, cubes (1 medium eggplant)
- 4 tomatoes
- 1 green pepper
- 1 onion
- 1 tsp salt
- 1/4 tsp pepper
- 3 T vegetable oil
- 1 clove garlic
- 2 T Parmesan cheese (grated)

Directions

1. Remove the skin from the eggplant. Cut the eggplant into cubes.
2. Chop tomatoes into small pieces.
3. Cut green pepper in half. Remove seeds. Cut it into small pieces.
4. Chop the onion into small pieces.
5. Cut the garlic into tiny pieces.
6. Cook the first 8 ingredients in a large skillet until tender.
7. Top with the Parmesan cheese and serve.

Serves 8. 84 calories per serving.

7 Simple Ways to Eat More Fruits & Vegetables

Study: Fruits & veggies help you live longer

It's meal time. What's your game plan?

Do you order a leafy-green salad when dining out and cook meals at home with fresh ingredients? Or do you hit the nearest drive-thru for a burger, fries, and soda or slide a frozen pizza into the oven?

Quick foods win far too often. A Gallup poll found that 8 in 10 U.S adults eat fast foods regularly. Maybe that's why only 1 in 10 eats enough fruits and vegetables.

If you're not eating enough fruits and vegetables, you're not alone. But now is always a good time to change that. Here's what you should aim for:

- **Fruits:** 1 to 2 cups a day
- **Vegetables:** 2 to 3 cups a day

Research shows that people who eat plenty of fruits and vegetables have a lower risk of chronic diseases. They also feel better and live longer.³

Here are some easy ways to add more fruits and vegetables to your diet:

1. **Stock up on** ready-to-eat raw vegetables (celery,

carrots, broccoli, cauliflower, etc.). Store them in a clear container in the front of the fridge. Or pack some in your lunch.



2. **Buy fresh fruit** (oranges, apples, kiwi, bananas, etc.), and keep it on the counter.
3. **Eat more salads** made with spinach, cabbage, kale, peppers, green onions, carrots, cucumbers, tomatoes, and other leafy greens.
4. **Enjoy stir-fried vegetables.** Add tofu or another source of protein (tinyurl.com/ycb7h3lw) to make a whole meal.
5. **Customize soups and stews** with more vegetables (carrots, sweet potatoes, onions, spinach, etc.).
6. **Eat fruit salads often** (strawberries, grapes, blueberries, etc.).
7. Finish a meal with **fruit as a natural dessert.** Try berries, melons, dates, grapes, pineapple, papaya, mangos, or watermelon.

MORE

Eat more fruits and vegetables
<https://tinyurl.com/m5oopoj>

Do THIS Daily to Lower Stroke Risk (continued from page 1)

Take a daily walk to lower stroke risk

A recent study gathered exercise and health data on 135,645 people.² The data showed that those who walked at a brisk pace for two or more hours a week lowered their

stroke risk by an average of 44 percent.

If you want to lower your risk for a stroke, take a daily walk.

MORE

Know the warning signs of a stroke
<https://tinyurl.com/mtbv2fie>

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Take the October Health Challenge! Chill Out: Manage stress in healthy ways

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
Does being just a little overweight really matter?



Chill Out

CHALLENGE

Manage stress in healthy ways

Requirements to complete this HEALTH CHALLENGE™

1. Read “Chill Out.”
2. Create a plan to manage stress in healthy ways daily.
3. Keep a record of your completed health challenge in case your organization requires documentation.



You battle rush-hour traffic. Your email inbox is jammed with messages. Your phone buzzes constantly. Running 15 minutes late is the norm. Your boss just called an emergency meeting, but didn't provide any details. It's a typical day at the office for a lot of people. And it's stressful. Sound familiar?

Then there's everything that happens outside the office. Parenting, car trouble, financial problems, a rocky relationship. Or worse, a serious illness or death of a loved one.

Even good things can be stressful like getting married, moving, or starting a new job.

Are you feeling stressed out just thinking about this stuff? You're not alone. Chronic stress is a big problem for a lot of adults.

A recent study found that money, work, family responsibilities, and health concerns are the biggest sources of stress for most people.¹

If you don't deal with stress in your life in healthy ways, it can lead to bigger problems. Do you know how to recognize stress? And do you know what to do about it? How you deal with stress can make all the difference to your health and happiness. Take the month-long Health Challenge and learn to Chill Out and reduce stress to protect your health.

What stresses you out?
<http://tinyurl.com/kdt6r2e>

Check Your Stress Meter

How well do you manage stress in your life? Take this quiz to find out.



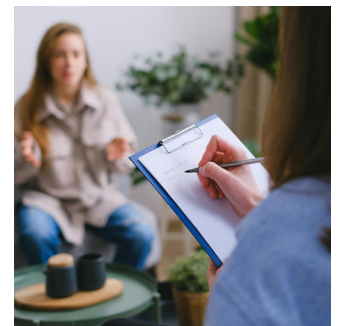
Y N

1. It's difficult for me to stay calm when I'm frustrated.
2. I feel angry, distracted, or moody often.
3. I worry a lot about work, money, health, or my relationships.
4. I often feel overwhelmed, lonely, or depressed.
5. I often have headaches, nausea, dizziness, bowel discomfort, or rapid heartbeat.

If you answered **YES** to any of these questions, stress may be a problem. Too much stress can impact your mood and behavior. It can even impair memory and judgment. Stress can even lead to serious health problems. The good news...you can learn to manage stress in healthy ways.

The Downward Spiral of Chronic Stress

When you visit the doctor for aches and pains, the common cold, or other health issues, stress may actually be the real issue. Research suggests that stress impacts nearly every system in the body.¹



When something major happens, hormones (adrenaline and cortisol) flood your circulatory system to help you take action. But when you're always stressed out, it's a downward spiral that can lead to:²

- Addictive behaviors
- Anger
- Anxiety
- Certain types of cancer
- Depression
- Difficulty concentrating
- Digestive problems
- Eating disorders
- Fatigue
- Headaches
- Heart disease
- High blood pressure
- Sleep disorders, and more



12 Chill-Out Strategies to Manage Stress

When you start feeling stressed out, pay attention. A little stress now and then is normal. But if you're always stressed out, that needs to change. Here are some things you can do to chill out, stress less, and feel better...

1. Take a breather

Take 10 breaths of fresh outdoor air.

- Why? Deep breathing has a calming effect that can reduce stressful feelings such as anger, anxiety, and fear.
- Deep breathing can help lower blood pressure, increase energy, and help you sleep better.³

2. Move more, sit less

Just 20 to 30 minutes of daily walking, yoga, or another form of exercise can improve your mood and health.

- Exercise burns stress hormones. It also stimulates the mind to help you relax and think better to solve problems.⁴

3. Do something you really enjoy

Try reading, painting, cooking, or photography. Or maybe you like fishing, playing music, exercise, or getting a massage.

This can take your mind off the stressful things in your life and help you see your situation in a different way.

4. Listen and speak up

Listen to what others say. Then give clear, assertive statements about what you need to accomplish your work or improve your relationship. Be realistic and willing to compromise to solve a problem.

5. Get your Zzzs

Aim to sleep 7 to 8 hours a night. If that's

Coping with stress
<https://tinyurl.com/5n8ae33h>

a challenge, take a nap during the day.

- Sleep helps lower stress and restores the body to a relaxed state.⁵

6. Live within a budget

Overspending, debt, and worrying about money are common sources of stress.

- **TIP:** Create a budget, and live within your means. Or ask a financial advisor for help.

7. Talk it out with a friend, supervisor, or professional.

- Sharing your concerns often brings relief, support, and courage to carry on.
- It can also help you cope better with anxiety, stress, depression, illness, and other crises.⁶

8. Eat healthy foods instead of bingeing on comfort foods.

- You'll cope with stress better by getting the vitamins and nutrients you need.
- Eat more fruits, vegetables, nuts, legumes, and whole grains. And drink plenty of water.

9. Delegate or say "no"

You can't do everything all at once at work or at home.

- Learn to say "no" if you need to. Delegate responsibilities.
- Ask for help. Set priorities and be realistic about what you can handle.

10. Laugh it off

Laugh more. Watch a funny movie. Read a joke book. Or look up funny videos on YouTube.

Stress vs. anxiety
<https://tinyurl.com/zzwnhkr>

- Research shows that laughing reduces stress and releases endorphins that can improve your mood and your health.

11. Chill out

You'll feel better if you don't let things like traffic jams or crying babies bother you.

- If you get upset easily, practice correcting yourself when something sets you off.
- If you feel the urge to shout at a careless driver, stop yourself. Replace that thought with something like, "He must be late for an important meeting," or "She must be having a bad day."

12. Ask an expert

A professional counselor can help you deal with financial worries or personal problems. Or you can work with a dietician, fitness coach, spiritual advisor, or life coach. Getting help is a healthy way to reduce stress.

The next time you're feeling stressed out...

Resist the urge to honk your horn, send an angry email, or eat to calm your nerves.

Instead, take a step back. Recognize you're feeling stress. Then use one of these coping strategies to help you reduce stress, feel better, and improve your health.

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Chill Out

CHALLENGE

Manage stress in healthy ways

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Record the number of days you manage stress in healthy ways.
3. Use the calendar to record the actions and choices you make to manage stress in healthy ways.
4. Review your progress at the end of each day, 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 managed stress in healthy ways
 _____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

Name _____ Date _____

Q. Does being just a little overweight really matter?

A. Probably more than you realize. And it has nothing to do with how you look in a swimsuit or feel in that suit or dress.

Being a little overweight puts your health at risk. Excess weight is a risk factor for a long list of health problems and conditions such as:¹

- High blood pressure
- High blood sugar levels
- Fatty liver disease
- Certain types of cancer
- High cholesterol levels
- High blood fat levels
- Heart disease
- Stroke
- Diabetes

Do you need to lose weight?

Think you might need to lose a few pounds? You're not alone. About 73.6 percent of all adults in the United States are overweight or obese.² And if you do need to lose a few pounds, chances are pretty good you already know you should.

2 simple ways to check your weight

There are two simple ways to find out if you might benefit from losing a few pounds:

1. Calculate Body Mass Index (BMI)³

- Use this simple tool to calculate your BMI: <https://tinyurl.com/zlcvdvtf>



- You'll need to know your height and weight.
- If your BMI is 25 or higher, you may be overweight or obese.
- Keep in mind BMI doesn't always tell the whole story, like the difference between fat and muscle, bone density, and fat distribution.

2. Measure waist size

- Here's another way to determine if you may be overweight or obese. Grab a tape measure.
- Measure around your middle, using your belly button as a guide.
- If your waist size is 40 inches or more (men), or 35 inches or more (women), you may need to lose a few pounds.⁴

Just a couple pounds can make a difference

If you do need to lose weight, start with simple changes to your diet and lifestyle.

- Eat more whole foods: fruits, vegetables, whole grains, nuts & seeds and legumes.
- Exercise at least 30 minutes a day.
- Drink plenty of water.
- Aim to get 7 to 8 hours of sleep a night.

ASK THE *Wellness* DOCTOR

In a recent study, people who lost 5 to 10 percent of their body weight, cut their risk for health problems by 22 percent. And people who lost 20 percent body weight or more cut their risk by 53 percent.⁵

If you're overweight or obese, even a little weight loss can make a big difference to help you feel better, be healthier and live longer.

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