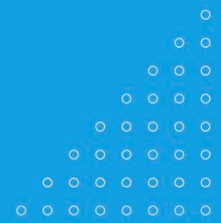




WELLNESS NEWSLETTER

November 2024



HIGHLIGHTS for the [November 2024 Newsletter](#)

Can You Reverse Type 2 Diabetes? The Answer May Surprise You

Think Type 2 diabetes is a lifelong diagnosis? New research shows that lifestyle changes could actually help reverse it. Discover five habits that may make a difference.

Boost Brain Health: Use To-Do Lists to Protect Memory

Feel like you're forgetting things more often? Simple tools like to-do lists and reminders can help keep your brain sharp. Check out how a few small changes can protect your memory.

How to Transform Your Health in Just 15 Minutes

Got 15 minutes? That's all you need to start improving your health with easy, quick activities. See how the "15-Minute Challenge" can fit into even the busiest day.

Y-Axis: Before You Pour That Second Cup...

Love your coffee but want to keep your heart healthy? Find out how limiting your caffeine could protect your heart.

Recipe: Baked Sweet Potato Wedges

These tasty wedges are loaded with fiber and vitamins—a perfect, healthy side for any fall meal. Try this easy recipe tonight!

Take the November Health Challenge

Munch More Leafy Greens: Add more leafy greens to your diet

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: What's the right way to wash your hands?



THE Y AXIS



Before You Pour That Second Cup...

Love your coffee?



Maybe it's your morning pick-me-up or anti-drag afternoon drink of choice.

Go ahead and gulp down a cup of coffee. But before you pour a second cup, stop right there.

Why? Research shows that drinking more than two cups a day can raise your blood pressure.⁴

Caffeine spikes your heart rate, which can increase heart disease risk.

But don't worry—you don't need to give up your morning brew entirely.

Just limit yourself to one or two cups and switch to water or herbal tea afterward.

COMMENTS?

Send comments to the editor:

evan@thehealthycopywriter.com

Can You Reverse Type 2 Diabetes? The Answer May Surprise You

5 lifestyle habits to reverse diabetes

You go in for a routine check-up. Your doctor looks at your blood test results, and says: "You have type 2 diabetes."

Suddenly, you're imagining endless blood sugar checks, a lifetime of medications, and bland, restrictive diets. And you've heard about complications linked to diabetes like:

- Heart disease
- Kidney damage
- Nerve damage
- Vision loss
- Amputations
- Early death

Sounds pretty bad, right? Here's the thing, new research shows diabetes is reversible.¹

- In one recent study, people with Type 2 diabetes followed a low-calorie diet and exercised regularly for a year.
- The results: On average, people lost about 26 pounds, and 61 percent reversed Type 2 diabetes.

5 lifestyle habits to reverse Type 2 diabetes

If you want to prevent, manage or reverse Type 2 diabetes, medication can help. So can these healthy lifestyle habits:

- 1. Lose weight.** Shedding 5-10% of body weight can improve insulin sensitivity. Aim for gradual weight loss by reducing daily calories and adding exercise, like a brisk 30-minute walk.
- 2. Make healthy food choices.** Try a low-carb or Mediterranean diet. Focus on whole grains, veggies, and healthy fats like olive oil or nuts.
- 3. Be more active.** Aim for at least 150 minutes of activity weekly. Start with 10-15 minutes a day and build up.
- 4. Get your Zzzs.** Consistent, quality sleep (7-9 hours) can reduce insulin resistance. Set a bedtime routine to help regulate sleep patterns.
- 5. Manage stress in healthy ways.** Try deep breathing or mindfulness to lower cortisol, a stress hormone that raises blood sugar.

Want to prevent, manage or reverse Type 2 diabetes? *Now* is always the best time to start.

MORE

How to reverse Type 2 diabetes
<https://tinyurl.com/4xv9fpjv>

Boost Brain Health: Use To-Do Lists to Protect Memory

Simple reminders can help prevent age-related memory loss

Let's be real—everyone forgets things now and then, especially as you get older. But there's good news: Using to-do lists and reminders can actually protect your memory.

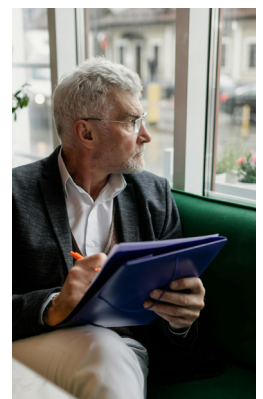
A recent study found that setting reminders—like adding tasks to your phone or jotting down a to-do list—helped older adults remember things just as well as younger adults.²

The study showed that when people used reminders, age-related memory loss was dramatically reduced. In simple terms, having a "cheat sheet" helps your brain stay on track.

Want to protect your memory?

Here are a few easy ways to use to-do lists:

- 1. Make a daily list:** Each morning, write down your tasks for the day. Keep it simple: 5-6 key tasks are enough.
- 2. Use your phone:** Set reminders on your phone for important appointments or errands. This is a great way to stay organized and remember things when you're busy.





Baked Sweet Potato Wedges

Sweet potatoes aren't just delicious, they're packed with nutrients. Fiber, vitamin A, and potassium in sweet potatoes support digestion, boost immune health, and even promote heart health. They also have a natural sweetness that's perfect for roasting, making them a great alternative to regular fries. Give this easy-to-make recipe a try:⁵

Ingredients

- 3 medium sweet potatoes, scrubbed and cut into wedges
- 2 T olive oil
- 1 tsp garlic powder
- 1 tsp paprika
- 1/2 tsp salt
- 1/4 tsp black pepper

Directions

- Preheat oven to 400°F.
- Toss the sweet potato wedges in olive oil, garlic powder, paprika, salt, and pepper.
- Spread wedges in a single layer on a lined baking sheet.
- Bake for 25-30 minutes, flipping halfway through, until golden and crisp.onto a baking sheet.

Serves 6. 130 calories per serving.

How to Transform Your Health in Just 15 Minutes

No time to exercise? Take the 15-Minute Challenge

Struggling to find time for your health? You're not alone.

That's why researchers created the "15-Minute Challenge," a workplace wellness program that helps people improve their health in short, easy chunks of time.

And the best part? You only need 15 minutes to get started.

Researchers found that people who made small, 15-minute changes—like a quick walk, stretching break, or meditation session—saw significant health benefits over time.³

These short activities helped reduce stress, improve energy, and even boost mood. So, if you feel too busy for wellness, think again—15 minutes is all you need!

Here's how to make it work:

- **Move your body.** Take a 15-minute walk during lunch or do some stretching at your desk. Even a quick dance break counts!

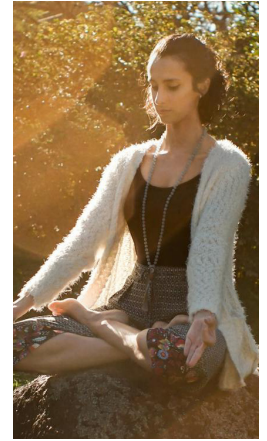
- **Try meditation:**

Set a timer for 15 minutes to sit quietly, focus on your breathing, or use a guided meditation app.

- **Eat mindfully:**

Take 15 minutes to savor your meal without distractions. Focus on each bite and how it makes you feel.

- **Stand & stretch:** Set a reminder to stand and stretch for 15 minutes a few times during your workday.



Remember, small changes can lead to big results. Why not start today? You've got 15 minutes, right?

MORE

Tips to quit vaping & smoking <https://tinyurl.com/au6zpvhe>

Boost Brain Health: Use To-Do Lists to Protect Memory (continued from page 1)

- Stick it up:** Put sticky notes in places you look often, like the fridge or your computer screen. Use them to remind yourself of things you need to do.

- Cross things off:** Checking off completed tasks gives your brain a boost and keeps you motivated.

Using reminders isn't just about getting things done—it's about keeping your brain active and sharp.

Here's an easy way to get started: Keep a notepad handy or set up reminders on your phone.

MORE

7 tips to improve memory <https://tinyurl.com/yhnpz4w6>

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Take the November Health Challenge!

Munch More Leafy Greens: Add more leafy greens to your diet

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: What's the right way to wash your hands?





Munch More Leafy Greens

CHALLENGE

Add more leafy greens to your diet

Requirements to complete this HEALTH CHALLENGE™

1. Read “Munch More Leafy Greens.”
2. Create a plan to eat more leafy greens (spinach, kale, broccoli, lettuce, etc.)
3. Keep a record of your completed health challenge in case your organization requires documentation.



When Jennifer Garner filmed her latest hit series, *The Last Thing He Told Me*, she had to be ready for intense scenes and dramatic plot twists.

Ever wonder how she keeps her energy high with kids, acting, travel and everything else?

Two words: Leafy greens. Whether she’s blending spinach into her morning smoothie or tossing kale into a hearty salad, she swears by leafy greens to keep her looking and feeling her best.

“It’s all about staying strong, fueled, and ready for the next take,” says Jennifer.

But you don’t have to be a Hollywood star to enjoy the benefits of greens. Leafy greens like spinach, kale, and arugula are packed with nutrients that boost energy, improve digestion, support heart health, and help prevent chronic disease.¹

And the best part? You can easily add them to smoothies, stir-fries, or even a sandwich.

Each day, add a serving of greens to your meals. Whether it’s a big salad, a handful of spinach in your omelet, or some lettuce in your wrap, every leaf counts.

Ready to go green? Take the 30-day Munch More Leafy Greens Challenge.

Try this green smoothie recipe <https://tinyurl.com/t7kfa2b>

The Great Green Quiz

How much do you know about the health benefits of leafy-greens? Take this quiz to find out.



- T F**
1. Leafy greens are a rich source of vitamin K the body uses for blood clotting and strong bones.
 2. You should eat 1 cup of vegetables daily, including leafy greens.
 3. Eating leafy greens with healthy fats helps the body absorb more nutrients.
 4. Antioxidants in leafy-green vegetables help prevent disease and certain types of cancer.
 5. A serving of kale contains more calcium than a serving of milk and more vitamin C than an orange.

How did you do? Eating 2 to 3 cups of vegetables per day, including leafy greens, will help lower your risk for chronic disease.² Leafy-green vegetables include foods like spinach, kale, broccoli, lettuce, and others.

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

13 Surprising Reasons to Eat More Leafy Greens

It would be pretty cool if you could chat with Jennifer Garner over a heaping plate of salad, and suddenly feel strong and full of energy.



Going green won’t give you an instant energy boost. However, making leafy greens a regular part of your diet will improve your long-term health in many ways. And you’ll feel better over time.

Research shows that eating leafy greens can help:³

1. **Reduce** the risk for a heart attack or stroke
2. **Lower** the risk for type 2 diabetes
3. **Control** blood pressure
4. **Improve** bone health
5. **Lower** cholesterol
6. **Protect** vision
7. **Increase** energy
8. **Prevent** certain types of cancer
9. **Improve** bowel health
10. **Control** hunger and aid in weight management
11. **Support** healthy skin and hair
12. **Prevent** age-related memory loss
13. **Strengthen** the immune system



10 Fun Ways to Munch More Leafy Greens

Want to add more leafy greens to your diet? No, you don't need to eat mountains of salad or spinach leaves by the handful. Here are some easy ways to munch more leafy greens to improve your health:

- 1. Bake kale.** Lay some kale leaves on a cookie sheet. Lightly spray them with olive oil and bake in the oven to make your own kale chips.
- 2. Green omelet.** Add steamed broccoli and/or spinach to an eggwhite or egg-substitute omelet. Make a sandwich.
- 3. Make a sandwich** with wholegrain bread and your favorite fillings. Add leafy greens like spinach or romaine lettuce.
- 4. Salad please.** Make your own salad or order one from the menu. Start with romaine lettuce, spinach, and arugula. Add tomatoes, cucumbers, carrots, nuts and seeds, or tofu and turn your salad into a meal.
- 5. Smoothie secrets.** Make a green smoothie in a blender with frozen fruit, water or soymilk, and leafy greens. Popular greens for smoothies are spinach, kale, romaine lettuce, bok choy, Swiss chard, or collard greens.
- 6. Soup of the day.** Add greens with larger, tougher leaves such as collard greens, kale, or mustard greens to your favorite soup.
- 7. Steam it.** Try steaming collard greens, mustard greens, kale, or spinach. It only takes a few minutes to make these leafy greens tender and soft. Serve with a sprinkle of lemon juice for added flavor.
- 8. Snack attack.** When you get the craving for a snack, munch on broccoli and spinach dip.
- 9. That's a wrap.** Make a wrap with sautéed vegetables, brown rice, and black beans. Add some leafy greens, and wrap it up in a whole-grain tortilla.

- 10. Try stir-fry.** Stir-fry chopped spinach, bok choy, or broccoli with chicken or tofu. Add peas, carrots, and other vegetables. Cook with olive or canola oil and flavor with garlic, onion, or ginger.

Make the effort to eat more leafy green vegetables. You'll improve your health, feel better, and live longer.

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18 leafy greens to add to your diet
<https://tinyurl.com/yx5cdotg>

Health benefits of leafy greens
<https://tinyurl.com/r9mkogo>



Munch More Leafy Greens

CHALLENGE

Add more leafy greens to your diet

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 eat leafy greens.
3. Use the calendar to record the actions and choices you make to eat more leafy greens.
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	
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_____ Number of days this month I ate leafy greens
 _____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

Name _____ Date _____

Q. What's the Right Way to Wash Your Hands?

A. Know what you should do if you want to avoid the common cold, COVID, flu virus, or germs that can make you sick? Wash your hands.

Makes sense, right? It takes less than a minute to wash your hands. It's a lot less expensive than going to the doctor or hospital to get treated for a virus or the flu. And it's easy.

Maybe you give your hands a quick rinse. But you likely need to do better at washing your hands...a lot better.

A recent study found that only about five percent of people wash their hands long enough with the right technique to make a clean getaway.¹

And that's kind of gross. If you don't wash your hands properly, you're basically making a statement that you don't mind:

- Diarrhea
- Respiratory infections
- Skin irritations
- Eye infections
- A weakened immune system
- Digestive problems
- Vomiting

It's just too easy to transfer germs that can make you sick from dirty hands to your eyes, mouth, or nose. But it doesn't have to be that way. Just 20 seconds of proper hand-washing can remove up to 92 percent of germs that can make you sick.²



Here's how it's done in five simple steps:³

- 1. Wet your hands with clean water**—warm or cold.
- 2. Lather up with soap**—antibacterial or regular. Rub your hands together to cover your palms, between your fingers, under your nails, and the backs of your hands with soap.
- 3. Scrub your hands for at least 20 seconds.** That's about how long it takes to sing the "Happy Birthday" song twice.
- 4. Rinse your hands off** with clean water.
- 5. Dry your hands** with a clean towel, paper towels, dryer, or just let them air dry.
- 6. If you want to stay healthy,** make it a habit to wash your hands with soap and water for at least 20 seconds:
 - Before, during, and after preparing food
 - Before and after taking care of someone who is sick
 - Before and after treating a cut or wound
 - After blowing your nose, coughing, or sneezing into your hand

ASK THE Wellness DOCTOR

- After shaking hands with others or touching surfaces like hand rails, door knobs, vending or ATM machine buttons, and gas pump handles
- After using the restroom
- After changing diapers
- After touching an animal, animal feed, or waste
- After touching garbage

There's at least one more time you should wash your hands. Any time your hands feel dirty, especially during cold and flu season. Take 20 seconds to protect your health, and wash your hands.

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

