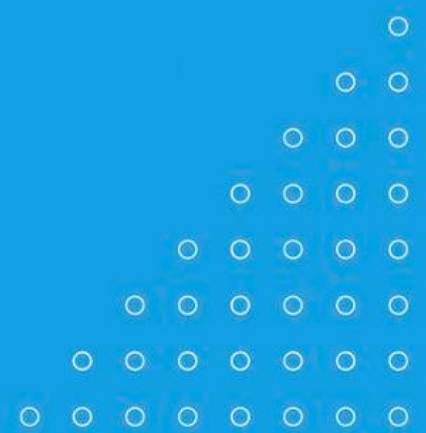


WELLNESS NEWSLETTER

January 2024



HIGHLIGHTS for the [January 2024 Newsletter](#)

Level Up Your Life: 5 Popular Ways to Be Healthier in 2024

Ready to be more active, improve your health and feel better this year? Check out these 5 popular fitness trends in 2024 from the American College of Sports Medicine to get started.

6 Cool-Dude Tips to Lower Cholesterol

You know that cool dude from the TV show Happy Days? Henry Winkler is an actor, director and producer. When he learned he had high cholesterol, he decided to make major lifestyle changes to get healthy. And you can too. Here's how...

The Flexibility Formula: 5 'Smart' Tips to Protect Your Joints

Want to keep your joints healthy as you age, reduce pain, and improve flexibility so you can stay active? Check out these smart tip to protect your joints.

Y-Axis: It's Time for a Dance-Off

Looking for a fun way to burn calories and strengthen your heart, lungs and muscles at the same time? Here's a quick lesson from Dancing with the Stars...

Recipe: Veggie Bean Wrap

This Veggie-Bean Wrap only takes a few minutes to prepare, and contains half the calories, fat and sodium of a typical fast-food burrito. Add salsa or hot peppers for a little extra zing!

Take the January Health Challenge!

Build Healthy Habits: Take action to make positive changes

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: What can I do to manage my weight?



THE Y AXIS



It's Time for a Dance-Off

On *Dancing with the Stars*, celebrities and semi-famous people are paired with professional dancers. Every week they learn a new dance routine. Then they compete to outperform other teams.



Make your move to be smarter and healthier. Watch the show, and you might get the urge to get up and dance. And you should.

A recent study found that dancing is good for your brain and your body.⁴ In fact, learning a new dance routine can help prevent age-related memory loss, make you smarter, and improve your health. So what are you waiting for? Let's dance!

COMMENTS?

Send comments to the editor:

evan@thehealthycopywriter.com

Level Up Your Life: 5 Popular Ways to Be Healthier in 2024

Develop habits for health and happiness

Looking for some ideas to help you move more, sit less, and be healthier this year? "Now" is always the best time to start.

Check out these five trending ways to be healthier in 2024, according to the American College of Sports Medicine:¹

- 1. Use wearable tech.** Use a smart watch, fitness tracker or mobile app to get healthy. Track steps, heart rate, calories, workouts, and sleep time. And set goals to keep improving.
- 2. Participate in employee wellness programs.** More employers are offering worksite wellness programs to promote health, prevent disease and control healthcare costs. You can also earn incentives like discounts on health insurance and gym memberships when you participate.
- 3. Exercise for weight loss.** Did you know 74% of adults are overweight or obese? That means

most adults could benefit from losing a few pounds. Regular exercise is a good place to start to strengthen your heart, lungs, and muscles, and burn fat.

4. Workout with a mobile app. Not sure how to exercise at home or in the gym? There's an app for that. Actually, there's a lot of apps available to help you exercise, set fitness goals, and track your progress. Just click, swipe, tap, and go!

5. Exercise to improve your mood. Most people think of exercise to improve physical health. But exercise can also boost your mood and support your emotional, psychological and social well-being. Make exercise part of your daily routine.

Level up your life in 2024 by developing habits for health and happiness.

MORE

5 healthy habits to live longer
<http://tinyurl.com/cm7xn5t>

6 Cool-Dude Tips to Lower Cholesterol

Adopt healthy lifestyle habits to lower cholesterol

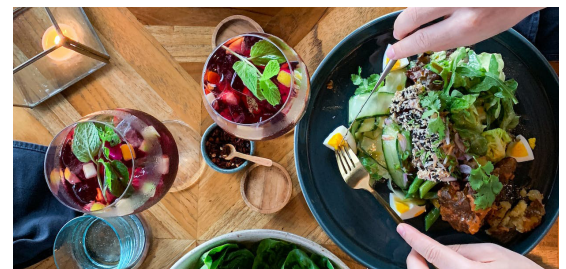
Remember "Fonzie?" He's the cool dude on the TV show *Happy Days* who wore a leather jacket and rode a motorcycle. And he's still around. Actor Henry Winkler just released the book *Being Henry: The Fonz...and Beyond*.

Luckily, he isn't too cool to pay attention to his health. A few years ago, his cholesterol was 277. That's high. The healthy range for total cholesterol is less than 200.

Healthy lifestyle habits can lower cholesterol

About 2 out of 5 adults in the U.S. have high cholesterol just like Winkler.² It's a major risk factor for heart disease and stroke. But it doesn't have to be.

- Winkler followed his doctor's advice.
- He changed his diet & cut back on pizza.
- He started walking at least three times a week.
- It took some time, but he was able to lower his cholesterol level to 137.



"If I can do it, anyone can," says Winkler. "It's not a question of radically changing what you eat or how you live. It's all about moderation."

So what's the Fonzie-style approach to lowering cholesterol?

Follow these six tips.

- 1. Lose weight.** Regular exercise and a healthy diet can help you reach your goal.
- 2. Eat heart-healthy foods** like whole grains, fruits and vegetables, fish, nuts, and seeds.
- 3. Get more exercise.** Aim for at least 30 minutes a day.



Veggie Bean Wrap

This Veggie-Bean Wrap only takes a few minutes to prepare, and contains half the calories, fat and sodium of a typical fast-food burrito. Add salsa or hot peppers for a little extra zing!⁵

Ingredients

- 2 bell peppers, chopped
- 1 onion, sliced
- 1 15 oz. can low-sodium black beans, drained, rinsed
- 2 mangos, chopped (or use tomatoes, peaches, etc.)
- 1 lime, juice only
- 1/2 C cilantro, chopped
- 1 avocado, diced
- 4 8-inch tortillas

Directions

1. In a nonstick pan, sauté bell peppers and onion for five minutes over medium heat.
2. Add beans and stir well. Reduce heat to low and simmer about five minutes.
3. In a small bowl, combine mangos, lime juice, cilantro, and avocado.
4. Fill warmed tortillas with equal parts bean mixture and mango mixture.
5. Fold ends of tortillas over and roll up to make wraps.

Serves 4. 458 calories per serving.

The Flexibility Formula: 5 ‘Smart’ Tips to Protect Your Joints

Yoga & stretching help reduce joint pain & improve flexibility

Meet Mr. Peabody. He’s smart and well-mannered. He’s a multi-talented genius, inventor, and academic. He’s that self-trained cartoon dog that lives high above New York City in a swanky penthouse suite. And he’s still pretty flexible.

When the movie *Mr. Peabody & Sherman* begins, he’s standing on his head, paws crossed and folded. “Oh sorry, caught me doing my yoga,” he says. “You were expecting a downward dog, perhaps?”

You might not be able to teach an old dog new tricks. But there is something Mr. Peabody can teach you. Being flexible is good for your health and joints, especially as you age.³

So how do you get more flexible? No, you don’t need to twist yourself into hard yoga poses. Instead, do basic yoga poses and stretching. Here’s how:

- **Warm up.** Take a walk. Play a little basketball. Use the treadmill.



- **Start with light stretching.** Once you’re warmed up, take a few minutes to stretch your legs, hips, back, shoulders, and arms.
- **Hold each stretch** for 10 to 30 seconds, and then release. Breathe deeply as you slowly ease into each stretch. Stop if it hurts, and don’t bounce.

Over time, your flexibility and strength will increase. And that’s good for running, jumping, digging, and playing, even if you’re not a dog.

MORE

6 moves to improve flexibility
<http://tinyurl.com/4mtt434am/vzy5x5d>

6 Cool-Dude Tips to Lower Cholesterol (continued from page 1)

4. **If you smoke,** quit.
5. **Avoid or limit alcohol.** No more than 2 drinks per day for men, 1 for women, zero if pregnant.
6. **Follow your doctor’s advice.** Medication can help, too.

Make the effort to control your cholesterol so that the next time you get your cholesterol checked your doctor just might give you two thumbs-up like Fonzie.

MORE

How to lower cholesterol
<http://tinyurl.com/nj87zdd>

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Take the January Health Challenge!

Build Healthy Habits: Take action to make positive changes

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
What can I do to manage my weight?

Build Healthy Habits



CHALLENGE

Take action to make positive changes

Requirements to complete this HEALTH CHALLENGE™

1. Read “Build Healthy Habits.”
2. Create a plan to develop a healthy habit with repetition, cues, and rewards.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When Pennsylvania resident Emily Kilar was hungry, fried food and soda was her go-to meal. Poor food choices and lack of exercise became a way of life for her. And so did an extra 85 pounds.

Then she realized those bad habits were taking a toll on her health, happiness, and quality of life. And she knew something had to change.

But instead of a crash diet, weight-loss pills, or surgery, she decided to adopt new habits. Thinking about making a change?

Emily’s new habits included: Eating more fruits and vegetables, taking daily walks, drinking more water, and doing these things consistently.

And you know what? She lost all those extra pounds one healthy habit at a time. Now she’s a nutrition counselor who helps others make smart diet and lifestyle choices.

Ever wonder what it takes to develop a healthy habit? Is there something you want to change to improve your health, be more productive, feel better, or live longer? Take the month-long health challenge and learn to Build Healthy Habits.

Quiz: Habit-Change Challenge

How much do you know about healthy habits? Take the quiz to find out:



T F

1. It only takes 21 days to develop a healthy habit. faster from illness or injury.
2. Most adults know fruits and vegetables are healthy, but only 12 percent eat enough of them.
3. About 40 percent of your daily activities and choices are based on habits.
4. Three of the steps to developing a healthy habit include: repetition, cues, and rewards.
5. If you want to adopt a new habit, persistence will help you achieve your goal.

How did you do? It typically takes longer than 21 days for most people to develop a new healthy habit. Research shows it takes an average of 66 days or longer.¹ Healthy habits can improve your health, boost your mood, increase productivity, and help you live longer. It’s worth the effort.

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

Happy & Healthy: Top 5 Habits to Live Longer

Want to be healthier, feel better and live longer? A Harvard University study looked at the habits of about 123,000 people over 30 years.²

Researchers found five specific habits that cut the risk of death from heart disease by 82 percent. The same habits cut the risk of death from cancer by 65 percent, and helped people live longer by 12 to 14 years.

Ready to be healthier this year? The top 5 healthy lifestyle habits to help you live longer include:

1. Eat a healthy diet
2. Exercise regularly
3. Maintain a healthy body weight, or lose weight if you need to
4. Avoid or limit alcohol
5. Don’t smoke, or quit if you do

How to make lasting lifestyle changes
<https://tinyurl.com/yb9we53n>



Positive-Change Power: 5 Basics to Build Healthy Habits

Ready to create some healthy habits? Trying to change everything at once usually doesn't work. You know...

- **You eat healthy** for few days or a few weeks.³
- **You make time for exercise** every day (e.g. walk, bike, run, gym)⁴
- **And then something happens** (work, family matters, vacation, health issues). Without a long-term plan, everything falls apart. That ever happen?

Once you identify the healthy habits you want to create, you need a plan to help you be consistent and keep moving forward, even when life happens.

That's how Emily Kilar lost 85 pounds, changed her exercise habits, and improved her diet.

Ready to get started? Here are the 5 basics to building healthy habits:

1. Take a closer look

Start by looking at the source of bad habits:

- Do you overeat when you're stressed out?
- Do you skimp on sleep, hit the snooze button, and skip workouts?

Find out what triggers a bad habit. That's good info to help you make better choices before your diet or exercise habits go off the rails.

2. Disrupt bad habits

Once you know the cues for bad habits, create a distraction.

- Steer clear of the snack machine, buffet, and drive-thru when you're stressed out.
- Put the alarm clock on the other side of the room.

Create a disruption that gives you a little time to stop, think, and choose your next move.

5 best apps
to build healthy
habits
<https://tinyurl.com/ya4gyrlz>

3. Try habit stacking

Ever try to stop a bad habit, like eating ice cream late at night? All you can think about is eating ice cream. Try habit stacking.⁵ Add a positive habit to the evening routine you already have in place (sans the ice cream).

Go for a walk, do some yoga, read a book. Research shows this works better than just trying to stop bad habits.

4. Create patterns & reminders to be consistent

Your bad habits didn't just appear one day. You probably spent a lot of time working on them. If you want to adopt new habits, rinse and repeat. For example:

- Go to bed at the same time every night.
- Follow a healthy eating plan like the Mediterranean Diet daily.
- Always take the stairs.
- Exercise at the same time every day

How to break
bad habits
<https://tinyurl.com/y7v4zy pb>

Repetition helps train your brain to make the healthy choice on autopilot.

Need a reminder? Set an alarm on your phone. Research also shows using a mobile app or fitness tracking device can help you make positive changes.⁶

5. Be accountable

If you're struggling to develop a healthy habit, get help from someone else.

- Share your goals with a friend, health coach, or health professional.
- When you know you're accountable, you're more likely to make the right choice and be consistent.
- If you do start to slip, your accountability partner can help you get back on track faster than trying to do it on your own.

'Now' is always the best time to start

If you want to shed bad habits and develop healthy habits, *now* is always the best time to start. Start with one healthy choice, and keep going. You can do this!



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Build Healthy Habits



CHALLENGE

Take action to make positive changes

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 develop a healthy habit with repetition, cues, and rewards. Practice daily or as often as possible.
3. Use the calendar to record your actions and choices to connect with others.
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	
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_____ Number of days this month I practiced building healthy habits

_____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

Name _____ Date _____

Q.

What can I do to manage my weight?

A.

It's that time of year when "lose weight" tops the list of New Year's resolutions.

But if you want to lose weight or maintain a healthy weight, skip the fad diets and adopt these seven healthy habits...

1. Eat more fruits and veggies

They're lower in calories than processed foods and sugary snacks. They're also high in vitamins and nutrients your body needs for best health. But most people don't eat enough.¹

- Only 12 percent of adults eat enough fruit (1.5 to 2 cups per day).
- Only 10 percent of adults eat enough vegetables per day (2 to 3 cups per day).

2. Drink more water

How much water do you drink per day? If you don't know, there's a good chance you're not drinking enough.

Drinking water can help control calories, curb hunger, improve muscle function, and manage your weight. Aim for at least 64 ounces a day.

3. Eat fiber-rich foods

If you're looking for a simple way to lose weight, eat more fiber-rich foods. Most adults only eat 15 grams of fiber per day. But the



Academy of Nutrition and Dietetics recommends:²

- **Women.** 25 grams of fiber per day
- **Men.** 38 grams of fiber per day

Foods high in fiber include: Salads, soups, fresh fruits and vegetables, whole-grain bread, pasta and cereal

4. Chew your food

That's a nice way of saying, "Slow down at meal time." Take a bite. Put your fork down.

And chew slowly.

In one recent study, researchers found that people who ate slower at meal time, ate 25 percent less calories from snacking in between meals.³

5. Track your weight

Weigh yourself every day, or at least once a week, and keep track. Write it down in a journal, put it on your calendar, or record it with a mobile app.

Research shows tracking your weight can help you make better food choices to support weight management.⁴

ASK THE Wellness DOCTOR

6. Get your Zzzs

Aim for 7 to 8 hours a night. People who cut sleep short are more likely to gain weight.

Why? Lack of sleep alters levels of hormones (ghrelin and leptin) linked to hunger and cravings⁵ And if you stay up late, you'll have more time for snacking.

7. Be more active

Aim for at least 30 minutes of moderate exercise per day. Pick an activity you enjoy (walk, bike, swim, dance, hike, etc.) and make it part of your daily routine.

If something happens that throws your diet or exercise routine off track (work, family, stress, vacation, etc.), it's not that big of a deal. Just pick up where you left off, and keep going.

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