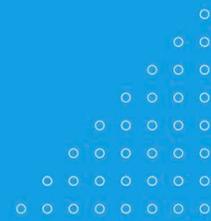


WELLNESS NEWSLETTER

March 2024



HIGHLIGHTS for the [March 2024 Newsletter](#)

Try the Treadmill to Walk, Jog or Run

Looking for an easy way to make exercise a regular part of your day? Try the treadmill. If you have one at home, the gym or at work, step right up and start moving. Here's how to get started...

Eat THIS to Heat Up Weight-Loss Efforts

Are you a pyro-gourmaniac? Maybe you should be. It's the culinary-coined term for people who like hot peppers. New research shows that eating hot peppers may help you lose weight. Here's what you need to know...

Lower Your Cancer Risk with 5 Healthy Habits

Did you know cancer claims the lives of an estimated 605,000 people a year? About 50% of men and 33% of women will develop cancer in their lifetime. Here's the thing...new research suggests 5 healthy habits may cut your cancer risk by 33%.

Y-Axis: Going Viral

Got a cold? You might think going to the doctor for antibiotics is a no-brainer. But if it's a viral infection, it might be a waste of time and money, according to the Centers for Disease Control and Prevention. Here's what you need to know...

Recipe: Raspberry Bran Muffins

Forget about going to the bakery for breakfast. These muffins are healthy, tasty, and packed with whole grains. And you can make them yourself at home.

Take the March Health Challenge!

Make Healthy-Food Swaps: Make healthier meals and snacks

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: How can I better control food cravings?



THE Y AXIS



Going Viral

You've got a cold, complete with coughing, sneezing, and a runny nose. Now what?



Option 1

Suffer through it with plenty of rest, fluids, and your favorite TV reruns.

Option 2

Visit the doctor. It's not a bad idea, but getting a prescription may not be the answer.

If your cold is caused by a viral infection, antibiotics won't help.

In fact, about 50 million unnecessary prescriptions for antibiotics to treat the common cold are filled every year, according to the Centers for Disease Control and Prevention.⁵

If it's the common cold, call in sick and go back to bed.

COMMENTS?

Send comments to the editor:

evan@thehealthycopywriter.com

Try the Treadmill to Walk, Jog or Run

One mom ran 68 treadmill miles in 12 hours

Susie Chan took up running a few years ago to stay in shape. As a busy mom, it wasn't always easy to make time to exercise.

But she stuck with it, even after stumbling across the finish line of her first race. Then she ran a half marathon with her brother, and kept going.

Later, Chan set a new world record for running 68.54 miles in 12 hours on a treadmill. But it was close. She beat the old record by just 1.75 miles. Her next race: a 50-mile trail run in southern England.

Go at your own pace to get healthy

You don't need to run a marathon, but regular exercise will keep you healthy and lower your risk for chronic diseases.

Looking for an easy way to be more active? Try the treadmill. It's easy to use.

- You can go at your own pace.
- And the weather is never an issue.

You may even find the treadmill's digital display of mile pace, distance covered, and calories burned a source of motivation.

If you haven't exercised for a while...

- Start with walking for five to 10 minutes.
- Then step by step, increase your speed, distance, and amount of time you exercise.
- Aim for 150 minutes of exercise a week (about 20-30 minutes a day)¹

Make the effort to walk, jog, or run on the treadmill. You'll strengthen your heart, lungs, and muscles, and burn a lot of calories, too.

MORE

Couch to 5K treadmill plan <http://tinyurl.com/5h6ja2nd>

Eat THIS to Heat Up Weight-Loss Efforts

Hot peppers may help control hunger, increase metabolism

Are you a pyro-gourmaniac? Maybe you should be. It's the culinary-coined term for people who like hot peppers. New research shows that eating hot peppers may help you lose weight.²

Ever wonder what makes hot peppers hot?

Capsaicin. It's the heat ingredient in hot peppers like:

- Jalapeño peppers (medium)
- Cayenne peppers (hot)
- Ghost peppers (extremely hot)
- Carolina Reaper (2x hotter than a ghost pepper)

Here's what happens when you eat hot peppers...

- Research shows that when the tongue detects capsaicin the brain responds by helping you feel fuller.



- Capsaicin is a thermogenic that can raise your body temperature and increase metabolism.
- Nutrients in hot peppers can also help lower cholesterol, reduce inflammation, and control blood sugar levels.

If you're not part of the Hot-Pepper Club, don't worry.



Raspberry Bran Muffins

Forget about going to the bakery for breakfast. These muffins are healthy, tasty, and packed with whole grains. Only about 80 calories per muffin.⁴

Ingredients

- 1 C whole-grain flour
- 1 C wheat bran
- 1 T baking powder
- 1/2 tsp salt
- 3/4 C soymilk
- 1/3 C honey
- 1/4 C canola oil
- 1-1/2 tsp egg substitute
- 1 C raspberries, fresh or frozen

Directions

1. Combine dry ingredients in a bowl.
2. In another bowl, combine soymilk, honey, oil, and egg substitute.
3. Whisk to dissolve egg substitute.
4. Combine liquid and dry ingredients and stir until just moistened.
5. Gently fold in washed raspberries.
6. Prepare a muffin tin with cooking spray. Fill cups nearly full with batter.
7. Bake at 350° F for 18 to 20 minutes.

Lower Your Cancer Risk with 5 Healthy Habits

Study: Five habits may cut cancer risk by up to 33%

“You have cancer.” Doctors deliver the news about 1.9 million times a year in the United States. It’s news no one wants to hear. Yet...

- 1 in 3 women will develop cancer in their lifetime
- 1 in 2 men will develop cancer in their lifetime.
- Cancer is a leading cause of death in the United States that claims the lives of about 605,000 people a year. But it doesn’t have to be this way.

5 habits to lower your cancer risk

One recent study found that five healthy habits may cut cancer risk by up to 33 percent.³

To reduce your risk for cancer...

- 1. Don’t smoke,** or quit if you do. Smoking cigarettes is the leading cause of lung cancer in the U.S. It also increases the risk for heart disease, diabetes, poor circulation, breathing problems, and other health issues.
- 2. Maintain a healthy weight.** If you’re overweight or obese, take action to improve your diet and exercise habits to achieve a healthy weight.



- 3. Exercise daily.** Aim for 30 to 60 minutes of moderate physical activity a day. If you’re pressed for time, try taking a couple of short walks throughout the day.
- 4. Eat a healthy diet.** Fill half your plate with fruits and vegetables at every meal. Eat more whole grains like steel-cut oats, whole-grain breads and cereals, and brown rice can help reduce cancer risk. And avoid or limit red meat.
- 5. Avoid or limit alcohol.** No more than two drinks per day for men. No more than one drink per day for women. Zero if pregnant.

Want to lower your risk for cancer? Adopt these five healthy habits. You’ll be healthier, feel better, and live longer.

MORE

The 10 commandments of cancer prevention
<http://tinyurl.com/>

Eat THIS to Heat Up Weight-Loss Efforts (continued from page 1)

- In a separate study, just half of a hot pepper added to a full glass of tomato juice was enough to make a difference.
- People ate 16 percent fewer calories during the day and reported a 12 percent increase in satiety.

If you want to control hunger, manage your weight, and improve your health, add a few more hot peppers to your diet.

MORE

Hot-pepper heat scale
<http://tinyurl.com/mryb3689>

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Take the March Health Challenge!

Make Healthy Food Swaps: Choose healthier ingredients & snacks

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
How can I better control food cravings?



Make Healthy-Food Swaps

CHALLENGE

Choose healthy meals & snacks

Requirements to complete this HEALTH CHALLENGE™

1. Read “Make Healthy-Food Swaps.”
2. Create a plan to eat healthy meals and snacks.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When Kansas resident Kelli Poles played college basketball, she felt unstoppable. She played hard. She trained with her team every day. She exercised in the gym. And her diet was always healthy.

But when an injury sent her to the sidelines, Kelli felt defeated. She quit training. She ate a lot of burgers, fries, soda, and other junk food.

Pretty soon, her diet was her toughest opponent. When she tipped the scale at more than 100 pounds overweight, Kelli decided it was time to make a change.

With a little help, she learned to make healthier food at home. She skipped the drive-thru for healthier choices like fruits, vegetables, whole grains, nuts and seeds, and legumes. And she lost 123 pounds in a year.

When you learn to eat better and choose the right foods, it can have a positive impact on your overall health. And it starts at home. Take the month-long health challenge to Eat Healthy at Home.

Your grocery-shopping game plan
<https://tinyurl.com/yxpkat9o>

Munch-Time Makeover Quiz

Test your knowledge about eating healthy at home.



- | | T | F | |
|----|--------------------------|--------------------------|---|
| 1. | <input type="checkbox"/> | <input type="checkbox"/> | To use less salt, you can season foods with more herbs and spices and still enjoy good flavor. |
| 2. | <input type="checkbox"/> | <input type="checkbox"/> | Applesauce works well in place of butter, margarine, oil, or shortening in recipes. |
| 3. | <input type="checkbox"/> | <input type="checkbox"/> | When a recipe calls for white flour, you can swap at least half of it for whole-grain flour to make the recipe healthier. |
| 4. | <input type="checkbox"/> | <input type="checkbox"/> | A banana, apple or orange contains the same amount of calories as a typical candy bar. |
| 5. | <input type="checkbox"/> | <input type="checkbox"/> | You can replace sour cream or whole milk in a recipe with low-fat plain yogurt, soymilk, or even pureed vegetables. |

How did you do? Lots of people eat at home, but frozen pizza, microwave meals, and junk foods aren't exactly healthy. You can choose healthy snacks and cook with healthier ingredients.

For example, mashed bananas, pureed dates, or sugar-free applesauce are good substitutes to sweeten food in place of sugar. And most fruit contains 100 calories or less per serving, compared to a typical candy bar with 250 calories.

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

Eat This, Not That to Live Longer

People who have healthy habits—like making smart food choices—live 12 to 14 years longer than those who don't.

Making healthy swaps is an easy place to start. Drink a glass of water instead of a soda. Eat your favorite fruit instead of a candy bar. And when you're cooking at home, keep this in mind...

- Recipes that call for things like butter or shortening, heavy cream, whole milk, cups of sugar, added salt, or white flour aren't all that healthy. Why?
- These things are higher in calories, fat, sodium, and sugar. And they can harm your health.

It's tough to eat healthy all the time if you get your meals from a package, fast food restaurant, or the nearest quickie mart. But it doesn't have to be that way. When you know what to do, you can eat healthy at home.



9 Tips to Eat Healthy at Home

Ready to eat healthier at home? You don't have to be a master chef or nutrition expert. But you should know a few things about healthy food choices and ingredients to improve your diet. Start here...

1. Eat more fruits & veggies

It's the easiest way to eat better and cook healthier food at home.

- **Vegetables.** Only 10 percent of adults eat enough vegetables, according to recent data from the Centers for Disease Control and Prevention.²
- **Fruit.** And fruit isn't much better. Just 12.3 percent of adults eat the daily recommended amount of fruit.

But fruits and veggies are easy to prepare. They can be eaten fresh, frozen, or steamed.

2. Choose the less milky way

Many recipes for breads, muffins, gravy, and desserts call for whole milk. But it's high in calories and fat. Skip the whole milk, and use fat-free or soy milk instead.

3. Skip heavy cream

Like whole milk, it's loaded with saturated fat and calories. There's a healthier option.

- Use evaporated skim milk or a blend of low-fat yogurt and low-fat cottage cheese.

Your soups, potato casserole, biscuits, white sauce, and desserts will be just as tasty!

4. Go fat-free

Put down the spoon and step away from the sour cream. There's a healthier swap for baked potatoes, taco dip, soups, pastries, and some salad dressings.

More healthy-snack ideas
<http://tinyurl.com/2td6absj>

- Use fat-free sour cream or fat-free yogurt.

If your recipe calls for cream cheese, fat-free or soy-based options are healthier.

5. Eat egg whites

You know, without the yolk. If you like eggs scrambled, sunny-side up, deviled, or added to a recipe, here's what you need to know:

- They're high in cholesterol and calories. But that's mainly from the yolk.

You can cook a healthier meal without it, or at least using fewer eggs. Most recipes turn out just fine using only the egg whites.

TIP: Substitute 1/4 cup water for each egg. A cholesterol-free egg-substitute also works well.

6. Heap on the herbs & spices

It's best to eat no more than 2,300 mg of sodium (salt) per day. Yet most adults consume 3,500 mg or more a day.³

Salt does help bring out the flavor in foods. But there's a healthier option.

- Use a variety of herbs and spices in place of salt. Try basil, dill weed, garlic, thyme, or chili pepper.

7. Sweeten recipes with healthier ingredients

Lots of recipes call for large amounts of sugar...desserts, cookies, pies. Sugar is high in calories. And too much of it can lead to a host of health problems.

6 benefits of cooking at home
<https://tinyurl.com/v2gn2wga>

You can swap sugar in a recipe with natural sweeteners like:

- Applesauce
- Mashed bananas
- Pured dates
- Honey
- Agave

8. Mix white flour with whole-grain flour

Take a look at most recipes for baked goods, and you'll see white flour on the list of ingredients. Sure, it's made from grain. But in the refining process, the bran and germ are stripped away. That's where the nutrients are!

TIP: To put some of them back in your recipes, replace half of the white flour with whole-wheat or other whole-grain flour.

9. Stock up on healthy snacks

If you don't have time to cook at home, but you're hungry for a snack, stock up on healthy options. Avoid or limit chips, cookies, and sweet treats, and eat things like this instead:

- Cheese stick
- Fresh-cut vegetables with hummus (celery, carrots, cucumber, peppers, broccoli, cauliflower)
- Nuts & seeds
- Apple with peanut butter
- Greek yogurt
- Hard-boiled egg
- Cottage cheese
- Dark chocolate

Eating healthy at home doesn't have to be hard. Eat more fruits, vegetables, whole grains, nuts and seeds, and legumes, and use healthy ingredients. You'll improve your diet and your health.



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Make Healthy-Food Swaps

CHALLENGE
Choose healthy meals & snacks

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 eat healthy meals and snacks.
3. Use the calendar to record your actions and choices to make healthy food swaps.
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. _____								

_____ Number of days this month I made healthy-food swaps.
 _____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

Name _____ Date _____

Q. How can I better manage food cravings?

A. It's 3 p.m. You're tired and stressed. And you can't stop thinking about candy bars and cookies.

Or maybe it's a soda, burger, and fries. That ever happen?

You know these foods aren't exactly healthy. But you still crave them.

Dr. Douglas Lisle, author of *The Pleasure Trap*, puts it this way. "You know what you should do, so why is it so hard to do it?"¹ Understanding where food cravings come from can help.

Two types of food cravings

Food cravings occur for two main reasons. Physiological (body) needs or psychological (mind) needs. Sometimes it's both.

1. Physiological cravings

If you're craving "pleasure" foods (ice cream, cookies, treats, refined grains), your blood sugar level is probably too low.

- Skipping meals or eating this kind of food often will cause rapid changes in blood sugar levels from too much insulin. And you'll experience food cravings.

If a poor diet really is to blame, change your menu.

- Eat more healthy proteins and healthy fats.
- Eat an apple, orange, nuts, or dried apricots to satisfy cravings, instead of unhealthy foods.



2. Psychological cravings

These types of cravings typically stem from learned behavior.

- What's your relationship to food?
- Do you turn to food for comfort?
- Is your craving linked to feeling happy, sad, lonely, bored, or stressed?

Food cravings are often tied to how you're feeling.

Fortunately, you can do something about this type of food craving, too.

3 steps to manage food cravings

Think of food cravings like any other addiction (smoking, alcohol, drugs). When a craving strikes, take these three steps to change your behavior.

Step 1: Stop.

Before you open the refrigerator, walk into the store, or pull into the drive-thru to get your fix, stop. Take a minute to notice that you're having a food craving.

Research shows that distracting yourself for 30 seconds can be enough to curb a food craving.²

Step 2: Think.

Think about what's happening. Are you actually hungry?

ASK THE WELLNESS DOCTOR

Stop to think about it before you start eating. This will help you take the next step to deal with a craving.

Step 3: Choose.

It's decision time. If you really want to control food cravings, you need to create habits to help you deal with them.

- Start by making small changes.
- Swap an unhealthy comfort food for something better, like apple slices instead of cookies.
- Limit emotional eating.
- Try it for a day, then a week, and keep going.

When you give into food cravings, it might make you feel good. But it also makes your body and your brain crave those foods even more. The only way you can escape this pleasure trap is by changing your behaviors.

You'll still get food cravings. But if you stop, think, and choose, you'll be able to give that candy bar or soda a nod and move on.

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