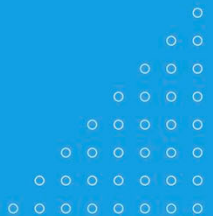




WELLNESS NEWSLETTER

April 2024



HIGHLIGHTS for the [April 2024 Newsletter](#)

Fit for a King: Eat This Healthy Herb

Ever wonder if ancient royalty ate healthy foods? When archeologist Howard Carter discovered King Tut's tomb, there was more than a mummy, gold and jewels inside. He also found a carefully preserved herb that you can still enjoy. Here's what he found...

Craving Sugar? This Night-Time Habit May Be the Reason

Trying to get a handle on a sugar craving? There's more going on than just paying attention to what you eat. In fact, new research suggests a common night-time habit may be a reason for craving sweets. Here's what you need to know...

The Fast-Track Trick to Keep Your Brain Healthy

Texas resident Robert Whilden can run 100 meters in under 16 seconds. Here's the thing...Whilden is 87 years old. If you want to keep your brain healthy as you age, regular exercise can make a difference. Here's how...

Y-Axis: THIS Holds the Secret to a Good Night's Sleep

Ever have trouble sleeping? Before you grab your phone to pass the time or take sleeping medicine, new research suggests one simple bedtime routine can help you drift off to dreamland faster...

Recipe: Spicy Black Bean Cilantro Dip

Here's a tasty way to enjoy fresh veggies like carrots, celery, bell peppers, and broccoli. Or maybe even low-calorie crackers or chips. It only takes about 10 minutes to prepare.

Take the April Health Challenge!

Refresh Your Fitness Routine: Change the way you exercise to stay active

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: What kind of shoes should I wear for exercise?



THE Y AXIS



THIS Holds the Secret to a Good Night's Sleep

Can't sleep? Forget about counting sheep, tossing and turning, or staring at the ceiling.



If you're not getting 7 to 8 hours of sleep a night, do THIS 90 minutes before bed:

- Take a hot bath or shower.

For best results, the water temperature should be 104 to 109 degrees. Your pores will open. Lightly towel off. Your body will cool down and you will get sleepy.

In a recent study, people who took a hot bath or shower 90 minutes before bed fell asleep 10 minutes faster and slept longer.⁶

COMMENTS?

Send comments to the editor:

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Fit for a King: Eat This Healthy Herb

Cilantro promotes health, prevents disease

Howard Carter dug at the corner of a stone buried in sand. It seemed unlikely to be anything important. The site had been cleared after finding nothing a few years earlier. Then it happened. He uncovered a step.

More digging, more steps, and two sealed doors led to an historic find. Carter lit a candle to peer inside a tiny hole and got his first glimpse of King Tut's tomb. Four rooms held chariots, model boats, chairs, paintings, and items made out of gold and ebony. **He even found cilantro carefully preserved.**

Discover the health benefits of cilantro

The cilantro plant is full of antioxidants and nutrients that promote health and prevent disease. Its leaves and seeds (coriander) have been used for thousands of years. Research shows cilantro may help:¹

- Control cholesterol
- Improve gut health and digestion

- Reduce inflammation linked to many chronic diseases, including heart disease
- Control blood sugar levels
- Prevent certain types of cancers

Want to add a little flavor to your food?

Use cilantro or coriander. It's available at most grocery stores and farmer's markets. And it's easy to grow your own. Try adding some to:

- Quinoa or brown rice
- Salsa or bean dip
- Watermelon or strawberries
- Greek yogurt
- Water (with a little lemon)

Cilantro or coriander: Go ahead and try it. Both add great flavor to foods, and they're good for your health.

MORE

Try this fresh salsa recipe <https://tinyurl.com/yxwmmf7n>

Craving Sugar? This Night-Time Habit May Be the Reason

Blue light from digital devices may raise diabetes risk

You've had a long day at work. You survived rush-hour traffic. After dinner and clean up, you kick back and decide to binge-watch the latest season of your favorite show, funny cat videos on YouTube, or your favorite movie.

That might seem like a good way to relax before going to bed. But it may be the reason for sugar cravings, weight gain, and high blood sugar.

That's a big deal. Three out of four adults are overweight or obese. More than 135 million people in the U.S. are living with diabetes or pre-diabetes.

One simple habit could make a difference: Looking at blue light up to one hour before bed can make you crave sugary foods. It also makes it harder for your body to manage blood sugar levels.²



The blood-sugar bedtime routine

- An hour before bed, avoid blue light. That includes mobile phones, tablets, computer screens, TV, and other digital devices with LED lights or screens.
- Even a dim light from a cell phone can trigger health problems. It's best to limit screen time at night.
- If you do look at your phone or TV, shut it off well before bedtime.



Spicy Black Bean Cilantro Dip

Here's a tasty way to enjoy fresh veggies like carrots, celery, bell peppers, and broccoli. Or maybe even low-calorie crackers or chips. It only takes about 10 minutes to prepare.⁵

Ingredients

- 15-ounce can black beans, drained & rinsed
- 1 garlic clove
- 1 tsp lemon juice
- 1/4 C cilantro
- 2 T olive oil
- 1/4 C water
- 1/2 small jalapeño pepper (optional), ribs and seeds removed

Directions

- Place beans, garlic, lemon juice, cilantro, olive oil, water, and jalapeño (if desired) into a food processor or blender.
- Process or blend. Stop to scrape down the sides. Continue until smooth, about 5 minutes.
- No processor or blender? Mash beans and cilantro with a potato masher. Stir in the rest of the ingredients.

Serves 2-4. 140 calories per 2 T serving.

The Fast-Track Trick to Keep Your Brain Healthy

Short bouts of exercise improve memory and learning

Run 100 meters. It's just a quarter-of the way around a track. And it's where Texas resident Robert Whilden likes to start his day.

"I like running fast," he said in a recent interview. "I just always had the gift of speed."

Here's the thing. Whilden is 87 years old. And he recently set a record for the 100-meter dash at the National Senior Games, crossing the finish line in 15.83 seconds.

That's just six seconds shy of retired track star Usain Bolt's world record. You may not be as fast as Whilden or Bolt. But you can learn a little something from short bursts of exercise:

- New research shows it excites an area of the brain that helps improve memory and learning.³

That's an important finding in Alzheimer's disease research. It's estimated that 14 million adults will have the disease in 30 years. Today, it's the seventh leading cause of death in the U.S.

How much exercise do you need to keep your brain healthy?

For best health, aim for 30 to 60 minutes of physical activity a day. It's a smart way to strengthen your heart, lungs, and muscles, and manage your weight.



And you don't have to do it all at once. Even small bursts of exercise are good for your health and your brain. For example:

- Go for a two-mile walk.
- Play pickleball, basketball or tennis.
- Ride a bike or take a fitness class.

Another study found that getting about 4,000 steps in a single exercise session was the sweet spot to activating memory and learning areas of the brain.⁴ Ready to be more active in short bursts? Get set. Go!

MORE

5 of the best exercises you can ever do
<https://tinyurl.com/y9g3fnlgbdxd64d>

Craving Sugar? This Night-Time Habit May Be the Reason (continued from page 1)

7 healthy ways to unplug before bed

Believe it or not, you can get to bed without binge-watching a show or checking your phone. Here are seven easy ways to unplug before bed:

- Turn off all digital devices an hour before bed
- Take a hot shower or bath
- Read a book
- Go for an easy walk

- Create a cool, dark room for sleeping
- Go to sleep at the same time every night, including weekends
- Use apps, settings, and filters on digital devices to reduce blue light

For best health, aim for 7 to 8 hours of sleep a night, and unplug before going to bed.

MORE

The dark side of blue light before bed
<https://tinyurl.com/y3uv6g9q>

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Take the April Health Challenge!

Refresh Your Fitness Routine

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
What kind of shoes should I wear for exercise?



Refresh Your Fitness Routine

CHALLENGE

Change the way you exercise to stay active

Requirements to complete this HEALTH CHALLENGE™

1. Read “Refresh Your Fitness Routine”
2. Create a plan to refresh your fitness routine & be active daily.
3. Keep a record of your completed health challenge in case your organization requires documentation.



Remember the movie *Groundhog Day*?

Every day TV weatherman Phil Connors (played by Bill Murray) does the exact same things. He walks the same route to work. He greets the same people. He talks about small-town weather. Every day is the same, and it’s driving him crazy.

Does your exercise routine feel a little like that?

You do the same exercises at the gym from week to week. You always walk the same pace and route. You do the same workout class every week. You’re active, but it’s always the same old thing. Or maybe you don’t exercise at all. Either way, you’re getting the same results.

Connors relives the exact same day hundreds of times in *Groundhog Day*. And he’s unhappy until he figures out how to change his behavior to break the cycle. He wakes up from the never-ending Groundhog Day, with a plan to live life a little differently.

Are you losing interest in exercise? Are you frustrated that you’re not getting the results you want from being active?¹ Are you finally ready to make a change?

If you want to get fit and feel better it’s time to break the Groundhog-Day cycle. Here’s how: Take the month-long health challenge to Refresh Your Fitness Routine.

Quiz: Fitness Routine Reboot

Should you change your fitness routine? Take the quiz to find out.



- T F**
1. After a new workout, it’s common to experience muscle soreness 24 to 72 hours later.
 2. It takes your body 2 to 3 weeks to adjust to a new exercise routine.
 3. Health experts say you should change your fitness routine every week to keep making progress.
 4. For best results, your exercise routine should match your goals (e.g. lose weight, build muscle, improve balance, increase endurance).
 5. Making small changes to your exercise routine (frequency, intensity, time, and type) is the best way to improve your health and fitness level.

How did you do? Check your answers. When you exercise, you’re training your body and your brain. Health experts recommend changing your workout routine every 4 to 6 weeks for best results.² Making small changes to your activity level and exercise routine is the best way to keep improving your health and fitness levels.

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

Feeling Stuck? The Fitness-Routine Fix

If you don’t want your fitness routine to feel like you’re living your own Groundhog Day, you need to change things up.

Why? Your body is always on the lookout for homeostasis (ho-me-oh-stay-sis) ... the easiest way to support your brain, heart, lungs, muscles, and other systems. It’s a balancing act to keep things equal.

Stick with the status quo (same fitness routine week after week), and your body learns a new normal. It adapts. And that’s good. But you can’t keep doing the same things expecting different results...just ask Connors.

6 signs it’s time to switch up your workout
<https://tinyurl.com/yyamlmdx>



4 Ways to Change Your Routine & Get FITT

So how do you get from where you are to where you want to be? Change your routine. Think FITT to get fit and stay fit:³

1. Exercise more often (Frequency)

How many days per week do you exercise?

- If you're at zero, now is always a good time to start.
- If you've been at it awhile, can you add another day to your exercise schedule?
- Aim to be active at least 20-30 minutes five days a week.

2. Work a little harder (Intensity)

How much effort do you put into your exercise?

- At a minimum, your heart rate should be elevated when you exercise. That's around 80 to 170 beats per minute for most adults, depending on your age.⁴
- You should break a sweat or breathe a little heavier than normal.
- Intensity can also be measured by your effort to lift weights or be flexible. Think "E" for effort.

3. Be active a little longer (Time)

How long is your typical workout? Or how many minutes per day are you physically active?

Build a weekly workout plan
<https://tinyurl.com/53p8hta6>

- If you don't know, start tracking it.
- Write it down or use a digital fitness device or mobile app to help you keep track.
- Aim for at least 30 to 60 minutes of moderate physical activity per day, plus two days of strength training per week.⁵

4. Change your exercise routine (Type)

What kind of exercise do you like?

- Pick an activity. Swim, bike, run, jog, dance, lift weights, play a sport, take a fitness class.
- Any form of exercise will help you improve metabolism and strengthen your heart, lungs, muscles, and bones.
- Choose an activity you enjoy, or try something new. Make a small change to your exercise routine. Now is always the best time to start.

Fit for Life: Small Changes = Big Results

What changes can you make to your fitness routine to lose weight, build muscle, improve balance, or increase endurance?

- Here's a hint. Start small, make simple change, rinse and repeat.⁶

Get fit faster
<https://tinyurl.com/Safw77cd>

For example:

DON'T try to run a marathon, if walking a mile is your max.

DO increase your one-mile walk by a quarter-mile, walk faster, or both.

DON'T try to bench press 300 pounds, if your max is 100.

DO increase weight by 5-10 percent, sets, repetitions, or all three

DON'T try an extreme 60-minute fitness bootcamp, if you're not in great shape.

DO exercise 5 to 10 minutes longer per week to improve strength and endurance.

DON'T try to exercise hard 6 days a week, if one day a week easy is your norm.

DO work up to 30 to 60 minutes a day, adding a day at a time then increase effort over time.

If you're tired or bored of exercise or you don't exercise at all, now is a good time to refresh your fitness routine.

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Refresh Your Fitness Routine

CHALLENGE

Change the way you exercise to stay active

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 refresh your fitness routine & be active daily.
3. Use the calendar to record your actions and choices to refresh your fitness routine.
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 chose a new way to be active.

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

Other wellness projects completed this month:

Name _____ Date _____

Q. What kind of shoes should I wear for exercise?

A. The kind of shoes that fit your feet, feel comfortable, and make sense for the exercise activity you enjoy. Translation: If you're shoe shopping for fashion first, you could be in trouble.

Have you ever had foot pain or uttered the words, "my feet are killing me?" You're not alone. And your shoes may be to blame.

The wrong shoes, or poorly-fitting shoes, can make it hard to enjoy walking, jogging, or exercise.¹ But it doesn't have to be that way.

Ready to find the right shoe to help you be more active?

Here's what you need to know:²

1. Shop late in the day

Your feet swell slightly throughout the day. Try on shoes after work to get the best fit.

2. Measure your feet

Most shoe stores have a device that can measure the length and width of your feet. Use it at least once a year so you know your actual shoe size.

Don't be surprised if your feet are different sizes.

- Most people have a longer foot.
- Some have a wider foot.
- If your feet are within a half size, you can usually do okay buying a pair to fit the larger foot.



- Sometimes an insert is needed.
- If they are more than 1-1/2 sizes apart, you should buy two pairs of shoes.
- Some shoe stores offer a cost break if you buy two different sizes (<https://tinyurl.com/y67hqe1e>).

3. Know your foot type

Your arches might need special support. Or you may need a wider shoe or extra room for your toes.

Sometimes you should see a foot doctor for foot problems like:

- Heel pain
- Corns
- Achilles tendonitis
- Bunions
- Hammertoe
- Ingrown toenails
- Other foot-related problems³

4. Choose a shoe based on activity

Do you need a separate pair of shoes for walking, hiking, and running? Not always. But shoes are designed for specific sports for a reason:

- **Running shoes:** Cushioning to absorb impact, support arches, reduce injury
- **Basketball shoes:** Ankle support for jumping, landing, and quick turns

ASK THE WELLNESS DOCTOR

- **Hiking:** Ankle support and stronger tread for stability and traction

5. Evaluate fit & feel

Found a new pair of shoes for exercise?

- Try them on.
- Walk around.
- Make sure you have a half inch to an inch of room between your toes and the end of the shoe.
- If it's too tight or too loose, keep looking until you find a pair that fits.

One more piece of advice...

Never buy a shoe expecting to "break it in." It's a recipe for blisters and other foot problems.

A good pair of shoes will feel good when you try them on and help you enjoy your favorite form of exercise.

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