



## 4 Rs for Restoring Health

**Sooner or later, unhealthy habits catch up with us.** Maybe too much eating, drinking, sitting, sunning or worrying? Fortunately, the body has an amazing ability to heal itself – when you step in and help it, starting now.

**>Reflect:** Are you ready to put your health first? Attitude is everything when it comes to improving your health. Feeling positive about your decision makes change easier and can keep you motivated to succeed.

**>Review:** Identify what's causing your health problems. Is your weight completely out of control and a source of depression? Do you notice more body aches, or is your lack of energy preventing you from enjoying favorite activities? Consider any past efforts that may have failed, and why. Then set practical goals for changes that fit your lifestyle.

**>Reverse:** Adopt 1 or 2 positive habits that lead to improvement. Take quitting smoking, for example: Ask your health care provider about quitting aids or a program that offers daily coaching for quitters. With that first step you begin repairing the damage.

**>Rebuild:** New habits require learning and maintaining different behaviors. For example, rather than eating out most nights, simplify your life to gradually fit in more nutritious home cooking.

**Important:** Include more physical activity in your recovery plan. Staying active fights weight gain, stress and several chronic diseases – and gives you the endurance to enjoy life more.

**>>What is one of the simplest and easiest exercises for every stage of life? **Walking.****

*You can't turn back the clock, but you can always get better mileage.*

## best bits



**Men, how's your mental health?** During **Men's Health Week, June 15 to 21**, take a few minutes to analyze your state of mind. Signs of depression typically involve ongoing sadness, irritability, poor concentration and lack of interest in favorite activities. Get help if you've been having symptoms daily for more than 2 weeks that interfere with your life.

■ **Mid-year is a good time to renew health resolutions.** If you're falling behind with your goals, make sure they're realistic. Achieving a truly worthy goal, such as losing weight or saving for retirement, means adapting to new routines long term; our minds and bodies need time to adjust. Start small, visualize success and recognize your achievements along the way.



**It's Internet Safety Month, a good time to review tips from the National Cyber Security Alliance.** Update security software, browsers, apps and operating systems. Make passwords unique. Limit activities using unsecure Wi-Fi hot spots. Don't open suspicious links, posts or text messages, even if you know the source. Never respond to communications that ask you to act immediately, request personal information or offer something too good to be true.

*"Sleep is that golden chain that ties health and our bodies together." - Thomas Dekker*

## Added Sugars: What You Need to Know

**You've probably heard that consuming added sugar is problematic.** Why? It is linked to heart disease, stroke, obesity, diabetes and abnormal blood cholesterol.

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### This Edition

- ➔ About Your Headaches
- ➔ Exercise for Fibromyalgia
- ➔ Recipe: Portable Salad-in-a-Jar
- ➔ Q&A: Depression-weight gain link?



## QuikRisk™ Assessment: Are You Doing Too Much?

If your life feels out of balance, with never enough time to slow down and/or for yourself, you may have too much on your to-do list. How many of these statements apply to you?

- I don't have enough time for family, friends and myself.
- I never use all of my vacation days.
- I typically sleep poorly because I feel so stressed.
- I rarely ask others to contribute their fair share.
- I often work overtime, take work home or work on vacation.
- I can't remember when I last read a book for fun or enjoyed a hobby.
- I feel exhausted most of the time.
- I don't have time to eat well, exercise and take care of my health.

If you checked 3 or more statements, consider making balance in your life a priority. Set goals and respect your values. Discuss expectations and responsibilities with others, and decline unnecessary commitments. Manage distractions and obstacles such as procrastination and guilt.

*Remember: Creating balance is an ongoing process that benefits everyone.*



### Best Bites Tip of the Month: Farmers Markets

Now that summer is almost here, farmers markets will start popping up in more locales. Visit them weekly for fresh vegetables and fruit, and learn the story about how they were grown and harvested. Ask the farmers their favorite way to prepare their own wares – you may get a great recipe tip. – Cara Rosenbloom, RD



## About Your Headaches

Approximately 1 in 6 Americans suffers with chronic headaches. But there are things we can learn to help prevent headaches.

And while scientists aren't sure what causes headaches, they have identified many different types and triggers.

Among primary headaches, the most common is **tension**. They usually produce a dull, squeezing pain on both sides of the head. You may get them daily, weekly, monthly or occasionally – lasting several minutes or hours.

Primary headaches also include **migraine** and **cluster** headaches. Migraine typically causes a throbbing pain on one side of the head, often with nausea or vomiting, and lasting up to 72 hours. Cluster headaches are rare, causing very severe pain in clusters of 1 to 8 attacks a day within a 3-month period.

**Secondary headaches are caused by any number of conditions** such as concussion, dehydration, dental problems, middle ear infection, hangover, influenza, caffeine withdrawal, hormonal changes, panic attacks and sinusitis. In most cases, the related headache is temporary.

**Some of the most common triggers?** They include stress; fatigue; lack of sleep or food; muscle tension in the neck or jaw; alcohol; sunlight; the flavor enhancer **monosodium glutamate (MSG)**; and poor posture.

### Building Resistance to Headaches:

- 1. Follow regular sleep and meal patterns.**  
Reduce your caffeine and alcohol intake. And if you use tobacco, quit.
  - 2. To remedy stress,** explore biofeedback and talk therapy or learn relaxation techniques.
  - 3. Make aerobic (cardio) exercise a priority.** If your provider agrees, choose any activity you enjoy that raises your heart rate for 10 to 30 minutes per activity session. Gradually increase your activity until the daily total is 30 minutes; it can be accumulated in 10-minute segments.
- >> See your provider immediately if your headache is accompanied by fever, vomiting, dizziness, neck stiffness, confusion, blurry vision, weakness, paralysis, numbness, slurred speech, loss of coordination, drowsiness or behavioral changes.



## Exercise for Fibromyalgia

People with fibromyalgia experience widespread musculoskeletal pain due to abnormalities in how pain signals perform in the nervous system. Now, research suggests that, for most patients, routine exercise can help manage fibromyalgia symptoms.

**The exercise Rx for fibromyalgia:** First, discuss exercise with your health care provider. The Mayo Clinic suggests you begin by walking 10 minutes a day and gradually working up to 30 to 60 minutes 2 or 3 times weekly.

### Researchers are studying fibromyalgia to learn about:

- Its relationship to increased sensitivity to pain and inflammation.
- Medicines and behavioral treatments.
- Any related gene or genes.
- Nondrug therapies to help reduce pain.
- Sleep improvement for those afflicted.







## Here Comes the Sun

### How much do you know about sun safety myths and facts?

#### Separate truth from fiction:

**Myth:** You can't get sunburned on a cloudy day.

**Fact:** Unless it's pouring rain, you can get a sunburn anytime your skin is exposed too long to UV rays. Eighty percent of the sun's UV rays can penetrate clouds. **Be on the safe side:** Wear a **broad-spectrum** sunscreen with SPF 30 when you plan to be outdoors.

**Myth:** A base tan can protect you from getting sunburned.

**Fact:** There is no such thing as a base tan. Any tan results in skin damage.

**Myth:** Glass blocks the sun's rays so there is no chance of getting skin damage inside your car.

**Fact:** Most glass blocks the shorter UVB rays, but not UVA rays, which can and will damage your skin.

**Myth:** If your makeup contains an SPF, you don't need to use sunscreen.

**Fact:** You should still plan to use a sunscreen with SPF 30 if you plan to be outdoors for any length of time.

**Myth:** Wearing a sunscreen with SPF 30 means you only need to apply it once when you're outdoors for a long period of time.

**Fact:** Apply 1 ounce – enough to fill a shot glass – of SPF 30 sunscreen to your entire body and reapply every 2 hours or after swimming or sweating.

## Build a Better Salad

By Cara Rosenbloom, RD



**From a simple salad** – say, leafy greens with a drizzle of dressing – you can easily create a meal with a few extra ingredients.

Here's how to make heartier salads while avoiding high-calorie toppings such as fried noodles, tortilla chips, sour cream and bacon.

✓ **Pick your base.** Most salads start with greens such as romaine, arugula, kale and spinach, which are high in health-protective antioxidants and fiber. But for a change from greens (or in addition to them), there are other fun ways to start a salad, including:

- Shredded vegetables such as carrots, kohlrabi, purple cabbage or beets.
- Paper-thin slices of cucumber, celery or sweet peppers.
- Whole grains such as quinoa (keen-wah), wheat berries, brown rice or buckwheat.

✓ **Add vegetables (and fruit) in all colors.** To benefit from the phytonutrients offered by each hue, turn your salad into a rainbow. Carrots, grape tomatoes, peppers, zucchini, peas and broccoli each add texture, flavor and crunch. And don't forget the fruit – berries, pears, apples and oranges are perfect in salads.

✓ **Pack a protein punch.** The secret of turning a salad into a full meal lies in the protein you add. Vegetables alone won't provide a filling meal, but protein can help. Add some of these delicious, nutrient-rich options:

- Turkey or chicken breast.
- Lean steak or pork loin.
- Canned salmon, tuna or sardines.
- Fish fillet.
- Chickpeas, lentils or beans.
- Tofu cubes.
- Shredded cheese.
- Hard-boiled eggs.

✓ **Add some health-friendly fat.**

You absorb antioxidants from vegetables better when you pair them with a source of fat. A good choice is 1 tablespoon of pumpkin seeds, almonds or flax. Top off your salad with a tablespoon of an olive oil-based vinaigrette.



### Portable Salad-in-a-Jar

### EASY | RECIPE

From Personal Best®

- 1 tbsp **olive oil**
- 2 tsp **balsamic vinegar**
- ½ tsp **Dijon mustard**
- ½ cup **grape tomatoes**, halved
- ½ cup **carrots**, diced
- 2½ oz. cubed **chicken breast**
- ¼ cup no-salt-added **canned chickpeas**
- ¼ cup crumbled **goat cheese**
- 1½ cups mixed **leafy greens**

#### Directions:

1. In a small bowl, whisk together olive oil, balsamic vinegar and mustard.
2. Add dressing to the bottom of a Mason jar.
3. Layer tomatoes, carrots, chicken, chickpeas and goat cheese on top of the dressing.
4. Add salad greens as the final layer.
5. Seal Mason jar with the lid.
6. To serve: Open lid and invert jar onto a plate. Toss salad and enjoy.



#### Makes 1 serving. Per serving:

377 calories | 26g protein | 18g total fat | 6g saturated fat | 9g mono fat | 3g poly fat  
| 57mg cholesterol | 28g carbohydrate | 6g sugar | 5g fiber | 302mg sodium

## Stay in Touch

Keep those questions and suggestions coming!

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## Make Your Tablet Work for You

**More than 80 million people in the U.S. have tablets, according to a recent survey.** If you have a tablet, how do you use it? Its potential reaches far beyond being an e-reader or a mode for entertainment on the go. Here's how:

- **Choose apps that work for you.** Apps are available that take and save notes, sync files quickly between your tablet and your computer, create multimedia presentations, and manage your calendar and to-do lists.
- **Stay visually connected.** The larger screen on a tablet makes it ideal for participating in webinars, attending videoconference calls, and viewing multimedia presentations.
- **Get organized.** Set up your tablet's home screen so your work-related apps are front and center. That way, you're less tempted to open the entertainment apps every time you turn it on.
- **Add on.** A portable keyboard, headphones, a sturdy case and an extra charger are small investments that will have big payoffs in increased productivity, especially when you're traveling, telecommuting or working on multiple projects at once.



## Added Sugars: What You Need to Know

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**The American Heart Association recommends** we limit added sugars (those not naturally occurring in food and beverages) to no more than 100 calories per day for women (about 6 teaspoons) and no more than 150 calories per day for men (about 9 teaspoons). But Americans consume approximately 13% of calories from added sugar (268 calories a day).

**Here's how to cut back:** ●●●●●●➔

✓ **Check ingredient lists.** Added sugar may be called **high fructose corn syrup, cane juice** and many other names. Eating more fresh, whole foods instead of processed products is the first step in reducing sugar intake.

✓ **Look at the grams of sugar in the Nutrition Facts panel.** There are 4 grams of sugar in 1 teaspoon. So, a soft drink that has 40 grams of sugar listed on the Nutrition Facts table has 10 teaspoons of sugar. You can see how quickly it adds up.

**Fact:** The No. 1 source of added sugar in the diet is sugar-sweetened beverages such as soft drinks.

## expert advice

– Eric Endlich, PhD

### Q: Depression-weight gain link?

**A:** Depression and weight changes often go hand in hand, but it can be difficult to know which comes first. Depression may lead to reduced appetite and unplanned weight loss, in some cases rapidly, while these factors may lead to weight gain:

- **Antidepressants** – Side effects can include an increase in weight.
- **Inactivity** – Depression can sap your energy so you burn fewer calories.
- **Stress hormones** – Chronic stress may alter your metabolism.
- **Emotional eating** – Sweets and junk food add excess, empty calories that can lead to overweight.
- **Convenience food** – When you have little motivation, you are likely to grab processed or pre-made foods, which are often high in calories and fat.

**Fortunately, exercise can help lift your spirits as well as shrink your waistline.** Cooking healthy food is engaging and might help take your mind off your troubles. And consulting a professional therapist can help you chart a course to feeling more positive.