



**WELLNESS NEWSLETTER
SEPTEMBER 2021**

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HIGHLIGHTS for the September 2021 Newsletter

5 Exercise Trends to Stay Fit During the Pandemic

The global pandemic and spread of COVID-19 has changed a lot of things, including the way a lot of us exercise. Check out these 5 no-gym-required trends to stay fit.

Mediterranean Diet: 7 Simple Tips for Heart-Healthy Eating

Want to live longer? Skip the infomercials, snake-oil pills, and empty promises, and change your diet. Research shows people who follow the Mediterranean Diet tend to live longer. Start today...

This is Your Brain on Stress...Any Questions?

Are you stressed out? It's a normal part of life for most people. But if you don't manage stress in healthy ways, it can take a toll on your health and your brain. Here's what too much stress looks like...

Y-Axis: Talk with a Doc

Need to see a doctor? You don't have to spend hours in a hospital or clinic waiting room any more. Telehealth visits jumped 154 percent in a year. Here's how easy it is to talk with a doc.

Recipe: Simple Roasted Butternut Squash

Looking for an easy way to add some tasty fall vegetables to your diet? Try this ButternutSquash Recipe. It's simple. It's healthy. And you only need a few ingredients.

Take the September Health Challenge!

Feast on Fruit: Eat 1.5 to 2 cups of fruit per day

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: Why is olive oil good for you?

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THE Y AXIS



Talk with a Doc



Ever put off going to the doctor because of your schedule or COVID-19 exposure concerns?

Come on. You should really get that checked out. Right?

Seriously. Telemedicine makes it possible to talk with a doc from your smartphone, tablet, or computer.⁴

This is how millions of Americans are treated for minor health problems.

Like what? The common cold, a urinary tract infection, skin problems, or even mental health disorders, for example.

You can get a diagnosis and treatment plan. Medicine can even be sent to your home or nearest pharmacy. And more health plans now cover telemedicine visits.

COMMENTS?

Send comments to the editor:

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5 Exercise Trends to Stay Fit During the Pandemic

No gym required to stay in shape

Working out has changed a little since the spread of COVID-19. There's mask mandates. Some gyms have closed. Others require a mask while working out. And most health experts recommend avoiding crowded spaces.

So how do you workout and stay in shape during a pandemic?

Check out these top 5 fitness trends (no gym required).³

1. Online training. Join an online fitness class and follow along. Hire an online personal trainer for custom workouts and coaching. Or pick a fitness video to help you move, stretch, hustle and break a sweat at home.

2. Wearable technology. Click, swipe, and tap your watch, phone, or tablet. Wearable tech tools make it easy to track your steps, food choices, sleep habits, heart rate, exercise activity, and more.

3. Bodyweight training. Perfect for home workouts. Do push-ups, curl-ups, jumping jacks, squats, and lunges. Aim for 8 to 12 repetitions per exercise.

4. Outdoor activities. Put on your shoes and step outside. Go for a walk, jog or run. Hike, cycle, paddle, swim, golf, throw a frisbee, or play your favorite outdoor sport.

5. High-intensity interval training (aka HIIT). There's a million different ways to exercise this way. It works like this. Hustle hard for a short amount of time. Catch your breath. And keep going. Try this. Jump rope for 1 minute. Rest for 30 seconds. Repeat until 15 minutes are up. Or replace jumping rope with a different aerobic exercise.

You can be fit and healthy, even during a pandemic. Aim for 30 to 60 minutes of exercise a day. No gym required.

MORE

Step up your walking workout
<https://tinyurl.com/4frijk82>

Mediterranean Diet: 7 Simple Tips for Heart-Healthy Eating

Lowers heart disease risk by 25 percent or more

Francisco Nunez Olivera enjoyed a simple life in Spain. He grew his own garden. He took a walk every day to check on his herbs and vegetables. He was always surrounded by family and friends. And he only went to the hospital twice in 113 years.

How did Olivera live 35 years longer than the average adult in the U.S.? It's actually pretty simple. He lived a healthy lifestyle and followed the Mediterranean Diet. Research shows eating this way can cut the risk for heart disease by 25 percent or more.¹

Want to improve your heart health? Eat like Olivera. Here's how:

1. Eat more fresh vegetables. Aim for 2 to 3 cups of vegetables per day.

2. Grab some fruit. Most adults should eat about 1 to 2 cups of fruit per day.

3. Choose whole-grain bread, cereal, and pasta instead of sugary cereal, white rice, and bread. Bring on the beans in soups, salads, stews, and casseroles.

4. Nibble on nuts. Try a small handful of pistachios, pecans, almonds, or walnuts as a snack or added to salads.

5. Use healthy fats like olive oil, canola oil, and soy oil. Fish, avocados, nuts, and seeds are also good sources of healthy fats.

6. Drink red wine or grape juice. It's the antioxidants in grapes that help improve circulation and heart health.





Simple Roasted Butternut Squash

Looking for an easy way to add some tasty vegetables to your diet or holiday meal? Try this Butternut Squash Recipe. It's simple. It's healthy (Butternut squash is high in vitamin A needed for good eyesight, a healthy immune system, and proper organ function.) And you only need a few ingredients.⁵

Ingredients

- 1 butternut squash
- 2 T olive oil
- 2 cloves, garlic, minced
- Salt and pepper to taste

Directions

1. Preheat oven to 400°F.
2. Peel, seed, and cut butternut squash into 1-inch cubes.
3. Toss butternut squash with olive oil and garlic in a large bowl.
4. Season with salt and black pepper.
5. Arrange coated squash on a baking sheet.
6. Roast in the oven until squash is tender and lightly browned. About 25 to 30 minutes. calories per serving.

This is Your Brain on Stress...Any Questions?

Recognize stress & take action to protect your brain

Remember the anti-drug commercial from the 80s?

Actor John Roselius holds up an uncooked egg in an empty-looking kitchen.

“This is your brain.” Then he points to a sizzling pat of butter in a hot frying pan. “This is drugs.”

He cracks the egg and drops it into the frying pan. It sizzles and pops, and then Roselius delivers the message in dramatic fashion. “This is your brain on drugs. Any questions?”

It's no secret illegal drugs are bad for your brain. But if you let chronic stress simmer on the back burner for weeks, months, or years, it can be just as bad.

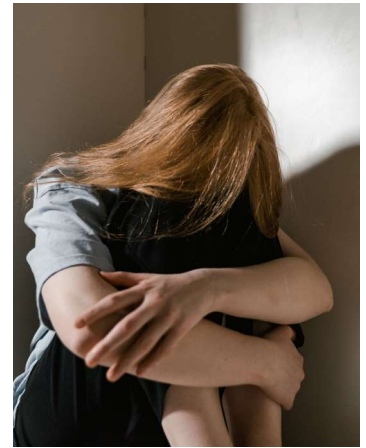
The trouble with too much stress

New research suggests that chronic stress can impair memory, reduce brain function, and lead to cognitive decline over time.² Researchers found that people living with chronic stress tend to have higher levels of the stress hormone cortisol.

“The faster pace of life today probably means more stress,” says lead researcher Dr. Sudha Seshadri.

“When we are afraid, when we are threatened in any way, our cortisol levels go up ... It's never too early to be mindful of reducing stress.”

Feeling stressed out? Take a deep breath. Go for a walk. Talk things out with someone you trust. Laugh more. And get professional help if you need to. You'll feel better and live longer.



MORE

3 tips to manage stress
<https://tinyurl.com/yu27m7my>

Mediterranean Diet: 7 Simple Tips for Heart-Healthy Eating (continued from page 1)

7. Spice things up with garlic, thyme, oregano, basil, cayenne, curry, and other herbs. Avoid or limit salt.

Eating this way can protect your heart, lower blood pressure, and reduce stroke risk. It may

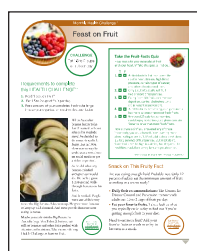
also help prevent some kinds of cancer, preserve memory, and control blood sugar. Hungry for better health? Follow the Mediterranean Diet.

MORE

Mediterranean diet made easy
<https://tinyurl.com/pna5uvfc>

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Take the September Health Challenge!

Feast on Fruit: Eat 1.5 to 2 cups of fruit per day

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
Why is olive oil good for you?



WELLNESS CHALLENGE

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Feast on Fruit

CHALLENGE

Eat 1.5 to 2 cups of fruit per day

Requirements to complete this HEALTH CHALLENGE™

1. Read “Feast on Fruit”.
2. Eat 1.5 to 2 cups of fruit per day.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When Australian banana farmer John Landi wanted to boost sales at his roadside stand, he decided to do something a little fruity. But in 1964, there was no way he could create some buzz on social media or get a video to go viral.

So he did what any banana-minded entrepreneur would do. He built a giant 1,200-pound walk-through banana on his farm.

And it worked. People went out of their way

to see the Big Banana. Sales went up. He grew more bananas to keep up with demand. And more people than ever were eating bananas.

Maybe you can't visit the Big Banana in Australia (yep, it's still there), but you can still eat bananas and other fruits packed with vitamins and nutrients. Take the month-long Health Challenge to Feast on Fruit.

How to wash fresh fruit
<https://tinyurl.com/azmie3wu>

Take the Fruit-Facts Quiz

How much do you know about fruit and your health? Take this quiz to find out.



T F

1. Antioxidants in fruit can lower the risk for heart disease, high blood pressure, certain types of cancer, and other chronic conditions.
2. Only 1 out of 3 adults eat fruit two or more times per day.
3. Eating fiber-rich fruits can improve digestion, control cholesterol, and aid in weight management.
4. At 100 calories per serving, a single banana has more calories than most fresh fruits.
5. At around 25 calories per serving, cantaloupe, nectarines, and plums contain fewer calories than most fresh fruits.

How did you do? If you answered any of these incorrectly, you could benefit from learning more about eating more fruit. Most adults should eat about 1.5 to 2 servings of fruit per day. But most don't. Some fruits can be high in calories, but they're still a healthier snack than candy bars and potato chips.

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

Snack on This Fruity Fact

Are you eating enough fruit? Probably not. Only 12 percent of adults eat the minimum amount of fruit, according to a recent study.¹

- **Daily fruit recommendations:** The Centers for Disease Control and Prevention recommends adults eat 1.5 to 2 cups of fruit per day.
- **Eat your favorite fruits.** Take a look at what you typically eat in a day to find out if you're getting enough fruit in your diet.

Need to eat more fruit? Add your favorite fruits to meals or enjoy in between as a snack.

Eat these 7 superfruits
<https://tinyurl.com/5catpl>

5 Sweet Reasons to Eat Fruit

Thinking about improving your diet by eating more fruit? They're loaded with vitamins and nutrients. Most fruits are also naturally low in calories, fat, and sodium and are cholesterol-free. They're also a good source of water and fiber (unlike most junk foods).



Check out these sweet and healthy reasons to eat your favorite fruits:

1 Live longer. If you want to live a long and healthy life, eat more fruits *and* vegetables. In a recent study by the American Heart Association, researchers found that eating at least 2 servings of fruit and 3 servings of vegetables per day may help you live longer.² Eating this way also lowered the risk for heart disease, stroke, certain types of cancer, and lung-related diseases.

2 Control blood pressure. Did you know about 50 percent of all adults have high blood pressure? It's a risk factor for heart disease, stroke, and other health problems. Research shows eating fruits like apples and berries can help control blood pressure.³

3 Improve cholesterol. How's your cholesterol level? Without a blood test, you probably don't know. But when LDL (bad) cholesterol is high, it's a risk factor for blocked arteries and other health problems. The good news...research shows eating fruits like apples, pears, oranges, and other citrus fruits can help control cholesterol.⁴

4 Lower heart disease risk. Heart disease is the leading cause of death in the United States. About 659,000 people a year die from heart disease in the U.S. But it's largely preventable. Research shows adding more fruit to your diet can help lower your risk for heart disease by about 28 percent.

5 Aid in weight management. About 74 percent of all U.S. adults are overweight or obese. Poor nutrition and lack of exercise are the prime reasons for this problem. Eating more fruit can help support weight loss and prevent weight gain.⁵ Just don't overdo it. Some dried fruits contain as many calories as a candy bar (250 calories), and one banana contains about 100 calories.

Calories in 20 popular fruits
<https://tinyurl.com/ka8vypn>

Boost Your Daily Dose of Fruit

If you're in the habit of eating 1.5 to 2 cups of fruit per day, keep it up. If you're not, here are some ways to boost your daily dose of fruit:



Breakfast

- Top off a bowl of whole-grain cereal or oatmeal with peaches or berries.
- Make a fruit smoothie with low-fat yogurt, and frozen strawberries and blueberries.
- Instead of skipping breakfast, grab an apple or banana before you head out the door.

Lunch

- If you go out for lunch, make a trip through the salad bar for fresh fruit like pineapple, watermelon, or pears.
- Pack your own lunch and include an orange, grapes, or apple slices.

Dinner

- Make a salad with orange slices, dried cranberries, or grapes.
- Try a Waldorf salad recipe with apples, celery, walnuts, and a low-calorie dressing.
- Add crushed pineapple to coleslaw.

Snacks

- Buy fresh fruit at a grocery store or local farmer's market.
- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Try peanut butter on apple slices or a serving of applesauce.

Fruit vs. Junk Food:

In a typical year, the average American eats:

Fruit	Junk food
5 pounds of strawberries	12 pounds of chocolate
16 pounds of apples	23 pounds of pizza
23 pounds of oranges	24 pounds of ice cream
25 pounds of bananas	29 pounds of French fries
16 pounds of watermelon	44 gallons of soda

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Feast on Fruit

CHALLENGE

Eat 1.5 to 2 cups of fruit per day

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Track your daily fruit intake. Aim for 1.5 to 2 cups of fruit daily.
3. Use the calendar to record your actions to eat more fruit.
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 ate 1.5 to 2 cups of fruit
 _____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

 Name _____ Date _____



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ASK THE DOCTOR

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Q. Why is olive oil good for you?

A. You've heard the advice before. Use olive oil when you cook, bake, make a salad dressing, or sauté vegetables. And stay away from vegetable oil and creamy sauces. But what makes olive oil good for you?

Olive oil is a healthy fat

Olive oil is a fat that comes from pressed olives. It's a healthy or good kind of fat also known as monounsaturated fat.¹ This type of fat has been linked to better health when compared to saturated or trans fats used in processed foods, pastries, and fast food.

In fact, research shows olive oil may help:²

- Prevent inflammation
- Lower the risk for stroke
- Protect against heart disease
- Support weight management
- Prevent age-related memory loss
- Control blood sugar levels
- Reduce the risk for certain types of cancer
- Lower blood pressure

Olive oil also contains healthy plant chemicals



called phytonutrients. These are the real health-boosting and disease-fighting parts of the oil.

Virgin and extra-virgin olive oil are thought to have the highest amounts of these good plant chemicals. Lower quality olive oils have less phytonutrients. Virgin and extra-virgin olive oils tend to cost more, but the quality is worth it.

Olive oil and the Mediterranean diet

In one recent study, researchers found that people who follow the Mediterranean diet live longer and are 25-percent less likely to develop heart disease.³

The Mediterranean diet includes:

- Fruits
- Vegetables
- Whole grains
- Legumes
- Fish
- Some dairy products
- Olive oil

ASK THE *Wellness* DOCTOR

Add olive oil to your diet

Olive oil is good for you because it's a healthy fat. It's a better alternative to butter, lard, margarine, shortening, and partially hydrogenated vegetable oils. Use olive oil when you cook, bake, make a salad dressing, or sauté vegetables

You'll be healthier. Feel better. And live longer.

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