

# Completely Well



**Insurance Agency**



## Nutrition

### Healthy Eating Tips

- Drink plenty of water. It's easier to become dehydrated as we age.
- Keep a food diary and try to eat at least 5 servings of fruits/vegetables a day.
- Make sure snacks include a protein and complex carbohydrate. The combination will help keep hunger away.
- Discuss all supplements (vitamins and minerals) with your doctor. Some do not work well with prescription medication.



### Eating as We Age

Nutrition refers to the way in which food meets the body's physiological needs. For example, the body needs protein, carbohydrates, and fats – all which are provided by food. It's important to know, though, that nutrition needs change as we get older.

As we get older, we generally need fewer calories. This is because we lose muscle mass, which burns more calories, and are less active. With less muscle and less activity, our metabolic rate goes down. Taking in fewer calories means that every calorie we consume should be a nutritious one!

There are some nutrients that are especially important as we age. These include

- Calcium – This is essential for bone health. Calcium can be found in dairy as well as in leafy green vegetables and fortified foods.
- Vitamin D – Vitamin D works with calcium for bone health. Also, vitamin D is linked to a decreased risk of some cancers. Discuss appropriate dosage with your doctor.
- Vitamin B12 – Vitamin B12 is important for the nervous system and the immune system. While meat and fish are a good source of B12, supplements and fortified foods can help vegetarians get the needed vitamin. Discuss appropriate dosage with your doctor.

### In this Issue

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## Produce of the Month: Peaches

Now is the time to enjoy summer fruit, because August is the last month for many seasonal options, including peaches. Sweet and juicy, peaches make a great addition to desserts and savory recipes. A good source of vitamins A and C, peaches provide fiber and anti-oxidants to help fill you up and keep you healthy.

**The Basics:** Look for peaches that are firm, without obvious soft spots or bruises. Peaches soften as they ripen, so you may want softer peaches if you plan on eating them right away. Placing them in a paper bag on the countertop can ripen peaches that are firm. Peaches will bruise easily, so use care when storing them. Store ripened peaches in the refrigerator. Wash peaches immediately before using. NOTE: Peaches are on the 2016 Dirty Dozen list. This list, created by the Environmental Working Group, identifies produce that has the most pesticide residue. The EWG recommends you buy organic.

**Try This:** Peaches are delicious in yogurt, cereal, or oatmeal. You can also add diced or pureed peaches to your favorite sugar cookie recipe. Peaches are also a great addition to a homemade barbecue sauce. Try pureeing peaches and adding to cooked diced onions, diced tomato, 2 T. cider vinegar and salt, sugar or honey, and ginger to taste. Bring the mixture to a boil then reduce the heat and simmer until the sauce is reduced. You can add ketchup (1/4 cup at a time) if you prefer a more tomato based sauce. Make sure you let the ketchup combine well with the peach mixture before tasting. Use your peach barbecue sauce over chicken or pork.

**The Facts:** A large peach has about 60—70 calories and is a good source of vitamins A and C and fiber.

## Lifestyle

### Temper



Do you remember the last time you lost your temper? The last time you were angry? Sometimes, anger is a healthy response, pushing you to express something important, stand up for yourself or others, and communicate clear boundaries. But anger, unexpressed or lingering – explosive or passive-aggressive – can have negative effects on your health.

There are different kinds of anger. Anger that is assertive is generally considered healthy. It is an assertive anger that expresses itself directly, isn't threatening, accepts personal responsibility, and seeks to resolve the conflict in a way that is best for both sides. This type of anger doesn't linger and can build a stronger sense of self and stronger relationships. However, anger that is aggressive or repressed is generally considered unhealthy. Aggressive anger is one that wants to dominate and doesn't listen. Aggressive anger is loud and can include physical outbursts. Repressed anger is not expressed or can result in frustration, sarcasm, or sulking.

*Temper, continued on page 3...*

*Temper, continued....*

Unhealthy anger is associated with heart disease. According to Dr. Thomas Buckley from the University of Sydney and Royal North Shore Hospital in Australia, research shows that the risk of heart attack within two hours of extreme anger is 8.5 times higher than normal (*European Heart Journal: Acute Cardiovascular Care*). Additionally, being a generally angry person seems to be a risk factor for heart disease. A study published in the journal *Circulation* reported that even when other factors for heart disease were accounted for, having an angry personality significantly increased the risk for heart disease. Anger increases the “fight or flight” response, which produces cortisol, a stress hormone. Cortisol, over time, increases the risk of heart disease and cardiovascular events. Anger also increases the risk of stroke and depression.

Anger is normal and can't be avoided. When you feel angry, try to identify exactly what is making you angry and what you can do about it. Much of what makes us angry is not important and is not long lasting. Try to let those incidents go. When your anger is over something important, take steps to deal directly with the person or event. Seek a solution to the problem rather than just trying to “win.” Deep breathing, taking a walk, talking it out, or writing down your feelings are also very healthy ways to deal with anger. Don't let anger hurt your health. Listen to what your anger is trying to tell you and move forward. You will be a healthier, happier person!

## Preventive

### A Wellness Visit



If it's time for your yearly wellness visit, here are some helpful tips to make the most of your appointment.

- Bring all medical records if you are seeing a doctor for the first time.
- Bring a list of all prescription medications you are taking as well as any over the counter medications. You could take a picture on your phone of each medication so you know the exact name and dosage.
- Know your family medical history. Ask questions of family member if you don't know!
- Arrive about 10 – 15 minutes early. You may need to complete forms or update information.
- Write down all questions and concerns you may have and bring a pen so you can take notes during the visit. Don't expect to remember everything that the doctor tells you!
- Consider bringing someone with you if you have special concerns. Having another person who can listen and encourage you to ask questions can be very helpful!

Being prepared for your wellness visit helps you and your doctor. Make the most of this time for your health and peace of mind.

Heading to your wellness visit soon? Don't forget to ask about recommended vaccinations!

#### Recommendations for Adults

- ✓ Yearly flu vaccine
- ✓ Td/Tdap (Tetanus, diphtheria, pertussis) booster every 10 years
- ✓ MMR (Measles, mumps, rubella) for those born after 1957 who have not been vaccinated or had measles, mumps, or rubella
- ✓ Shingles for those 60 or older
- ✓ Pneumonia for certain health conditions
- ✓ Other vaccinations may be recommended based on health status

## Fitness



## Beyond the Treadmill

For years, exercise options were relatively tame: the treadmill, spin class, dance aerobics, and swimming. But these days, you can join a boot camp, run through colorful bubbles, or crawl through mud – all in the name of exercise! It's important, however, to do the research before signing up for a new program. You should also check with your doctor before making any changes to your fitness routine. Here are some of the popular choices of exercises that go beyond the treadmill:

- **Tough Mudder** – This organization features 4 different events. The longer course is 10-12 miles of mud with a variety of obstacles. There are no winners, and the event is a fun team challenge.
- **Warrior Dash** – This is another obstacle race, with the emphasis on obstacles! This event features 12 obstacles and trekking through water and mud. The end? It's a party with music and race participants!
- **The Color Run** – This 5K event only asks that each participant wear white and that each finishes the race “plastered in color.” At each kilometer, participants are doused with a variety of colors. The race ends with a dance party! The Color Run is a not-for-profit company that partners with charities.
- **Boot Camp** – Many fitness locations offer a boot camp class. This type of class usually includes strength training (military calisthenics) and aerobics, both done at an intense level.

**Ask the Trainer by Erin M. Long, B.S., NSCA-CPT**

**Q:** Hey Erin. I just started working out a few months ago. I always stretch before and after all of these workouts. A friend of mine recently said that I shouldn't be stretching before and after workouts. What is your take on that? ~Luann F. 42

**A:** Great Question, Luann. Back in the day, we were taught that you should always stretch before and after a workout. Research shows this is not necessarily true these days. Recent studies suggest that static stretching (where you hold a stretch for a duration of time) prior to a workout doesn't actually decrease the possibility of injury but may actually increase risk for injury. I suggest that you always do a proper warm up before working out whether its cardio or strength training. A proper warm up consists of dynamic stretching, which helps increase your range of motion and blood and oxygen flow prior to exertion. This form of stretching also helps prevent injury. An example of a proper warm up may be the following:

High Knees • Arm circles • Front and Side Leg Swings • Trunk Twists • Downward facing dog • Slow Squats • Butt Kicks • Lunges with rotation

These are just a few things to include in a warm up. The objective of this warm up is to get individuals muscles moving one at a time, then together, progressively loosening and stretching the muscles. Once you are warmed up, you move into your workout, followed by your cool down.

Now that we have talked about pre-workout/warm up it's time to talk post workout or cool down. After a workout you should always cool down. This consists of a few minutes of light exercise followed by some static stretching or foam rolling. When static stretching post workout, please remember you do not have to go deep into the stretch; you should ease into it with proper breathing. Be sure to stretch all body parts even if you may not have worked them.

Luann, I hope this helps. Keep up the good work!

~ Erin

## Want to know more?

**Contact TCU Insurance Agency for information on wellness programs. We can help you reduce healthcare costs and improve employee well being.**



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