

# Completely Well



Insurance Agency



June 2016

## Nutrition



### Try These Healthy Snacks!

- Low-fat string cheese and sliced apple, pear or berries
- 1 ounce of almonds and ¼ cup of raisins
- Whole wheat crackers and sliced chicken or turkey
- Hummus and carrot sticks
- Two small cubes of mozzarella and a cup of cherry tomatoes
- Broth based soup, made with vegetables and beans

## Healthy Snacking

Have a snack today? Odds are if you haven't yet, you probably will. Most people grab a snack at some point during the day. The question is why we snack and whether it can be part of an overall healthy diet.

Snacking is a good way to ease hunger, increase the intake of whole grains, fruits and vegetables and maintain a steady blood sugar level. However, snacking is often a response to boredom, anxiety, or even just a habit. Emotional or "unconscious" eating often leads to unhealthy snack choices and weight gain. It is a good idea to snack when you are hungry and when you know that you won't be able to eat a meal anytime soon.

So what is a healthy snack? A healthy snack

- Contains healthy fats and is around 250 calories or less.
- Includes fruit and/or vegetables,
- Emphasizes whole grains, and
- Often includes fiber and protein.

A little planning can make healthy snacking easy. Pack the snacks you think you will need before you go to work or head out for the day. Need some ideas on what to pack? Check out the healthy snack ideas in the blue box to the left!

## In This Issue

Summer Safety Tips, Fitness and Aging, Healthy Snacking, Grapes, Men's Health Month, and Ask the Trainer

## Preventive

## Men's Health Month



June is National Men's Health Month. The goal of the month is to make men and their families aware of preventable health problems and encourage early screening and treatment for boys and men. Women make twice as many visits to their doctor as men, and that doesn't include any pregnancy-related visits. Men need to be encouraged to create a new relationship with their health providers, one of partners in wellness. Regular exams should be seen as important as regular tune-ups for their car or an investment more valuable than a flat screen t.v. or audio equipment. So what specifically should a man do? Check out the following recommendations.

To prevent illness, eat a diet of fruits, vegetables, whole grains and low-fat protein. Drink plenty of water and limit alcohol consumption and sweetened beverages. Wear sunscreen regularly. Maintain a healthy weight

by eating right and getting 30 minutes of exercise at least 5 days a week. Don't smoke. Manage your stress. Always wear a seatbelt. Get regular checkups from your physician.

Pay attention to any warning signs and see your doctor immediately to identify any potential problem and begin treatment if necessary. Warning signs include any change in bowel or bladder habits, changes in moles, a nagging cough, recurring chest pain, any indication of numbness in the limbs, unexplained weight loss or fatigue, erectile dysfunction or persistent depression. These may be signs of a more serious problem and should be checked out right away.

Men, make a commitment to taking control of your health. Practice healthy behaviors and see your doctor regularly. Pretending something isn't important doesn't make it so. Sharing with your doctor your family history and

your concerns is essential. Women, let the men in your life know how important their health is to you. By taking good care of themselves, men will be healthier and our families will be better for it.

### Common Health Screenings for Men

- ✓ Blood Pressure (yearly)
- ✓ Height and Weight, BMI
- ✓ EKG (baseline)
- ✓ Rectal exam (yearly)
- ✓ Lipid profile
- ✓ Fasting Plasma Glucose test (FPG)
- ✓ Skin Check

Other screenings may be recommended based on age, medical history and family history. Consult with your health professional about what's right for you.



## Produce of the Month

### Grapes

Nothing tastes more like summer than the sweet, tart taste of grapes.

Grapes are in season beginning in June. Grapes are available in green, red or purple varieties – most of them seedless. Grapes are heart healthy and have anti-inflammatory properties.

**The Basics:** Choose grapes that are firm, plump and show no sign of mold. Store unwashed grapes in the refrigerator for 3-6 days. When ready to use, wash gently and eat! You can freeze grapes for a sweet treat (wash, pat dry and freeze in a single layer on a cookie sheet).

**Try This:** Add grapes to any salad or serve with cheese for an appetizer or snack.

**The Facts:** One cup of grapes is 62 calories and is a very good source of manganese and vitamin K.

**Caution: Grapes are a choking hazard for children.**

## Lifestyle

## Summer Safety Tips

Summertime generally sees an increase in injuries and accidents. Sun, swimming, sports and recreational activities – more time outside and more activity can raise the risk for illness and injury. There are steps you can take to reduce your risk of injury and still enjoy summer sports and activities.

**Sun:** Use sunscreen everyday and reapply every two hours. Be aware that the latest *Consumer Reports* put out their annual findings regarding sunscreens. They found that more than 40% did not provide the SPF coverage that the label indicates. Be sure to reapply often and choose a higher SPF if you are concerned.

**Swim:** Make sure everyone in your family knows how to swim and monitor all children in the pool whether they know how to swim or not. Do not go swimming at a beach or at a public pool without a lifeguard present.

**Bike:** All bikers should wear a helmet at all times. Obey the rules of the road and do not wear an iPod or other music device while biking.

**Bugs:** Some bug bites can make you sick (West Nile Virus, Lyme Disease, etc.) Stay out of heavily wooded areas and wear an insect repellent if appropriate. Clear out any standing water near your home to keep mosquitos from breeding.

**Fireworks:** Obey the laws in your area. Individual state's laws can be found on the National Council on Fireworks Safety website ([www.fireworksafety.com](http://www.fireworksafety.com).)

**Food Safety:** Make sure your grill is 10 feet away from your home or any other structures. Check the fuel line for gas leaks regularly. Keep hot foods hot and cold foods cold to reduce the risk of food poisoning.

**Festivals and Parks:** Always monitor children when at a festival or at a park. Do not let a child go to the restroom, food vendor or playground alone.

Have a safe and happy summer, filled with fun and activity!

Fitness

Though no fountain of youth has been discovered, exercise is known to help with many of the effects of aging. Heart disease, osteoporosis, obesity, memory loss, sleep problems and depression – all may be improved through regular exercise. As we age, we lose muscle, flexibility and cardiovascular endurance. Exercise might

## Aging and Fitness

not give us back our old bodies, but it will take our older body and make it the best it can be! The following are fitness recommendations for adults. Warning: You should not begin or intensify an exercise program without the approval of a medical professional who knows your health and health history.

The old adage is true: if you don't use it, you lose it. Exercise allows us to maintain muscular strength, cardiovascular endurance, and flexibility as we age. No matter your age, it is never too late to start moving! Get started this summer – keep a set of weights nearby or get active with friends or family outdoors.

***According to the Centers for Disease Control and Prevention, adults need at least***

- ***150 minutes of moderate-intensity aerobic activity each week and resistance training on 2 or more days a week***

***OR***

- ***75 minutes of vigorous-intensity aerobic activity each week and resistance training on 2 or more days a week.***

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

**Question:** Hi, Erin! Over the last 8 months, I have lost 40lbs. I have had 2 children and live a very busy life. I have always struggled with losing weight so I sought help from a professional. I followed a diet plan by a registered dietitian and walked 5 days a week. I occasionally would attend a weight class but not on a regular basis. Now that I've lost all this weight, I'm afraid of it coming back. Do you have any suggestions or tips on how to make sure I keep this weight off?

~Melissa M.

**Answer:** Way to go, Melissa! That is amazing! Congratulations on all of your success! Losing that amount of weight takes dedication, hard work and discipline. You set a goal for yourself and have reached it. Now you ask, what do I do now? How do I maintain?

Continued on next page....

## Want to know more?

Contact Teachers Credit Union for information on wellness programs. We can help you reduce healthcare costs and improve employee well being.

### Ask the Trainer, continued.

I'm not going to lie. Sometimes this can be harder than losing. What you need to remember is, even though you've hit your weight loss goal, your road to living healthy isn't over. There are so many things you can do to maintain. First and foremost, make sure you continue to eat healthy and stay active. It can be easy to fall back into old habits and start to indulge in certain foods again. What you need to ask yourself is "how did I feel when I was 40lbs heavier? How hard was it to lose that amount of weight? Would I want have to do that all over again?" Most likely you would never want to go back, so avoid the bad food choices you made prior to losing the weight. Look back and figure out what your weaknesses were and be aware of them now. Allow yourself a treat every once in a while. I tell my clients to schedule in a cheat meal once a week along with all of their other meals. This has helped so many of them because they can indulge but have a plan to get back on track. Be sure to stay active as well. If you have gotten bored with just walking, try a cardio class or a strength class again. I would encourage you to add in strength training to your workout routines as well. I truly believe that this will not only help you maintain your weight but improve your overall health as well.

Another idea that has helped many of my clients is establishing a new goal when it comes to your health. You set a goal to lose weight and reached it; not it's time to set another. I've found that when an individual is working towards a goal, it helps them stay motivated and on track. Maybe it's sculpting your arms or running your first 5K. Find something to keep you motivated.

Share your story! You have achieved something many people dream of doing so what better thing to do than to share your story. Help motivate people to do what you did! This will not only help other people but help you as well. It will help keep you accountable and give you a great support system. Having a strong support system is crucial. Don't let people bring you down or encourage you into bad habits again!

You have ultimately become a new person, so live life to the fullest and live for a healthier you! I'm here to help if you have any other questions!

Good Luck and congrats again!

