

May/June 2019

Summer is fast approaching!

Open enrollment season has ended and Spring is in full bloom. As the weather gets better be sure to get outside and be active! Remember to play it safe as we approach the dog days of summer...

Most of us cope okay in normal hot weather. But don't risk getting sick during long periods of extreme heat.

Heat-related illnesses most often occur from being in the heat too long, or working or exercising too much for your age and physical condition.

Signs of heat-related illness:

Heat exhaustion — precedes heatstroke; symptoms include heavy sweating, nausea, rapid breathing, sudden fatigue, dizziness and a fast, weak pulse.

Heatstroke — life-threatening, when body temperature quickly spikes; symptoms include dry skin, rapid, strong pulse and dizziness.

Contact your health care provider if you have symptoms that worsen or don't improve within 1 hour. Get immediate medical attention if your temperature reaches 104°F or higher.

Keep cool to prevent heat-related illnesses:

- ➔ Drink water each hour to stay hydrated.
- ➔ Take regular breaks in shade or air conditioning.
- ➔ Wear a hat and lightweight, loose-fitting clothing.
- ➔ Avoid strenuous tasks midday, the hottest time.
- ➔ Don't leave young children or pets in a parked car.
- ➔ Let your vehicle cool down before you drive it.
- ➔ Let your body acclimate when traveling to hot locations.

As always, don't hesitate to contact me if you would like help reviewing benefits or to provide some materials or assistance with organizing wellness initiatives for your faculty and staff.

Thanks!

Paul Hudak, Diocesan Wellness Coordinator
wellness@dioceseofcleveland.org

Find more information at...<http://www.mydocbenefits.com/>.



Dates to Remember

May 27
Memorial Day

June 21
Summer Begins

July 1
2019/20 Benefits
Effective



May/June 2019

Healthy Insights

Fitness after 50

An exercise and strength-training program offers tremendous benefits, especially as our bodies age. For example, research reveals that regular exercise improves your quality of life and may also extend your life by up to 5 years. However, it's not always easy to get started or overcome barriers (e.g., lack of time, money).

Use these tips to get started:

- **Walk more:** It's 1 of the easiest and least expensive exercises.
- **Enjoy the scenery:** The more scenic your walks are, the more you'll want to take them. Look for parks and trails. Also, try museums, galleries, sightseeing and college campus tours.
- **Map it:** Use online mapping software to locate the best routes.
- **Get a fitness tracker or step counter app:** It creates accountability.
- **Make it social:** Find friends or family to walk with — you'll walk more.
- **Develop a home workout:** Short on time or uncomfortable using a gym? Use your home instead.

Try this American Council on Exercise (ACE) home workout: acefitness.org/acefit/fitnessprograms-article/2863/top-25-at-home-exercises/.

More options from the National Institute on Aging: go4life.nia.nih.gov/exercises.

By Charles Platkin, PhD



Find more information at...<http://www.mydocbenefits.com/>.









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Healthy Insights cont.

Wellness Calculators & Fitness Tips

Here are some quick and useful tools to help you estimate your healthy body weight, target heart rate, amount of body fat and more. They will set exercise goals and educate you about your health.

<http://personalbest.adam.com/content.aspx?productId=20>

	Body Mass Index Calculator Approximate how much body fat you have by simply entering your height and weight.		Calorie Burner Counter Calculator Estimate how many calories your favorite activity burns.
	Target Heart Rate Calculator Know your target heart rate to help you get the most out of your exercise.		Desirable Body Weight Calculator Enter your type of body frame, height, and sex to estimate your healthy body weight.
	Nutritional Needs Calculator Figure out how many calories you need to lose, maintain or gain weight.		Waist to Hip Calculator Determine your body shape and find out what that shape means.
	Risky Drinking Answer a few questions to find out if you should seek professional help.		Smoking Cessation Clear your thinking about smoking.

Official exercise guidelines are updated as we are learning more about how physical fitness and exercise affect our health and longevity.

Key Recommendations:

AGES 3 TO 5 (NEW): Get at least 3 hours per day of active play (light, moderate or vigorous) to enhance growth and development.

AGES 6 TO 17 (NO CHANGE): Get 60 minutes per day of moderate- to vigorous-intensity activity for healthy heart, muscle and bone development.

ADULTS (NO CHANGE): Get at least 150 to 300 minutes of moderate-intensity activity or 75 minutes of vigorous activity each week; add muscle strengthening 2 to 3 days a week.

Just move more and sit less. The new guidelines suggest any amount of physical activity has health benefits, including better sleep, stress relief and improved blood pressure and mental health. Over time, staying physical helps manage many ongoing health conditions including obesity, osteoarthritis, diabetes and dementia.

Find more information at...<http://www.mydocbenefits.com/>.

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Healthy Eating

Switching To a New Eating Plan?

If you're ready to upgrade your diet, it's best to make changes slowly so you aren't overwhelmed. Whether your goal is to lose weight, treat your diabetes or prevent heart disease, your new habits are more likely to stick if you implement them 1 at a time.

See how little changes can make a big difference for your health. Start by adding 1 of these simple habits each week for the next 12 weeks.

Plan ahead:

- ✓ Keep a water bottle handy for all-day sipping, and cut back on juice or soft drinks.
- ✓ Bring a home-prepared lunch to work instead of getting fast food.
- ✓ Keep cut vegetables in the fridge. Snack on them instead of chips or chocolate.
- ✓ Decide which recipes you'll make this week. Shop in advance so ingredients are on hand. Cook at home more often:
- ✓ Cook 1 additional meal at home this week, instead of getting takeout.
- ✓ Skip deep-frying methods and opt to bake, roast or sauté instead.
- ✓ Flavor your meals with fresh herbs and spices instead of bottled salty sauces.

Find healthy alternatives:

- ✓ Add a handful of nuts to your salad instead of croutons.
- ✓ Try Greek yogurt instead of regular yogurt to double your protein.
- ✓ Replace 1 meat or chicken meal with fish instead.
- ✓ Enjoy salads with dark leafy greens such as spinach or kale (more nutritious than iceberg lettuce).
- ✓ Eat brown rice or whole-grain pasta instead of white rice or pasta.

These small steps can help you improve the quality of your meals and snacks, and ensure you have healthy foods at your fingertips.



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Healthy Eating cont.

Highlight Recipe

Avocado Chicken Salad

Ingredients:

- ½ cup fat-free plain Greek yogurt
- 1 tsp cumin
- 1 lime, juice and zest
- 3 tbsp cilantro, finely chopped
- 1 medium tomato, diced
- ½ ripe avocado, diced
- 2 green onions, white part only, diced
- 1 jalapeño, seeded and diced
- 2 cups cooked chicken breast, diced
- ¼ tsp each salt and pepper, or more to taste

Method:

In a medium bowl, blend together yogurt, cumin, lime and cilantro. Fold in tomato, avocado, onion, jalapeño and chicken breast. Stir to combine. Season with salt and pepper. Serving suggestions: Enjoy atop salad greens, stuffed into a whole-grain pita, or on warm corn tortillas.

Makes 6 servings. Per serving:

278 calories | 35g protein | 10g total fat | 2g saturated fat | 6g mono fat | 2g poly fat | 78mg cholesterol | 11g carbohydrate | 3g sugar | 4g fiber | 393mg sodium



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Newsletters

Check out the latest issues of Smart Health. This monthly newsletter is provided to us from our partners at The Oswald company. <http://www.mydocbenefits.com/>.



SMART Health

Checklist: Your Heart's Must-Haves

February is Heart Month. It's never too late to be heart smart for you and your family.

What are the best doctors that can help prevent and treat? Check the following habits that you regularly observe or begin to develop for heart health. These are exciting new programs:

- Wideline:** Many new studies demonstrate that 30 inches for women or below 40 inches for men. Since height varies from person to person.
- Diastolic pressure:** Keep diastolic pressure and get at least 150 mmHg or lower. Lowering diastolic pressure can help reduce the risk of stroke and heart disease.
- Heart rate:** Lower resting heart rate is a good sign of heart health. Aim for 60-70 bpm.
- Cholesterol:** Lower LDL cholesterol and higher HDL cholesterol. Aim for LDL below 100 mg/dL and HDL above 40 mg/dL for women and 50 mg/dL for men.

It's never too late to be heart smart for you and your family.



SMART Health

Personalized Weight-Loss Plan

January is Thyroid Awareness Month.

What are the best doctors that can help prevent and treat? Check the following habits that you regularly observe or begin to develop for heart health. These are exciting new programs:

- Wideline:** Many new studies demonstrate that 30 inches for women or below 40 inches for men. Since height varies from person to person.
- Diastolic pressure:** Keep diastolic pressure and get at least 150 mmHg or lower. Lowering diastolic pressure can help reduce the risk of stroke and heart disease.
- Heart rate:** Lower resting heart rate is a good sign of heart health. Aim for 60-70 bpm.
- Cholesterol:** Lower LDL cholesterol and higher HDL cholesterol. Aim for LDL below 100 mg/dL and HDL above 40 mg/dL for women and 50 mg/dL for men.

It's never too late to be heart smart for you and your family.

Paul Hudak
Diocesan Wellness Coordinator
Diocese of Cleveland
1404 East Ninth Street – 8th Floor
Cleveland, Ohio 44114
Office 216-696-6525 Ext. 5030
Email wellness@dioceseofcleveland.org