

Catholic Diocese of Cleveland Wellness Bulletin Volume 1 Issue 6



November/December 2019

DON'T LET YOUR HEALTH TAKE A HOLIDAY



The busy holiday season ahead can quickly lead to a hectic schedule. To lessen your stress, maintain energy and avoid getting sick, treat yourself well:

Take time for basic needs.

That means 7 to 9 hours of quality sleep and 3 balanced meals every day, plus 150 minutes of moderate-intensity exercise (e.g., brisk walking) weekly — the best Rx for sustaining energy and feeling positive.

Watch for opportune exercise.

Park in the back 40 of the shopping mall and walk to it.

Keep your hands clean.

And keep your distance from sick coworkers and family members.

You don't have to do it all.

You're not being a Grinch if you need to say No to family and friends to relieve stress and recharge.

Snack for energy.

Have some fruit, nuts and seeds with you when working or traveling.

Quiet your mind.

Check out meditation apps to create mindfulness and help you to relieve stress or pain or quit smoking.

Relax in the moment.

Open your mind and your eyes to the warmth of your surroundings — listen to music or enjoy a wintry walk followed by a cup of hot tea.

Encourage others.

Wear a smile, offer compliments, and be patient with those who appear stressed. When a friend seems upset or blue, lend an ear and just listen.

That's the spirit!



Dates to Remember

Upcoming EAP Webinar

"Holiday Blues"

Presented by: TBA
Tuesday, December 17, 2019
12:30 p.m.- 1:15 p.m.

[Access the online
webinar here](#)

<https://www.moorecounseling.com/webinars>

**Handwashing Awareness
Week, December 1 to 7**
**Handwashing is a do-it-
yourself vaccine against
illness, says the CDC.**

During keep hands clean in 5 steps: Wash your hands with soap and warm or cold water for at least 20 seconds; get a good lather going; clean the back of your hands, between the fingers and under the nails; and dry off with a clean towel. Always wash before preparing meals or eating and after touching objects in public spaces. You can use alcohol-based hand sanitizers, too.

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

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Healthy Insights

November is Diabetes Month



Diabetes is a complex disease that affects your body's primary source of energy — glucose (sugar). By far, the most common form of diabetes is type 2. It's caused by resistance to the hormone insulin, which is needed to get glucose into your cells. When this occurs, glucose accumulates in your bloodstream, leading to several serious complications. Learn the facts:

MYTH VS. FACT

- 1. MYTH:** Type 2 diabetes only develops late in life. **Fact:** More and more children and teens are now developing this condition.
- 2. MYTH:** A high-sugar diet is the primary cause of type 2 diabetes. **Fact:** A diet high in calories from all sources, and a sedentary lifestyle, can lead to obesity, which is a primary risk.
- 3. MYTH:** People with diabetes must follow a special diet. **Fact:** A healthy meal plan for people with diabetes is generally the same as healthy eating in general; sweets and refined grains are allowed in moderation.
- 4. MYTH:** Smoking cigarettes does not affect blood sugar. **Fact:** Smoking raises blood sugar levels and insulin resistance and increases the risk of most diabetes complications.
- 5. MYTH:** People with diabetes are more likely to get colds and flu. **Fact:** Getting sick can elevate blood sugar and the risk for complications from the flu and other diseases. Flu shots and other vaccines offer protection.
- 6. MYTH:** The best treatment for diabetes is insulin. **Fact:** When first diagnosed with type 2 diabetes, many people can keep their glucose at a healthy level with a positive lifestyle and medication.
- 7. MYTH:** Most people with diabetes lead a normal life span. **Fact:** Many die prematurely from heart disease, heart attack or kidney disease.

Good news: People with type 2 diabetes can sometimes restore their blood sugar levels to normal just by eating a healthy diet, exercising regularly and losing weight.

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

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Healthy Insights

WINTERIZE YOUR EXERCISE



Don't let chilly, dark days dampen your fitness goals. Your body needs year-round exercise, so start booking activities on your calendar every week. Try something new and have fun:

Pool classes provide a perfect warm-up plus excellent exercise routines, including lap swimming, shallow or deep-water muscle workouts, and yoga routines for improved flexibility, strength and vitality.

Indoors? You can't beat the convenience of at-home exercise to save time, money and fuss — and you're more likely to stick with it. Get a floor mat for core exercises and yoga. Try tai chi workouts. Include strength-training options. Add some music.

Outdoors? Cold weather can pose risks, including darkness, frostbite and icy pavement, but exercisers can usually avoid trouble: Check the forecast. Warm up first indoors. Cover your head and hands and bundle up in windproof, layered clothing to combat wind chill. Use reflective tape for visibility.

Partner up. Walk your dog, play soccer or ice skate with the kids. Ride a bike when the sun shines, or try snowshoeing, Nordic skiing or enjoy an invigorating jog.

Added benefit: Exercise boosts your immunity during cold and flu season. Just a few minutes a day can help prevent simple bacterial and viral infections, according to the CDC.



Haven't had your flu shot yet? December 1 to 7 is Influenza Vaccination Week, and the CDC urges everyone who hasn't yet been vaccinated against the flu this year to get a shot now. It's best to get the flu shot by the end of October, but if you missed that window, get it now. While most people recover from the flu, it can lead to health problems, hospitalization and even death.

Learn more at cdc.gov/flu/resource-center/nivw/index.htm.

If you are enrolled in one of our Diocesan health plans, you no longer need a voucher. Simply show your pharmacist your CVS/Caremark card. If you have misplaced your card, call 844-431-4882 to request a new card. If you are not enrolled in one of our health plans, you can still obtain vouchers from the Benefits Office by calling (216) 696-6525 or e-mailing us at hbo@dioceseofcleveland.org.

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>

 BMI Body Mass Index Calculator	Approximate how much body fat you have by simply entering your height and weight.	 Kcal 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.

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

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Healthy Eating cont.

Frozen Food Facts



Your freezer can be a very useful and versatile kitchen tool.

In addition to preserving and reserving foods for later, the freezer allows for quick weeknight meals and is the perfect place to store your leftovers.

Stock your freezer with lots of fruits and vegetables.

They should take up a lot of freezer space. Fresh produce can spoil in a few days, but frozen vegetables and fruit are safe for up to 1 year. Plus, they cook quickly since they are pre-cut. **The best part?** Since vegetables and fruit are frozen within hours of being picked, they often have more antioxidants and vitamins than fresh versions.

Freeze whole grains, seeds and nuts to prolong their shelf life and reduce rancidity.

You can store nuts for up to 2 years, while grain storage depends on the variety.

Round out your shelf space with pre-cut portions of chicken, fish and meat.

Why buy smaller cuts and individual portions, such as patties, fish fillets and chicken breasts, for freezing? It's hard to cut into frozen food, and thawing adds preparation time. You can freeze meat, poultry and fish for up to 1 year.

Freeze your leftovers and cook in bulk.

Having pre-cooked foods you can easily reheat is a great solution for busy weeknights. Soups and stews last about 3 months and meat dishes can last up to 6 months in the freezer — as opposed to only 4 days in the fridge. Waste not, want not — use your freezer.

By Cara Rosenbloom, RD

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

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Healthy Eating

LET'S TALK TURKEY



Succulent turkey is the perfect lean protein, filled with B vitamins, selenium and zinc. Is turkey on your holiday menu? These great tips will help you cook it perfectly.

If you're buying a whole bird, you'll need 1 pound of turkey per person. Serving 8 guests? Buy an 8-pound bird — or 10 pounds if you want leftovers. For time-saving convenience, you can also purchase cut turkey pieces (breast, thigh or leg), which are quicker to cook.

Fresh whole birds should be refrigerated and generally cooked within 2 days of purchase. Defrost your frozen turkey in the fridge for about 5 hours per pound of turkey. Example: An 8-pound bird needs nearly 2 days to defrost; plan accordingly. Do not defrost poultry or meats on the countertop, since bacteria can grow rapidly at room temperature.

To enhance flavor, butter your bird, and then add salt and pepper. You may choose to add herbs or citrus zest, too. One thing not to add? Stuffing. For food safety, cook stuffing separately, not inside the turkey. If it is a family tradition and you must stuff your turkey, ensure the stuffing reaches 165°F before you eat it.

Cook your turkey at 325°F and calculate 20 minutes per pound. That's almost 3 hours for an 8-pound bird. You'll know it's done when a food thermometer in the thickest part of the meat reads 165°F.

Enjoy your turkey for dinner, and then serve leftovers in lasagna, sandwiches or soup or on nachos.

By Cara Rosenbloom, RD



Mythbuster:

Turkey does not make you sleepy.

Turkey does contain tryptophan, an amino acid that promotes sleep. However, turkey has no more of this substance than an equal-size serving of chicken or beef.

So why are you tired after Thanksgiving dinner? It's probably normal after a big meal on a busy holiday. Digesting a heavy meal takes energy, and can cause fatigue — especially if you enjoy carbs, such as stuffing, potatoes and pie.

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Newsletters

Check out the latest issues of Smart Health at <http://www.mydocbenefits.com/>.



SMART Health

Checklist: **Your Heart's Must-Haves**

When are the best times to see your doctor? Check the following habits that you can adopt to lower your risk of developing heart disease. These are your "must-haves" for a healthy heart.

- Walk 30 minutes for exercise** at least 5 times a week. Research shows that walking 30 minutes a day can help lower your risk of heart disease.
- Don't smoke**. Smoking is a leading cause of heart disease and stroke. Quitting now can greatly reduce your risk.
- Manage your cholesterol**. High cholesterol can lead to heart disease. Your doctor can help you manage it with medication and diet.
- Manage your blood pressure**. High blood pressure is a leading cause of heart disease. Your doctor can help you manage it with medication and diet.
- Don't drink too much alcohol**. Drinking too much alcohol can lead to heart disease. Limit your intake to one drink a day for men and one for women.
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It's never too late to be heart smart for you and your family.

February is **Prevention Heart Month**.



SMART Health

Personalized Weight-Loss Plan

There are many reasons why you might want to lose weight. Whether you want to improve your health, look better, or feel more confident, losing weight can help. But it's important to do it the right way. Here are some tips to help you create a personalized weight-loss plan that works for you.

- Set realistic goals**. Don't try to lose too much weight too quickly. Aim for a goal of 1-2 pounds per week.
- Track your progress**. Keep a journal of your food intake, exercise, and weight.
- Be patient**. Weight loss is a slow process. Don't get discouraged if you don't see results right away.
- Stay motivated**. Find ways to stay motivated, such as exercising with a friend or joining a support group.

January is Thyroid Awareness Month.

Thyroid trouble? The thyroid gland produces hormones that set metabolism and energy use, among other functions. When the thyroid underperforms, hypothyroidism occurs, causing weight gain, fatigue, hair loss, constipation and cold intolerance. For persistent symptoms, see your health care provider. Left untreated, it can lead to obesity, joint pain, infertility and heart disease.

Drug safety tip: Try to take all your prescription drugs at the same time every day. If you take multiple drugs, ask your doctor or pharmacist if a new drug might cause problems. Your pharmacist is a vital member of your health care team, ready to assist and answer your questions.

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