

January/February 2020

## 8 Qualities of Well-Being: Practice them in 2020

With the start of a new year, many of us promise ourselves to become healthier, learn more and generally do better. Yet most of us have trouble achieving specific goals, such as losing weight or feeling more positive.

Long term, we are more likely to succeed with changes and sustain health by focusing on our overall well-being. Take a broader view and ask yourself:

What can I do to achieve better balance and contentment in my life?

Here are the 8 qualities of well-being :

**Natural:** *Enjoy nature every day*

**Physical:** *Nourish you Body*

**Spiritual:** *Find purpose in life*

**Emotional:** *Know your feelings*

**Vocational:** *Build professional skills*

**Intellectual:** *Keep learning*

**Financial:** *Manage short and long term*

**Social:** *Connect with others*



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



### Reminders

**Don't miss out on  
the Diocesan  
Wellness Incentive!**

**May 1, 2020**

Annual  
Physical/Tobacco  
Attestation Form  
Deadline\*

\*Annual Physicals Must be  
Completed Between May 1,  
2019 and April 30, 2020



### Employee Assistance Program

Follow the link below and  
use this password:  
**Diocese of Cleveland**  
to access a complete  
overview of your EAP  
benefits and a wealth of  
helpful tools and  
information.

<http://eap.moorecounseling.com/>

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## Healthy Insights

### Winter Walking

**Ice is a part of winter in many regions.** You can still enjoy a walk outdoors, but watch for ice that can be hidden under a dusting of snow.

**Wear boots** with a thick, nonslip tread and rubber sole.

**Give yourself more time** to get to your destination.

**Walk like a penguin** over ice (if you have no choice but to walk over it) by taking short, shuffling steps to increase traction, and move slowly.

**Keep your center of gravity** over your front leg while walking on ice.

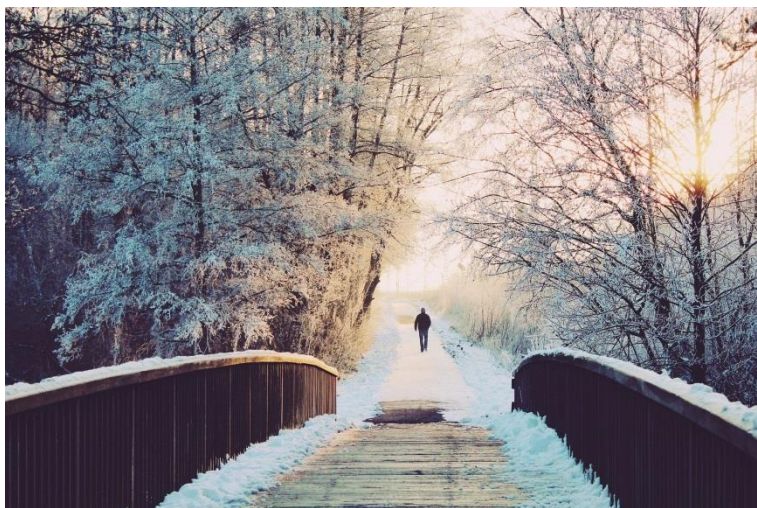
**Use stationary objects** such as a vehicle or a wall for support as you walk over ice, or put your hands out to the sides for balance.

**Keep your hands** out of your pockets and never use mobile devices while walking in winter weather.

**If you find yourself falling**, remember to tuck and roll. Tuck yourself into a ball and protect your head and face. Don't put your hands out to break the fall — you may end up breaking something else.



**Brief:**  
**Do you tend to spend hours every day using your smartphone?** Heavy use of mobile electronic devices has become an inherent part of our lives and a source of entertainment, especially among young people. That behavior may be linked to (but not established as a direct cause of) increased obesity rates and poor health in general, according to early research.



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## Healthy Insights

### Principles of Protein

**Protein plays a truly important role in your body.** Here are some basic points to learn:

➔ **What is protein?** It's part of every cell in the body and an essential nutrient in the foods we eat. Protein is required to build and repair skin, muscles and tissue, and is vital to making hormones and enzymes.

➔ **Which foods contain protein?** Foods with the highest levels of protein per serving are meat, poultry, seafood, tofu and Greek yogurt. Mid-range protein-rich foods are eggs, beans, lentils, nuts, seeds, milk and cheese. There is a small amount of protein in many whole grains, vegetables and fruits, too.

➔ **What are the best sources of protein?** They contain mostly healthy, unsaturated fats and are low in saturated fat. Focus on fish, seafood, low- and nonfat dairy, lean meat and poultry, beans, lentils, nuts and seeds.

➔ **How much protein do you need?** There's some controversy around this question. Some people believe North Americans get too much and others believe it's too little.

**The recommended healthy protein range is 10% to 35% of total calories.** The minimum amount of protein you need daily is 46 grams for women and 56 grams for men — or about 10% of calories from protein.

**Protein is listed in grams on the Nutrition Facts label of packaged foods,** so you can see how much is in a serving of the product. There is no percent daily value (%DV) for protein because most people get enough, so there's no need to set a daily goal.

By Cara Rosenbloom, RD



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>

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

As the temperature drops during winter, chances are you'll spend more time indoors — with more time to cook. For amazing meals, use your time wisely and plan. Consider cooking and freezing portions for future use, and you'll thank yourself later.

Warm soups, stews and pasta dishes are classic comfort foods. As you plan these meals, keep the plate model in mind. That means you ensure half of your meal is filled with vegetables, a quarter with grains, and a quarter with protein-rich foods, such as beans, fish, tofu, poultry, eggs, dairy foods or meat.

### To make healthy comfort food:

- ➔ Add more vegetables or have salad as a side dish.
- ➔ Choose brown rice instead of white rice to serve with meals.
- ➔ Make sandwiches or subs with whole-grain bread.
- ➔ Use oats instead of white bread crumbs in your meatloaf and burgers.
- ➔ Substitute Greek yogurt for sour cream in recipes.
- ➔ Bake instead of frying chicken or pork chops.
- ➔ Try fish or poultry a few times a week instead of red meat every night.
- ➔ Try brown lentils or tofu in place of ground beef and pork in tacos, lasagna, chili and soups.
- ➔ Cut back on very salty condiments, such as soy sauce, fish sauce and BBQ sauce.

Winter is also the perfect season to put your slow cooker or pressure cooker to good use. Crockpot meals are hearty, easy and can be loaded with vegetables. Find recipes online for stews, curries, soups, casseroles and vegetable- and protein-packed pasta dishes.

By Cara Rosenbloom, RD



### Brief:

**Your parents were right when they told you to eat fruits and vegetables.** Researchers at Tufts University recently estimated that 1 in 7 cardiovascular deaths may be due to low fruit consumption, and 1 in 12 cardiovascular deaths likely resulted from not eating enough vegetables. Heart disease is the No. 1 cause of death in women and men, or 1 in 4 deaths annually in the U.S. Good advice: Get at least 2 cups of fruit and about 2½ cups of vegetables daily — eating more is even better for your heart and overall health.

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## Healthy Eating cont.

### Recipe of the Month

#### Curried Sweet Potato and Crispy Lentil Salad

##### Ingredients:

##### Dressing:

2 tbsp extra virgin olive oil

1 tbsp balsamic vinegar

¼ tsp Dijon mustard

##### Salad:

1 can (14 oz.) low-sodium lentils, rinsed and patted dry

2 cups sweet potatoes, peeled and ½-inch diced

1 tbsp extra virgin olive oil

1½ tsp curry powder (mild or spicy)

¾ tsp salt

¼ tsp pepper

6 cups mixed salad greens

½ cup pomegranate seeds

##### Method:

**Preheat** oven to 400°F. **Line** a baking sheet with foil or parchment paper. **Whisk** dressing in a small bowl and set aside. **In** a medium-sized bowl, mix lentils and sweet potatoes with oil, curry powder, salt and pepper; place mixture on the lined baking sheet. **Roast** 20 minutes, stir, then roast another 20 minutes until lentils are crisp. **Meanwhile**, arrange salad greens on a large platter. **Top** greens with warm sweet potato-lentil mix and pomegranate seeds. **Add** dressing and toss to coat. **Serve** warm.

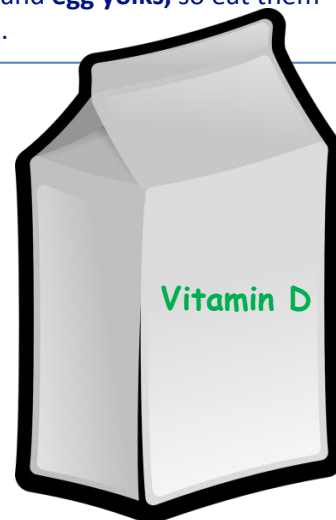
**Makes 4 servings. Per serving:**

312 calories | 12g protein | 11g total fat | 1g saturated fat | 8g mono fat | 2g poly fat | 0mg cholesterol | 44g carbohydrate | 5g sugar | 12g fiber | 490mg sodium



##### Tip:

**Vitamin D**, which is actually a hormone made by the skin, is often called the sunshine vitamin because sun rays hitting our skin can produce vitamin D in the body. However, it takes a lot of sunlight to make the vitamin D you need, so given the risks of too much sun exposure, ask your health care provider to check your vitamin D level. If it is low, you may need a supplement. While there are relatively few food sources of vitamin D, the best ones include **fatty fish**, such as **salmon**, **fortified milk**, **orange juice** and **egg yolks**, so eat them often.



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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

February 1 is **Heart Day** and it's time to focus on your heart health. Heart disease is the leading cause of death in the United States. But there are things you can do to reduce your risk of heart disease and improve your heart health.

**What are the best things you can do to improve your heart health?** Check the following habits that you can do to improve your heart health. These are your **Must-Haves**.

- 1. Know your numbers.** Know your cholesterol, blood sugar, and blood pressure. These numbers can help you understand your risk of heart disease and whether you need to make changes to your diet, exercise, or medications.
- 2. Eat a heart-healthy diet.** Focus on fruits, vegetables, whole grains, and lean proteins. Limit saturated fats, sodium, and added sugars.
- 3. Get regular exercise.** Aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous activity each week. You can also do a mix of both.
- 4. Don't smoke.** Smoking is a major risk factor for heart disease. If you smoke, quit now. If you don't smoke, don't start.
- 5. Limit alcohol.** Drinking too much alcohol can raise your blood pressure and triglyceride levels, and increase your risk of heart disease.
- 6. Manage your stress.** Chronic stress can lead to high blood pressure, heart disease, and other health problems. Find ways to manage your stress, such as through meditation, yoga, or talking to a therapist.
- 7. Get a good night's sleep.** Not getting enough sleep can lead to high blood pressure, heart disease, and other health problems. Aim for 7-9 hours of sleep each night.
- 8. Don't drink and drive.** Drinking alcohol can impair your judgment and reaction time, making it dangerous to drive. If you drink, don't drink and drive.

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

February is **Prevention Heart Month**.

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**SMART Health**

Personalized Weight-Loss Plan

January is **Thyroid Awareness Month**.

**Best Bits:** National Drug and Alcohol Facts Week is January 22 to 27. This national awareness campaign is a series of educational activities about drug and alcohol use and prevention. Parents can learn how to spot abuse in teens, intervene strategically, and prevent substance use in the future. The emphasis is on early identification. Check out an age-appropriate tool that supports healthy early development. Learn more at [www.drugfactsweek.org](http://www.drugfactsweek.org).

**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, hormones, thyroid-related issues, causing weight gain, fatigue, nervousness, 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 have all your prescriptions filled at the same pharmacy. It will track all your drugs and alert you or your health care provider 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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