



Patoka Valley
Health Care Cooperative

www.pvcooperative.com

A MONTHLY HEALTHLETTER FROM THE WELLNESS COUNCIL OF AMERICA

EVERY BIT OF MOVEMENT MATTERS



YOUR CHAIR & TV *A Not-So-Healthy Combo*

Studies show that sitting in front of your TV is associated with an even greater risk of death (sorry to be the bearer of bad news). So what's so particularly bad about your TV time? Researchers suggest that people are more likely to get up and walk around at work than they are while watching TV. Further, people tend to watch TV in the evening after eating dinner, which may have negative effects on blood sugar and fat metabolism. TV viewers may also be more prone to mindlessly snack on unhealthy foods.

If you watch a lot of TV (2 or more hours a day) consider buying an exercise bike or treadmill and exercise while you watch. Or perhaps try doing some stretches and strength moves (i.e., push-ups, jumping jacks, etc.) during your shows. In any case, find a sport or active hobby that you enjoy, and do that as much as you can, because it all counts.

The studies keep rolling in and the conclusion is consistent: continuous sitting is bad for your health. In fact, many studies have revealed that *the more time a person spends sitting, the higher their risk of death from any cause*. But don't panic just yet if you're tied to a desk or sit behind the wheel for long bouts of time. A comprehensive study published in *The Lancet* found that 60 to 75 minutes of daily moderate physical activity like walking, riding a stationary bike, dancing, golf, tennis, or coaching sports eliminates the risk of death related to sitting, even from sitting for more than eight hours per day. If you can't get in 60+ minutes of moderate daily activity there's still no reason to panic—so long as you try your best to make some type of movement every day.

ANY MOVEMENT HAS BENEFITS

Many experts and a lot of research suggest that simply getting out of your chair every 30 to 60 minutes can have significant benefits and protect your health. Standing for one to two minutes every half hour or hour can help combat the negative physiological effects of sitting. Even if you can't move around, simply standing and stretching can help boost circulation, activate your metabolism, burn extra calories and increase focus. Some studies have even shown that frequent standing breaks significantly decrease your chances of developing diabetes.

Of course, if you can get up and walk or incorporate any other kind of physical activity that's even better. Research confirms that spreading out exercise and movement throughout the day reaps benefits. One recent study published in *Medicine and Science in Sports and Exercise* found that even hourly breaks of light activity decreased measurable damage to arteries.

Whether you can squeeze in 60+ minutes of moderate activity or just stand or move around every hour, keep in mind that movement of any type is what matters. The science is overwhelmingly telling us that less sitting and more exercise is the goal, and every little bit of improvement in either area helps.



This dessert is a delicious and refreshing way to cap off a meal. You'll find that it won't make you feel bloated or guilty. To be sure, you can eat this dessert knowing it's ripe with health benefits coming from the strawberries, yogurt and honey.

STRAWBERRY YOGURT PUDDING

INGREDIENTS:

- 1 envelope of unflavored gelatin
- ½ cup of boiling water
- 2 Tbsp of honey
- 1 tsp of orange extract
- 1 cup of plain low-fat yogurt
- ½ cup of pureed strawberries
- 2 Tbsp of graham cracker crumbs (optional)



DIRECTIONS:

Dissolve gelatin thoroughly in boiling water. Mix in honey. Add remaining ingredients except for the graham cracker crumbs. Divide among 4 dessert dishes, sprinkle each one with graham cracker crumbs and chill.

SERVES: 4

Superstar Food of the Month: Strawberries

Strawberries are visually stunning, scrumptious to eat and exploding with health-boosting prowess. One cup of strawberries provides over 100 percent of a day's requirement for vitamin C along with 12 other essential nutrients. But what really launches this beauty of a fruit up into the realm of super food stardom is its antioxidant power. In one recent evaluation that ranked the antioxidant power of all foods based on "common serving sizes," strawberries came out third on the list just behind walnuts and blackberries. Go eat some now!



Dr. Ann
WELLNESS

With formal training in nutrition and medicine, plus hands-on experience as a mother of four and family physician, Dr. Ann is a unique nutrition expert for the real world.

The whole food ingredients found in Dr. Ann's recipes are the right foods for health and vitality. Nutritional excellence naturally follows.

For more, visit DrAnnWellness.com.

SUPER HEALTHY (AND EASY!) SWAPS!

Subtracting calories and adding extra nutrients into your meals and snacks can be as simple as a few easy swaps. You can add one or two healthier ingredients into your favorite recipes and meals without even noticing a difference (or you may actually enjoy the taste more). Here are a few ways to start:

INSTEAD OF



TRY



TRY ALMOND FLOUR INSTEAD OF WHITE, ALL-PURPOSE FLOUR. You can save hundreds of calories and some significant carbohydrates if you make the switch. Plain, all-purpose flour has about 455 calories and 95 grams of carbs while almond flour has 180 calories and only 2 grams of carbs per cup. Almond flour has an earthy, rich flavor, so the calories and carbs will be the only things you miss! You can also get creative and adventurous by trying other tasty, yet nutrient dense flours like spelt, garbanzo bean and millet—just to name a few.



TRY AN ENGLISH MUFFIN INSTEAD OF A BAGEL OR REGULAR HAMBURGER BUN. A typical bun delivers around 235 calories and offers close to nothing in terms of taste or nutrition. You can save at least 100 calories simply by swapping that bun or bagel for an English muffin. If you want to take it one step further, choose a whole-wheat muffin, which will give you added fiber.



TRY FLAVORFUL HERBS AND SPICES INSTEAD OF SODIUM-LADEN SAUCES. You may be unknowingly racking up your sodium intake if you're seasoning and drenching your food with packaged sauces (it's a good idea to watch your sodium intake whether you have high blood pressure or not). Liven up a dish with garlic and pepper or fresh rosemary and thyme. Most grocers offer a fresh herbs selection in the produce aisle. Get adventurous!



TRY ZUCCHINI NOODLES INSTEAD OF PLAIN WHITE PASTA. Take a zucchini and use a spiralizer (if you don't have one, you can easily get one online or at a department store for as low as \$15) to make a low-cal, high-fiber "pasta" dish. You'll save about 200 calories and load up on vitamin C, folate and magnesium.



TRY APPLE OR PEAR SLICES WITH CHEESE OR PEANUT BUTTER INSTEAD OF CRACKERS AND CHEESE. Fruit and protein go hand-in-hand. You may find that you enjoy the sweet and savory combo of cheese and apple slices. Peanut butter with crisp pear slices is also delicious, and the swap will save you a good deal of calories and sodium you would get from eating the crackers.



16 SIMPLE WAYS TO SAVE ON GROCERIES

(and still eat healthy)

To discover when produce is in peak-season, check out this chart from the USDA:

healthymeals.nal.usda.gov/features-month/whats-season

Remember

TALK WITH YOUR DOCTOR IF YOU HAVE ANY CONCERNS ABOUT YOUR HEALTH.

1. Try nutritious, yet much less expensive protein alternatives. Beans, legumes, nut butters and eggs provide a powerful protein punch for a fraction of the cost of meat, fish and poultry. Try bean soup for dinner or a peanut butter sandwich for lunch.

2. Forgo the premade bags and mixes. They're convenient, but much pricier when you compare them to the unsliced and unmixed ingredients.

3. Shop in the frozen aisle for out-of-season produce. Fresh, out-of-season produce is usually more expensive than in-season fruits and veggies. You can still enjoy the produce you love and save by grabbing the frozen varieties. Frozen fruits and veggies cost much less and they're just as nutritious for you. Plus, you don't have to worry about eating them before they go bad.

4. Grab some canned seafood or chicken. Fresh seafood and poultry can get pricey, so try the canned varieties (salmon, tuna, chicken). Opt for the lower-sodium options if available.

5. Take two minutes to sign up for your favorite grocer's loyalty program and then use it religiously. You can earn discounts and rewards and you'll likely also get alerts on sales and receive additional coupons.

6. Make sure you truly need what's on your list before you head to the market.

Take stock of what you already have in your kitchen. You may find items you have forgotten you already had. This simple exercise can save you a lot.

7. Leave your kids at home if you can.

They're likely to ask for expensive, sugary and salty prepackaged foods.

8. Consider the nutritional value of food for the price.

A bag of chips may be less expensive than a fresh veggie tray and dip, but think about the nutrients you're getting for your money. You will find that you need more of a processed food to actually feel full and get the nutrients you need.

9. Scan the shelves, low and high.

Food companies pay big bucks to place their products at your and your children's eye level. Make sure you're scanning low and high to capture the best deals.

10. Consider making smoothies, a stew or baked goods before you toss something out.

Using leftover produce, poultry, or meat in soups, stews, salads, and smoothies can save you a considerable amount.

11. Consider apps that give back.

You can earn cash-back on your groceries with apps like Ibotta and SavingsStar. These apps allow you to earn cash-back deals on a range of items by taking and sending a pic of your receipt.

12. Choose a smaller cart.

Many grocers offer smaller carts, and if you use them you can save big. After all, the less you can fit in your cart, the less you'll likely spend. Plus, the smaller cart may make you more aware of what you're placing in it.

13. Try to stick to the perimeter.

The healthier items (produce, dairy, protein) are in the outside aisles, so try to stick to those. Plus, the more aisles you walk down, the more likely you are to grab items you hadn't initially intended to buy.

14. Buy your cleaning and personal care products at a drug or specialty store.

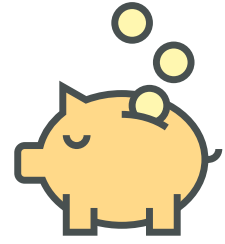
These items are usually more expensive at traditional grocery stores.

15. Create a list and stick to it.

Create a list of what you need and don't deviate from it. This can save you a tremendous amount of money.

16. Have a healthy snack before you head out.

You will likely grab more (and probably more unhealthy items) than you need on an empty stomach. Have a slice of wheat bread with some peanut butter or some plain yogurt with fruit.



CHEW ON THIS

Eating healthier foods can actually save you money, according to a study published in the *Journal of the American Dietetic Association*. The savings came from reducing portion sizes and from buying fewer of the high-calorie foods that tend to increase the amount spent at the grocery store.

The Environmental Protection Agency estimates that Americans generate roughly 30 million tons of food waste each year.



RINGING IN YOUR EARS?

WHAT IT IS & WHAT YOU CAN DO ABOUT IT

If you regularly hear ringing, buzzing, clicking or hissing sounds but there's no external sound causing it, you may have tinnitus. Tinnitus (TIN-ih-tus) is the perception of noise or ringing in the ears. The noise may vary in pitch from a low hum to a high squeal, and you may hear it in one or both ears. In some cases, the sound can be so loud it can interfere with your ability to concentrate or hear other sounds around you.

Tinnitus is more common than you probably think—affecting about one in five adults. Tinnitus isn't a health condition itself, rather a symptom of an underlying condition, such as age-related hearing loss, an ear injury or a circulatory issue.

SHOULD YOU SEE YOUR DOCTOR?

Although it can indeed prove to be an annoyance, tinnitus usually isn't a sign of something serious. However, if you have a ringing or buzzing sound that's not going away and it's bothering you, see your doctor. You'll also want to give your healthcare provider a call if:

- » You develop tinnitus after a respiratory infection, such as a cold, and your tinnitus doesn't improve within a week.
- » You have tinnitus that occurs suddenly or without an apparent cause.
- » You have hearing loss or dizziness with the tinnitus.

Your doctor will first look to identify any underlying conditions that may be causing your tinnitus. The treatment plan he/she recommends will be based on what's identified. For example, sometimes blood vessel conditions can cause tinnitus. If your doctor finds this is the case, he/she may prescribe a certain medication or change your current medications (if you're taking any).

SELF-CARE

For many people, tinnitus can improve with treatment. Many treatments focus on reducing or masking the bothersome noise and include:

White noise machines. Background noise tends to drown out tinnitus sounds. Most department stores offer white noise devices that produce simulated sounds such as falling rain or ocean waves. Or, you can just try turning on a fan or playing some music on low volume to help alleviate the ringing or buzzing noise you hear.

Masking devices. Masking devices are worn in the ear, similar to hearing aids, and produce a continuous, low-level white noise that suppresses tinnitus symptoms.

Stress reduction and/or meditation techniques. Relaxation and stress reduction techniques like yoga, deep breathing or meditation may help you to divert your focus from the irritations in your life. Try to find a relaxation technique

that works for you (this is good advice if you suffer from tinnitus or not!).

These treatments have been proven effective by many who suffer from tinnitus. In other cases, the sound(s) can go away on their own with no treatment.



COMMON SIGNS OF HEARING LOSS

Hearing loss tends to become more common as we age, but it can indeed occur at any stage of life (especially if it's noise-induced hearing loss). Here are the common signs of hearing loss:

- Trouble understanding phone conversations
- Difficulty hearing when background noise (not at a high volume) is present
- Feeling as though everyone talking to you is not speaking clearly or that they're mumbling
- Frequently asking people to repeat themselves
- Frequently misunderstanding what people say
- Consistent complaints or comments that you're talking loudly or have your music or TV on too loud



NEVER MISS A WORKOUT AGAIN!

There are some (superhuman-like) people who never seem to miss a day at the gym. And then there are some (OK maybe most) people who have hectic, stressful schedules, and squeezing in regular workouts seems almost next to impossible. In reality, however, those superhuman-like people probably have the same hectic schedules as everyone else. The difference, it seems, lays within the strategies they employ and habits they form which enable them to consistently incorporate exercise into their daily lives.

Here are five proven ways to make your exercise habit stick (even on the craziest of days):

1 Exercise at the same time every day; preferably in the morning. Working out at the same time every day can help your body create a queue that it's now time to get on your running shoes and break a sweat. And the time you choose can matter too. Research from the University of North Texas found that people who exercise in the morning are more likely to stick with their workout than those who exercise later in the day. The rationale is that if you exercise first thing in the morning there will be less distractions and excuses to prevent you from working out than if you waited until later in the day.

2 Set daily goals that are tied to numbers. Long-term goals are great and you should have them, but if you want to make exercise stick, you need realistic daily goals that are tied to metrics. For example, "I will walk for 15 minutes and jog for 10 on Monday" and/or "I will go to spin class for 45 minutes on Wednesday." Keeping achievable daily goals front and center will help you stay on track.

3 Nail down where you will work out and make sure it's convenient. Finding a place and location that fits into your daily schedule is key to making the routine stick. Maybe this means walking outside on a trail near work on your breaks. Or maybe it's joining the gym that's five minutes away from your house. If you have to travel far to workout, the likelihood of being able to follow through greatly decreases.

4 Work out with friends. It's fun to exercise with friends—you get to socialize and you have someone who can relate to the challenges of the workout (even if that challenge is just finding the time). More importantly, you'll be much less likely to skip your workout if a friend is counting on you being there. Ask your co-workers or friends if they're interested in joining you on your next walk or gym session.

5 Commit to something that will cost you if you bail out. If you register for a run or a class that costs money, you'll be less likely to skip it. Forking up some up-front cash can help ensure you stick to the commitment.



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DID YOU KNOW?

1 IN 5
ADULTS

TINNITUS AFFECTS ABOUT ONE IN FIVE ADULTS.

30
MILLION

THE ENVIRONMENTAL PROTECTION AGENCY ESTIMATES THAT AMERICANS GENERATE ROUGHLY 30 MILLION TONS OF FOOD WASTE EACH YEAR.

60-75
MINUTES

RESEARCH SHOWS THAT 60 TO 75 MINUTES OF DAILY MODERATE PHYSICAL ACTIVITY LIKE WALKING ELIMINATES THE RISK OF DEATH RELATED TO SITTING, EVEN FROM SITTING FOR MORE THAN EIGHT HOURS PER DAY.



EXERCISE

A Little Can Go A Long Way

Recent research reveals that even a 10 minute workout has health benefits. Findings published in the **Journal of the American Medical Association** reveal that when overweight or obese sedentary women started to exercise an average of 72 minutes a week, they increased their peak oxygen consumption (a measure of cardiovascular fitness) by 4.2 percent compared to women who didn't get 10 minutes of activity a day.

This is fantastic news for people who can't find the time for longer, continuous workouts. The study's authors also noted that even the little activities seem to add up and have definite health benefits. So, taking the stairs at work or taking the longer walking route anywhere can help your health. Movement accrues throughout the day, so even if you're not at the gym for 30 straight minutes, the sporadic activity you get throughout the day still counts.

The researchers also found that while a little bit of exercise was beneficial, more exercise boosted cardiorespiratory fitness even higher.

WHAT'S IN A NUMBER?



180
CALORIES

Almond flour has 180 calories and only 2 grams of carbs per cup and has a rich, amazing flavor.



455
CALORIES

Plain, all-purpose flour has about 455 calories and 95 grams of carbs per cup.

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