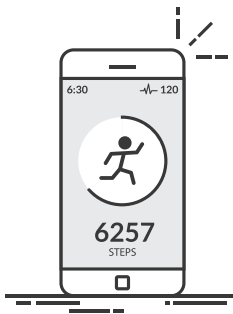




Patoka Valley
Health Care Cooperative

www.pvcooperative.com

A MONTHLY HEALTHLETTER FROM THE WELLNESS COUNCIL OF AMERICA



When's the Best Time to Exercise?



MOVE MORE, SLEEP BETTER

You may have heard or read that exercising too close to bedtime can interfere with your sleep. However, recent research reveals that this may not be the case. There was the thought that working out vigorously too close to bedtime may over-stimulate your body, making it difficult to fall asleep. Now some experts have found that it actually depends on the individual.

If you find that physical activity in the evening makes it difficult for you to wind down, try to do it earlier in the day or perhaps decrease the intensity. If you find that evening exercise tires you out and makes you feel sleepy and ready for bed, then you should certainly keep up with that routine.

SOURCE: <http://onlinelibrary.wiley.com/doi/10.1111/j.1365-2869.2010.00874.x/full>

Mounting scientific research reveals that if you want to sleep better you should start moving. For more than two decades scientists have been able to demonstrate that exercise does indeed help adults get to sleep faster and stay asleep longer. A more recent study published in *Mental Health and Physical Activity* found that 150 minutes of moderate to vigorous activity a week provided a 65 percent improvement in sleep quality. People in the study also said they felt less sleepy during the day, compared to those with less physical activity.

What's the Connection?

Physical activity has been proven to

help alleviate and manage stress, anxiety and even depression—which are all conditions that can rob you of sleep. Exercise can also just plain and simple tire you out, making your mind and body welcome sleep and also stay asleep.

How Much is Needed?

Research varies on the exercise time and duration it takes to realize positive impacts on your sleep. Some research suggests that 150 minutes of activity a week will help you sleep better while other studies show that as little as 10 daily minutes of exercise like walking or cycling can dramatically improve the quality of your sleep. So if you

can't squeeze in 30 minutes of continuous activity, aim to take a quick walk in the afternoon or after dinner. Any activity is better than none and the more activity you can perform on a daily basis, the better (this is true for your entire well-being, not just sleep).

It is important to note that you shouldn't expect results overnight (especially if you suffer from insomnia or another sleep condition). Scientists have found that the benefits of exercise on your sleep do indeed develop, but may take several weeks to kick in. So keep up with your exercise routine—you will reap the benefits of improved sleep and overall better health!



According to the National Sleep Foundation, among adults in the United States, about 35 to 40 percent of the population has problems with falling asleep or with daytime sleepiness.

This yummy recipe is filled with some of the very best foods for supporting bone health!

INGREDIENTS:

½ cup non-fat plain
Greek-style yogurt

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½ Tbsp almond butter

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1 heaping tbsp blended
stewed prunes

.....
1 tsp blackstrap molasses
(optional for additional
sweetness and more minerals)

DIRECTIONS:

Place all the ingredients in a small bowl (I use a standard ramekin for built in portion control) and mix until thoroughly blended.

SERVES: 1

DR. ANN'S TASTY TREAT "CONCOCTION" for Bone Health



Dr. Ann
WELLNESS

With formal training in nutrition and medicine, plus hands-on experience as a mother of four and wfamily 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 STAR FOOD OF THE MONTH: PLAIN, GREEK YOGURT

Plain, Greek yogurt is an excellent source of calcium, potassium, protein, zinc, and vitamins B6 and B12. Greek yogurt has a thicker, creamier texture compared to traditional yogurts and contains gut-healthy probiotic cultures. This type of yogurt is also lower in lactose and has twice the protein content of regular yogurts.

Soup's On!

AMP UP FLAVOR & NUTRITION FOR YOUR FAVORITE SOUPS & STEWS

Autumn is a great time to whip up a warm, tasty soup for lunch or dinner. Take note of these tips to make your bowl a powerhouse of nutritional excellence and flavor.

Go green. Soups serve as a fantastic vehicle to get your daily dose of green leafy vegetables. Throw in a few cups of baby spinach, arugula, kale, collard greens or bok choy. Cooking greens in soups takes away some of their bitterness. You may not be able to enjoy a raw spinach or kale salad, but when added to a soup you'll probably find these veggies much more appetizing.

Experiment with other veggies. Get creative and toss in veggies that you normally don't eat. Parsnips, leeks, fennel, artichoke hearts, okra and daikon are a few ideas to get you started. And the traditional standbys like carrots, celery, broccoli, onions and potatoes are all still great options.

Bulk up fiber content with beans and whole grains. Whole grains and beans can add texture to your soups along with hefty doses of protein and fiber. Instead of white rice or noodles, opt for whole, unprocessed grains like brown rice, quinoa or barley. And practically any variety of bean (i.e., black, red, garbanzo, pinto, etc.) can make for a tasty and filling addition.

Sprinkle wisely. Don't sabotage a healthy soup by piling on crackers, a mountain of cheese or sour cream. You can certainly still add texture and flavor without packing on the calories. If you're craving a crunchy topping, try adding some sunflower or pumpkin seeds. If you want a creamy, rich topping try plain Greek yogurt instead of sour cream or a little Parmesan cheese (a little goes a long way). Also, fresh herbs like basil or cilantro are always great to add as a final, flavorful touch to your favorite soup.

Did You Know?

A Penn State study found that starting a meal with a bowl of low-cal veggie soup helps fill you up, so you eat fewer calories overall. Results show that when participants in the study ate a first course of soup before a lunch entrée, they reduced their total calorie intake at lunch by 20 percent, compared to when they did not eat soup.





REMEMBER

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

16 SIMPLE WAYS TO BUILD A BETTER SKELETON



If you have osteoporosis or any other bone or joint condition, try walking or another low-impact activity. Be sure to clear any exercise plans with your doctor first.

1. Spread out calcium consumption throughout the day.

This mineral is essential for bone development and strength, but your body can only absorb about 500 mg of calcium at a time. So try to eat calcium-rich foods at every meal.

2. Limit red meat.

When you eat red meat, calcium and phosphorus go to work helping your body to digest it. So if you eat too much red meat these

minerals can be quickly drained and sapped from your bones.

3. Boost bone density with leafy greens.

They're high in vitamin K. Vitamin K deficiency has been linked with low bone density. A report from the Nurses' Health Study suggests that women who get at least 110 micrograms of vitamin K a day are 30 percent less likely to break a hip than women who get less than that. One or

more servings per day of greens like broccoli, Brussels sprouts, dark green lettuce, collard greens or kale should be enough to meet your daily requirement.

4. Move every day.

A sedentary lifestyle is considered a risk factor for osteoporosis. If you sit all day, try to get up and move a little every hour, and try to get as much physical activity as you can. Running, stair climbing, dancing, tennis, basketball and resistance

training are especially ideal for building bone strength.

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5. Know your family history. If you have a family member who has osteoporosis, you may be more likely to develop it. Let your doctor know, as he/she may have additional treatments, tests or tips to help prevent it.

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6. Eat potassium-rich foods like potatoes and sweet potatoes (with the skin on), yogurt and bananas. This mineral helps cells remove waste and may neutralize acids that remove calcium from the body.

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7. Stand on one foot for 30-60 seconds. Or try any other move that can improve your balance. Good balance can help prevent falls and fractures.

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8. Spend some time outdoors. As little as five to 30 minutes in the sun a couple of times a week can be enough to help your skin make vitamin D. Your body needs vitamin D to

absorb calcium and build healthy bones. Always use sunscreen.

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9. Make room for magnesium. Magnesium is the second most abundant element in bone, so it's essential to maintaining healthy bones. The best dietary sources of magnesium are whole grains, nuts, beans and green leafy vegetables. Aim to eat some of these foods every day.

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10. Limit or eliminate the bubbly. The phosphorus in soda may prevent your body from absorbing bone-building calcium. A Framingham Osteoporosis study found that women who drink cola every day have lower bone mineral density than those who drink it less than once a month.

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11. Have a spinach salad or toss spinach into your smoothie. Dairy foods aren't the only sources of calcium. Just one cup of spinach has almost 25 percent of your daily calcium

(and it's packed with other vitamins and minerals).

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12. Ask your doc if you should get tested. X-ray tests and bone mineral density tests are just a few simple ways doctors can check your bone health. You usually don't need one until later in life, but your doc may want to check sooner if you have a family history or risk factors for osteoporosis.

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13. Pair high-calcium foods with foods high in vitamin D. Your body may absorb calcium more effectively if it's paired with this vitamin. Vitamin D rich foods include salmon, shrimp, eggs, sardines, tuna and whole eggs. Try having a glass of milk, yogurt or spinach with these foods.

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14. Monitor your caffeine intake. Too much caffeine can interfere with your body's ability to absorb calcium. If you drink

coffee or other caffeinated beverages, make sure you're eating calcium-rich foods throughout the day.

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15. Get some fat. Healthy fat that is. Fats found in olive oil, nuts and nut butter, avocados and salmon can help your body absorb calcium and transport vitamin D. Incorporate a little healthy fat into all of your meals.

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16. Do everything you can to quit smoking. Several studies have shown that smoking can prevent the body from efficiently absorbing calcium, which results in decreased bone mass. Talk with your doc if you need help quitting.



Did you know?

The U.S. recommended daily allowance for calcium is 1,000 mg a day during your 20s, 30s and 40s. But your need rises as you age. Check with your doctor before starting any type of calcium or vitamin D supplements to find out what amount is right for you.

FEELING FATIGUED?



Feeling tired or overworked from time to time is normal, and often unavoidable. Such instances of exhaustion are usually the cause of long, stressful workdays and/or hectic personal schedules, combined with little rest. A good night's sleep can usually resolve your feelings of temporary fatigue. However, if you're feeling constant fatigue that doesn't get better with good rest and sleep, this could be problematic. Indeed, a constant state of tiredness and low energy can place a serious drain on your mood, motivation and concentration—just to name a few. Chronic fatigue can ultimately impact your overall health and well-being.

WHAT YOU CAN DO ABOUT IT

In most cases, fatigue arises from your lifestyle habits and routines. So a great first step in addressing your fatigue is taking an inventory of your daily activities. The list below can help you get started. Ask yourself where you stack up, and be honest with yourself!

Fatigue can often be the result of:

» **Excessive drinking.** Experts recommend that women have no more than one drink a day and men no more than two. Alcohol can have a depressive effect, so anything more than this could easily zap your energy.

» **Too much or little exercise.** Although one may think that being inactive can leave you feeling refreshed, the opposite is true.

A sedentary lifestyle can leave you feeling sluggish and morose. Physical activity kick starts circulation and feel-good hormones in your body; helping you to feel alert and energized. Aim to get 30 minutes of moderate activity a day such as brisk walking.

But don't over-do it. You can feel continually drained if you're pushing yourself with vigorous and intense activity. If you fit into this category, give yourself a rest day or ease back on the intensity.

» **Lack of sleep or lack of quality sleep.**

Experts recommend that adults get around 7-8 hours of sleep a night. Unfortunately, many adults fall short of this. Make sleep a priority—your health truly depends on it. And make sure you're also paying attention to the quality of your sleep. If you're getting up frequently, try your best to identify and address the issue. Do you need to cut back on liquids so you are not getting up to go to the bathroom? Do you need to kick your noisy pet out of bed?

» **Poor nutrition.** Your body needs essential nutrients to function properly. If you're not fueling your body with the nutrition it needs, you will feel sluggish. Aim to eat fruits and veggies every day—they're loaded with the vitamins, minerals and fiber your body needs to stay healthy and energized. Also, ensure you're getting lean protein and whole grains every day, and minimize or eliminate processed foods like chips and candy. They

will give you a quick pick me up, but will leave you feeling tired and hungry shortly after. They also offer very little nutrition.

» **Unmanaged stress.** Chronic stress can leave you chronically fatigued. Make sure you're following the tips above as they will help you manage the burden of stress on your body. Also, make sure you're making time for things you enjoy, as that's a key strategy for managing stress.



Sometimes fatigue can signal underlying conditions that require medical treatment. You should see your doctor if your fatigue has persisted for two or more weeks despite making an effort to rest and stick to healthy lifestyle habits like exercising and eating a healthy diet.

You should seek immediate medical attention if your fatigue is accompanied by any of the following:

- Chest pain
- Shortness of breath
- Irregular or fast heartbeat
- Feeling that you might pass out
- Severe head, abdominal, pelvic or back pain

Get Your Rear in Gear!

The Importance of Strengthening Your Glutes

Are your glutes taking a back seat in your workout routine? If you're like most, they probably are. To be sure, these muscles often get neglected in favor of strengthening other areas like your core and legs. Your glutes definitely deserve some love though, as they play a vital role not only in your fitness, but also in everyday activities and can help prevent injuries. Here's a closer look.

STRONG GLUTES...

Can power you through practically any workout. Since it's the largest muscle in the body, your gluteus maximus can produce an enormous amount of power. With a strong gluteus maximus you will be able to run faster and longer, jump higher, and cycle more efficiently.

Help prevent injury. If your glutes are lacking in strength and power, other muscles, like your lower back, hamstrings and quadriceps will take on the extra load, which can increase the risk of injury. When glutes aren't strong enough to do their job of extending the hip and pushing the body forward, those other muscles take on the extra burden and conditions like Achilles tendinitis, shin splints and runner's knee become more likely to develop.

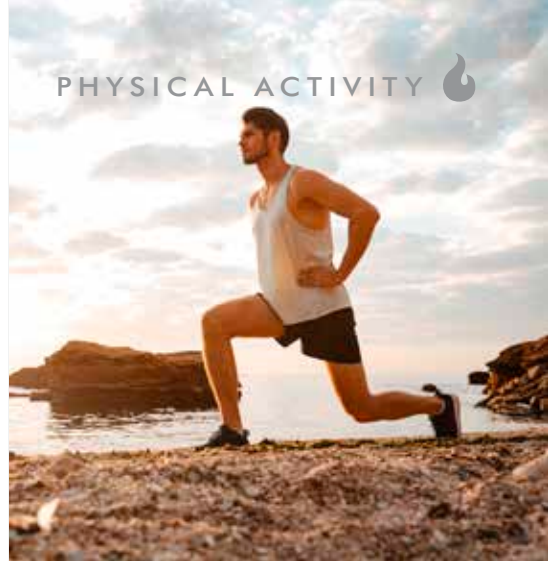
Support a healthy back. Strong glutes support the back and can help prevent back pain and injury. According to experts, when your glutes are weak, your psoas muscle, a hip flexor that runs from the spine to the legs, takes over. An overstressed psoas causes back pain and compression in the lower vertebrae of the spine.

Make everyday activities easier and less taxing. Strengthening your glutes can help improve posture and make sitting down, standing, picking up objects and climbing stairs easier. Strong glutes also ensure you keep proper form during activities like weight training and can help ensure you don't place undue stress on your joints and knees.



HOW THEY WORK

Your glutes are the largest and strongest muscles in your body. They consist of three different muscles: gluteus minimus, medius and maximus. The three muscles work together to stabilize your pelvis during running and walking. Your glutes also help with hip extension and forward propulsion. When your glutes are strong, other muscles in your body (i.e., leg and back muscles) don't have to work as hard to complete an activity.



SIMPLE MOVES TO STRENGTHEN YOUR BACKSIDE

These moves are simple and you can perform them anywhere!

Squats. You don't need to be at the gym or even have weights. Simply squat until you're below parallel (the lower the better). This puts emphasis on your glutes and hamstrings. When squatting, be sure to maintain proper form: Keep your legs shoulder-width apart and your toes pointed slightly out. The narrower your stance, the more focus you put on your quads rather than your glutes. Repeat the move until you feel tired or unable to perform the squat again without proper form.

Walking lunges. Again, no weights or dumbbells needed (but you can add some if desired). With your arms at your sides step forward with one leg. Stabilize your torso and lower hips as you bend the knee of the front leg. Lunge and alternate legs with each step. Lunge low and make sure your front knee never extends past your toes.

Hip thrusts. Lay on your back with feet planted firmly in front of you. Keep your knees stable, and push your hips upward with your glutes. Rise until your body forms a straight line from your shoulders to your knees, then slowly lower back to the ground. Place a barbell or weights on your hips if you're up for it, for added resistance.

Before starting any new physical activity regimen, always consult your physician.





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35 to 40 PERCENT

About 35 to 40 percent of the population has problems with falling asleep or with daytime sleepiness.



1 CUP

Just one cup of spinach has almost 25 percent of your daily calcium.



150 MINUTES

Studies have found that 150 minutes of moderate to vigorous activity a week provides a 65 percent improvement in sleep quality.



SOME FACTS TO SLEEP ON

According to surveys and research conducted at the National Sleep Foundation:

- » Humans are the only mammals that willingly delay sleep.
- » Six in ten healthcare professionals do not feel that they have enough time to have a discussion with their patients about insomnia during regular office visits.
- » In general, most healthy adults need seven to eight hours of sleep a night. However, some individuals are able to function without sleepiness or drowsiness after as little as six hours of sleep.
- » We naturally feel tired at two different times of the day: about 2:00 AM and 2:00 PM. It is this natural dip in alertness that is primarily responsible for the post-lunch fatigue.
- » Snoring is the primary cause of sleep disruption for approximately 90 million American adults; 37 million on a regular basis.
- » One of the primary causes of excessive sleepiness among Americans is self-imposed sleep deprivation.

WHAT'S IN A NUMBER?



6 GRAMS OF SUGAR

A typical serving of plain, Greek yogurt has about 6 grams of sugar. It also packs 15 to 20 grams of protein and about 20% of your daily calcium needs.



25-29 GRAMS OF SUGAR

Some flavored yogurts pack 25-29 grams of sugar per serving. That's more sugar than a Twinkie! Make sure you read the labels before consuming what you think may be a healthy food.

WELCOA * Information is reviewed by a prestigious Medical Advisory Board comprised of physicians and health care professionals and is intended to help you make smart health decisions for yourself and your family. Although editorial content is based on sound medical information, we ask that you consult a health care professional for all matters of concern.

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