

4 FORMS of Exercise:

How They Work for You

Here's a well-known fact: Regular exercise can improve your health, your attitude and your odds against disease and disability. For specific fitness benefits, experts say we should focus on 4 primary forms:

1 Aerobic (cardio) exercise

works your heart, lungs and muscles, helping to protect overall endurance and aid weight loss. Feel winded as you walk up a flight of stairs? Start regular brisk activities (walking, swimming, dancing, cycling). Try good old-fashioned walking. It's easy to do and can fit easily into your lifestyle.



2 Strength training

maintains and builds muscle to power you through your days. Workouts help to protect your bones, control blood sugar, aid weight control and balance, and reduce stress and strain in your back and joints.



3

Stretching

aids flexibility, the key to staying mobile and working well without pain or injury. Simple stretching during your work day can reduce muscle fatigue and stiffness, restore energy and improve thinking. For calm, try yoga.



4

Balance training

keeps you steady on your feet and strengthens your core to help prevent falls, especially important as we age or gain weight.



Try this: Stand on 1 foot for up to a minute; practice it daily. Choose tai chi for mind-body benefits.

Minimum exercise for health:

Aim for 150 minutes per week of moderate-intensity activity. Mix it up:

Daily chores, formal workouts and sports all count. Even if you can't get in 150 minutes a week, some activity is better than none.

Note: First get your health care provider's okay before significantly increasing physical activities.

Just remember, once you're over the hill, you begin to pick up speed.
— Arthur Schopenhauer

BEST bits

■ **Struggling with a serious weight problem?** You're not alone — more than a third of U.S. adults are obese. Being overweight stems from multiple factors, including overeating, lack of activity, genetics, medical issues, and access to cheap foods with few nutrients. Plus, typical jobs and lifestyles are mostly sedentary, so we generally move less.



■ Get ready to lose during Healthy Weight Week,

January 19 to 25. First step: Meet with your health care provider to review your health habits and identify factors that make weight loss difficult for you. Institute new habits that will improve overall health and may aid in weight loss. Second step: Walk it off. Burning 100 or so calories per mile might not seem like much, but it can inspire better habits and confidence that you can feel well again. Try to walk every day. Losing as little as 5% to 10% of your body weight can significantly improve your general health. And physical activity decreases fat around the waist and total body fat, slowing the development of abdominal obesity.

■ **Do you have these signs of sleep deprivation?** Ongoing sleep loss can produce excessive daytime sleepiness and fatigue, plus irritability, depression, forgetfulness and trouble concentrating and learning. Don't delay seeing your health care provider for help. Meditation improves sleep quality, and helps you fall and stay asleep. Learn more at sleepfoundation.org.



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?

Start by learning the dimensions of well-being and practical ways to focus on each:



PHYSICAL

Nourish your body with balanced nutrition, daily exercise and proper rest. Get regular provider checkups and immunizations. Practice safety and drive defensively.



EMOTIONAL

Know your feelings. Try to find positives in worry and negatives by learning from them. Recognize unhealthy thought patterns and let them go while viewing the good things in your life daily. Relax and relieve the stress.



SPIRITUAL

Find purpose in life. Examine your beliefs and morals. Ask: Do I have fulfillment and meaning in my life? It's an ongoing process that can enhance your life and health.



INTELLECTUAL

Keep learning. Seek activities that offer different ideas and stimulate critical thinking, curiosity, problem-solving and creativity. Take a class or research a favorite subject.



VOCATIONAL

Build professional skills. We gain knowledge and personal satisfaction with occupations that move us forward. Explore different career and volunteer opportunities.



FINANCIAL

Manage short- and long-term goals. Start with small changes that add up to savings over time (e.g., make your own coffee rather than buying it). Reconsider unplanned purchases before buying. Build a savings account.



SOCIAL

Connect with others. Having trusted relationships can boost your self-esteem and buffer stress. Make time for friends or join groups where you can meet others with similar interests.



NATURAL

Enjoy nature every day. Take a walk outside, care for plants and notice the seasonal changes. Do your part to preserve the environment — reduce noise, pollution and unnecessary consumption.

Mental Training

Can practicing mindfulness help our mental health? Studies suggest it can change our brains in ways that produce positive thinking and engagement, and ultimately help us cope with physical or emotional distress.

In a study of 144 workers, participants completed an 8-week mindfulness training program with 2-hour classes each week at work and 45 minutes of daily meditation homework. Upon study completion, participants reported feeling less fatigue, stress and depression; improved relations with people; as well as better sleep and fewer aches and pains.

Mindfulness meditation involves focusing purposefully on what you're experiencing, in the moment, without judgment. This includes awareness of your body sensations as well as awareness of your thoughts and feelings. It uses breath and body practices that relax the body and mind to reduce stress. Think of it as a form of mental training, and value it as you do physical training.

15-minute easy ways to practice mindfulness:

- 1 Do a body scan focused on any tension or stress.**
- 2 Meditate as you focus on relaxing your muscles.**
- 3 Focus on your breathing and allow it to become relaxed as it relaxes you.**



Queasy from Medicine?

Nausea is a common side effect of certain medications. Many people are sensitive to pain relievers, especially prescription opioids and nonsteroidal anti-inflammatory drugs (NSAIDs) including aspirin, ibuprofen and naproxen. These medicines can irritate the stomach lining, or affect a part of the brain that controls nausea and vomiting.

Taking antibiotics, blood pressure medicine, antidepressants or chemotherapy drugs can also cause nausea in some people. The ability to absorb

certain medications can decrease with poor digestion, when drugs stay in the stomach longer, causing irritation. Taking multiple drugs at a time may also cause nausea.

Check with your health care provider or pharmacist if you have ongoing nausea and vomiting with medicine use or your symptoms interfere with your sleep, work and eating. Learn how to avoid nausea when using medicines, such as proper eating and digestion, the best time to take your medicine and possible drug alternatives.



Vitamin D

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. Even people with winter sun exposure may need vitamin D supplements because the sun's rays may be too weak to create vitamin D.

TOPDOLLAR dictionary



Cryptocurrency

Cryptocurrency is a cross between a currency (you can use it to pay for things) and a digital asset (you can invest in it). Cryptocurrency only exists on computers. Users open a cryptocurrency wallet (like a bank account) to buy, sell, receive and store digital currency. Instead of using a bank, transactions are stored on a public ledger called a blockchain. It is decentralized, meaning it is controlled by users and computer algorithms and not a central government. The cryptocurrency market is extremely volatile. Make sure you only use money you can afford to risk losing.

By Cara Rosenbloom, RD

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. What it doesn't mean is filling the entire plate with pasta with just a smattering of vegetables on top — that's not a balanced meal.

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.



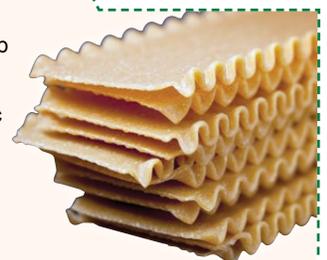
Winter is also the perfect season to put your slow cooker or pressure cooker to good use. Crockpot meals are hearty, easy and can be loaded with vegetables. Find recipes online for stews, curries, soups, casseroles and vegetable- and-protein-packed pasta dishes.

Lasagna Soup



- 1 tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 2 medium carrots, diced
- 1 can (28 oz.) plum tomatoes
- 1 can (15 oz.) brown lentils, drained and rinsed
- 4 cups water
- Pinch each dried basil and oregano
- 4 cups chopped spinach
- 1 cup whole-grain lasagna noodles, broken into pieces
- ¼ cup grated fresh Parmesan cheese
- Salt and pepper to taste

Heat oil in a large soup pot set over medium heat. **Add** onion, garlic and carrot, and cook 5 minutes, stirring often. **Add** tomatoes, lentils, water, basil and oregano. **Bring** to a boil. **Add** spinach and lasagna noodles, and bring back to a boil. **Cook** until noodles are softened, about 10-12 minutes. **Serve** in soup bowls and season with fresh Parmesan cheese, salt and pepper to taste.



EASY recipe

Makes 4 servings. Per serving:

362 calories | 16g protein | 7g total fat | 1g saturated fat | 3g mono fat | 2g poly fat | 69g carbohydrate | 4g sugar | 13g fiber | 476mg sodium

Stay in Touch

Keep those questions and suggestions coming!

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EXPERT advice

Q: Multivitamins beneficial?



A: Many people take supplements containing an array of vitamins and minerals every day. If you are young, healthy and eat a nutritious diet, this is probably not necessary. Numerous studies show eating whole foods is the most effective and safest way to obtain essential nutrients. But for some people, multivitamins help fill potential dietary gaps that may contribute to chronic disease.

Ask your health care provider if you need multivitamins. Get personalized advice based on your health history, diet and lifestyle. When multivitamins are recommended, find out if they should come with or without iron or other specific nutrients. Look for brands certified by third parties, such as the **U.S. Pharmacopeial Foundation, NSF International** or **ConsumerLab.com**.

Who may need them? Groups of people at higher risk for nutrient deficiencies include heavy drinkers, poor eaters, vegetarians, women of childbearing age, people older than 50 and those taking certain medications. Some people with chronic disease may also benefit from taking a daily multivitamin.

— Elizabeth Smoots, MD

Workplace Safety Resolutions

Most of us make resolutions for the new year, so why not include safety resolutions at work? Start by considering these habits:

- 1 Inspect** your personal protective wear and replace any damaged or worn gear immediately. Continue to inspect before every use. Store properly to prevent damage.
- 2 Take** a few minutes at the end of every work day to clean and inspect your work area.
- 3 Check** for worn or damaged electrical cords; replace as necessary.
- 4 Take** turns inspecting coworkers' work areas for hidden hazards while they inspect yours.
- 5 Review** your workplace fire evacuation route and note where extinguishers are located.
- 6 Read** the instruction manuals before using equipment that you aren't familiar with.
- 7 Get** a good night's sleep — at least 7 to 9 hours. If you feel fatigued at work, take a break.
- 8 Check** your computer workstation for proper ergonomics. Get an OSHA checklist at [osha.gov/SLTC/etools/computerworkstations/checklist_evaluation.html](https://www.osha.gov/SLTC/etools/computerworkstations/checklist_evaluation.html).
- 9 Avoid** lifting anything too heavy. Get a handcart or ask for help.
- 10 Stand** up and stretch at least every hour if your job requires sitting all day. To prevent eye strain look away from your device screens by focusing on something 20 feet away for 20 seconds, every 20 minutes.
- 11 Know** where all Safety Data Sheets (SDS) are located for chemicals or cleaning products you may use on the job.
- 12 Post** these resolutions in your work area for a constant reminder.

