Healthy U @ Work

December 2019

FEATURED IN THIS ISSUE

Franciscan WORKING Well

Your Flu Fighting Checklist

Flu season is here. Here's how to defend yourself.

- ☑ Eat a healthy diet with plenty of fruits and vegetables and low in added sugars and processed foods. Did you know 70% of your immune system lies in your gut? A healthy diet improves your immune system by providing the nutrients your cells need to function optimally and fiber that support a healthy intestinal tract.
- ☑ Exercise regularly. Regular exercise strengthens your lungs and supports cellular health for a strong immune system.
- ☑ Sleep 7-9 hours a night. Your body does amazing work while you sleep, including making cytokines, a protein that helps to fight inflammation and infection. Having a set sleep routine and getting seven or more hours of sleep each night could help your body fight illness more efficiently.
- ☑ Get a flu shot. Flu shots are your number one defense against the flu. Even if you get the flu, a flu shot can reduce the severity. Getting a flu shot can also help keep you from spreading the disease to other people with compromised immune systems.
- ☑ Avoid spending time with people that are sick. Try to avoid close contact with anyone who is symptomatic.
- ☑ Perhaps most importantly, wash your hands regularly! Use soap and water and scrub your hands front and back for at least 20 seconds. Regular hand washing is the easiest way to stay healthy.
- ☑ In addition to clean hands, avoid touching your eyes, nose, or mouth, as this is a common form of transmission for colds and flu.

If you do get sick, drink plenty of liquids and get plenty of rest. Cover your mouth with the inside of your elbow when you cough or sneeze to help prevent others from getting sick. Here is to a healthy and happy winter!

Commit to Driving Sober

Adults drink too much and drive about 121 million times per year - that is about 300,000 people who drink and drive each day. We know that getting behind the wheel after drinking alcohol is dangerous and illegal. With holiday parties ahead of us, it is important to make good choices regarding drinking and driving. But do we know how much we can drink and still drive safely, or if any amount is safe?

Alcohol affects the brain and nervous system, even in small doses. The initial stages of intoxication include reduced muscle control, coordination, and the ability to track moving objects. Though minor, these effects can still impact your driving ability, even if you are below the .08 legal limit. Once the .08 blood alcohol level is reached, a person is considered intoxicated and experiences worsening motor skills along with impaired judgement, reaction time, critical thinking, and vision.

So how much is too much?

- How quickly you become intoxicated depends on your gender, body weight, and height. The lower your body weight, the less alcohol required.
- The strength of the drink matters. On average, a “standard” drink is said to contain about 14 grams of alcohol. This is the amount found in 12 fluid ounces of beer, 5 ounces of wine, or 1.5 ounces of liquor.
- Whether you’ve eaten recently makes a difference. Food, especially meals higher in fat, slow the absorption of alcohol into the system.
- If you are tired or if you have taken any prescription medicines or other drugs you may be more sensitive to the effects of alcohol.

Continued on page 4

Produce of the Month

Parsnips

The parsnip is a root vegetable related to the carrot. This unfamiliar plant offers a mild nutty flavor and a variety of nutrients to help support a healthy immunity, blood pressure, brain and nervous system.

The Basics: Choose parsnips that are small or medium in size, as the larger ones tend to be tough. Make sure each root is firm and not obviously bruised or discolored. Store in the refrigerator for 1-2 weeks. When ready to cook, peel using a vegetable peeler and prepare according to your favorite recipe. Parsnips can be boiled, baked, roasted, or broiled.

Try This: Boil parsnips then puree and serve instead of mashed potatoes. Try roasting parsnips with another root vegetable like sweet potatoes, carrots, or beets. Dice or slice the veggies into evenly sized pieces and spread out on a cookie sheet. Drizzle with olive oil and season with salt, pepper, parsley and red pepper flake. Cook in a 400° oven for 40 minutes or until tender and lightly browned.

The Facts: One cup of parsnips is about 100 calories and 7 grams of fiber. It is good source of vitamin C, vitamin K, manganese, and folate.

Added Sugar vs Natural Sugar

Ah, sugar—the sweet taste that so many of us crave. The word brings to mind cakes, cookies, candy, and other assorted desserts and treats. Sugar, however, is more than just sweets. Sugar occurs naturally in fruit, vegetables, and dairy. The key difference between natural and added sugar is that natural sugar is found in whole foods. Added sugar is sugar that has been extracted from its natural source, processed, and then added back into a food or beverage.

Avoiding added sugars of all types is an important step to maintaining your health. Added sugar can be found in desserts, snack foods, canned fruits, dried fruit, cereals, bread, salad dressings, pasta sauces, and more. Added sugar goes by many names and may be listed on the label as sugar, brown sugar, invert sugar, dextrose, maltose, maltodextrin, corn syrup, high fructose corn syrup, and sucrose. Eating too much added sugar is bad for your health. Eating sugar in excess can cause blood glucose levels to rise, increased bodily inflammation, as well as increased triglyceride levels, an indicator of increased risk for heart disease. Overconsumption of added sugar overtime has also been linked to weight gain and diabetes.

But what about natural sugars? Natural sugars found in dairy, fruit, and vegetables are an important part of a healthy diet. A piece of fruit or a handful of carrots provides more than sugar - they are good sources of vitamins, minerals, and fiber. The fiber in fruits and vegetables is important to help our body regulate blood sugar, improve digestion and nutrient absorption, and prevent overeating. Dairy products contain natural sugars called lactose but can be a part of a healthy diet when eaten in moderation without added sugar. Most yogurts in the store include added sugar so read the nutrition labels or buy plain yogurt and top it with fruit.

The easiest way to avoid excess sugar is to eat a whole foods diet based on vegetables, fruit, whole grains, and quality protein. Enjoy desserts in moderation and limit or avoid drinks with added sugar such as soda pop, energy drinks, specialty coffees, and sweetened tea. Many people find that their taste buds change after reducing their added sugar intake making the taste of fruits and vegetable sweeter and more satisfying. Practicing mindful eating and monitoring your added sugar intake is an excellent step in improving your overall wellness.

Read your food labels to monitor how much added sugar you eat or drink each day:

1. Check the number of grams of sugar. Most labels now include grams of added sugar in addition to listing the total sugars. The number of total sugars include both added sugars and natural sugars from a fruit, vegetable or dairy.

2. Check the ingredients list to find out what type of sugar or sweetener was added.

3. Make it a daily goal to eat and drink less than the daily recommended limit of added sugar.

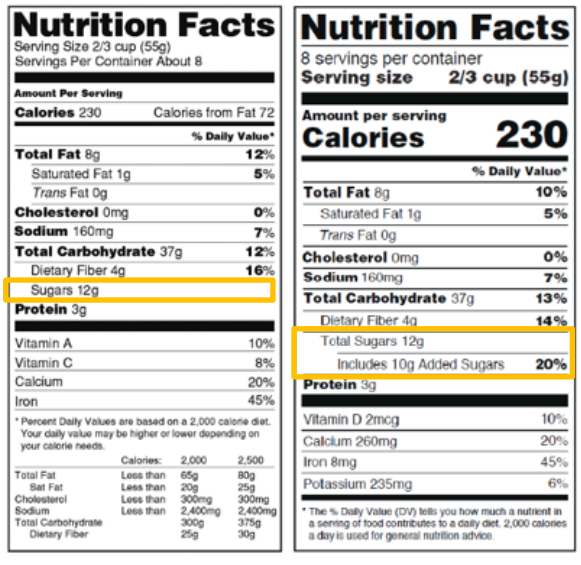
The Daily Recommended Allowance or limit for added sugar intake is 6 – 10 teaspoons.

Females: less than 6 teaspoons or 24 grams of added sugar daily

Males: less than 9 teaspoons or 36 grams of added sugar daily

Children: less than 3-6 teaspoons or 12-24 grams of added sugar daily

USDA & American Heart Association



Nutrition Facts
Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving	
Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 12g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Embrace the Outdoors

Getting fresh air and staying active are an important part of a healthy lifestyle. In fact, exercising on cold dark days can help boost your body's 'feel good' endorphins to reduce stress and cope with the winter blues.

Don't let winter weather stop you from exercising! You can continue to exercise outdoors if you are prepared.

- Dress in layers to keep yourself warm and dry. Choosing thin layers of synthetic material (dry-fit, polyester, nylon) will trap body heat and keep your skin dry. Cotton fabrics tend to hold on to moisture which can make you cold.
- Wear warm socks, gloves, and a hat. Keeping your hands, feet and head warm is your first defense against cold weather.
- Make sure that your shoes have proper traction on snow and ice and avoid areas that appear slippery. Serious hikers and runners can purchase specialty shoes that are better in ice and snow. There are also traction cleats meant to be worn over existing running or walking shoes that will improve traction.
- Apply sunscreen on exposed skin. You can still get sunburned in the winter, and snow can reflect as much sun as water in the summer.
- Apply moisturizer and be sure to drink plenty of water to stay hydrated. Cold winter weather will dry out your skin and your airways.
- Wear reflectors or bright colors. There is less sunlight in the winter, and you need to make yourself more visible to others.

The bottom line: keep yourself warm, start with a 5-minute warmup and end with a 5-minute cool down or gentle stretching. Consider inviting a friend or spouse along and take a cellphone in case of emergency. If the weather is too bad, stay home and work out by dancing, streaming an exercise video, or even marching in place while watching a favorite show. Make a point of regular exercise no matter what the weather, inside or outside, and you will feel great and maintain good health year-round.

Commit to Driving Sober

Continued from page 2

Given all of the information, the safest bet is not to drink and drive at all. If you do choose to drink before driving, make sure you have eaten prior to drinking and limit yourself to one drink. It takes your body about one hour to process one standard drink. So, if you have one drink, you need to wait at least one hour before it is safe to drive. Drinking water or coffee, taking a shower, or eating something will not make it okay to drive. Only time can do that. You can also purchase a personal handheld breathalyzer as an additional safety measure.

Not drinking and driving is the best thing you can do for yourself and others on the road. There are many ways to enjoy holiday outings and parties without drinking in excess. If you know that you will be drinking at a particular event, make arrangements in advance to have someone drive you home or use a taxi or lift service. Enjoy a safe and fun holiday season!

Ask the Trainer

By Erin M. Long, B.S., NSCA-CPT

Q: Hi Erin. Christmas is less than a month away and I'm trying to figure out what to get for my wife. She keeps saying she wants to lose weight and get back in shape after having our 3 kids. I want to support her in this process and encourage her to do what makes her happy. I'm looking into getting her a personal trainer or into a fitness program as a Christmas present but I don't want to offend her. Do you have any suggestions on how to do this? And what are some good options to get her started?

Phil P.

A: Hello Phil! This is a very thoughtful gift and I think you are right about making sure you are clear about your intentions to support her on her health and fitness journey without offending her. My first recommendation is to get her a gift card for a physical trainer, gym or studio instead of an actual program. That way you can leave it up to her what program she wants to pursue. Maybe a personal trainer is what she is looking for or maybe group classes would be her thing. The gift shows you listened but allows her to decide what she wants to do when she is ready. You could make it a little more special by finding a local place that is smaller and more private like a boutique studio rather than a big box gym.

If she has previously mentioned wanting to join a gym or work with a physical trainer, I say go for it. You can pair the gift certificate with a massage or pedicure and write a message about how she is a great mother and wife who takes care of everyone else and deserves to take time for herself and feel pampered.

If you are concerned that she would not like the gift, tell her you really want to get her something special this year and you have a few ideas you want to run by her. Give her 3 or 4 options including the fitness one and see what piques her interest. If she isn't open to the idea, it could be that she isn't ready yet and that's okay. If she seems nervous about getting started, you could get something for the two of you to do together so she doesn't feel alone. It would be a great way to spend time together and support each other. If the thought of going somewhere to exercise is overwhelming to her, there are several online fitness programs or subscriptions that might fit her needs.

I hope these ideas help. Good luck and Happy Holidays!

Dedicated to your success,

Erin M Long, B.S., NSCA-CPT

EAP UPDATE

EMPLOYEE ASSISTANCE PROGRAM

Jason Hojnacki, LCSW LAC, EAP Therapist

Franciscan HEALTH

Inspiring Health

How to Change a Bad Habit

We all have them; whether it's overeating, smoking, or procrastinating, we all have bad habits that we would like to change. But every year it's the same routine; we make a New Year's resolution and it lasts a few days but, before we know it, we are back to our old habits. So, what causes these bad habits and how do we successfully change them for good?

What causes bad habits?

- Stress
- Boredom
- False Beliefs
- Biological Benefits
- Meeting Certain Needs

How do we change bad habits?

- ☑ Choose a Substitute
- ☑ Remove triggers
- ☑ Pair up with someone
- ☑ Positive Social Support
- ☑ Visualize Success
- ☑ Plan for Setbacks
- ☑ Lower your stress level
- ☑ Reframe your goal as positive
- ☑ Be nice and patient to yourself

CHANGE YOUR BAD HABITS
BY PRACTICING NEW BEHAVIORS

Need to change bad habits?

***Call* 219-662-3730 or 1-800-747-7262**

EAP Webinar on How to Change Bad Habits and Advance Care Planning: Focusing on What Matters Most December 18 at noon.

Saved by a Scan

Doctors and clinicians agree that screenings are paramount in the early detection of most cancers and can lead to treatments that may prolong and even save lives.

BREAST CANCER

The sobering facts:

- 270,000 Americans are expected to be diagnosed with breast cancer in 2019*.
- 42,000 are expected to die from breast cancer in 2019*.

Screenings can help:

- Beginning at age 40 women should start getting annual mammograms.
- 3D mammograms help detect small or hidden breast cancers, especially in dense breast tissue.
- ABUS (Automated Breast Cancer Ultrasound System) is a test that can be used in women with dense breasts and can help detect up to one-third more cancers.

LUNG CANCER

The sobering facts:

- Lung cancer is the deadliest form of cancer and kills more than breast, colon and prostate cancers combined.
- Most lung cancers are diagnosed in the late stages of the disease, when few treatment options are effective.

Screenings can help:

- A CT lung scan can diagnose lung cancer while in its early stages, when treatment is more effective.
- If found and treated early, lung cancer has a survival rate of 88 percent**.
- If just half of all high-risk individuals were screened, over 13,000 deaths could be prevented each year.

COLON CANCER

The sobering facts:

- Colorectal cancer is the third most common cancer diagnosed in both men and women in the US.
- The number of new colorectal cancer cases is expected to exceed 100,000 in 2019*.

Screenings can help:

- A colonoscopy is the gold standard of colorectal tests and has the highest detection rate of small tumors and polyps.
- Colonoscopies allow physicians to find and remove polyps before they become cancerous.

CLICK HERE
FOR MORE INFORMATION

*American Cancer Society
**NEJM 2006;355:17

Franciscan HEALTH

Want to Know More? Contact Working Well for more information on wellness programs and how they can help you reduce healthcare costs and improve employee wellness.

Franciscan WORKING Well

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