

Healthy U @ Work

January 2020



FEATURED IN THIS ISSUE

- 2 How Too Much Screen Time Impacts Your Health
- 3 A Year of Prevention, Produce of the Month: Cabbage
- 4 The Pros and Cons of Eating Meat
- 5 Stretch for Flexibility *Try our stretches for your neck and shoulders!*
- 6 Ask the Trainer: How to Set a Successful New Year's Resolution
- 7 EAP Update: EMDR Therapy

How Too Much Screen Time Impacts Your Health

It is likely that you are reading this article on your computer, phone, or tablet. It is also likely that most of your daily reading is done on a personal device. Add in playing games, streaming videos, or googling information, and it is clear that we spend a lot of time looking at a screen! According to a 2018 study done by Nielsen research, adults spend more than 11 hours a day looking at a screen: television, computer, phone, tablet, or gaming device. While some screen time is okay and even necessary in our modern society, there is no doubt screen time is linked with lack of physical activity and can have negative effects on both our physical, mental, and emotional well-being.

Research has indicated that sitting for extended periods of time increases the risk of diabetes, obesity, cardiovascular disease and metabolic syndrome. Excess screen time:

- Encourages excess sitting. Time can go by very quickly before we think to get up and get moving again. Choosing screen time means not choosing other activities, like taking a walk, working out, or even picking up around the house.
- Can lead to eating mindlessly without being aware of how much we are eating or if we are full.
- Can disrupt our sleep patterns because the light from our screens suppresses melatonin, the body's natural hormone that helps you fall asleep and sleep well. Using an electronic device an hour before bed can delay and reduce your REM sleep, a stage that helps support mood, learning and memory, and improves the ability to deal with daily stress.

Excess screen time is linked to increased anxiety and depression and a general feeling of dissatisfaction.

- The increased use of social media has 'connected' us to people around the world and isolated us from those who are in the same room.
- Frequent visits to your social media accounts have been linked to unhealthy feelings of inadequacy, jealousy and loneliness.
- Many people experience anxiety when they are unable to connect to social media. This condition is now referred to as FOMO which stands for fear of missing out. 67% of cell phone owners check their phone for messages, alerts, or calls – even when they don't notice their phone ringing or vibrating.

Article continued on page 6

Instead of doing what you always do....



do what you've always dreamed of doing.





A Year of Prevention

Start your year right by focusing on things you can do this January to set yourself for a healthy and happy year.

- Keep exercising. Don't let cold weather stop you from working out. Bundle up and head outdoors to get some fresh air and sunshine. Wear appropriate shoes or boots for icy and snowy walkways and tread carefully! If you don't like the cold weather, find a gym or home workout to support your fitness goals.
- Dress in layers to stay dry and warm. Make sure you have had a flu shot. There is no better way to prevent the flu or reduce the severity of it.
- Protect your skin. Moisturize daily, and don't forget to wear sunscreen if you plan to spend time outdoors.
- Drink plenty of water. Staying hydrated is important to keep our bodies healthy all year round to boost immunity, metabolism, and energy levels!
- Include a variety of colorful fruits and vegetables in your diet to support cellular health and prevent disease.
- Replace your home air filter and set a reminder to change it out every 1-3 months to help maintain good air quality in your home.
- Schedule your annual wellness check with your family physician as well as dental cleanings, and eye exams.
- Interested in starting a garden this year? Take some time to plan what you will plant now and schedule a reminder to put your plan in action when spring arrives.

Each day is a new opportunity to improve your health and quality of living. Here's to putting your best foot forward in 2020!

Produce of the Month Cabbage

Maybe cabbage is something you eat every St. Patrick's Day, but there are many reasons to enjoy cabbage more often! Cabbage has many vitamins and minerals and is considered an anti-inflammatory, good for your cardiovascular health! It is good for your digestive health and helps to reduce the risk of type 2 diabetes. Cabbage, related to broccoli and kale, is a cruciferous vegetable, rich in fiber and low in calories.

The Basics: Buy a head of cabbage that is blemish free, with a compact head and shiny leaves. It should feel heavy for its size. Refrigerate the cabbage, wrapped in plastic. When ready to use, remove the outer leaves and rinse well. Prepare according to your favorite recipe.

Try This: Cabbage can be eaten raw - as in a salad - or cooked. Cooked cabbage pairs well with salty foods, such as uncured ham or broiled salmon. Make a simple slaw with cabbage and pears sliced thinly and tossed in a creamy poppyseed dressing, some fresh pepper, and sliced red onion.

The Facts: A cup of cabbage is approximately 40 calories, and an excellent source of vitamin C, K, and fiber.

The Pros and Cons of Eating Meat

So much has been written about eating meat - the dangers of eating meat, the benefits of lean protein, the recommendation of meatless meals. It can be confusing, and many people feel strongly about these food choices. Research continues to consider the pros and cons of eating meat, but here is what is currently understood.

Red Meat

- Red meats include beef, bison, venison and pork.
- Red meat is high in iron and a good source of vitamin B12.
- Some red meats are high in saturated fat or sodium and should be eaten in moderation.

White Meat

- White meats include chicken, turkey, and other poultry.
- White meat has been considered healthier, having lower levels of cholesterol than red meat.
- White meat, often called lean protein, contains an excellent amount of protein and B12.

No Meat

- Dairy can provide calcium and vitamin D, fermented dairy like yogurt and kefir can also provide probiotics to support digestive health and immunity. Choose grass-fed and unsweetened dairy products when possible.
- Eggs are an easy way to get quality protein into your diet as well as important B vitamins.
- Fatty fish like wild caught salmon contains omega-3 fatty acids that can help lower inflammation which supports heart, brain, and joint health.
- Many plant-based proteins like beans, quinoa, nuts, and seeds also provide your body with vitamins, fiber and healthy fats.

If you are a dedicated meat eater, what does this information mean to you?

The American Heart Association recommends to keep portions of meat small to no larger than 4 ounces at a meal which is about the size of a deck of cards. Limit red meat to no more than 3 servings a week and try to include a meatless meal each week. A study published in early 2019 found that both red and white meat had similar effects on blood cholesterol. *Meaning watching portion size is important for white meat as well as red meat.*

While it's true that eating too much saturated fat can raise cholesterol levels; we still require a small amount in our diet. Focus on reducing portion size and varying your choice of protein. Then make a point to add in several servings of vegetables and healthy plant-based fats each day.

As always, discuss your dietary choices with your doctor or a licensed nutritionist, and monitor your health numbers including cholesterol, blood pressure, and weight.



STRETCH FOR FLEXIBILITY

Do you practice *flexibility training* such as stretching, yoga, or Pilates? Most of us neglect flexibility training, but it is essential to our everyday fitness. Flexibility reduces the risk of injury, improves posture, and can help improve your aerobic and strength training performance. Here are a few tips to add flexibility training to your fitness plan.

1. Commit to stretching after every workout. Even a few minutes is better than nothing! Always stretch warm muscles after exercise or continuous movement such as walking to prevent injury.
2. Try a yoga class. Yoga is known to improve flexibility, reduce blood pressure, and aid in losing weight!
3. Consider gentle stretching at night, right before bed. If you have spent time getting ready for the next day — picking up, gathering clothes and lunch, organizing yourself — you are probably in need of gentle stretching to prepare for a good night's sleep.
4. Stretch gently and remember to breathe. Stretching should feel good, not hurt.
5. Hold each pose for about 30 seconds while taking deep breathes and then release. It is better to repeat the stretch for an additional 30 seconds than to hold a single stretch for too long to prevent injury.
6. Remember to stretch all muscles. Like strength training, focus on upper body and lower body, front muscles and back muscles.

Remember that it may take some time to see improvements in your range of motion so be patient with yourself. Always consult with your doctor before beginning a new type of exercise.

Try It!

Try this short stretching sequence to help relieve tension and improve range of motion in your neck and shoulders. Setting aside time to stretch regularly can make a big difference in how you feel and function. You deserve it.



Neck Roll

Close your eyes and let your chin drop down to your chest. Slowly circle your neck, taking the right ear to the right shoulder then back to center. Do 3-4 rolls in one direction and then switch to the other side.



Shoulder Shrug

Inhale deeply and shrug your shoulders, lifting them high up to your ears. Hold for a few seconds then release and let your shoulders drop. Repeat this 3 times.



Reach Up

Sit up tall in your chair and stretch your arms overhead, interlocking your fingers. Turn your palms to the ceiling as you lift your chin and look up. After 10 seconds, extend your right hand higher, then the left. Slowly return your arms to your sides and repeat.



Wall Push Ups

Stand facing the wall, about a foot away, and push yourself off the wall with your arms. This light workout will get your blood moving and stretch your shoulders.



Shoulder Stretch

Place your right hand under your left elbow, then lift your elbow and stretch it across your chest without turning your body. Hold for 15-30 seconds then slowly return to the starting position and repeat with the other arm.



Tricep Stretch

Lift your right arm and bend it behind your head, then place your left hand on your right elbow to gently 'pull' your upper arm and shoulder back. Hold for 15 to 30 seconds, then slowly bring your arm down and repeat the stretch with the other arm.



Q: Happy New Year Erin. My question for you is about setting a new year's resolution to get healthier and lose weight and how to stick to it. Every year I set a resolution, I never follow through for more than a few months. Any suggestions or help would be appreciated.

Camille H.

A: Happy New Year Camille! Research shows that less than 10% of people actually follow through on their resolution. It could be that people are setting unrealistic goals or don't have a plan, which I believe is key for success.

If you are wanting to start a resolution at the beginning of the year, I recommend to look at your 2020 calendar and write out at least one action-oriented goal for yourself each month that contributes to a healthy lifestyle. For example, instead of saying I'd like to lose 20 pounds this year, set a goal to eat more vegetables and reduce sweet food and drinks. These are healthy habits proven to improve health and support a healthy weight. January's goal could be to start drinking half your body weight in water and in February add a second goal to eat 3 servings of vegetables a day.

It is normal to get off track at some point during the year. Having a bad day or a bad week doesn't mean you failed. It means you are human and you get back on track. If for some reason you are unsuccessful, make it the next month's focus or try a different goal. I also recommend finding an inexpensive or healthy reward for when you meet your monthly goal.

Wishing you happy and healthy 2020!

Dedicated to your success,

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

EMDR Therapy

By the time they reach adulthood approximately 70% of people living in the United States will have experienced at least one traumatic event during their lifetime (TheNationalCouncil.org, 2019). Some possible examples of traumatic experiences include:

- the death of a loved one,
- being involved in a car accident,
- surviving a natural disaster,
- being bullied at school,
- witnessing an assault,
- going through a breakup,
- or an unexpected life change.



Trauma is defined as any experience that overwhelms a person's natural ability to effectively cope (APA.org, 2019). Following a traumatic incident an individual might repeatedly think about, worry about, or dream about what happened. They may also feel responsible, powerless, or hopeless. They might begin to intentionally avoid people, places, or things that remind them of the trauma. All these behaviors are normal early responses to trauma. However, if the symptoms persist, it is important to keep in mind that help is available, and recovery is possible. A type of brief therapy called EMDR has helped millions of people all over the world recover from past trauma and lead more fulfilling lives in the present (EMDR.org, 2019).

What is EMDR?

Eye Movement Desensitization and Reprocessing (EMDR) Therapy is a form of treatment developed in the 1980's founded on the belief that if the body can naturally heal itself after a physical injury, then the brain can naturally heal itself after a traumatic injury has occurred. During sleep the brain clears away emotional events from the day. Unfortunately, trauma can overwhelm this normal body procedure & cause blockages. As a result, blocks of trauma material from the past get improperly stored throughout the body. Anytime a present or future experience resembles a blocked trauma from the past, the old trauma memory can instantly become reactivated in the body. Reactivation of past trauma can cause a person to suddenly feel "triggered" pushing the past trauma back into the present & the trauma is re-lived by the person over & over again.

How does EMDR Work?

A clinician trained in EMDR will begin by identifying the trauma that the client would like to address. The clinician utilizes a series of eye movements like those that occur naturally during REM sleep and assists in appropriately reprocessing the trauma memories. The goal of EMDR is to remove trauma blocks from the body & help regain a sense of normalcy. EMDR sessions typically run anywhere from 45 to 90 minutes. A range of presenting problems can be treated with EMDR including PTSD, anxiety, grief, depression, life stressors, addictions, & self-confidence. EMDR can be used with children, teens, & adults.

Interested in learning more about EMDR?

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

EAP Webinar on EMDR Therapy and Gentle Skin Care for Harsh Weather Wednesday, January 15, 2020 at Noon.

How Too Much Screen Time Impacts Your Health

Continued from page 2



Let's limit our screen time in 2020 and see how much better we feel physically and emotionally. This doesn't mean that we ignore technology and its benefits. Instead, become aware of the amount of time you spend looking at a screen and then commit to cutting back in favor of other healthy activities.

⬇ START YOUR DIGITAL DETOX

1. Keep track of the amount of time you spend looking at a screen outside of work: checking email, scrolling through social media, streaming video, playing games, etc.
2. Then set a goal to reduce that time and a plan for how you can spend your time instead.
3. Commit to putting away all phones and tablet when eating dinner or interacting with family or friends.

For some, limiting screen time may cause anxiety. If you experience this reaction, take deep breathes and remember the healthy reasons you have for limiting your screen time.

CORPORATE MEMBERSHIP FITNESS IS GOOD BUSINESS

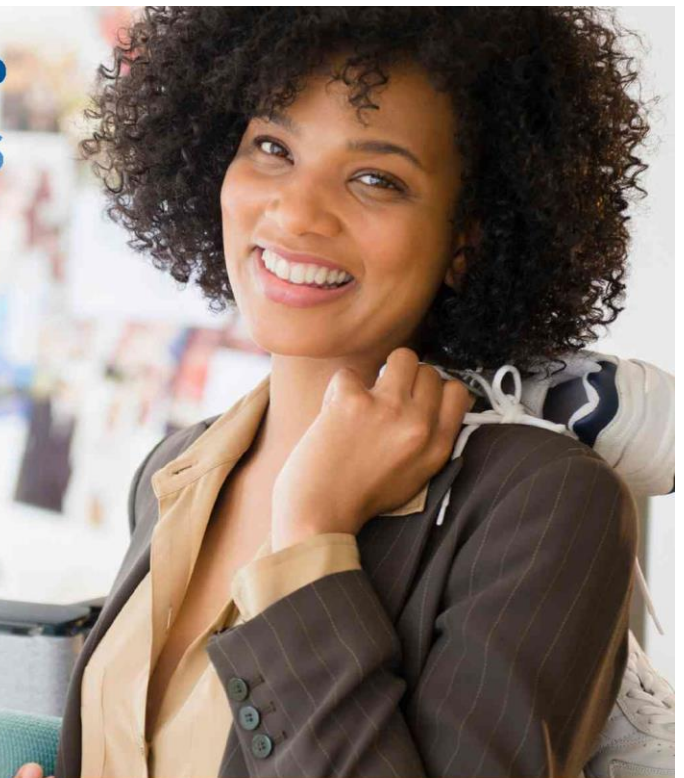
- Reduce Health care/Insurance costs
- Increase productivity
- Improve employee health and wellness
- Reduce absenteeism
- Improve safety
- Employee moral
- Reduce employee turnover
- Better recruiting tools

CERTIFIED FACILITY



*Some amenities may vary by location.

FranciscanHealthFitnessCenters.org



Chesterton 810 Michael Drive (219) 983-9832
Chicago Heights 100 W. 197th Place (708) 755-3020
Schererville 221 US Hwy 41 (219) 865-6969

 **Franciscan HEALTH**
FITNESS CENTERS

Want to Know More?

Connect with Working Well for more information on wellness programs and how they can help you reduce healthcare costs and improve employee well-being.



4111 S. Franklin St.
Michigan City, IN 46360
1-866-552-WELL (9355)
www.workingwell.org