

Healthy U @ Work

June 2019

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 **Franciscan**
WORKING Well

Trade in Your Time Wasters

Summer is the season of vacations, barbecues, festivals, and other opportunities for fun and relaxation. But, if you are like most people, you probably feel that you don't have enough time to do what you have to do, let alone do what you want to do! We can't make the days longer, but we can maximize the time we have. We have to control the time wasters, those habits and routines that eat up our spare time.

- We know that the phone, tablet, and computer can quickly become a black hole where spare time goes. What began as a time saver becomes the biggest time waster! Checking email or updating Facebook or Instagram often leads to more internet surfing and distractions. Setting a schedule to check email, as in first thing in the morning/mid-day/late afternoon, can help. For Internet use, set the timer on your phone or tablet to limit your "surfing" and shopping. Use the timer on your electronic device to remind you to shut it down!
- Clutter is a definite time waster. It can make it hard to find what you need when you need it, and it can also increase stress. Set up a place for keys, mail, shoes, and anything else you need on a daily basis. Add hooks, baskets, bins or whatever will help you have a place for all of your things. Take your time if you need to declutter and re-organize more than one space. Start with one closet or room at time over a few weeks or even months to declutter and create a beautiful and purposeful space.
- You may have one or two habits that can lead to wasted time. If you always say yes to helping on a committee or planning an event, ask yourself if the activity you say yes to is still important to you. So much of what we do is automatic. Be intentional. Take time to think about what you do and why you do it. Is there anything that you no longer wish to do? If so, consider saying no to future requests and giving yourself more time for what matters most to you.



Schedule time in your calendar for the people and activities you enjoy. Make them as important as the activities you have to complete. If written down or added to your phone's calendar, you are more likely to arrange your time to fit in those things you enjoy. With busy lives, it is important to maximize the time we have to meet goals and have fun!



Summer Safety

Summer fun has just begun. To keep the fun going, follow these summer safety tips:

Apply sunscreen every day. Sunscreen protects your skin from harmful ultraviolet rays associated with increased risk of skin cancer. Apply a broad-spectrum sunscreen, SPF 30 or higher, and be sure to reapply every two hours, or more frequently if you are swimming.

Wear sunglasses. Your eyes can also be damaged by the sun, so wear sunglasses that block both UVA and UVB light. Wearing sunglasses also prevents squinting which can help prevent fine lines and wrinkles!

Protect yourself from bugs. Avoid heavily wooded areas and tall grasses unless wearing long sleeves and long pants. Be sure to check yourself for ticks if you have been hiking or outside where ticks have been identified.

West Nile virus, Zika virus, Lyme disease, all are associated with bug bites. Protect yourself by using insect repellent that contains DEET, picaridin, or oil of lemon eucalyptus (Centers for Disease Control and Prevention). If you choose to use a product that contains DEET, stick to formulas containing less than 30% DEET and be sure to apply it as directed to prevent toxicity.

WARNING: Insect repellents are not to be used on young children in the same way as adults. Read all directions and do not use insect repellents on babies who are 2 months of age or younger.

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Produce of the Month Radishes

You may have seen a radish sliced in a salad or cut into a pretty rosette on a plate, but the radish is more than a garnish. Radishes are root vegetables related to the cabbage and are a low-calorie vegetable that is good for digestion, heart healthy, and beneficial for red blood cells.

The Basics: Though there are many types and colors of radish but the most common is the cherry belle - a red radish with a cream-colored interior. Choose a radish that has no obvious bruising or mold and is smooth to the touch. Wash and dry your radish and store in the refrigerator for up to a week. Then you can prepare them according to your recipe.

Try This: Raw radishes can be sliced and added to salads and sandwiches. You can also roast radishes by cutting them in halves or quarters (depending on size) and coating with olive oil and salt. Roast in a 425-degree oven until tender and brown, about 20 minutes. The peppery taste of radishes pairs well with sweet corn. Try a corn and radish salad with mint and lime, tossed with a light vinaigrette or olive oil.

The Facts: One cup of raw radishes contains 18 calories, 1 gram fat, 4 grams of carbohydrates and is a good source of vitamin c, folate, potassium, and fiber.

Eat the Rainbow

An easy way to know you're getting all of the nutrients you need is to eat a rainbow! Eating a variety of colors from fruits and vegetables each day is one of the top ways to improve your nutrition and your health.

Did you know? Different colors indicate different nutrients.

Eat Red to get lycopene and antioxidants.

Red fruits and vegetables help improve memory, heart health, urinary tract health, and reduce risk of certain cancers. Eat a daily dose of tomatoes, red peppers, apples, watermelon, berries or red grapes.

Eat Orange to get vitamin C and potassium.

Great immune system builders, orange choices include sweet potatoes, carrots, cantaloupes, orange peppers, peaches, and nectarines.

Eat Yellow to get vitamin B6 and potassium.

B6 may promote brain health, and potassium is great for heart health. Choose a yellow squash, banana, or yellow pepper.

Eat Green to get calcium, lutein, and folate.

Green vegetables are superfoods, having the highest concentration of nutrients and antioxidants. Dark green leafy vegetables are great sources of calcium, so try broccoli, kale, and spinach. Lutein (good for healthy eyes) and folate (essential for pregnant women and important for heart health, cellular function and metabolism) can be found in asparagus, broccoli, bok choy, green beans, peas, zucchini, and spinach.

Eat Blue to get lutein, vitamin C, and resveratrol.

The blue and purple hues of blueberries, blackberries, plums, grapes, and eggplant help support a healthy cholesterol, improve memory function, reduce inflammation, and boost your immunity.



“One of the defining characteristics of the modern Western diet is replacing fresh fruits and vegetables with refined carbohydrates and other processed offerings,” says Mike Fenster, M.D.

The Solution? Go against the grain and replace convenience foods and snacks with fresh or frozen fruit and vegetables. Try one new fruit or veggie each week – add to salads, stir-fries, smoothies, soups, casseroles, and more. Making a special game out of it is a great way to get picky eaters on board!

Is Your Workout Working?

What makes a workout effective? An effective workout meets one or more of the following goals – to burn calories, raise your heart rate, build muscle, or increase flexibility and range of motion. The key is to choose activities that support your fitness goals and exercise at the right intensity, duration, and frequency to achieve your goals.

Aerobic workouts raise your heart and breathing rate, burn calories, and are heart healthy. Many aerobic activities like running or walking are also weight bearing and can help support strong bones. The general rule for aerobic exercise is to maintain an elevated heart rate for about 30 minutes a day, 5 days a week.

Your Target Heart Rate is determined by your age and is typically about 60% of your maximum heart rate. Subtract your age from 220 (your maximum heart rate) and then multiply that number by .6 (60%). For example, a 40-year-old adult would take $220 - 40 = 180$, then take $180 \times .6$ for a target heart rate of 108 beats per minute. Your doctor can help you identify your target heart rate in light of your current health status and should be consulted before beginning any exercise program.

Strength building programs build muscle, which helps support your frame, gives you strength, and increases your metabolism. An effective strength training program works both upper and lower body muscles, often on alternate days. If you use free weights or weight machines, try 2 or 3 sets of 12-15 repetitions (or reps) for each movement, with a 30-60 second rest between each set. Choose a weight amount that becomes difficult to lift at about the 12-15 repetition. When you can finish 12-15 reps easily, it is time to increase the weight. Work your shoulders, back, arms, abs, and legs each week. Warm up and be sure to stretch after. If you would rather, you can use your own body weight for strength training. Squats, pushups, lunges, and planks are great options to build muscle without having to go to the gym.

Flexibility is often a forgotten part of fitness but is very important, especially as we age. Adding longer stretching sessions, yoga, Pilates, or tai chi is not only good for your muscles, flexibility, and balance, it can be a great stress reducer.

If you make time to work out, make sure your workout is effective. Pay attention to your heart rate and the time you spend working out. Make a point to build strength and stretch. Effective workouts can be a regular part of your week, helping you to be healthy and able to function well day to day.



Summer Safety

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Swim safely. Enjoy some pool time at a public pool or beach that has a lifeguard on duty. If you have children, keep an eye on them at all times, and if you have to leave take them with you. Do not swim in any lake that has an announced rip current warning. Do not drink alcohol and go swimming or boating and always wear a life jacket when riding or operating watercraft.

Grill safely. Clean your grill before the season and after each use and remove grease that can cause flare-ups. Keep your grill away from the house and on a flat surface. Do not leave a grill unattended and keep children and pets away from the grill. After grilling, be sure propane is turned off. Allow charcoal coals to burn out completely and cool at least 48 hours before wrapping them in aluminum foil and discarding.

Bike, walk, and run safely. If you are walking or running stay on the left side of the road and walk against traffic, if you are biking stick to the right side of the road. When possible, choose to walk or ride on designated paths. Always wear a fitted helmet and light colored or reflective clothing (arm bands, belt, vest, etc.) to protect you from other drivers. Stay off your phone when walking or riding to prevent distractions.

Stay hydrated. Be sure to drink plenty of water to prevent dehydration and heat stroke. Take plenty of breaks when playing or working outside to keep cool.

Get outside and safely enjoy all the summer offers!



Q:

Hi Erin. I was diagnosed with fibromyalgia a few months ago, and lately I have been in a great deal of pain. Sometimes it hurts just to get out of bed in the morning. I am also exhausted many days of the week. Do you have any suggestions on what I can do workout wise that can help me? Penny R.

A:

Hey Penny! So, nice to hear from you. I work with quite a few individuals who have fibromyalgia and I see the effects it has on my clients. They all tell me that working out helps manage their symptoms and can actually help increase their energy levels. Many clients agree that even if they are having a flair-up, it is better for them to move a little than none at all, so set a goal to move daily, no matter what it is.

Research conducted by the Mayo Clinic shows that consistent movement is one of the best medicines for fibromyalgia. Regular physical activity is shown to improve muscle strength and function while reducing pain and improving overall quality of life.

If you aren't currently exercising, I would start with walking to get your body used to moving. You can set a goal to walk a few minutes each day and work your way up to walking 30 minutes two or three times each week. I have a few clients who swear by taking a basic yoga class. It's great movement that stretches the body while making it move. This type of dynamic stretching is great for helping reduce fibromyalgia symptoms. I also highly recommend making strength training a part of your weekly routine to help improve muscle function and reduce pain. Start with light weights and listen to your body. If you notice increased pain following your workout, you can reduce the time or intensity of your exercise slightly until you find what works for you.

One of the things that my clients tell me is that their muscles get really stiff and it takes a little while for their bodies to warm up to move properly. Do a longer warm up (5-10 minutes) to help warm up your muscles and prevent injury and pain. Following your training session, include some gentle stretching to keep your muscles relaxed. If you have access to a heated pool this would be great option for you as well. Water workouts are a great low-impact option and the heat will help loosen your muscles making the working out easier and more comfortable.

Be mindful of your body and don't push yourself too much. Listen to your body when beginning a workout. Some days you may feel better than others, so on those days you may be up for a more intense workout. On days you are not feeling well you may only be up to going for a walk or doing some gentle yoga and that is okay. I hope this helps. If you have any further questions please let me know.

Dedicated to your success,

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

June 2019 By: Betsy Robbins, LMFT, EAP Therapist

How to Express Negative Emotions

No one likes to talk about negative emotions but we all feel them from time to time. There are multiple reasons that make emotions negative but for our purposes, negative emotions are the ones that no one likes to feel. Some

examples are: anger, annoyance, fear, sadness, frustration, discouragement, guilt and jealousy. If you can look at your emotions as a kind of internal barometer, then what they are actually doing is giving you a “read” on what is going on in your outside world. Sometimes we need to feel those emotions in order to spark us to make changes.



It isn't the negative emotions that are the problem. It is in how they get expressed. Have you ever heard the phrase, “People who hurt, hurt”? Those who are hurting tend to lash out at others, are unreasonable, explode in anger, lose control. Most often, it is mental lashing out but sometimes, it can become physical. Keeping negative emotions hidden often backfires on the person holding them in. It lets them grow until, unchecked; they come out in damaging ways.

When challenged, most of us fight, flee or freeze. The part of your brain that controls this also controls reasoning. When challenged, we aren't reasoning like we typically do. Instead, we go into primitive survival mode which can be destructive. The key is to be proactive instead of reactive and decide ahead of time how emotions can be managed.

Think about checking in with yourself and asking these three questions:

- 1) How am I feeling right now?
- 2) What do I need to do about it?
- 3) Should I be talking about this to someone?

Slow down the process and patterns in your negative emotions. Either you manage them OR they manage you!

One of the biggest issues that people have is the lack of control they feel when they experience the emotion. Is this you? If so, after you slow down your pattern, break it into three parts so that you can better deal with it. **Part One** is naming the emotion out loud. Example: “I am feeling very frustrated right now”. Tell the other person how you are feeling. **Part Two** is then letting the other person know how you intend to manage your emotions. For instance, “I am not going to yell. I am going to talk about this quietly until I can feel some resolution”. **Part Three** is actually talking about whatever it is that is causing the emotion. Invite the other person into the conversation at this point and hopefully, you will have slowed it down enough that you can walk away with a better feeling. You will have expressed a negative emotion in a positive way!

Remember this Advice from a Glacier: Carve your own path, go slow, channel your strengths, smooth the way for others, keep moving forward, avoid meltdowns and ...be cool!

**Need help with your emotions?
Call 219-662-3730 or 1-800-747-7262**

EAP Webinar on How to Express Negative Emotions and How to Create a More Balanced Life is 5 Easy Steps on June 19 at noon.

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