

Healthy U @ Work

May 2019

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Acts of Kindness

In 2010, Harvard Business School conducted a happiness survey to determine who is happiest overall. The results? Those who were kind to others, who gave of their time and finances, were the happiest!

The research is clear, giving of our time, talents, and resources is good for your health and the community! Volunteering is a great way to do connect with others and lend a helping hand, and being generous with our gifts reduces the risk of depression, lowers anxiety, and decreases stress.

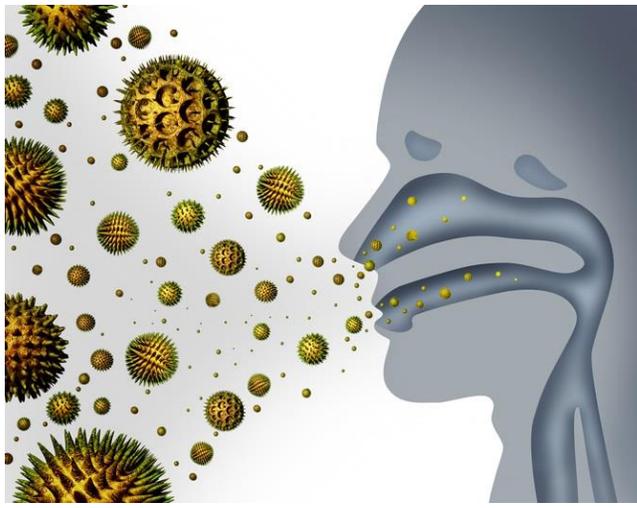
To get involved, start small and think locally. Local communities have many organizations that help underserved populations and others in need. Your church, local school, park district, or local government can help you find an opportunity to volunteer that represents your values and fits your schedule. Many schools welcome retired men and women to serve as readers and helpers in classrooms. Churches may want help with a clothing drive or with a homeless outreach. Local park districts and governments may have opportunities to help with animal rescues, specialty recycling drives, and food pantries.

Your job may also provide you with an opportunity to volunteer. Many companies have specific charities and organizations they support and some companies may offer time off to volunteer.

Check with your HR department or your immediate supervisor for information. You can also consider organizing a company volunteer project. Look at your company's local community for possible needs.

The benefits of being kind and compassionate toward others are both physical and emotional. Some even say that these actions are contagious, encouraging those around you to also become interested in giving of their time and talents. Put aside some time this week and see what opportunities in your area will work for you!





Allergy Symptoms

Spring allergies are in full swing, and summer allergies are around the corner. For many allergy sufferers, each season brings an outdoor or indoor threat causing irritating symptoms. For some these symptoms can be serious and even life threatening.

Allergies can develop at any time in someone's life. If you think you may have developed an allergy, you should contact your medical professional and possibly make an appointment with an allergist. Knowing what triggers your allergies will help you prepare for possible reactions and work to minimize your exposure.

Common Allergens and Possible Symptoms

Pollen and mold spores from plants and grasses – Outdoor allergies commonly result in runny nose, itchy eyes, sneezing, and fatigue.

Dust mites, mold, pet dander, and dust – These common indoor allergies share similar symptoms with outdoor allergies but may also result in asthmatic symptoms such as wheezing and shortness of breath.

Insect allergies (most commonly bee stings) – While some may only suffer with hives or localized swelling at the site of the sting, some may have an anaphylactic reaction that can cause trouble with breathing and may result in death. Those with an allergy to bee stings may need to carry an EpiPen in case of emergency.

Continued on page 4.

Produce of the Month

Peas

It's time to reintroduce ourselves to the health benefits and taste of this powerful little legume. A very good source of fiber, vitamin C, folate and vitamin K – green peas are an easy way to add nutrition to your diet.

The Basics: Because fresh peas are hard to find, frozen is a good choice. Frozen peas retain their taste and texture compared to canned peas and canned peas often contain added salt. If you do choose canned, rinse your peas before cooking to remove as much sodium as possible. If you are able to find fresh peas, choose pods that have a good color and are not mildewed. Store the pods in the refrigerator for ideally no more than 3 days. To cook fresh peas, rinse the pod before shelling. To shell peas, snap the top and bottom of the pod off and pull off the "thread" that lines the seam. You may now gently pull open the pod and remove the peas. Once shelled, you can steam or simmer peas on stovetop or enjoy chilled.

Try This: Peas make a good addition to salads, casseroles, and are a family-friendly side dish. Add peas to a pasta dish or on a baked potato. Try cooking them in chicken stock, sautéed onion and garlic, or as a special side dish serve with a little chopped Canadian bacon and feta cheese.

The Facts: In 1 cup of peas there is approximately 120 calories, 1 gram of fat and 4 grams of fiber. They contain magnesium, potassium, and calcium too!

Macronutrients and Micronutrients

Eat a nutritious breakfast. Eat a healthy diet. We've all heard this and try to follow the advice. But what makes up a breakfast or diet healthy? The key is eating the right amounts of micronutrients and macronutrients! Here's what that means:

Macronutrients

These are nutrients that you need in larger (macro) amounts. Together, they provide the body with the needed calories to function effectively.

- Carbohydrates – Needed for energy and brain function, carbohydrates should be between 40%-70% of your daily calories, depending on your level of exercise (more exercise = more carbs). Complex carbohydrates (vegetables, fruits, and whole grains) provide fiber to support healthy digestion and absorption of nutrients as well as a feeling of being full and lasting energy. Dr. Mark Hyman from Mayo Clinic says to focus on slow carbs rather than low carbs, meaning choose foods with a low glycemic index or sugar to fiber ratio.
- Proteins – Protein is required for metabolism, cellular systems, and tissue structure. Lean proteins - soy, nuts, whole grains, legumes, seeds, some meats - are recommended. Daily amounts of protein recommended may vary, depending on age and activity. Overall, protein should make up between 30%-50% of your daily calories. Choose quality animal products such as grass-fed beef and butter, wild-caught fish, and pasture-raised meat and eggs.
- Fats – Needed for a healthy metabolism, hormone balance and absorption of fat-soluble vitamins, healthy fats in the form of nuts, seeds, eggs, avocado and olive oil should make up about 20% of your daily calories. Limit saturated fats from meat, butter, ghee, palm oil, and coconut oil to a total of two tablespoons a day.

Micronutrients

These are nutrients like vitamins and minerals that you need in smaller (micro) amounts. Make sure you are getting these important micronutrients every day by eating a wide variety of plants.

- vitamin C – berries, peppers, broccoli, citrus fruit, kiwi
- vitamin A – carrots, sweet potatoes, spinach, red bell pepper, mango
- vitamins B2, B6, B12 – darky leafy greens, bananas, eggs, almonds, sunflower seeds, avocado, whole grains, citrus fruit
- vitamin D – egg yolks, salmon, tuna, fortified milk and non-dairy milk, liver, chanterelle mushrooms
- calcium – dairy, almonds, legumes, sardines, and dark leafy greens like spinach, kale and turnip greens
- potassium – bananas, potatoes, cucumbers, beans, cooked broccoli, melon, peas
- iron – whole grains, dark green vegetables, nuts, seeds
- zinc – grassfed beef and lamb, pumpkin seeds, chickpeas, lentils, beans, whole grains milk (dairy and non-dairy)

WHAT ARE MACRONUTRIENTS + WHERE TO FIND THEM

CARBOHYDRATES
Convert into the body's main energy source, glucose

VEGETABLES FRUIT WHOLE GRAINS

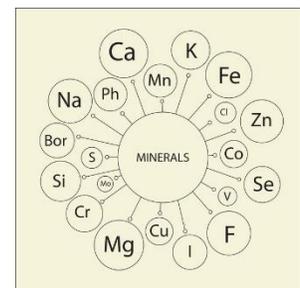
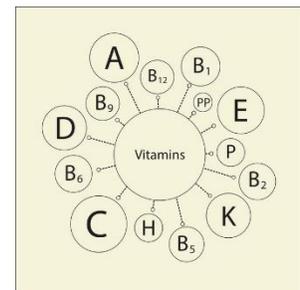
PROTEINS
Assist in the actions of growth, repair, and maintenance

FISH EGGS BEANS

FATS
Act as building blocks for our cell membranes and protection for our organs

AVOCADO SALMON OLIVE OIL

BAUMANCOLLEGE.ORG
WHAT'S NEXT IN NUTRITION



Fitness Myths

Myth: Lifting weights will cause me to bulk up.

FALSE! Regular weight lifting, even with heavier weights, will help you build muscle and result in a lean, sculpted look. If your goal is to bulk up, this requires a big commitment at the gym along with a specialized diet. We recommend reaching out to a personal trainer to help you get started and practice safe technique.

Myth: I can get flat abs by doing crunches.

FALSE! Crunches are a common abdominal exercise, but crunches alone will not cut tummy fat and create that desired 6 pack. Losing excess weight all over with a healthy diet and a balanced fitness regimen that works all abdominal muscles will help you get a flat stomach. Exercises that help sculpt your core include bicycle crunches, dead bugs, planks, side planks, reverse curls, and squats.

Myth: Exercise allows me to eat anything I want.

FALSE! Exercise cannot erase the effects of a bad diet. Eating a nutritious diet is key to optimal health and managing a healthy weight. Getting quality protein, healthy fats, and plenty of fiber-rich vegetables, fruits, and whole grains support a healthy metabolism and will provide you with the energy you need to get your workout in.

Myth: I need to stretch before exercising.

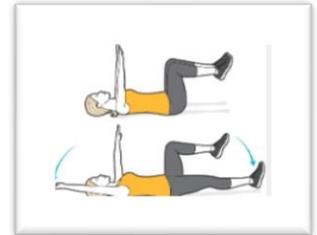
FALSE! Stretching is important, but it's better to warm up slowly, stretch, then exercise. Also, stretch after exercise is important to help maintain flexibility. A simple warm up could be a 5-minute walk followed by some hip and shoulder rotations.

Myth: The best time to work out is the morning.

FALSE! What is the best time to work out? Whatever time you can fit in and do regularly. What's important here is the habit of regular exercise - no matter what time you do it!



This workout, called the **Dead Bug**, is great for building core strength and



improving posture. To start, lie on your back with your arms extended straight up towards the ceiling, and your legs raised in the air with your knees bent at a 90-degree angle. Lower your right arm and your left leg at the same time until they are both hovering just above the floor, then return to starting position. Repeat this movement now with your left arm and right leg.

Allergies

Continued from page 2

Latex – Those who suffer with a latex allergy will need to avoid rubber balloons and latex gloves commonly used by medical and dental professionals. The latex that causes allergies is natural latex, which comes from the rubber tree. Reactions to latex can include skin reactions, asthma symptoms, and anaphylaxis.

Drugs – The most common prescription drugs that trigger allergies include penicillin, amoxicillin, ibuprofen, naproxen, and aspirin. Symptoms of this allergy include skin reactions, such as itching, rash, or hives. A severe reaction would be wheezing or anaphylaxis.

Foods (most commonly nuts, eggs, milk, shellfish, wheat, and soy) –

Allergic reactions to foods can vary from mild to severe. Mild reactions could be itching, rash, or hives. More serious reactions include the swelling of the tongue, anaphylaxis, and shock. Most people with a serious food allergy are encouraged to carry an EpiPen for emergencies.

If you notice prolonged allergy symptoms contact your doctor. If you experience difficulty breathing, contact your doctor or go to the emergency room.



Ask the Trainer

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

Q: Hi Erin. I have always been in pretty good shape and I work out regularly but since going through going through menopause last year, I've developed a tummy and back fat around my bra area that I've never had before. Is this related to menopause? If so, what would you recommend to address those areas? Thank you!

Teresa P.

A: Hi Teresa, thank you for reaching out. This is an issue many post-menopausal women go through and I am very familiar with it. After going through menopause there is a shift in our hormones. A decline in estrogen causes fat cells in the abdominal area to store more fat. Abdominal fat not only impacts how our clothes fit, it impacts our health. Fat stored around our mid-section has been linked with cardiovascular disease, diabetes, and certain cancers. Additionally, this shift in hormones contributes to a loss in muscle and if we lose muscle, we burn less fat. I will be frank this is not a quick fix type of issue - there are several factors that come into play.

Let's look at your nutrition to start. Menopause can cause your metabolism to slow down. A balanced and nutritious diet will help support a healthy metabolism that burns fat instead of storing it. Consider tracking everything you eat and drink for one week to see where you could make some improvements. It's important to choose foods that will kickstart a healthy metabolism. Are you getting enough vegetables and fruit along with good fat and protein? Do you have any idea how many calories you are consuming? Are you eating too much or too little? Are you drinking enough water?

You mentioned that you work out regularly. Has the type or frequency of your exercise changed at all? Are you doing more or less than before? If you are moving less and eating the same amount or more that may be contributing to your weight gain. Are you including both strength and cardio? I recommend at least 2 days of each per week if you can. Cardio will help strengthen your heart and lungs and detox your cells by breaking a sweat. Strength training will help you increase your lean body mass (muscle) to help you burn more fat!

These are just a few things to consider to help your situation. Since it hasn't been that long since you went through menopause you should be able to kick your body into shape more quickly than if you were 5 or more years post.

Dedicated to your success,

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

May 2019 By: Toni Halgas, LCSW EAP Therapist

Affair-Proofing Your Marriage Infidelity is a serious threat to a marriage.

Did you know?

- Infidelity can cause Post Traumatic Stress Disorder.
- In the United States, 17% of all divorces are due to adultery.
- The Internet has made it easier for people to be unfaithful.
- As many as 60% of all men and 40% of all women have been unfaithful.



Brett McKay of the Art of Manliness, suggests the following to help stay faithful for a lifetime:

Make Your Marriage Your #1 Priority

- Keep dating your spouse.

Establish Boundaries

- What are you and your spouse comfortable with the other doing with the opposite sex?
- Know how your personality traits can get you in trouble.
 - Being a good listener can be mistaken as special attention and being outgoing can be considered flirting.

Avoid Temptation

- Be aware of talking about your problems with a member of the opposite sex.
- Stay away from online dating sites.
- Quit visiting inappropriate websites.

Three signs that indicate that you may be crossing the line into infidelity:

- 1) **Emotional intimacy.** Sharing more of your feelings and thoughts with your friend than with your spouse.
- 2) **Sexual tension. Huge red flag** You instinctively know when it is present.
- 3) **Secrecy.** Do you turn off your phone when your spouse walks by? Do you leave out details of your day because they include encounters with your friend? The minute you fudge anything about your relationship with your friend, you've stepped over the line.

If you see any of these signs, it's time to re-evaluate your friendship with that other person. You may need to broaden your boundaries in order to avoid any temptation in the future.

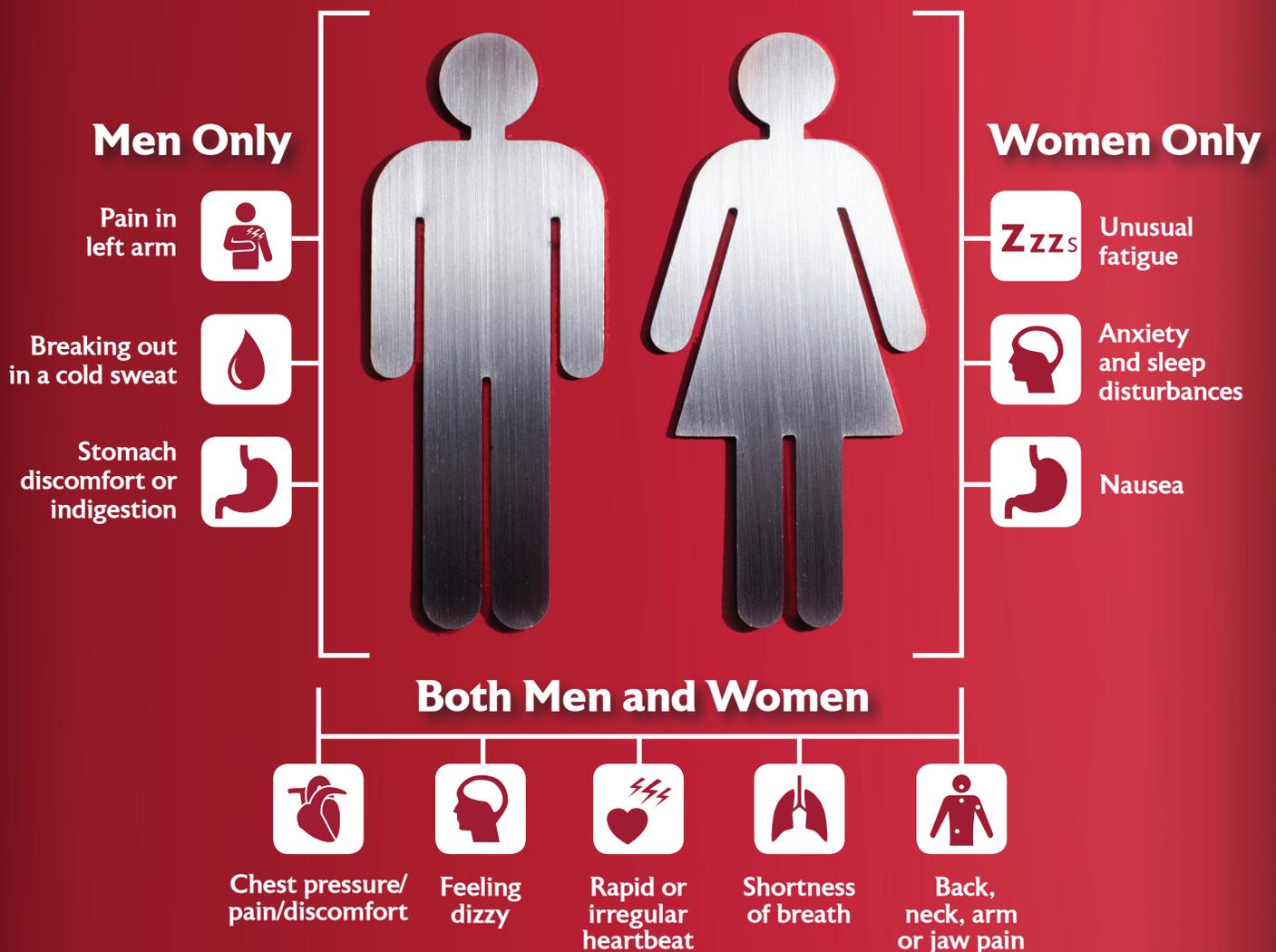
Need help with dealing with your marriage?

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

EAP Webinar on *Affair-Proofing Your Marriage* and How to Eat Less Junk Food May 15 at Noon

His & Hers Heart Attacks

Men and women do not experience heart attacks in the same way.



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*Some amenities may vary by location.

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