



August

# Member Newsletter



## Move Your Body: The Best All-Around Rx

More people are sitting for prolonged periods each day, whether at a desk, in front of a screen, or behind the wheel. Unfortunately, studies show that uninterrupted sitting can set you up for heart disease and other health problems. That's true even if you exercise regularly! However, walking just five minutes every half hour during periods of prolonged sitting can offset some of the most harmful effects. So can brief periods of standing, stretching, or simply moving around. Try these suggestions to sit less and move more at work and at home throughout your day. You may find your moods, focus, and stress level improve, too!

**Use reminders.** Set a timer to get up and move at least once every hour to stretch or take a quick walk around the office or your neighborhood.

**Move while on the phone.** At work, pace, march in place, do 5-10 squats, or stretch. If at home, use a hands-free phone headset and tidy up—dust, sweep or mop.

**Use a portion of your lunch break to take a walk.** And get up periodically to go refill your water bottle.

**Park far away from your destination.** Take a lap around the building before entering. Once inside, skip the elevator and take the stairs.

**Add extra steps to your daily chores.** Put your purchases in smaller bags, making multiple trips to your house to bring them in. When folding laundry, put away just a few items at a time to increase your steps.

**Use commercial TV breaks as exercise breaks.** Dance, do jumping jacks, or try a few yoga poses.

**Stand while fixing dinner.** And then carry one item to the table at a time.

**Get up and stretch after reading a chapter** of a book (or several short chapters).

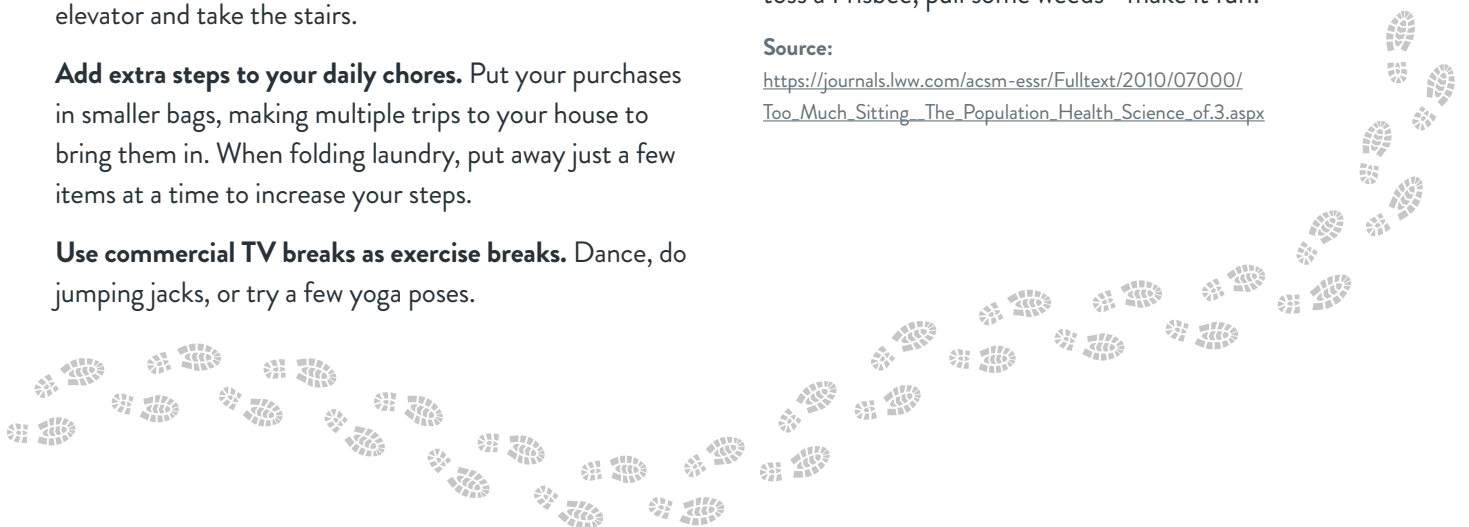
**Plan a walking meeting with colleagues.** And, when socializing, plan a walk-and-talk with friends.

**Take your pooch out for a longer break.** Don't just let Rover out in the backyard—get active with him!

**Take a play break with your kids!** Take a spin on a bike, toss a Frisbee, pull some weeds—make it fun!

Source:

[https://journals.lww.com/acsm-essr/Fulltext/2010/07000/Too\\_Much\\_Sitting\\_The\\_Population\\_Health\\_Science\\_of.3.aspx](https://journals.lww.com/acsm-essr/Fulltext/2010/07000/Too_Much_Sitting_The_Population_Health_Science_of.3.aspx)





## Easy ways to cut down on sugar

Sugar makes food extra delicious, improving its taste and texture while balancing flavors. However, sugar doesn't provide significant nutrition, other than being a carbohydrate macronutrient that supplies energy to keep your body working. Too much sugar can have detrimental health effects as it can contribute to obesity, which is linked to heart disease and diabetes. Try these tips to help you reduce your sugar intake!

**Focus on healthy carbohydrates for energy.** Opt for fruits, vegetables and whole grains as your main sources of carbs.

**Set your daily limit for added sugar.** For women, the limit should be 6 teaspoons or 25 grams per day; for men, the limit is 9 teaspoons or 36 grams.

**Read labels for the grams of sugar to make healthy food choices.** If a product doesn't have fruit or milk in the ingredients, all of the sugar that is found in the food is likely added. If fruit or milk is in the food, the label will account for both natural and added sugars.

**Know sugar's aliases.** Ingredients that end in "ose," like sucrose, dextrose, fructose, glucose, lactose, and maltose, indicate sugar. Other names for sugar include corn syrup, cane sugar, molasses, nectar, and fruit juice concentrate.

**Understand sugar "terms" on labels.** "Sugar-free" indicates a food has less than 0.5 grams of sugar per serving. "Reduced sugar" foods must have at least 25 percent less sugar per serving than their traditional counterpart product.

**Limit foods with added sugar,** such as cookies, cupcakes, candy, and other sweets.

**Substitute water** for soda and other sugary beverages.

**Watch out for sneaky sources of added sugars.** Some canned fruits, packaged breads, premade sauces and fruit-flavored yogurts—even cereal and flavored oatmeal—can contain added sugars.

**Substitute sugar and sweeteners with spices** such as cinnamon, nutmeg, ginger, mint or cardamom to add flavor to coffee, oatmeal and plain yogurt. Try swapping smashed fruit or juice for a cup of sugar in your next cupcake, cake or cookie recipe.

**Choose fresh or frozen fruit to satisfy your sweet tooth,** or opt for a smoothie.

**Rethink your need for dessert** and limit to eating it only on a specific day, weekends, or special occasions.

## Make time for preventive care

You may be in the throes of enjoying summertime activities that help you stay healthy and thriving—but don't forget to stay on top of your preventive screening tests! Screenings can help you find diseases early, when they may be easiest to treat and before you have symptoms. Talk to your doctor about whether—and when—you should get these common screening tests.



**Physical exam.** Assesses your overall health, keeps tabs on conditions you may have, and ensures you're up-to-date on age-appropriate and risk-based screenings and immunizations.

**Blood pressure.** Regular checks are the only way to tell if your blood pressure is out of the target range. High levels increase the risk for heart disease and stroke. Blood pressure checks should be done at every visit to your healthcare providers.

**Cholesterol.** This blood test measures the cholesterol (type of fat) in your blood. High levels may increase the risk of cardiovascular disease.

**Glucose (diabetes screening).** A blood test that measures the amount of glucose (blood sugar) in your blood. High levels may increase the risk of diabetes.

**Colonoscopy.** A thin-lighted scope helps find polyps in the colon that may become cancerous if they are not removed.

**Mammogram.** A low-dose X-ray of the breasts may detect early breast cancer and some conditions that can lead to breast cancer.

**Prostate screening.** A prostate specific antigen test (PSA) measures the level of PSA—created by the prostate—in the blood, while a digital rectal exam (DRE) examines the size and shape of the prostate.

**Cervical cancer screening (Pap smear) with/without HPV testing.** This is a test that collects cells from the cervix to look for changes and/or the human papillomavirus (HPV, the most common STD infection) that may lead to cervical cancer.

**Skin cancer screening.** A full-body skin exam can look for moles, birthmarks, or other pigmented areas that look abnormal in color, size, shape, or texture.

**Dental cleaning.** Visit your dentist at least twice a year for a thorough cleaning and exam to maintain oral health and resolve any issues early on.

**Vision/eye exam.** Helps to assess and monitor your vision as well as your risk for eye diseases.

**Keep a pulse on your health!** Talk to your doctor about what screenings are right for you.

For more help, talk to Health Advocate, your health practitioner or a qualified counselor.

### Immunization Awareness Month | Be Protected



Your recommended vaccines depend on your age, as well as factors such as your health condition, job, lifestyle, and even travel. In general, throughout childhood on-time vaccination is essential because it helps provide immunity before children are exposed to potentially life-threatening diseases. And everyone should get a flu vaccine every year before the end of October, if possible, and a tetanus/diphtheria vaccine every 10 years. For complete recommendations from the CDC for all age groups (including adults), as well as up-to-date information about the COVID-19 vaccination, visit: [www.cdc.gov/vaccines/schedules/](https://www.cdc.gov/vaccines/schedules/)