

Healthy U @ Work

November 2018

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 **Franciscan**
WORKING Well

Avoid Holiday Weight Gain

You may find your calendar is filling up with holiday parties and family get-togethers. With a busy schedule and cooler temperatures, it's easy to find yourself faced with too many treats and little motivation for exercise, all resulting in a few extra pounds for the new year. With a little planning, preparation, and support you can enjoy the holidays without unnecessary weight gain.

Prepare

- Write down your busy schedule and include time for exercise and healthy meal preparation.
- Aim for at least 3 days per week of workouts that include aerobics and strength training. Be sure to consult with your physician if you have not already been exercising regularly.
- Prepare for parties by eating well before you go. Don't fast; your hunger may cause you to overeat at the party. Eat a healthy breakfast and lunch and a light snack before you go.

Choose

- Colder weather doesn't mean you have to be stuck indoors. Bundle up and take a walk! Choose fun activities as a way to enjoy the company of friends and family. Go window shopping to see decorated storefronts. Try ice skating or even cross-country skiing.
- You don't have to say "no" to all the treats. When faced with a full buffet of holiday treats, you can make healthier choices. Decide which sweet treat will be most satisfying and stick with that. If it's a slice of pie you're after, enjoy one piece and forego the cookies and hot cocoa.
- Find an accountability partner to help you stay on track. Choose someone who has the same desire to live well and plan a time to text or talk every week to check in and encourage one another.

Enjoy

- Focus on the spirit of the season. The idea of holiday parties and family events is to enjoy the company of those you may or may not get to spend much time with throughout the year.
- The holidays are a great time to reconnect with friends, make memories with your family and even volunteer your time or resources to helping others. These activities are also healthy for you!

By staying active, enjoying treats in moderation, and enjoying time with those you care about, you can avoid the extra holiday pounds and enjoy the festive season!



Alzheimer's and Dementia

By 2030, the number of people age 60 and older is expected to reach 1.5 billion. With an aging population, there are greater concerns about dementia and Alzheimer's disease and how these conditions will impact seniors and the families and organizations that support them. Dementia and Alzheimer's disease both negatively impact memory and the ability to be independent, though they are not the same thing.

Dementia is a name for any condition that causes a deterioration of memory, difficulty in making decisions and reasoning, and a decreased ability to concentrate. Dementia can be caused by vascular issues, nerve issues, or certain diseases that attack brain cells. Dementia can be mild or severe and is not considered a normal part of aging. Dementia cannot be cured but may be treated through medication and therapy.

Alzheimer's disease is a specific kind of dementia, representing between 60%-80% of all diagnosed dementia cases. The risks of getting Alzheimer's disease are linked to age (over the age of 65), family history, history of head trauma, and a personal history of cardiovascular disease or diabetes. There are treatments for Alzheimer's disease, though no cure at this point. Many patients with advanced Alzheimer's disease need 24-hour care. The deterioration of the patient can be slow or rapid, and Alzheimer's is the 6th leading cause of death in the United States.

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Produce of the Month

Pears

Golden, green, red or brown – pears are a sweet fruit, related to the apple. Pears have been around for thousands of years, found in Asia and ancient Greece. Brought to America by the colonists, pears have grown to be an important product of the United States. Pears are good for colon health and eye health, and may help protect against postmenopausal breast cancer.

The Basics: Pears are in season in the fall and remain plentiful throughout most of the winter. Look for pears that are not bruised and have a slightly sweet smell. Unripe pears are hard to the touch and will ripen when left out on the kitchen counter. If ripe, pears may be stored in the refrigerator. Always wash before using.

Try This: Pears have a mild flavor and are easily added to both savory dishes and desserts. Pears work well paired with fish and added to salads. Try serving sliced pears with a slice of your favorite cheese and top with chopped walnuts. For a healthier dessert choice, cut 3 pears in half and remove the ends and scoop out the seeds. Bake in a 400° oven face-down for 30 minutes or until slightly soft and beginning to brown. On the stove, combine 3 tbsp honey, 2 tbsp grass-fed butter, ½ tsp cinnamon, and ¼ tsp vanilla over medium heat then drizzle over the pears while baking.

The Facts: Pears are a good source of vitamin C, vitamin K and copper and are an excellent source of fiber. An average pear contains about 150 calories.

Sensational Fall Salads

Who said that salads were only for summer? Fall and winter salads feature seasonal fruits and vegetables and are a great healthy choice for lunches and dinners. Try these delicious fall salads:

- If you struggle to keep fresh lettuce on hand, try kale which is much hardier and will last longer in your fridge. Other great finds include shaved brussel sprouts and shredded broccoli to use as a base for your favorite fall salad – look for these items in the produce section of your grocery store.
- Fall is definitely apple season. Try diced apples with kale or spinach. Add chopped walnuts or almonds for an extra crunch and protein or sliced chicken or fish to make it a main course.
- Pears are also in season. Pears work well with poultry and pork and can be sliced and added to your spinach salad. The sweetness in pears are a great compliment to bitter greens, like arugula or kale and sharp cheeses like blue cheese, goat cheese, aged cheddar, or parmesan.
- Don't hesitate to use fall vegetables in your salad as well. Try blanched cauliflower or broccoli for a savory addition. Grilled or roasted carrots, zucchini, beets or sweet potatoes are other yummy salad toppers.
- Of course, we can't forget cranberries. Cranberries are naturally tart and can brighten up your salad. You may also consider using the cranberry in a vinaigrette. If you are buying dried cranberries, look for a brand with low to no added sugar.

Salads can be much more than lettuce and tomato. Grill your favorite veggies, add a fall fruit, and pile your favorite fall foods on a bed of leafy greens for a nutritious fall meal!



Try This Homemade Salad Dressing. Perfect for Fall!

Mix the following ingredients in a mason jar and shake. It's just that easy. Makes about 4 servings.

- 2 tbsp extra virgin olive oil
- 2 tsp apple cider vinegar
- 1 tsp pure maple syrup
- 1/8 tsp salt
- 1/8 tsp freshly ground black pepper

Tracking Your Fitness

Keeping a record of how we care for our bodies is key in developing an awareness of what our body needs and how we are making progress toward our health goals.

Leading an active life is essential to preventing weight gain and chronic disease, in addition to feeling good each day. Increasing the amount you move or starting a new fitness regimen may seem daunting, but there are several fitness devices on the market proven to help keep you motivated and help you reach your fitness goals. In fact, wearing a fitness device has been shown to increase a person's activity by 40%. A recent study found that those who saw the greatest results from an eight-week program aiming for 10,000 steps daily were those who set daily goals and tracked their activity.



Perks of using a Fitness Tracker

- Fitness trackers offer accountability as many devices connect you with a social network where you can learn and support one another, and if you like a little friendly competition, you can challenge your family, friends, or co-workers.
- Fitness trackers calculate your step count, the duration of your workouts, and calories burned, helping you track your accomplishments and track progress toward your fitness goals – both are important in boosting confidence and maintaining motivation.
- You can find everything you need with devices that track steps, sleep, heart rate, and more. Most devices will sync to your wellness portal, making it simple to manage your wellbeing all in one place and make participating in workplace wellness challenges easy!
- Fitness trackers are designed to monitor your movement. Even for individuals who are already motivated to be active, wearing a fitness tracker can help you take an honest look at how sedentary you are outside of your structured workout.

Finding a fitness tracker that is right for you

Set your spending limit, choose whether you want a bracelet, clip-on, or watch, and decide what you want the device to do. Check out the array of popular fitness devices on our wellness portal.

When using a fitness tracking device, remember they're not exact and wearing one is not the end all to being fit. Losing weight or reaching your goals still requires a strong desire for change and a commitment to bettering yourself. For some, seeing the device on their wrist is a constant reminder of their commitment, and connecting with others through the device's app may maximize your tracking experience. Making a small investment in a fitness tracking device may be one of the biggest investments you can make for your health.

Alzheimer's and Dementia

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While there is no proven way to prevent dementia or Alzheimer's, certain lifestyle behaviors can lower your risk. Maintain a healthy weight through a diet based on fruits, vegetables, and whole grains. Get regular exercise, including aerobic and strength training. If you are diabetic, work to control your blood sugars. Stay active and keep your mind active by taking a class, doing crossword puzzles, or reading, for example. Be sure to see a doctor with any concerns you may have regarding your memory or ability to focus. Medicines we take and stressful times can cause memory issues, so it is worth seeing your medical professional with any questions or concerns you may have.



Q: Hi Erin. My question for you isn't about me, it's about my husband. I am in pretty good shape, I try to work out a few times a week and make healthy choices but my husband not so much. He was recently diagnosed with high cholesterol and pre-diabetes, which his dad also has. His doctor wants him to exercise and eat better and he seems on board. He stays on track for a few days but then he loses interest and I start seeing old habits. Do you have any suggestions on how to get him to be and stay committed to becoming healthier?
Rebecca T.

A: Hello Rebecca! Thanks for reaching out with your question. I completely understand what you are going through. It's very hard to see someone you care about not allowing themselves to commit to a healthier lifestyle. Let's take a step back and put yourself in his shoes. Your husband was just diagnosed with these issues. It is probably pretty scary for him to have this happen especially if he sees what it has done to his dad. He may need a little time to process this information. I know you just want to help him, but he has to be ready and needs to be in the right state of mind to commit to a healthier lifestyle. What you can do is be there to support, motivate and help him. We can give someone a push but we cannot make them do anything and sometimes the more we get after them the less they want to do it. We don't want to put too much pressure on them. Start making subtle gestures of encouragement. See if he wants to start walking a few times a week with you, say it would be good to spend some quality time together. Don't make it seem like exercise so to speak as much as something to do together. As for changing the eating habits, you can start to plan out meals, pack lunches, etc. Say you want to start eating better and see if he is on board. It may take a little more effort on you at first but hopefully he will start seeing results and that will motivate him to commit. Sometimes someone has to see some results or progress to get them to fully commit.

There does come a point however that you may need to have a serious heart to heart if no changes are being made. Tell him how you feel and that you are worried about him and his health. You want to live a long life together but you cannot do that if he's not willing to make some changes. It can help sometimes to make a goal for yourselves as well. Think of something you guys have always wanted to do like climb a mountain or hike somewhere, something that would take training to be able to do. Maybe that would help get him started by working towards a goal! I hope this gives you some guidance on how to approach the situation. Let me know if I can help in any other way.

Dedicated to your success,

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



Ten Ways to Transform Your Marriage

Marriage may not be for everyone, but for those who are married, research points to following health benefits of being married:

- >Living longer
- >Physically healthier
- >Mentally healthier
- >Being happier
- >Recovering from illness more quickly & successfully
- >Generally taking better care of themselves and avoid risky behavior
(University of Chicago, Sociologist, Linda Waite Focus on Family)

If those are the health benefits for those WHO are married, isn't it worth finding out Ten Ways to Transform Your Marriage so that you can fully enjoy these benefits?

According to Jim Burns, Marriage and Family expert, many people settle for less in their marriage. In his book, *Creating an Intimate Marriage*, he helps Couples bring back the AWE---Affection, Warmth and Encouragement.

How to Transform Your Marriage

- >Adjust YOUR Attitude
- >Show Affection and Warmth
- >Offer Encouragement
- >Give Sexual Intimacy Attention
- >Nurture Your Spiritual Growth
- >Make Friends with Your Spouse
- >Schedule Fun into Your Marriage
- >Practice "Thank You" Therapy
- >Know not ALL Problems are Solvable
- >Review and Renew Marriage Vows

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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.

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WORKING Well

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