

RESULTS FOR LIFE

Monthly tips and topics for a healthier lifestyle

General Health

How would you rate your general health? Health seems like a straightforward concept, but our health is influenced in many ways. Some aspects we cannot control, like family history, but many are in our control. The foods we eat, our physical activity, smoking, stress, and the amount and quality of our sleep can all positively or negatively impact our health. This newsletter includes information surrounding general health and steps we can take towards improvement.

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Relaxing Your Mind and Body

The human mind is rarely quiet. Thoughts seem to pass through our consciousness, sometimes without much order or purpose. This is great for sparking creativity, however, when thoughts become chaotic, distracting, or worrisome, it can lead to anxiety, depression, and even sleep difficulties.

Fit Tip of the Month



Exercise for Stress Reduction

Want to get a better handle on stress in your life? Think exercise! Any form of physical activity can help you unwind and can be an essential way to ease stress levels. How does exercise work and how can you incorporate it?

- Exercise improves the body's ability to use oxygen and improves blood flow. These changes have a positive effect on your brain and stress management.
- It increases endorphins, a feel-good neurotransmitter, giving a sense of well-being and euphoria.
- It sheds daily tensions which provides more energy and optimism to help you remain calm and concentrated.
- Exercise improves mood, increases self-confidence, relaxes and lowers symptoms of mild depression and anxiety.
- It improves sleep which is often disrupted by stress and anxiety, with better sleep comes better stress management.

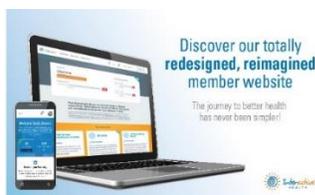
While it's tempting to relax by watching TV or browsing the internet, these distracting activities are not restful for the mind. To mentally relax and feel more peaceful and calm, try the following:

1. **Nature.** Sitting on your favorite park bench near your office, spending time in a garden or taking a walk in the woods can create a calming effect on the mind.
2. **Exercise.** Exercises that are continuous and rhythmic, like walking, swimming, dancing, and yoga, are good for relaxing your mind and body.
3. **Read.** Immersing yourself in a good book can take your mind off any stress or chaos in your everyday life and give you time to yourself.
4. **Self-care.** Taking some time for self-care activities like massage, manicures, and soaking in a warm bath can do wonders to relax and calm your mind.
5. **Practice mindfulness.** Mindfulness is the practice of focusing on one thing at a time and letting go of distracting thoughts. The goal of mindful meditation is to focus your attention on things that are happening in the present moment. For example, listen to your body. Is your breathing fast, slow, deep, or shallow? The idea is just to note what is happening without trying to change it.
6. **Write.** Some people can relax their mind after they write about their feelings and worries. One way is to keep a journal.
7. **Use guided imagery.** With guided imagery, you imagine yourself in a certain setting that helps you feel calm and relaxed. You can use audiotapes, scripts, or a teacher to guide you through the process.
8. **Sleep.** One of the best ways to relax and restore your mind is to get eight hours of quality sleep. Go to bed at your usual time, shut off all electronics in bed, and allow your mind to rest from planning or problem solving.

Resources: [Harvard Health Publications](#); [Helpguide.org](#)

Ann Rowland, MS, MA Health Coach

Have you seen your new wellness website?



We've taken the online wellness experience to a whole new level. Tap into a concierge-like web experience that will assist you on your journey to better health. Fresh, modern and easy-to-use, the website includes interactive guides, pin-able content, personalized action steps and much more!

Log on today at www.myinteractivehealth.com (or at your company-provided web link) to see more.

- In addition to having a direct effect on stress levels, exercise promotes optimal health which may also indirectly improve stress levels.

Get your body moving and you will see the stress relieving benefits!

Resources: [Healthline](#); [Mayo Clinic](#)

**Suzanne Toon MS, CPT
Health Coach**

Always consult your physician before beginning this or any exercise program. For more exercises or ideas, visit www.myinteractivehealth.com.

Preventive Focus Prostate Cancer

Prostate cancer is one of the most common forms of cancer in American men. The prostate is located below the bladder and is responsible for the production of seminal fluid.

Symptoms

While early stages of prostate cancer often have no symptoms, advancing prostate cancer can have symptoms such as:

- Difficulty urinating
- Blood in urine or semen
- Pelvic Pain
- Loss of bladder control

These symptoms are not specific to prostate cancer and can often be associated with other conditions. Prostate cancer can often be discovered before symptoms begin with screenings such as a PSA test which measures the amount of prostate-specific antigen in a man's blood and/or a physical digital rectal exam with a healthcare provider. Abnormality's with these screenings would lead to further testing to discover if cancer is present.

Risks

- Age – risk goes up with your age
- Race - African American men have an increased risk
- Family History - risk increases with a family history

Screenings

Population screening for prostate cancer is a controversial topic. There is no disagreement that screening can help find many prostate cancers early but rather surrounds whether the benefits of screening outweigh the risks for most men.

The American Cancer Society (July 2017)

The American Cancer Society (ACS) recommends that men thinking about getting screened for prostate cancer should make informed decisions based on available information, discussion with their doctor, and their own views on the possible benefits, risks, and limits of prostate cancer screening. Starting at age 50, men should talk to a healthcare provider about the pros and cons of testing so they can decide if testing is the right choice for them. If you are African American or have a father or brother who had prostate cancer before age 65, you should have this talk with a health care provider starting at age 45. (cancer.org)

Prevention

- Avoid tobacco
- Maintain a healthy weight
- Regular physical activity
- Limit alcohol intake
- Know your family history
- Know your personal risks
- Get regular exams with your healthcare provider

Resources: Cancer.org

Michele Voss, ARNP, WHNP-BC, Director of Clinical Operations, Nurse Practitioner



Get a Handle on Headaches

Whether they are pounding and throbbing or dull and aching, headaches are one of the most common medical complaints. Headaches can have a wide range of causes and various intensities. This webinar will teach you about the common triggers that cause headaches as well as stress management and relaxation techniques that can help alleviate headache discomfort.

Date: Thursday, June 21, 2018
Time: 12:00pm - 12:45pm Central

[Register Now](#)

After registering you will receive a confirmation email containing information about joining the webinar.

A recorded version of the webinar will be available for viewing within seven business days on the [Interactive Health](#) member website

Recipe of the Month

Watermelon Feta Salad

Looking for a refreshing, salty (yet sweet) treat? Look no further than this watermelon feta salad. This salad is an explosion of flavor – the sweetness of the watermelon is balanced by the saltiness of the feta and tartness of the lime juice. Don't be surprised if you find yourself going back for more!



Ingredients

- 6 Cups Watermelon, Cubed
- 1 Cup Feta Cheese, Crumbled
- ¼ Cup Red Onion, Thinly Sliced
- ¼ Cup Fresh Mint, Chopped
- ¼ Cup Fresh Lime Juice
- 1 Tsp Extra-Virgin Olive Oil

Directions

1. Combine watermelon, feta cheese, red onion, and mint in a large bowl
2. Pour the lime juice and olive oil over the watermelon mixture and toss gently to coat. Serve Immediately

Nutritional Information Per Serving (Yields 8 Servings)

Calories: 81
 Total Fat: 4.6 grams
 Saturated Fat: 2.9 grams
 Cholesterol: 16.8 milligrams
 Protein: 3.3 grams
 Total Carbohydrates: 7.6 grams
 Dietary Fiber: 0.5 grams
 Sugars: 5.8 grams
 Sodium: 173 milligrams

Recipe adopted from: <http://www.pbs.org/food/fresh-tastes/watermelon-feta-salad/>

Nutrient analysis through: www.supertracker.usda.gov

Erica Lokshin, MS, RDN, LDN
 Registered Dietitian/Health Coach

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Wellness Works Hub

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If you haven't visited lately, here's what you've missed:

[Exercise Benefits Extend to Mental Wellness: Report](#)

The study also notes the productivity costs businesses can see:

“Research shows that there are more workers absent from work because of stress and anxiety than because of physical illness or injury.”

“Further, more days of work loss and work impairment are caused by mental illness than other chronic conditions such as diabetes, asthma, and arthritis.”

“Employees with depression report their productivity at 70% of their peak performance, and approximately 32 incremental workdays are lost to presenteeism for individuals with major depressive disorders.”

Interactive Health provides comprehensive wellness programs to individuals across the nation. Our worksite wellness program is designed to engage you in the management of your health through early detection and identification of risk factors. Our goal is to *measure, motivate and reward* you as you begin a journey on the pathway to better health. We create a personalized pathway that is unique to your health status. Our program provides you with the specific tools and resources you need to achieve your personal health goal.

