

Positive Pulse Wellness Newsletter

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Make Healthy Food Choices

Adults of all ages have different nutrition and physical activity needs as their lives and bodies change. A strong and healthy body can provide many benefits. As you age, maintaining healthy habits is an important way to lower your risk for cancer, diabetes, heart disease and hypertension. Make your food and beverage choices a priority and be physically active to feel and look better.

Maximize with nutrient-packed foods.

Energize with grains.

Power up with protein.

Mix it up with plant protein foods.

Vary your fruits and vegetables.

Don't forget dairy.

Balance your meals with at least half of your plate fruits and vegetables.

Drink water. Avoid sugar-sweetened beverages.

Know how much to eat.

Reach your goals for increased physical activity and healthy eating.

Check www.choosemyplate.gov.



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Summer Vegetable Salad

Mix in a large bowl:

1/2 c. red wine vinegar

1/3 c. vegetable oil

3 cloves minced garlic

1/2 tsp. salt

1/8 tsp. pepper

1 tsp. sugar

Add:

1 c. halved cherry tomatoes

1 peeled, sliced cucumber

1 green pepper sliced

1 sliced small red onion

1 TB chopped fresh basil

Chill 1 hour before serving.

Get Active

Adult recommendations:

2 hours and 30 minutes of aerobic physical activity at a moderate level OR

1 hour and 15 minutes each week at a vigorous level

Spread activity out over at least 3 days a week.

Be active for at least 10 minutes at a time.

Also do strengthening activities such as push-ups, sit-ups, and lifting weights at least 2 days a week.

Choose activities that you enjoy and can do regularly.

Keep it interesting by trying something different on alternate days.

Start where you're comfortable, and then add minutes per day.

Get the family involved, including the family pet.

Have fun while being active!

Check www.fitness.gov.



August—National Breastfeeding Month

Breastfeeding is the best source of nutrition for most infants. It can also reduce the risk of some short- and long-term health conditions for both infants and mothers. Breastfeeding is recommended for at least the baby's first 6 months.

Benefits for Infants

Infants who are breastfed have reduced risks of:

- Asthma
- Obesity
- Type 2 diabetes
- Ear and respiratory infections
- Sudden infant death syndrome (SIDS)



Benefits for Mothers

Breastfeeding can help lower a mother's risk of:

- Heart disease
- Type 2 diabetes
- Ovarian cancer
- Breast cancer

For more information, check <https://www.cdc.gov/breastfeeding/index.htm>

September—National Childhood Obesity Month

Data from 2015-2016 show that nearly 1 in 5 school age children and young people (6 to 19 years) in the United States are obese. Consuming more energy from foods and beverages than the body uses for healthy functioning, growth, and physical activity can lead to extra weight gain over time. Strive to balance the calories your child consumes from foods and beverages with the calories your child uses through physical activity and normal growth.

Childhood obesity has immediate and long-term effects on physical, social, and emotional health:

- Higher risk of other chronic health conditions such as asthma, sleep apnea, bone and joint problems, Type 2 diabetes, and risk factors for heart disease.
- Risk for being bullied and teased and more likely to suffer from social isolation, depression, and lower self-esteem.
- More likely to be obese as an adult.

Tips:

Provide vegetables, fruits, and whole grain products.

Use low-fat or non-fat milk or dairy products.

Choose lean meats, poultry, fish, lentils, and beans.

Watch portion size.

Drink plenty of water and avoid sugar-sweetened beverages.

Help kids stay active. Strive for 60 minutes of physical activity per day.

Reduce screen time.

For more information: www.cdc.gov/healthyweight/children/index.html





Stop the Burn

Skin cancer is the most common cancer with nearly 5 million people treated annually. **BUT**, most skin cancers can be prevented.



Apply a sunscreen with 15 SPF or higher. Re-apply at least every 2 hours.

Seek shade.

Wear a hat.

Wear wrap-around sunglasses that block both UVA and UVB rays.

Wear long-sleeved shirts and long pants when possible; if not, dry t-shirts and dark colors offer some protection.

For more information: https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm



Positive Pulse Wellness Challenges

Option #1 Get your H2O challenge. Proper hydration is extremely important over the summer season. Warmer weather, increased physical activity, and more time spent in the sun can leave you dehydrated.

Track your water intake daily. Drink at least 64 ounces (8-8 oz. glasses) of water each day. Cut sugar-sweetened beverages (including soda, fruit drinks, sports drinks, energy drinks, sweetened water, coffee, and tea)—limit yourself to no more than 3 per week.

Option #2 Get outside challenge. Spending time outdoors relieves stress and boosts mental wellbeing. Summer is the perfect time to enjoy those longer hours of daylight. Spend at least 30 minutes outside at least 5 days a week. Spend at least 15 of those minutes walking, jogging, or biking.



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Have questions? Need more information? Call 308-221-6839.