

STEP INTO WELLNESS



Diocese of Palm Beach 2018 Healthiest Employers Award Honoree



Happy New Year!

Jan 2019

Six Healthy New Year's Resolutions

The new year can be an exciting time, brimming with the promise of fresh starts and new beginnings. It's also an opportunity to recommit to your health and well-being: *Eat better. Exercise three times each week. Drink more water.*

Creating these resolutions is easy enough. Sticking to them beyond the month of January, however, is another story.

Whether the new year has you feeling totally inspired or a tad overwhelmed, Johns Hopkins experts have some advice to help you make – and keep – your healthy resolutions for 2019.

BE MINDFUL. These days, it's common to chow down with your eyes glued to a screen, but eating when you're distracted leads to overeating. Take time to slow down and pay attention to your food, pausing to put down utensils between bites. When you eat mindfully, it's easier to notice when you feel full, plus you're more likely to enjoy the foods you eat.

CHILL OUT AND GET RESTED. According to Johns Hopkins sleep expert Rachel Salas, M.D., when it's time to sleep, it's time to chill – literally. Knocking the thermostat down to 68 degrees or lower before you tuck into bed can help you sleep better. Darken your room by drawing the curtains or dimming the display on your alarm clock to really get those quality Zs.

ADOPT AN ATTITUDE OF GRATITUDE. Take some time at the beginning or end of the day to reflect on what you're grateful for. "A daily grateful check-in or keeping a grateful journal is a way to shift your focus and minimize the distorting influence of stress. Reminding ourselves of the small, everyday positive aspects of our lives helps to develop a sense of balance and perspective that can enhance well-being.

WALK 30 MINUTES A DAY. Getting the recommended 30 minutes of exercise each day can be as simple as taking a walk. If you've got a busy schedule, take three 10-minute walks throughout

your day. "That's 10 minutes before work, 10 minutes at lunch and then 10 minutes after work. Make it fun! Grab a partner at work to get you through your lunch routine. Then have a friend or family member meet you for an evening stroll.

TAKE THE STAIRS. Making small, daily changes such as taking the stairs instead of the elevator may seem minor, but they can make a big difference for your heart in the long run. "Individuals who are physically active are much less likely to develop cardiovascular disease,

COMMIT TO A 30 DAY FITNESS CHALLENGE. Pick a fitness activity that's easy and doesn't require equipment, and commit to it for 30 days. There are many options to challenge yourself: swimming, taking regular walks or joining a fitness class. Find what motivates you. Whatever you do, make yourself accountable or find an accountability partner. Whether your goal is to lose weight, lower cholesterol or have more energy to play with young ones, you have the power to make a change.

WHY NEW YEAR'S RESOLUTIONS FAIL
Why is maintaining resolutions so tough? Researchers have ID'd several culprits, such as setting a goal that's too vague or having unrealistic expectations (lose 30 pounds by March 1—ha!). But perhaps the biggest challenge is turning your wishes into immediate action, then keeping with it. "It's easy to change your attitude but difficult to change your behavior," explains Christine Whelan, PhD, clinical professor in the School of Human Ecology at the University of Wisconsin, Madison. "If you're committed to it, however, you can make a new habit or behavior permanent."



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Your Thyroid Gland

The thyroid is a small, butterfly-shaped gland located at the base of the neck. Although relatively small, the thyroid plays a huge role in the body, influencing the function of many important organs, including the heart, brain, liver, kidneys, and skin.

The thyroid gland produces hormones that regulate the body's metabolic rate as well as digestive function, muscle control, mood and bone maintenance. Its correct functioning depends on having a good supply of iodine from the diet.

The thyroid gland can become overactive (hyperthyroidism) or underactive (hypothyroidism). This may, rarely, occur from birth, or develop later on in life. Hypothyroidism is often accompanied by an enlargement of the thyroid gland known as goiter.

Talk with your healthcare provider about whether your thyroid is healthy and functioning properly.

Home Grown

School gardens are gaining popularity across the country. This is no different at the William B. Finneran Montessori Academy of Sacred Heart School in Lake Worth, Florida where most of the students take ownership of their *From Seed to Table Organic Garden Program*. In conjunction with the garden, the school introduced its FREE organic breakfast and lunch program last year.

In 2017, a group of parents and alumni designed, and now manage the whimsical storybook themed garden. The garden gives a nod to books such as Dr. Seuss, Jack in the Beanstalk, The Ugly Duckling, and more. The school uses the garden in conjunction with their S.T.R.E.A.M. curriculum. "The garden offers an opportunity for the children to experience what they learned in class. That is why the children call it their outdoor science lab", detailed Principal Tamposi. The children consume what they grow or take it home in the hope of introducing their parents to healthy eating.

"I believe that eating healthy is a learned behavior and Sacred Heart School introduced our organic garden in conjunction with our free or reduced organic breakfast and lunch program and it has been a total success", stated Principal Candace Tamposi.

Principal Tamposi admits that the process of getting FREE organic breakfast and lunch programs in place was involved but well worth it.

Changing their palate to healthy eating needed to start with what was offered at school. Principal Tamposi took the snack machines out and banned processed foods. The children were skeptical at first but half-way through the first year, the children started to use terms like natural sugar foods and low-fat foods.

The children are growing Strawberries, papayas, banana, blue berries, breadfruit, avocado, sweet potato, cabbage, several kinds of tomatoes, lettuce, several kinds of beans, cilantro, basil, rosemary, mint, red & yellow bell peppers, lemongrass, garlic chives radishes, and chickpeas.

"You cannot expect a child to learn on an empty stomach." Principal Tamposi.



Principal Candace Tamposi



Tee Pee in the Garden

January Happenings Calendar

Jan 1 - 31	Thyroid Awareness Month
Jan 1 - 31	National Glaucoma Awareness Month
Jan 1 - 31	Cervical Health Awareness Month
Jan 1 - 31	National Birth Defects Prevention Month
Jan 1	New Year's Day
Jan 21	Martin Luther King Day
1st Quarter On Demand Webinar	Eat Well for a Busy Life http://www.diocesepb.org/wellness-webinars-on-demand Click on Wellness Programs



Milka Santos and Principal Tamposi



Tire Well in the Garden



Thing 1 & 2 Blue Berry Plants



Cilantro Frog

Have an idea, suggestion or comment? Contact your Wellness Coordinator, Carol Waring at cwaring@diocesepb.org or 561-775-9572. Have a benefits question? Contact your Benefits Assistant, Sandy Maulden at smaulden@diocesepb.org or 561-775-9574. Be sure to visit the wellness web page at www.diocesepb.org/wellness for helpful links and information.

Take Advantage of ALL Your Health and Wellness Benefits!



PREVENTIVE HEALTH

Covered at 100% with your in-network provider

Mammogram

Colonoscopy

Annual Wellness Exam

DENTAL (Delta Dental) www.deltadentalins.com or 800-521-2651

Diagnostic & Preventive Benefits 100% (in-network provider)

Oral examinations, routine cleanings, x-rays, fluoride treatment, space maintainers

PHARMACY (RxEDO)

The following over the counter medications are **FREE** if medically necessary with a doctor's prescription stating to **dispense as "over the counter"**.

Claritin - Claritin D - Allegra - Zyrtec - Prilosec - Prevacid - Zegerid

Please visit RxEDO's internet site by going to www.RxEDO.com for helpful tools.

VISION/Hearing - VSP/Tru Hearing 800-877-7195

Learn more about this VSP member offer at www.diocesepb.org/benefits

TELEDOC www.Teladoc.com or 1-800-835-2362

Consults are \$15 Talk to a doctor 24/7/365 by phone or internet

Treatable conditions include sinus, allergies, cold/flu, ear infection and more! Teledoc doesn't replace your primary physician. It is a convenient and affordable option that allows you to talk to a doctor who can diagnose, recommend treatment and prescribe medication for many of your medical issues.

Are you a primary care-giver for a loved one? Caring for someone can take a toll on your health.

On an airplane, an oxygen mask descends in front of you. What do you do? As we all know, the first rule is to put on your own oxygen mask before you assist anyone else. Only when we first help ourselves can we effectively help others. Caring for yourself is one of the most important—and one of the most often forgotten—things you can do as a caregiver. When your needs are taken care of, the person you care for will benefit, too.

Below are some helpful tips to help you stay healthy while caring for the needs of another:

1. Manage your stress. If you're feeling anxious or stressed, think about the reason and take a break from it if you can. Simple steps like taking a walk can help you feel more in control.
2. Ask for help. Don't feel guilty for needing help and asking for it. Think of what you need help with and break it into simple tasks. This will make it easier to ask others to chip in. You can also look into community resources that can offer assistance such as respite care programs.
3. Exercise and eat well. By staying active and eating well, you can lower your risk for heart disease and other health problems. If you don't have a workout routine, start with short walks.
4. Don't skip your own doctor's appointments. Make sure to talk to your doctor about how caregiving is affecting you. Your doctor may be able to help you come up with some solutions to lighten your burden.

Family caregivers are also at increased risk for depression and excessive use of alcohol, tobacco, and other drugs. Caregiving can be an emotional roller coaster. On the one hand, caring for your family member demonstrates love and commitment and can be a very rewarding personal experience. On the other hand, exhaustion, worry, inadequate resources, and continuous care demands are enormously stressful. Caregivers are more likely to have a chronic illness than are non-caregivers, namely high cholesterol, high blood pressure, and a tendency to be overweight. Studies show that an estimated 46 percent to 59 percent of caregivers are clinically depressed.

You cannot stop the impact of a chronic or progressive illness or a debilitating injury on someone for whom you care. But there is a great deal that you can do to take responsibility for your personal well-being and to get your own needs met.

For more information refer to www.caregiver.org or DailyCaring.org

1. In general, the more muscle and less fat you have, the higher your metabolic rate. True ___ False ___
2. Which of the following can boost your metabolic rate?
A. High Fat Diet ___ B. High Carb Diet ___ C. High Protein Diet ___
3. Women have a higher metabolic rate than men.
True ___ False ___
4. Which of the following can affect metabolism?
A. Lifestyle ___ B. Genes ___ C. Age ___ D. All of the Above ___
5. Your metabolism is controlled mainly by your:
A. Heart ___ B. Liver ___ C. Pancreas ___ D. Thyroid ___
6. Strength training can help you lose weight by changing your metabolic rate. True ___ False ___
7. As you age, your metabolic rate: A. Stabilizes ___
B. Slows down ___ C. Speeds Up ___ D. None of the above
8. Eating fewer than 1200 calories a day makes your metabolic rate: A. Speed up ___ B. Slow down ___ C. Stay the same ___ D. None of the above
9. What is your metabolism?
A. The rate you burn calories ___ B. The rate you eat or drink calories ___ C. The processes your body uses to convert or use energy ___ D. None of the above ___
10. Caffeine can boost your metabolic rate.
True ___ False ___
11. Spicy food can boost your metabolic rate.
True ___ False ___
12. Which of the following is considered to be a safe and effective metabolism "booster"?
A. Ephedra ___ B. L-Carnitine C. Bitter orange D. None of the above ___
13. Your local climate can affect your metabolic rate.
True ___ False ___
14. Most of the calories that your body uses are burned when you're active.
True ___ False ___
(this one might surprise you!)



Answers:

1. True 2.C 3.False 4.D 5.D 6.True 7.B 8.B 9.C 10.True 11.True 12.D 13.True 14.False

source: www.webmd.com