

# STEP INTO WELLNESS



Diocese of Palm Beach  
2019 Healthiest Employers Award Honoree



## Make Your Walk More Interesting

October 2019

When it comes to fitness, walking is one of the best forms of exercise. Simply putting one foot in front of the other and adding a little oomph to your step has been shown to help maintain a healthy weight, strengthen bones and muscles, improve balance and coordination, and even aid in managing heart disease, high blood pressure, and type 2 diabetes according to the Mayo Clinic.

If the physical benefits weren't enough for you to get up and start stepping, the mood lift from "feel good chemicals" and brain boost from increased blood flow to the brain, should be. The only problem? Walking can get stale.

Strolling the same path each morning, continually passing that same tree on the trails, or (worse yet) running into that nosey neighbor every time you step out - can get old. But you don't have to let monotony ruin your walk. Reach your active-minute goals while staying entertained with these fresh tips.

### Go On A Listening Walk

Instead of playing that same old walk/run playlist, unplug and tune in to your surroundings. How many different sounds can you hear on your usual route?

### Test Out Your New Tech

Wearables, like the Fitbit Versa™, make it easy to track your steps. It has been shown that smart-watches can help people remain diligent in achieving their fitness goals.

### Take In A Visual Feast

Transport yourself far from the everyday by thinking of your walk as an adventure. Absorb the visual beauty that familiarity makes easy to overlook. See how many different birds or flowers you find on your usual path. What shapes can you find in the clouds today?

### Learn Something New

Turn your walk into an educational session. Maybe listen to a language podcast each time you're out and use the rest of your walk to practice what you learned.

### Be A Cultural Anthropologist

Become a surveyor of your surroundings 365 days a year. Take a photo of your favorite tree or vista every day and create a catalogue of both natures' beauty through the seasons and your dedication to get in your steps.

### Make The Most Of A Mile

Draw a one-mile radius around your home, strap on a backpack, and walk any errands that fit into that circle. You might be surprised by how much you can get done on foot. (Reducing your carbon footprint is an environmental bonus!)

### Go On A Streak

Challenge yourself to see how long you can keep up a daily walking habit. Start by trying to walk 30 minutes every day for a week, then two weeks, and then three. Before you know it, you'll have met the goal of walking 30 minutes a day for 30 days in a row.

### Think FIT

While many people aim for achieving an aggregate number of total steps each day, research shows that moving frequently throughout the day and taking at least one brisk, 30-minute walk also can have health benefits. That's why people should think FIT, which stands for frequency (500 steps within seven minutes six times per day), intensity (3,000 steps within 30 minutes each day) and tenacity (at least 10,000 total steps per day). If those targets seem daunting, remember it helps to start slowly and build up over time.

Source: [www.patch.com](http://www.patch.com)

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## Pink Tofu Shake

### INGREDIENTS

- 16-ounce package of soft tofu
- 2 cups orange juice
- ¼ cup milk
- 1 ½ cups fresh or frozen strawberries
- 1 banana

### INSTRUCTIONS

1. Place all ingredients in blender.
2. Cover and blend until smooth.

### NUTRITION INFO

(per serving)

115 calories  
3 g fat  
1 mg cholesterol  
12 mg sodium  
18 g carbohydrates  
1 g fiber  
6 g protein



Source: Gallagher Wellness

## Health, Wellness and Safety Expo

There is only one major health expo left for the 2019 health and wellness expo season!

**Now is the time to mark your calendars and select your destination for the remainder of the 2019 Health, Wellness and Safety Expos coming to a location near you!**

**All employees** are encouraged to attend and participate as this is a diocesan sponsored event.

**Both full time and part time staff are invited.**

If there is not a fair scheduled at your specific work site, you are warmly invited to attend one that is most convenient for you and your staff members.

You do not have to stay for the entire period of time that the fair is running. If coverage is an issue, plan to rotate in specific blocks of time so everyone at your school or parish have a chance to attend. You can even carpool in groups. **You do not have to be covered by diocesan health insurance to participate.**

By taking advantage of the expo, you can earn a \$50 gift card. All you have to do is attend one of the fairs and get your biometrics completed (one little finger stick) AND complete the health assessment. You will get your results in a matter of minutes (blood pressure, cholesterol and glucose, triglycerides and LDL).

To schedule your **biometric screening** please use the online **Pick A Time Scheduler** to select the health fair location and time you wish to select for your screening. **YOU CAN SELECT YOUR TIME NOW!** - the online link is:

<https://pickatime.com/client?ven=11604103>

### Date and Location:

**October 16 – Cardinal Newman HS Cafe, 1:00 PM –4:00 PM**

512 Spencer Drive, WPB

**Get your \$50 gift card AT THE FAIR!!!!!!**

**This will be the last opportunity for you to be entered to win one of the FOUR GRAND PRIZE PACKAGES to celebrate TEN years of WELLNESS!!!!**

**Two Mountain Bike Packages**

**One Healthy Cooking and Eating Package**

**One Healthy Work and Play Package**

**For details of what is included in each package, please contact Carol Waring at 561-775-9572 or [cwaring@diocesepb.org](mailto:cwaring@diocesepb.org)**

## October Happenings Calendar

Oct 1 - 31	National Breast Cancer Awareness Month
Oct 1 - 31	Eye Injury Prevention Month
Oct 1 - 31	Health Literacy Month
Oct 1 - 31	National Dental Hygiene Month
Oct 1 - 31	National Physical Therapy Month
4th Quarter On Demand Webinar	Heart Healthy Living Program <a href="http://www.diocesepb.org/wellness-webinars-on-demand">http://www.diocesepb.org/wellness-webinars-on-demand</a> Click on Wellness Programs



### Cancer Awareness

**Prostate Cancer** - Risk of prostate cancer increases with age, and it is most common for men aged 65 and older. For reasons unknown, African American men have an even greater risk of this cancer than other races.

**Colon Cancer** - Colon cancer almost always begins with a polyp, or a growth on the lining of your rectum. If you have a polyp, have it tested and removed before it becomes cancerous.

**Lung Cancer** - Eight in ten lung cancer deaths are a result of smoking, which means two things:

- You can greatly reduce your risk by not smoking
- You should still follow the screening guidelines, even if you're a non-smoker.

**Skin Cancer** - Everyone is susceptible to getting skin cancer, but those with blond and red hair have a greater risk. Take precaution by using sunscreen, avoiding the sun or staying in the shade during the middle of the day, and be aware of moles or spots on your skin. If you see a new or changed mole, consult your doctor .

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

# Health and Wellness Expo Highlights

## TESTIMONIAL:

"When I left the June Health and Wellness event, I was devastated by my high cholesterol numbers. I immediately cut carbs and started working out five days a week. After a month, I had my physical with my regular doctor and my numbers had all dropped. In mid-July, I started Whole30 and when I had my levels checked again at the end of August and all of my numbers had moved into the normal range except for my LDL. I'm continuing to exercise and eat right and have lost 15 pounds! I can't wait to get my blood drawn in December to confirm that all of my numbers are good, and am hoping that I successfully avoided going on cholesterol medication. Although I was upset at the time of the health fair, it really shocked me into a more healthy lifestyle, and I'm very appreciative!" Wendi Ladika - St. Juliana Catholic School

"I just wanted to take a moment to tell you how much I look forward to the "Health Fair" every year. I want to recommend to anyone who has not yet been to one, not to miss out on the next opportunity to attend. They are fun to go to and I have found so many wonderful companies through the fair that I would never have known existed. Thank you for all the work you do to present an enjoyable event overflowing with great information!! " Darlene Capparelli - All Saints Catholic School



Staff visiting the exhibitors at the Cathedral of St. Ignatius Loyola wellness event



10 years of wellness slide show and door prizes



St. Anastasia Health, Wellness and Safety Expo



St. Anastasia staff waiting to complete their biometric screenings



**Life Safety Solutions**  
Sponsor of our 10 year Grand Prizes



St. Helen Health, Wellness and Safety EXPO

# Breast Cancer Risk Factors & Prevention

Breast cancer is a malignant tumor that starts in the cells of the breast. A malignant tumor is a group of cancer cells that can grow into (invade) surrounding tissues or spread (metastasize) to distant areas of the body. The disease occurs almost entirely in women, but men can also get it. Breast cancer can be present without any noticeable symptoms, but signs to look for include:

- Lump
- Thickening
- Palpable abnormality
- Unusual discharge
- Skin or nipple retraction/change

Symptoms of breast cancer to look for in men include:

- Swelling
- Discharge or pain on or around the nipple area
- A hard firm mass or painless lump
- Thickening of the skin around the breast
- Changes to the skin covering the breast, such as dimpling, puckering, redness or scaling
- Nipple changes, such as redness or scaling, or a nipple that begins to turn inward

## Risk Factors

A risk factor is anything that increases your chance of getting a disease such as cancer. Different cancers have different risk factors. For example, exposing skin to strong sunlight is a risk factor for skin cancer. Smoking is a risk factor for many types of cancers including breast cancer.

But risk factors don't tell us everything. Having a risk factor, or even several, does not mean that you will get breast cancer. Most women who have one or more breast cancer risk factors never develop the disease, while many women with breast cancer have no apparent risk factors (other than being a woman and growing older). Even when a woman with risk factors develops breast cancer, it is hard to know just how much these factors may have contributed to her cancer.

There are different kinds of risk factors. Some factors, like a person's age or race, can't be changed. Others are linked to cancer-causing factors in the environment. Still others are related to personal behaviors, such as smoking, drinking, and diet. Some factors influence risk more than others and your risk for breast cancer can change over time due to factors such as aging or lifestyle.

It is important to note that breast cancers can occur even if you don't have any risk factors. This is why regular mammography screening is important for early detection of breast cancer.

How much do daily habits like diet and exercise affect your risk for cancer? Much more than you might think. Research has shown that poor diet and not being active are 2 key factors that can increase a person's cancer risk. The good news is that you can do something about this.

Besides quitting smoking, some of the most important things you can do to help reduce your cancer risk are:

- Get to and stay at a healthy weight throughout life.
- Be physically active on a regular basis.
- Make healthy food choices with a focus on plant-based foods.

The evidence for this is strong. The World Cancer Research Fund estimates that about 20% of all cancers diagnosed in the US are related to body fatness, physical inactivity, excess alcohol consumption, and/or poor nutrition, and thus could be prevented.

Getting to and staying at a healthy weight is important to reduce the risk of cancer and other chronic diseases, such as heart disease and diabetes. Being overweight or obese increases the risk of several cancers, including those of the breast (in women past menopause), colon and rectum, endometrium (the lining of the uterus), esophagus, pancreas, and kidney, among others.

Being overweight can increase cancer risk in many ways. One of the main ways is that excess weight causes the body to produce and circulate more estrogen and insulin, hormones that can stimulate cancer growth.

Eating well is an important part of improving your health and reducing your cancer risk. Take a good hard look at what you typically eat each day and try these tips to build a healthy diet plan for yourself and your family:

Choose foods and drinks in amounts that help you get to and maintain a healthy weight.

- Eat smaller portions when eating high-calorie foods.
- Choose vegetables, whole fruit, legumes instead of calorie-dense foods such as French fries, potato and other chips, ice cream, donuts, and other sweets.
- Limit your intake of sugar-sweetened beverages such as soft drinks, sports drinks, and fruit-flavored drinks.
- When you eat away from home, be especially mindful to choose food low in calories, fat, and added sugar, and avoid eating large portion sizes.
- Limit how much processed meat and red meat you eat.

Source: [www.cancer.org](http://www.cancer.org)