



Exercise – Booster for Life

No other lifestyle habit has as much impact on your health as exercise. Research is revealing numerous rewards with exercise – from reversing chronic diseases to improving brain function, longevity and quality of life. Count the ways:

- >> **Exercise lowers major health risks.** Starting with our most serious conditions, regular exercise has the power to lower your risk of heart disease, stroke and diabetes as effectively as medications by helping to control blood pressure, cholesterol and insulin levels. It also helps fight some cancers and delay the potential onset of osteoporosis and dementia.
- >> **Exercise supports mental health.** Feeling better physically through regular exercise helps improve your outlook and counter stress, anxiety and depression. It promotes better sleep and offers a positive way to share time with family and friends.
- >> **Exercise keeps you strong and mobile.** It helps maintain muscles, bones and joint flexibility, allowing you to stay active as you age, especially if you develop arthritis.
- >> **Exercise extends life.** The CDC says that people who are physically active for about 7 hours a week have a 40% lower risk of dying early than those who are active for fewer than 30 minutes a week.



A simple prescription:
Get a minimum of 150 minutes per week of moderate-intensity exercise (e.g., walking 3 miles per hour). You can do 30 minutes 5 days weekly or break it into smaller sessions. Mix daily physical chores, formal workouts, walking, stretching, strength training and sports play to get the total you need for health maintenance.

QuikRisk™ Assessment:

What's Your Relationship with Food? By Cara Rosenbloom, RD

Many of us may eat when we feel bored, stressed or sad, rather than hungry. And sometimes we eat even when we already feel full. Check these 10 statements to help assess how you relate to food.

1. Yes No I usually eat mindlessly while at my computer or watching TV.
2. Yes No At restaurants, I usually clean my plate, no matter how much food is provided.
3. Yes No I sometimes feel out of control around food.
4. Yes No I often feel guilty after eating certain foods that I think are less healthy.
5. Yes No I usually eat when I'm bored rather than when I'm hungry.
6. Yes No I eat past the point of feeling full, and I get overly stuffed at most meals.
7. Yes No I eat more when I feel stressed, sad or lonely.
8. Yes No I've eliminated certain foods (e.g., bread, chocolate) because I believe they are unhealthy.
9. Yes No I think about food constantly, at least every 30 minutes.
10. Yes No I often use food as a reward for myself when I've done something good.

>> *Continued on the other side.*



Q: What is trigger finger?

A: Trigger finger is a condition that forces the finger to lock in a bent position.

The bent finger can make a snapping or clicking sound when it suddenly breaks free and straightens. Other symptoms include finger stiffness and pain or a tender lump at the base of the finger. The condition usually occurs in a thumb, middle or ring finger and results from chronic inflammation and narrowing of the tendon sheath. Ask your health care provider to evaluate possible symptoms; seek immediate medical care if a finger becomes red, hot or inflamed.

Trigger finger may result from prolonged irritation of the finger tendon, often due to activities with repetitive gripping motions such as assembling parts, woodworking or sewing. Women are at increased risk for trigger finger as are people with diabetes or rheumatoid arthritis.

– Elizabeth Smoots, MD, FAAFP

“Living a healthy lifestyle will only deprive you of poor health, lethargy, and fat.” – Jill Johnson

April is Alcohol Awareness Month.

Alcohol: What You Need to Know

CDC data show a **37% increase in alcohol-related deaths in the U.S. since 2002**. When deaths resulting from drunk driving as well as homicides and various personal injuries related to alcohol are added, alcohol use leads to nearly 90,000 lost lives per year.

Health risks: Heavy drinking can lead to alcoholism, chronic health conditions, obesity and stroke. It raises the risk of cancers of the liver, breast, colon, mouth, esophagus and larynx. Any amount of alcohol may be risky in certain people under certain circumstances.

For light drinkers, alcohol's health effects are less clear. Research suggests moderate alcohol consumption (1 drink a day for women or 2 a day for men) may protect heart health. Keep in mind that beyond moderate use alcohol causes cardiovascular problems. And we have more positive ways to protect our health than drinking.

If you're concerned about your drinking habit, confide in your health care provider, who can help you understand alcohol's negative health effects.



Sunscreen: The Real Cover-Up

The labels on sunscreens and any products containing sunscreen ingredients (e.g., makeup, moisturizers and lip balm) now list more information to ensure the products are effective when used properly. The American Academy of Dermatology recommends you look for **3 key ingredients** when shopping.

1. Sun Protection Factor (more commonly known as SPF) – While sunscreen products cannot filter out 100% of the sun's rays, various SPF levels can significantly filter out UVB rays, which cause sunburns.



SPF 15 filters 93% of the sun's UVB rays.

SPF 30 filters 97% of the sun's UVB rays.

SPF 50 filters 98% of the sun's UVB rays.

2. Broad-spectrum – This means the product is backed by testing to help protect against both harmful UVB (burning) rays and UVA (skin aging) rays. The combination can protect your skin from sunburn, skin cancer and early skin aging (premature age spots, wrinkles and sagging skin).

3. Water-resistant – Products using this label must specify how long (either 40 or 80 minutes) the sunscreen is effective while swimming or sweating (backed by testing). These claims are no longer used: **waterproof, sweatproof and sunblock.**

Use a broad-spectrum sunscreen with an SPF of at least 30. Be sure to reapply it at least every 2 hours and after swimming or sweating. Cover up and seek shade to stay safe.



QuikRisk™ Assessment:

>> *Continued from the other side.*

How did you do?

If you checked *yes* for just 1 or 2 statements, you're on a good path towards healthy eating. You generally eat when you are hungry, stop when you feel full, and understand moderation.

If you checked *yes* for 3 to 6 statements, try to work on healthy eating awareness. Remind yourself that eating is about filling a physical hunger, not an emotional one. Then enjoy every bite and stop when you're full.

If you checked *yes* for more than 6 statements, you may be using food to fill an emotional need instead of a physiological one. Talk to your health care provider about how to identify what triggers your emotional eating and what can help get you back on track.



Smart Moves toolkit is at www.personalbest.com/extras/16V4tools.

4.2016