

Healthy Workplace

Your monthly Anthem wellness newsletter

January 2019 Edition

Happy New Year



3 Fitness Tips To Help Get You Moving

Want to be your healthy best? Fit in fitness every day. It's a snap with these helpful tips:

- **Start walking.** If you haven't worked out in a while, start with a 10-minute walk. Then you can add five minutes every other time until you're at your comfortable limit.
- **Track your steps:** To help you get motivated to walk and track your progress, use a step-tracking device like a FitBit. Set a goal each day, week or month, like 5,000, 10,000 or more steps a day. Walk with a friend or partner and make it fun!
- **Do what you can.** No time? A little bit of exercise is better than none at all. If you miss a workout, find a way to squeeze in activity into your daily routine. Take the stairs instead of the elevator, do some squats, lunges or pushups or park far away from the store so you can get in some extra steps.
- **Work out at home.** Pop in a DVD, do some jumping jacks or turn your living room into a dance floor.



Getting Fit May Be Easier Than You Think

First, make time for exercise

If you're busy, don't let it stop you. Just fit more activity into the things you already do every day – whether at home or at the office:

- **Take the stairs.** You'll get a workout and avoid that crammed office elevator. For a more strenuous workout, go up and down the stairs for 15 minutes.
- **Park farther away.** Running errands, at work or dropping off kids, park as far away as you can to add a few steps into your day.

Before you know it, you'll find you have time to be active. Doctors recommend at least 30 minutes of moderate activity five or more times a week. So, if you take that brisk walk to and from your car every day, you're well on your way to getting enough exercise.

Second, do what you love

Maybe you love playing tennis, rolling around in the yard with your kids or perfecting your garden. When you enjoy exercise, you're more likely to keep it up. Check out the estimated calories burned for someone between 130-190 pounds in an hour:

- Playing billiards **148-216**
- Bowling **177-259**
- Cleaning the house **207-302**
- Cooking/preparing food **148-216**
- Dancing **266-388**

Lastly, get help from friends.

Everything is easier with help. If you know someone who's already active, ask for tips and support. Or you could ask to join them.

Article Source: <https://timewellspent.anthem.com/uploads/bchs/03998MUMENABSTimeWellSpentMakeTimeForExerciseFlier1214.pdf>

When Was Your Last Check Up?

Checkups, or preventive exams, give you and your doctor a snapshot of your health. They also give you a chance to talk to your doctor about any problems or questions you have.



What to expect

Most checkups start with a talk about your health history and any problems. After that, most doctors will talk to you about things like:

- Medicines you take
- How you eat — and how you could eat better
- How active you are — and whether you should be more active
- Stress in your life, or signs of depression
- Drinking, smoking and drug use
- Safety, like wearing your seat belt and using sunscreen
- Your sexual habits and any risks they pose
- Tests and vaccines you may need

Need a doctor? Go to [Anthem.com](https://www.anthem.com) to the Find a Doctor tool

PALEO GRANOLA

You're in for a treat with this recipe! A grain-free, paleo friendly, granola that's delicious on its own or served with coconut milk or plain yogurt and a few berries.

INGREDIENTS

- 1 cup raw almonds
- 1 cup raw cashews
- 1/3 cup raw pumpkin seeds
- 1/3 cup raw sunflower seeds
- 1/4 cup unsweetened coconut flakes
- 1/4 cup coconut oil
- 1/3 cup organic honey*
- 1 tsp. pure vanilla extract
- Pinch of sea salt
- 2 tsp. ground cinnamon
- 3/4 cup dried cranberries or cherries



DIRECTIONS

1. Preheat oven to 275 °F.
2. In a food processor or blender, add almonds, cashews, and coconut flakes to chop into small pieces. Do not over blend.
3. Heat coconut oil, honey, cinnamon and salt over medium high heat in a large saucepan, for about 3-5 minutes. Remove from heat and stir in vanilla. Then add seeds, nuts and coconut flakes and stir to coat.
4. Spread granola mixture evenly onto a baking sheet lined with parchment paper.
5. Bake for 20-25 minutes or until lightly browned. Remove from oven and add dried cranberries, may need to press into granola mixture.
6. Allow to cool for about 20 minutes or until hardened. Break apart granola. Store in an airtight container or mason jar for up to 2 weeks.

NOTES: *For Vegan Option, use Maple Syrup.

NUTRITION

Serving Size: 1/12 of recipe

Calories: 220, **Sugar:** 5 g, **Sodium:** 33 mg, **Fat:** 17 g, **Carbohydrates:** 16 g, **Fiber:** 3 g, **Protein:** 5 g

THE GUT MICROBIOME

The incredible complexity of the gut and its importance to our overall health is a topic of increasing research in the medical community. Numerous studies in the past two decades have demonstrated links between gut health and the immune system, mood, mental health, autoimmune diseases, endocrine disorders, skin conditions, and cancer.



The term "gut microbiome" refers specifically to the microorganisms living in your intestines. A person has about 300 to 500 different species of bacteria in their digestive tract. While some microorganisms are harmful to our health, many are incredibly beneficial and even necessary to a healthy body.

According to Dr. E. M. Quigley in his study on gut bacteria in the *Journal of Gastroenterology and Hepatology*, having a wide variety of these good bacteria in your gut can enhance your immune system function, improve symptoms of depression, help combat obesity, and provide numerous other benefits.

7 Signs of an unhealthy gut

1. **Upset stomach**-Stomach disturbances like gas, bloating, constipation, diarrhea, and heartburn can all be signs of an unhealthy gut. A balanced gut will have less difficulty processing food and eliminating waste.
2. **A high-sugar diet**-A diet high in processed foods and added sugars can decrease the amount of good bacteria in your gut. This imbalance can cause increased sugar cravings, which can damage your gut still further. High amounts of refined sugars, particularly high-fructose corn syrup, have been linked to increased inflammation in the body. Inflammation can be the precursor to a number of diseases and even cancers.
3. **Unintentional weight changes**-Gaining or losing weight without making changes to your diet or exercise habits may be a sign of an unhealthy gut. An imbalanced gut can impair your body's ability to absorb nutrients, regulate blood sugar, and store fat. Weight loss may be caused by small intestinal bacterial overgrowth (SIBO), while weight gain may be caused by insulin resistance or the urge to overeat due to decreased nutrient absorption.
4. **Sleep disturbances or constant fatigue**-An unhealthy gut may contribute to sleep disturbances such as insomnia or poor sleep, and therefore lead to chronic fatigue. The majority of the body's serotonin, a hormone that affects mood and sleep, is produced in the gut. So gut damage can impair your ability to sleep well.
5. **Skin irritation**-Skin conditions like eczema may be related to a damaged gut. Inflammation in the gut caused by a poor diet or food allergies may cause increased "leaking" of certain proteins out into the body, which can in turn irritate the skin and cause conditions such as eczema.
6. **Autoimmune conditions**-Medical researchers are continually finding new evidence of the impact of the gut on the immune system. It's thought that an unhealthy gut may increase systemic inflammation and alter the proper functioning of the immune system. This can lead to autoimmune diseases, where the body attacks itself rather than harmful invaders.

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Wellness Bites for your Quick Wellness Needs!

7. Food intolerances- Food intolerances are the result of difficulty digesting certain foods (this is different than a food allergy, which is caused by an immune system reaction to certain foods). It's thought that food intolerances may be caused by poor quality of bacteria in the gut. This can lead to difficulty digesting the trigger foods and unpleasant symptoms such as bloating, gas, diarrhea, abdominal pain, and nausea.

7 Things you can do for your gut health

1. Lower your stress levels
2. Get enough sleep
3. Eat slowly
4. Stay hydrated
5. Take a prebiotic or probiotic-Adding a prebiotic or probiotic supplement to your diet may be a great way to improve your gut health. Prebiotics provide "food" meant to promote the growth of beneficial bacteria in the gut, while probiotics are live good bacteria. Not all probiotic supplements are high quality or will actually provide benefit. It's best to consult your healthcare provider when choosing a probiotic or prebiotic supplement to ensure the best health benefit
6. Check for food intolerances-If you have symptoms such as cramping, bloating, abdominal pain, diarrhea, rashes, nausea, fatigue, and acid reflux, you may be suffering from a food intolerance. You can try eliminating common triggering foods to see if your symptoms improve. If you are able to identify a food or foods that are contributing to your symptoms, you may see a positive change in your digestive health by changing your eating habits.
7. Change your diet-Reducing the amount of processed, high-sugar, and high-fat foods that you eat can contribute to better gut health. Additionally, eating plenty of plant-based foods and lean protein can positively impact your gut. A diet high in fiber has been shown to contribute tremendously to a healthy gut microbiome.



Article Adapted from: <https://www.healthline.com/health/gut-health>

Your New Years Resolutions

On Jan 1st, you set a resolution that says, "I'll get up at 5am 5 days a week and go to the gym. Then it's cold out so you skip a day. And then another. By February, your resolution is dead and you say, "I failed my NYRs *again* this year."

The problem isn't with you. The problem is that we're never taught how to create and achieve our NYRs. Since NYRs are just goals with a start date, let's get a little help from goalmaster Tony Robbins.

The best way to achieve your goal is to create a really big **WHY** behind it. Robbins uses the two most powerful emotions that drive our species:

1. **The need to avoid pain**
2. **The desire to seek pleasure**

Of those two, we're wired to work harder to avoid pain. Think about it: your great, great...great grandmother worked a lot harder to escape a saber-toothed tiger than to pick berries for dessert. Thousands of years later, you might run a red light to make a meeting on time.

Why? You're avoiding the pain (shame) of being late. But you won't run red lights to get home for dinner.

Used properly, the Pain/Pleasure Framework can help you hit your 2019 goals. In his book, Principles, billionaire hedge funder Ray Dalio describes losing everything in the 1980s and borrowing \$4,000 from his father to pay bills for his family. He says, "Pain + Reflection = Progress". In using this pain as a driving force, he built the largest hedge fund in the world.

So now let's make Pain/Pleasure work for you with three fundamental questions.

Question 1: What three changes must I take to improve my life?

Here is an example

1. **Exercise Goal:** 3X/week in the mornings.
2. **Mindfulness Goal:** 10min each morning on gratitude and goal setting for the day.
3. **Family Focus Goal:** Power off my phone and focus on family after work.

Question 2: What pain will it cost me if I don't change?

This is designed to twist the knife. You're trying to create massive leverage in your psychology to get yourself to take action.

1. **Exercise Goal:** If I don't exercise, I'll be unhealthy, unenergized, and die younger.
2. **Mindfulness Goal:** Robbins says, "If you don't have ten minutes each day you don't have a life."
3. **Family Focus Goal:** If I don't focus on family after work each day I'll miss out on my daughter's childhood.

Question 3: What pleasure will I gain if I take action right now?

This goal completes the psychological leverage - the pain is the stick, the pleasure is the carrot.

1. **Exercise Goal:** If I exercise, I'll feel healthy, attractive, and energized and I'll live a longer, richer life.
2. **Mindfulness Goal:** If I take 10 minutes each morning, I'll setup my day for happiness and success.
3. **Family Focus Goal:** If I focus on family after work I'll create joy each evening.

The Pain/Pleasure Framework turns "shoulds" into "musts". Think about it: you don't say, "I should go to work." You say, "I must go to work [even when it's painful] or I'll lose my job [which is far more painful]." Now you can use this framework to turn "I should exercise" into "I must exercise." Robbins says, "the difference between 'must' and 'should' is the life you want and the life you have." When something is a must, you find a way.

Try the three questions above. What must you do in 2019?

Article Adapted from: <https://www.inc.com/slava-menn/this-technique-from-tony-robbins-will-help-you-actually-keep-your-new-years->

