

Healthy workplace

Your monthly Anthem wellness newsletter

Do You Find it Hard to Keep Up with Regular Physical Activity?

If so, you're not alone. In 2016, only 51.7% of adults 18 and older met the federal physical activity guidelines for aerobic physical activity. Only 21.7% of adults met both the aerobic physical and muscle-strengthening activity guidelines.

The good news is that you don't need an expensive trainer or gym membership to help you get the physical activity you need. You can find aerobic and strength-training opportunities everywhere. Try these things at home or work to keep moving:

1. Wash and wax your car
2. Swap out your desk chair with an exercise ball
3. Park farther from building entrances
4. Plant a garden



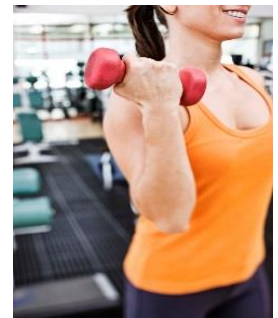
Healthy Hint:

Get on your bike and ride!
Biking is a great exercise for you to do at any age. Plus, it's easy on your joints



Protect Your Muscles

It's not a surprise that as we age we tend to lose muscle mass. Research indicates that adequate amounts of lean body mass is critical for maintaining a healthy life. Physically inactive people can lose as much as 3% to 5% of their muscle mass each decade after age 30. Even if you are active, you'll still have some muscle loss.



Age-related muscle loss is called sarcopenia. Less muscle means less mobility and greater weakness which can increase your risk to fractures and falls. A 2015 report from the American Society for Bone and Mineral Research found that people with sarcopenia had 2.3 times the risk of having a low-trauma fracture from a fall, such as a broken hip, collarbone, leg, arm, or wrist. "Older men can indeed increase muscle mass lost as a consequence of aging," says Dr. Thomas W. Storer, director of the

exercise physiology and physical function lab at Harvard-affiliated Brigham and Women's Hospital. "It takes work, dedication, and a plan, but it is never too late to rebuild muscle and maintain it."

Sufficient amounts of muscle mass allows us to recover from injury by strengthening our connective tissues, and metabolize carbohydrates efficiently by protecting against insulin resistance. Additionally, it improves balance and maintains our overall health and longevity. Although aging is the most common cause of sarcopenia, it is accelerated by low physical activity, insufficient calorie and protein intake, inflammation, and stress. A recent article by Dr. Murtaza Ahmed, states without proper intervention, you can lose nearly seven pounds of muscle per decade.

Prescription for preventing muscle loss

Exercise

Physical activity not only helps with weight loss but helps build muscles and strong bones and may even help prevent osteoporosis. It's not a coincidence that the primary treatment for sarcopenia is proper exercise, specifically resistance or strength training. These activities increase muscle strength and endurance using weights or resistance bands. The more muscle you have, the more calories you burn throughout your day. Why? Because having more muscle mass increases your resting metabolic rate. In other words, muscle tissue burns more calories than fat tissue.

Protein

Eating sufficient amounts of protein is just as important as exercise. The amino acids within protein are responsible for building muscle. Animal sources (meat, eggs, and fish) over plant sources (legume, whole grains, seeds) are considered some of the best sources of protein due to the proper ratios of containing all of the essential amino acids. However, you want to shy away from red meat and processed meat because of high levels of saturated fat and additives. The recommended daily allowance (RDA) for protein is 0.8 g/kg of body weight per day for adults. For example, if your weight 63kg (140lbs), multiply 63kg x 0.8g = 50.4grams. This amount may increase depending on if you are engaged in

resistance and strength training. A recent study in the journal *Nutrients* suggests a daily intake of 1 to 1.3 grams of protein per kilogram of body weight for older adults who do resistance training.

Omega 3's

Studies show that Omega-3 fatty acids stimulate muscle protein synthesis in older adults and may be useful for the prevention and treatment of sarcopenia. A study of 45 women found that a daily 2-gram fish oil supplement combined with resistance training increased muscle strength more than resistance training without fish oil.

The bottom line is that you don't have to be a body builder to build and maintain muscle. Loss of muscle mass and strength occurs with age, however by taking steps to consume a healthy diet with moderate amounts of high quality protein at each meal and also incorporating a daily exercise routine that includes a combination of resistance training and cardio will keep you on track to living a healthy life.

Article by: Cerina Savino RDN, CWP, CHHP
Worksite Wellness Program Consultant
Anthem Blue Cross Blue Shield
*references available upon request

Which is Better - Cardio or Strength Training?



BOTH ARE IMPORTANT! A mix of strength and cardio is the ideal exercise combination to help burn calories and stay in shape. Remember though, if you are trying to lose weight, what you eat is just as important. Aim for a few cardio sessions per week (about three), and a few strength-training sessions (two to three).

CARDIOVASCULAR EXERCISE is activity that raises your heart rate, like walking, running, biking, swimming, rowing or aerobic workouts.

Cardiovascular exercise can help you:

- Strengthen your heart and keep your arteries clear.
- Control your weight.
- Increase energy levels and boost your mood.

- Prevent illness and reduce health risks.
- Manage conditions like high blood pressure and blood sugar.

Adding intervals to a cardio workout — for example, running or walking faster for one minute and then resuming your normal pace — is a good way to burn calories and build endurance.

STRENGTH TRAINING is exercise that uses resistance or weights to induce muscle contractions. This builds the strength, anaerobic endurance and size of skeletal muscles. Strength-training activities are not sustained over a period of time; instead, they use short bursts of effort. Strength training activities can include weightlifting, resistance band training, yoga and calisthenics.

With strength training, you can:

- Develop stronger muscles and bones
- Control your weight
- Increase energy levels and boost your mood
- Manage conditions like back pain, arthritis obesity, heart disease and diabetes
- Sharpen your focus. It important to note that strength training does not make women “bulky.” Women don’t have the levels of testosterone required to develop huge muscles

Another advantage — it can help you avoid the effects of osteoporosis!

A HIIT for burning more calories

If you’re main goal is to burn more calories, consider high intensity interval training or HIIT. These workouts involve repeated bouts of high, intense effort followed by a period of rest.



HIIT workouts tend to burn more calories than traditional workouts, especially after the workout. Please note that this type of workout is not suitable for all physical fitness levels. Check with your doctor before beginning any type of workout.

August is Immunization Month!

Before you know it – it’s cold and flu season. According to the U.S. Center for Disease Control and Prevention (CDC) 35 to 50 million



American’s come down with the flu during each flu season. Every year the season’s flu vaccine is designed to protect against the influenza viruses that research indicates will be most common during the season. When you start coughing you may assume it’s a cold or the flu – but that might not be the case. National Immunization Awareness Month is a great time to promote vaccines and remind family, friends, and coworkers to stay up to date on their shots.

Don’t Forget about Condition Care

Managing an ongoing health condition isn’t easy. And having a little extra help and encouragement can make all the difference.

That’s why we offer ConditionCare, a no-cost health and wellness program that provides tools, resources and support to members and their covered dependents with:*

- Asthma (pediatric or adult)
- Chronic obstructive pulmonary disease (COPD)
- Coronary artery disease (CAD)
- Diabetes, types 1 and (pediatric or adult)
- Heart failure (HF)

If you or a loved one under your insurance plan has any of the conditions named above, you can participate at no extra cost.

We’re here to help

Call ConditionCare at **866-962-0959** today!

“Chocolate” Mousse

Looking for a low sugar, nutrient dense dessert? Try this chocolate mousse made out of avocados. This dessert will appeal to those who are gluten free, paleo, and vegan. No one will know that avocado replaces butter, cream and eggs in this silky mousse.



Prep Time: 8 min

Servings: 2

Ingredients

- ¼ cup pitted medjool dates, soaked
- ¼ cup pure maple syrup
- ½ teaspoon vanilla extract
- ¾ cup mashed avocados (1 ½ avocados)
- ¼ cup plus 2 tablespoons unsweetened cocoa powder or raw cocoa powder
- ¼ cup water
- ½ cup raspberries or strawberries

Preparation

1. Place the dates, maple syrup, and vanilla in a food processor and process until smooth.
2. Add the avocado and cocoa powder and process until creamy. Stop occasionally to scrape down the sides of the bowl with a rubber spatula.
3. Add the water and process briefly.

4. Store in a sealed container.

Chocolate mousse will keep for three days in the refrigerator or two weeks in the freezer. Serve chilled or room temperature.

Did you know?

Dates are a regular source of fiber, calcium, iron, zinc, potassium and magnesium

Avocados are rich in dietary fiber, healthy fats, vitamins A, E, and K and minerals iron, copper, magnesium, and manganese

Fruit and Veggies That Taste Best in August

Source: <https://www.realsimple.com/food-recipes/shopping-storing/food/summer-vegetables-fruits?print>



Vegetables



- Peppers
- Eggplant
- Corn
- Basil
- Okra
- Summer squash



Fruit

- Pluots
- Tomatoes
- Tomatillos
- Plums
- Melon
- Nectarines
- Peaches
- Raspberries

