

# Healthy Workplace

Your monthly Anthem Wellness Newsletter



## Five Tips To Eating The Good Stuff

Eating healthy can be a challenge — especially during the summer if you're on vacation and away from home. When you're on the go, it might seem easier to grab a quick bite at a fast-food restaurant.

It's important to make the right food choices for you and your loved ones whenever possible. Here are five tips to "making it healthy," whether it's a picnic, barbecue or home-cooked meal to help you do that:

1. **Fill half of your plate with veggies and fruits.** Many fruits and veggies are at their peak during the summer. Be sure to eat all the colors of the rainbow, including tomatoes, green beans, squash, blueberries and watermelon. Buy local and eat seasonal fruits and veggies.
2. **Include lean protein.** Foods such as chicken, turkey, beans, lean beef and pork.
3. **Remember whole grains.** You can include whole grains in any meal. Here are some examples: oatmeal, whole-wheat bread and pasta, brown and wild rice, and buckwheat.
4. **Get your calcium and other important nutrients.** Choose from lowfat milk yogurt, or soymilk.
5. **Skip the fat.** Avoid heavy gravy and sauces. Healthy toppings include hummus, plain Greek yogurt, or a squeeze of lemon.



With a little planning and smart shopping, you can enjoy tasty, healthy meals — whether you're at home or enjoying the great outdoors.

### Healthy Hint!

Get free tips on how to get active, eat healthier, improve your sleep and energy levels, and lower your stress at the [Weight Center](#) page on Anthem.com. There's also an interactive *Weight Management Playbook* with sections on fitness, nutrition and well-being to help keep you on track.



# What Does It Mean To Be Healthy?

What we put into our body matters greatly to our overall health and wellbeing. Many people are constantly dieting and trying to lose weight. The word diet is often referred to as some restrictive regimen for losing weight however; “diet” is actually the food we eat in a course of the day. Our diet is not the only factor that affects our health and well being: proper sleep, consistent exercise, and practicing mindfulness contribute to increased energy and optimal well being. To gain optimal health and feel good you can adopt the following simple steps:

## Move!

Get your bodies moving by incorporating an exercise program into your daily routine! If you’re just starting out, begin slowly and build yourself up to 3-4 days a week. If you lack time try the 7-minute work. It’s designed for beginners or busy people to perform an intense, short workout. According to Donovan Green, celebrity fitness trainer and author of *No Excuses Fitness*, “It is known to boost your metabolism and increase strength during the workout”. You can do this in your home or at work. In a recent *NY Times* article, a new meta-analysis to be published in June concluded that short sessions of intense intervals may lead to greater improvements in endurance and blood pressure than longer bouts of moderate exercise for overweight and obese children.

### Twelve Exercises make up the 7– Minute Workout

- Jumping jacks
- Wall sits
- Push-ups
- Abdominal crunches
- Chair step-ups
- Squats
- Tricpets dips on chair
- Planks
- High knees
- Running inplace
- Lunges, push-up and rotation
- Side planks

Exercises should be performed one after the other for 30 seconds each with intensity scale from 1-10; exercises should be performed at around an 8.

## Remove Processed Foods From Your Diet

Processed foods are any type of food that has been altered from its natural state for safety or convenience. Processed foods include breakfast cereals, cheese, canned vegetables, and even milk and bread just to name a few. According to a study published in the journal *BMJ Open*, scientists found that nearly 60% of an American’s daily calories come from “ultraprocessed” food, which is defined as food that contains ingredients such as flavors, colors, sweeteners, hydrogenated oils, emulsifiers and other additives that you wouldn’t cook with at home. The study also identified that this type of processed food is the main source of added sugar in the U.S. diet which has contributed to the alarming rates of obesity and chronic disease in the U. S. The study further reveals that American get less than 1% of their daily calories from vegetables.

## Eat Real Food!

We all have to eat, but most of us don’t know what we are eating. Most of us don’t even think about what we are eating. Your body is your temple, and you have to fuel it to keep it running optimally. Whole foods do not have an ingredient list however processed foods do!

- **Go For:** Lean meat, fish, eggs, fresh vegetables and fruit, nuts, seeds, healthy oils, root vegetables, and Non-GMO whole grains.
- **Avoid:** Sugar, high fructose corn syrup, seed oils, trans-fats, fat-free products and highly processed foods.

## Eat Home Cooked Food

According Emory University, Americans eat less than 70% of their meals at home and less than a third of American families eat meals together more than twice a week. Restaurants are known to prepare their foods with high amount of sugar, fat and salt. By eating home cooked food you have more control over what goes into your body and ensure the use of natural ingredients. For example, where restaurants may use butter or oils with trans-fat you can cook with healthier oils or nonfat cooking sprays.

## Get Enough Sleep

Getting a good night’s sleep is just as important as eating healthy and exercising. In fact sleep plays a vital role in your overall wellbeing. According to the National Sleep

Foundation the average adult ages 18-65 and older should get 7-9hours of sleep each night. Poor sleep is linked to:

- Weight gain
- Impaired concentration and productivity
- Cognitive dysfunction
- Increased risk of heart disease
- Type 2 Diabetes Risk and impaired glucose metabolism
- Poor immune function
- Depression: particularly those with sleeping disorders
- Moodiness
- Accidents

**Healthy Tip!**  
**Create your own night time ritual before bed. Try taking a hot bath, meditating, reading, and power down all electronic devices.**

### Practice Mindfulness and Meditation



Practicing mindfulness has been discovered to improve not only your physical health but also your mental and emotional well being. Mindfulness can improve, stress, anxiety, social relationships, immune and brain function. The more you practice the greater the effect it has. As a beginner you can start with five minutes and build up to a consistent practice. It teaches us be present with whatever is happening in that moment, no matter what it is.

This sample exercise provided by Harvard Health Publications teaches basic mindfulness and how to stay in the present moment

- Start by bringing your attention to the sensations in your body
- Breathe in through your nose, allowing the air downward into your lower belly. Let your abdomen expand fully
- Now breathe out through your mouth
- Notice the sensations of each inhalation and exhalation
- Proceed with the task at hand slowly and with full deliberation

- Engage your senses fully. Notice each sight, touch, and sound so that you savor every sensation.

**\*\*When you notice that your mind has wandered from the task at hand, gently bring your attention back to the sensations of the moment.** [http://www.helpguide.org/harvard/benefits-of-](http://www.helpguide.org/harvard/benefits-of-mindfulness.htm#exercises)

[mindfulness.htm#exercises](http://www.helpguide.org/harvard/benefits-of-mindfulness.htm#exercises)

**25 FOODS TO ALWAYS BUY ORGANIC**  
 common GMOs & dirty dozen+      most trace pesticides

A.K.A. FRANKENFOOD      MOST TRACE PESTICIDES

www.bodyunburdened.com

soy, hawaiian papaya, strawberries, cucumber, alfalfa, sugar beets, celery, bell pepper, cotton oil, canola oil, grape tomatoes, spinach, corn, zucchini squash, grapes, hot pepper, eggs, meat, potato, apple, dairy, honey, nectarine, peach

due to use/contamination of GMOs in animal feed.      + these two crops exceeded the typical Dirty Dozen criteria.

SOURCE: Non-GMO Project, "What is GMO?"      SOURCE: EWG 2013 Shopper's Guide to Pesticides

Photo by: www.bodyunburdened.com

**Healthy Hint!**  
**Reading Ingredient Lists**

- ✓ Product ingredients are listed by quantity, from highest to lowest amount
- ✓ Scan first three ingredients
- ✓ If the ingredients list is longer than 2-3 don't buy it!
- ✓ If you can't pronounce it don't buy it!

## DocTalk Webinars

DocTalk is presented by our Anthem medical directors who share their knowledge and expertise on health topics. Check out the 2016 topics.

### **JUNE — DIET, NUTRITION AND WEIGHT CONTROL**

### **AUGUST — PREDIABETES**

### **OCTOBER — DEALING WITH STRESS**

Registration is limited. Sign up today for one or all of the webinars. They're free for Anthem members. [Click Here to Register](#)

## June is Men's Health Awareness Month



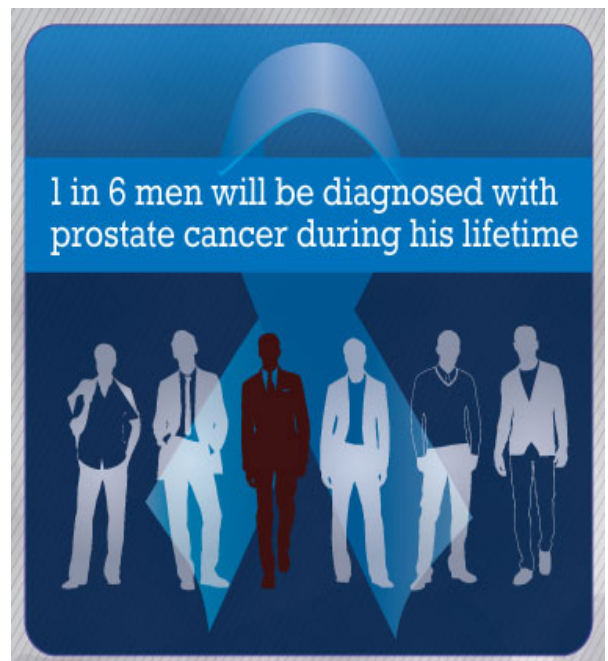
## Prostate Cancer Risk Factors and Prevention

It's important to be aware of the risk factors and symptoms of prostate cancer. Early prostate cancer usually causes no symptoms. Advanced prostate cancers can cause some symptoms, such as

- Problems passing urine, including a slow or weak urinary stream or the need to urinate more often especially at night.
- Blood in the urine

- Trouble getting an erection (impotence)
- Pain in the hips, back (spine), chest (ribs), or other areas from cancer spread to bone
- Weakness or numbness in the legs or feet, or even loss of bladder or bowel control from cancer pressing on the spinal cord.

The symptoms of prostate cancer may be different for each man and any one of these symptoms may be caused by other conditions. As a result, routine screenings in the form of digital rectal exams (DRE) and prostate specific androgen (PSA) tests are important.



### Healthy Hints for Prostate Cancer Prevention!

- ✓ Eat a healthy diet full of whole foods
- ✓ Maintain a healthy weight
- ✓ Exercise
- ✓ Talk your doctor about your risks

# Golden Beet Salad with Wheat Berries and Pumpkinseed Vinaigrette



Photo by: Photo: Anna Williams; Styling: Pam Morris <http://www.myrecipes.com/recipe/golden-beet-salad#>

**Yield:** 8 servings (serving size: about 2/3 cup)

**Total time:** 1 Hour, 40 Minutes

## Ingredients

4 medium golden beets (or red beets)  
3 tablespoons extra-virgin olive oil, divided  
1 cup uncooked wheat berries  
2 cups water  
1/2 cup unsalted pumpkinseed kernels, toasted and divided  
1 tablespoon honey  
1 tablespoon Dijon mustard  
1 tablespoon sherry vinegar  
1/2 teaspoon kosher salt  
1/4 teaspoon black pepper  
1/3 cup diced celery  
1/4 cup thinly sliced shallots  
2 tablespoons chopped fresh chives  
1/4 cup celery leaves

## Preparation

1. Preheat oven to 400°.
2. Leave root and 1 inch of stem on beets; scrub with a brush. Place beets in center of a 16 x 12-inch sheet of foil; drizzle with 1 tablespoon oil. Fold foil over beets; tightly seal edges. Bake at 400° for 1 hour and 20 minutes or until tender. Unwrap beets; cool. Trim off beet roots; rub off skins. Cut beets into wedges.

3. While the beets cook, combine wheat berries and 2 cups water in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer for 1 hour or until tender, stirring occasionally. Drain; cool slightly.

4. Place 1/4 cup pumpkinseed kernels in a large bowl, and coarsely crush with back of a spoon. Add honey and next 4 ingredients (through pepper); stir well with a whisk. Gradually add remaining 2 tablespoons olive oil, stirring constantly with a whisk. Add beets, wheat berries, celery, shallots, and chives; toss gently. Sprinkle with the remaining 1/4 cup pumpkinseed kernels and celery leaves.

## Nutritional Information

**Amount per serving:** Calories 203, Fat 9 g, Sat-fat 1.5 g, Protein 6.2 g, Carbohydrate 27.2 g, Fiber 5 g, Cholesterol 0.0 mg, Iron 0.9 mg, Sodium 174 mg, Calcium 16 mg

### Wheat Berries

Wheat berries are not berries at all; they are kernels of wheat which look similar to brown rice. They contain the bran, germ and endosperm of the whole wheat kernel which contains plentiful amounts of fiber, protein, B vitamins, selenium, and magnesium.

Wheat berries can be ground into flour, cooked and used in salads, soups, and used as a hot breakfast.

When choosing wheat berries its well worth the money to buy an organic source of wheat berries because of the amount of pesticides and fungicides are being reapplied while the wheat is growing.

### Beets

Although beets are higher in sugar content of most vegetables, you can enjoy beet roots as well as their greens. Beets contain an abundant amount of nutrients and minerals essential for your health. Beets are high in Vitamin C, folate, potassium, manganese and fiber. Beets also contain a unique source of betaine. Betaine is an amino acid that helps protect cells, proteins, and enzymes from environmental stress. It's also known to help fight inflammation, improve vascular risk factors and enhance performance.

<http://articles.mercola.com/sites/articles/archive/2014/01/25/beets-health-benefits.aspx>

