

Healthy workplace

Your monthly Anthem wellness newsletter

Keep Kids in the Game

Millions of kids in America play some kind of organized sport. Did you know that sports injure more teens each year than anything else? And kids between the ages of 5 and 14 make up almost half of the sports injuries that send people to the emergency room.

Why do kids get hurt playing sports?

Children's bodies are not ready for the level of activity many sports demand. Sometimes, they can't master the "right" way to catch a ball or do a dive. Doing those things the wrong way is even more dangerous.

Kids are also more likely to have equipment that doesn't fit quite right and less likely to notice overuse injuries than adult athletes are. Finally, pressure from parents, coaches and other kids can lead young athletes to push themselves harder than their bodies can handle.

How to protect young athletes

Work closely with your child's doctors and coaches to keep your child healthy and safe.



- **Get a doctor's okay.** Before the season starts, take your child for a checkup to screen for any health problems.
- **Warm up.** If you run late to a game, your child might miss the team's warm-up. But stretching and slowly raising the heart rate is important.
 - **Jogging in place**, along with gentle stretches held for 10 to 12 seconds, will get muscles ready for a work out.
 - **Learn the right way.** Help your child learn what the coaches teach. Doing things the right way puts less stress on the body.
 - **Build up slowly.** Don't let your child increase his or her pace, miles, weight or any other training activity by more than 10% each week.
 - **Get the right equipment — and use it!** Equipment that's worn out or doesn't fit right puts your child at risk for injuries.
 - **Take water breaks.** Take breaks at least every 30 minutes — more often if it's hot or kids are very active.
- **Cool down.** Stretching and slowing down will help kids' heart rates gradually go back to normal.
- **Get some rest.** Kids who play sports all year long are more likely to get hurt because their bodies don't get a chance to rest. Have your child play a mix of sports and take at least one season off each year.

Article from timewellspent.anthem.com

Eat Better as a Family

With bad traffic and long work days, family dinners are becoming a thing of the past. It's a lot easier to grab fast food everyone eats in the car. Even if you cook a meal at home, it's hard to get everyone to the table at the same time. But more and more research shows that family dinners are worth the extra effort.



Pass the peas, please

Eating dinner as a family makes everyone healthier. When families eat together, kids eat more fruits and veggies and less fried food and soda. They're also less likely to have eating disorders and more likely to keep a healthy weight.

But health is only one part of what family meals can give your kids. Family dinners make kids less likely to:

- Get in trouble at school.
- Start smoking cigarettes.
- Drink alcohol.
- Try illegal drugs or abuse prescription drugs.
- Get depressed or think about suicide.

Also, kids who eat with their families are more likely to:

- Put off having sex.
- Get good grades.
- Feel that their parents are proud of them.

You'll also save money – eating out costs about twice as much as a home cooked meal.

Making dinner happen

Having family meals isn't always easy. But you can make it easier. Don't put pressure on yourself – or your kids – to make the perfect family time. Go slowly. If you usually eat one meal a week together, try for two.

Make a meal plan when the week starts, and make sure you have all the food you need. Do any prep work – chopping veggies, marinating meat, or even cooking and freezing casseroles – before, so your weeknights are more relaxed. Or use a crock pot when you can, so dinner is ready when you walk in the door.

Try to make dinner a happy time when everyone feels supported. Don't bring up serious stuff. Turn off the TV and put away phones. Find out about what happened that day with your kids, and laugh together. Even if dinner is less than relaxing, you're showing good manners and healthy eating habits. And, you're improving your kids' self-esteem.

Article from timewellspent.anthem.com

24/7 NurseLine



Need health care right away? A nurse can help you decide where to go if your doctor isn't available.

Going to the right place can save you time and money. And you can access better care, too.

You can call any time to talk to a registered nurse about your health concerns. You can get answers to questions, whether you're sick or not.

Add 1-800-337-4770 to your contacts today!

Ten Tips for Healthy Aging

Article from dartmouth-hitchcock.org

1. Live an active life

Regular exercise is one of the greatest keys to physical and mental wellbeing. Living an active life will help you stay fit enough to maintain your independence to go where you want to and perform your own activities. Regular exercise may prevent or even provide relief from many common chronic conditions, including heart disease, diabetes, depression, and arthritis, to name a few.

Tips: The key is to stay active, so do something you will enjoy. If you are not the type of person who will stick to a regular gym routine, go on a walk or ride your bike every day instead. Try to incorporate aerobic, balance, and muscle strengthening activities into your routine. Think about what works best for you, consult your doctor, and get moving!

2. Eat healthy foods

The majority of adults in the US consume more than double the recommended daily allowance of sodium, which can lead to hypertension and cardiovascular disease; most of this high sodium intake comes from pre-packaged foods and restaurants.

Tips: Eat nutrient-dense foods like fruits, vegetables, and whole-grain foods. Avoid sweet, salty, and highly processed foods. Keep in mind that each person has different dietary needs – follow your doctor's suggestions regarding dietary restrictions

3. Maintain your brain

One in eight older adults (aged 65+) in the United States has Alzheimer's disease, and some cognitive decline is a normal part of aging. Studies have shown that a lifestyle that includes cognitive stimulation through active learning slows cognitive decline.

Tips: Never stop learning and challenging your mind! Take dance lessons, learn a new language, attend lectures at a local university, and learn to play a musical instrument, or read a book.



4. Cultivate your relationships

Twenty-eight percent of older adults live alone, and living alone is the strongest risk factor for loneliness. Common life changes in older adulthood, such as retirement, health issues, or the loss of a spouse, may lead to social isolation.

Tips: Maintain communication with your family and friends, especially after a significant loss or life change. Schedule regular time to meet with friends and family – over coffee, during a weekly shared meal, or around a common interest. Reach out to friends who might be isolated or feel lonely.

5. Get enough sleep

Humans can go longer without food than without sleep. Older adults need just as much sleep as younger adults – seven to nine hours per night – but often get much less. Lack of sleep can cause depression, irritability, increased fall risk, and memory problems.

Tips: Develop a regular schedule with a bedtime routine. Keep your bedroom dark and noise-free—avoid watching television or surfing the internet while in bed. Stay away from caffeine late in the day.

6. Reduce stress

As we age, our stressors change and so does our ability to deal with stress. Long-term stress can damage brain cells and lead to depression. Stress may also cause memory loss, fatigue, and decreased ability to fight off and recover from infection. In fact, it is estimated that more than 90% of illness is either caused or complicated by stress.

Tips: We cannot entirely avoid stressful situations but we can learn better techniques to cope with stress. Take care of yourself when you are stressed by getting enough sleep, exercising, and eating nutritious foods. Talk to a loved one or counselor about your stress, and try some relaxation techniques, such as circular breathing, yoga, or meditation. Remember to always keep things in perspective – try to accept and adapt to the things you cannot control.

7. Practice prevention

Many accidents, illnesses, and common geriatric health care conditions, such as falls, chronic illness, depression, and frailty, are preventable.

Tips: To prevent illness, get a yearly flu vaccine and wash your hands after using the restroom and before handling food. To prevent a fall, complete a home safety checklist, use assistive devices, wear appropriate footwear, get your vision checked, take vitamin D and calcium, and get some form of exercises into your routine.

8. Take charge of your health

Most of our health is not controlled by the health care system but by our own actions, our environment, our genes, and social factors. In addition, physicians are not perfect; medical errors do happen. The more patients participate in their own health care, the more satisfied they tend to be with the care they receive.

Tips: Think about the ways that your health can improve by changing your lifestyle, and make those changes. You are your own best advocate. Contact your primary care practitioner for an annual physical or whenever you have a concern about your health, and go to those appointments prepared. Bring a list of your current prescription and non-prescription medications, including herbal supplements; keep a list of your health concerns; and, most importantly, ask questions!

9. Make community connections

Older adults who engage in meaningful community activities like volunteer work report feeling healthier and less depressed.

Tips: Join a planning committee, volunteer, take a trip with friends, play cards at your local senior center, or join a book club. Remember that participating in activities should be fun, not stressful!

10. Complete your Advance Directive

The Patient Self-Determination Act gives you the right to participate in your own health care decisions, but you may not always be in a position to make a decision for yourself. You can outline your health preferences and appoint somebody to make a decision in your place when you are unable to by completing your Advance Directive.

Tips: Take the time to understand all of the components of an Advance Directive. Stop by your local care management office or resource center to learn more and fill one out. Keep a copy of your Advance Directive and share one with your health care agent, close relatives, primary care provider, and the hospital where you are likely to receive care in an emergency. Some states and organizations allow you to upload your Advance Directive into an online database.



Kale Apple and Almond Chicken Salad



Ingredients

- ¼ cup olive oil
- 1 teaspoon grated lemon rind
- 3 tablespoons fresh lemon juice
- 2 teaspoons chopped fresh thyme
- 1 teaspoon Dijon mustard
- ½ teaspoon kosher salt, divided
- ½ teaspoon freshly ground black pepper, divided
- 12 ounces skinless, boneless chicken thighs
- Cooking spray
- 6 cups baby kale
- 2 medium carrots, peeled and thinly sliced diagonally
- 2 celery stalks, thinly sliced
- 1 apple, halved and cut into 1/4-in.-thick slices
- ¼ cup sliced almonds, toasted

Preparation

1. Combine oil, rind, juice, thyme, mustard, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a bowl, stirring with a whisk. Place 2 tablespoons juice mixture in a large Ziploc plastic bag; reserve remaining juice mixture. Add chicken to bag; seal bag. Let stand at room temperature 10 minutes, turning bag occasionally
2. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Remove chicken from marinade; discard marinade. Pat chicken dry. Sprinkle chicken with remaining 1/4 teaspoon salt. Add chicken to pan; cook 5 minutes on each side or until done. Place chicken on a cutting board; let stand 5 minutes. Cut across the grain into thin slices.
3. Combine kale, carrots, celery, and apple in large bowl. Add remaining juice mixture; toss to coat. Divide kale mixture evenly among 4 plates; top evenly with chicken. Sprinkle with almonds and remaining 1/4 teaspoon pepper.

Nutrition Facts

Calories 318 **Fat** 20.6g **Satfat** 3g **Monofat** 12.9g **Polyfat** 3g **Protein** 20g **Carbohydrate** 14g **Fiber** 4g **Cholesterol** 81mg **Iron** 2mg **Sodium** 447mg **Calcium** 159mg **Sugars** 6g **Est. added sugars** 0g

Did you know?

Kale is a super green high in folate, rich in vitamin C, K, B6, beta-carotene (the precursor to vitamin A), lutein (nutrient for eye health) magnesium, potassium, and high in fiber.

