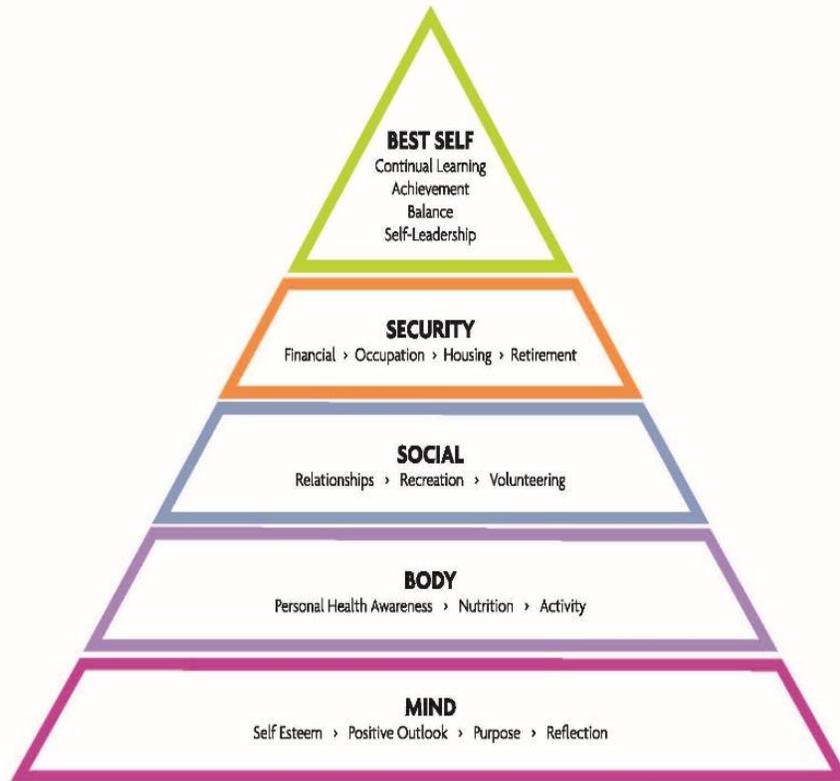


Flip Facts!



Brought to you by the Arvig Wellbeing Committee

High blood pressure is a serious illness.

High blood pressure is often called a "silent killer" because many people have it but do not know it. Some people do not feel sick at first.

Over time, people who do not get treated for high blood pressure can get very sick or even die.

High blood pressure can cause:

- kidney failure
- stroke
- blindness and
- heart attacks.

There is good news.

There are life-saving medicines people can take every day to help control their high blood pressure. People who eat healthy foods, exercise, and take their medicines every day can control their blood pressure.

Understanding your blood pressure -- What do the numbers mean?

When you have your blood pressure taken, you are told 2 numbers, like 120/80.

Both numbers are important.

The first number is your pressure when your heart beats (**systolic pressure**).

The second number is your pressure when your heart relaxes (**diastolic pressure**).

4 Basic Steps for Food Safety

Each year millions of people get sick from food illnesses which can cause you to feel like you have the flu. Food illnesses can also cause serious health problems, even death. Follow these four steps to help keep you and your family safe.

1. Clean - Always wash your food, hands, counters and cooking tools.

- Wash hands in warm soapy water for at least 20 seconds. Do this before and after touching food.
- Wash your cutting boards, dishes, forks, spoons, knives and counter tops with hot soapy water. Do this after working with each food item.
- Rinse fruits and veggies.
- Clean the lids on canned goods before opening.

2. Separate (Keep Apart) - Keep raw foods to themselves. Germs can spread from one food to another.

- Keep raw meat, poultry, seafood, and eggs away from other foods.
- Do this in your shopping cart, bags, and fridge.
- Do not reuse marinades used on raw foods unless you bring them to a boil first.
- Use a special cutting board or plate for raw foods only.

3. Cook - Foods need to get hot and stay hot. Heat kills germs.

- Cook to safe temperatures: (Minimums)
 - Beef, Pork, Lamb 145 °F
 - Fish 145 °F
 - Pork Organs 160 °F
 - Turkey, Chicken, Duck 165 °F
- Use a food thermometer to make sure that food is done. You can't always tell by looking.

4. Chill - Put food in the fridge right away.

- 2-Hour Rule: Put foods in the fridge or freezer within 2 hours after cooking or buying from the store. Do this within 1 hour if it is 90 degrees or hotter outside.
- Never thaw food by simply taking it out of the fridge.
- Thaw food:
 - In the fridge
 - Under cold water
 - In the microwave
- Marinate foods in the fridge.

Basic Facts about Sleep

Most adults need 7-8 hours of sleep each night. Not everyone gets the sleep they need. Once in a while, you may have trouble sleeping due to:

- Stress
- Health Problems & Medicines
- Long work hours/ Shift work
- Light or noise
- Drinking alcohol or eating too close to bedtime

Tips for Better Sleep

Making some changes to your night time habits may help you get the sleep you need.

- Go to bed and get up at the same times each day
- Sleep in a dark, quiet room.
- Limit caffeine.
- Don't drink alcohol before bedtime.
- Do something to help you relax before bedtime.
- Don't exercise before bedtime.
- Don't take a nap after 3 p.m.
- Don't eat a large meal before you go to sleep.

Talk to your healthcare provider if you have trouble sleeping almost every night for more than 2 weeks.

7 Ways Not to Get Sick This Season

1. **Load up on Vitamin C.** - Vitamin C is a powerful antioxidant that helps fight free radical damage caused by environmental stress. Studies also show that vitamin C helps shorten the duration of colds by 10 to 15 percent.
2. **Strengthen your gut.** - Probiotics are live, active bacteria that help promote a healthy immune system by **keeping your gut healthy**. In addition to supplements, you can also find probiotics in a number of foods, including fermented foods such as yogurt, kefir, sauerkraut and kombucha.
3. **Choose wisely.** - When the festive season rolls around, it's tempting to kick healthy habits to the curb and indulge in lots of sweets and liquid holiday "cheer." I'm not telling you to skip every sugar cookie and cup of eggnog you're offered, but be selective.
4. **Say no.** - Take on only what you really want to do and know that you have time for. Feeling overwhelmed by commitments can add to stress and increase the likelihood that you'll get sick.
5. **Exercise outside.** - The surfaces in a gym setting are already great breeding grounds for cold and flu viruses and, in peak season, they become petri dishes. It's better to exercise outdoors when possible.
6. **Give back.** - Studies show that volunteering has incredible emotional and physical benefits for the giver. It might even help you live longer.
7. **Hydrate.** - To avoid getting sick, you have to be adequately hydrated. Eating lots of water-rich foods, like soup and salads, and drinking 6 to 8 (8-ounce) glasses of water each day will ensure you're getting enough hydration.

The Caloric Balance Equation

When it comes to maintaining a healthy weight for a lifetime, the bottom line is – **calories count!** Weight management is all about balance—balancing the number of calories you consume with the number of calories your body uses or "burns off."

- A *calorie* is defined as a unit of energy supplied by food. A calorie is a calorie regardless of its source. Whether you're eating carbohydrates, fats, sugars, or proteins, all of them contain calories.
- *Caloric balance* is like a scale. To remain in balance and maintain your body weight, the calories consumed (from foods) must be balanced by the calories used (in normal body functions, daily activities, and exercise).

If you are...	Your caloric balance status is...
Maintaining your weight	"in balance." You are eating roughly the same number of calories that your body is using. Your weight will remain stable.
Gaining weight	"in caloric excess." You are eating more calories than your body is using. You will store these extra calories as fat and you'll gain weight.
Losing weight	"in caloric deficit." You are eating fewer calories than you are using. Your body is pulling from its fat storage cells for energy, so your weight is decreasing.

Stress Reduction & Management

Stress problems are very common with many people reporting experiencing extreme levels of negative stress. Stress is not always a bad thing. Stress is simply the body's response to changes that create taxing demands.

Types of Stressors

- Eustress – positive stress, that is short term & motivates/excites
- Distress – negative stress, can be long or short term, causes anxiety/concern & lack of every day performance/coping

Methods of Stress Reduction & Management

- Meditation/Visualization/Breathing Techniques
- Physical Exercise
- Yoga, Pilates or Tai Chi
- Progressive Muscle Relaxation
- Acupuncture
- Medication

Stress Prevention

- Becoming aware of what true needs are and are not
- Understanding how to meet true needs
- Becoming able to resist being exploited or manipulated by other people/outside influences

Here's What Sitting Too Long Does to Your Body

Your body is designed for regular movement, but many Americans spend the bulk of their day sitting still instead. On average, a US adult spends 9 to 10 hours each day sitting, which is so much inactivity that even a 30- or 60-minute workout can't counteract its effects. The more hours you spend sitting in a day, the shorter your lifespan may be.

Bodily Damaged Done by Excessive Sitting/Stillness

- Heart – buildup of fatty acids
- Pancreas – increased amounts of insulin, leading toward diabetes
- Digestion – slows food digestion, leading to gastrointestinal issues
- Brain – less fresh blood and oxygen are being pumped
- Posture – strained neck, shoulders, and back
- Muscle Degeneration – weakening abdominals & glutes, hip tightening
- Leg Disorders – Varicose veins & blood clots, weakening of bones
- Cancer – Increases risk of colon, lung, breast, and uterine

Get Up and Get Moving

- Walk to talk to a co-worker, don't email
- Take the stairs, not the elevator
- Park your car further from entrances
- Take the longer, roundabout way to your destination
- Stand or walk during TV commercial breaks
- Use standing stations
- Set a timer - every half hour get up for 1-2 minutes