

HealthyLife[®]

LETTER



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FIND THE energy TO exercise

Too tired to work out?
Try these tips to boost
energy and get moving.

1. *Move around.* At work, try to switch between sitting and standing. Doing too much of one or the other may leave you feeling drained.
2. *Sip lots of water.* Starting in the morning, drink water and keep drinking it throughout the day. This can keep energy levels from sinking in the afternoon.
3. *Eat healthy carbs.* Choose whole grains, fruits and vegetables, such as carrots.
4. *Watch your breathing.* Slow, deep breaths can relax and energize you throughout the day.

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Gut check:

tips for healthy digestion

Your digestive system plays a big part in your overall health. It breaks down food and drinks into nutrients. These nutrients are used for energy, growth, cell repair and more.



But, we all know how digestive problems can be uncomfortable or downright dangerous. Problems like constipation, diarrhea, nausea, heartburn and bloating can quickly sideline your day. Stomach ulcers, gastroesophageal reflux disease (GERD) and bowel problems like Crohn's Disease can lead to more serious health issues too.

HELP KEEP YOUR DIGESTION RUNNING AS SMOOTHLY AS POSSIBLE.



FIBER IS FIRST

One of the best things people can do for better digestion is to eat more fiber. Getting enough fiber is needed to keep bowel movements regular.

A low-fiber diet can lead to constipation, which can make you feel sluggish and bloated. It can also stretch out the colon over time and lead to serious bowel problems, especially in older adults.

Get more fiber by eating foods like fruits, vegetables, beans and legumes and whole grains. Aim for 20-30 total grams of fiber each day. But, increase the amount slowly or you could have bloating and gas.

Drink plenty of water. Taking fiber without enough water can make constipation worse. And, dehydration in general isn't good for digestion.

Talk to your doctor about a fiber supplement if you're not having regular, soft bowel movements.



EAT LESS PROCESSED FOODS

Processed foods often contain very little fiber. Try to shop the four walls of your grocery store. This means avoid the middle grocery store aisles with packaged foods. Instead, buy fresh produce, lean meats, whole grains and dairy products.

Some food additives may be linked to digestive problems. Research has shown that some food additives may cause inflammation in the gut or may affect its healthy bacteria. Studies are ongoing to find out more about this.



PROBIOTICS - DO THEY WORK?

Probiotics, or friendly gut bacteria, may be helpful in some cases. But experts say we need to learn more about these supplements. There are many different kinds of probiotics and we don't yet know which ones are the most helpful. Some foods like yogurt with live active cultures, kefir and fermented foods like miso also contain probiotics.

Ask your doctor before taking probiotic supplements.

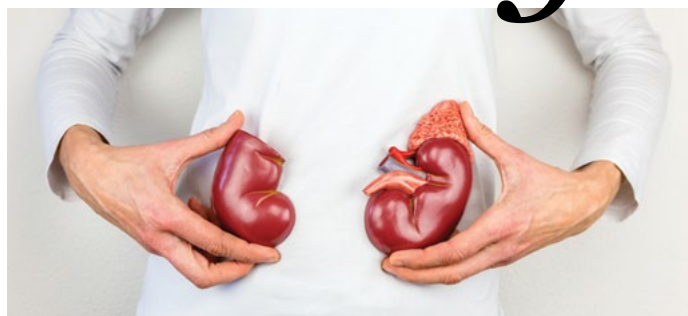


Be kind to your *kidneys*

Did you know

that your kidneys are responsible for many important body functions? Kidneys are designed to:

- Keep the body's fluid levels in check
- Remove extra fluid and waste from the blood, which exits the body as urine
- Activate vitamin D for healthy bones
- Balance minerals in the blood
- Direct the making of red blood cells
- Make a hormone that keeps blood pressure within a normal range



Kidney disease: a hidden danger

Chronic kidney disease, sometimes called CKD, can interfere with the kidneys' important jobs. It can lead to heart attack, stroke, weak bones, anemia and other life-threatening problems.

One of the problems with CKD is many people don't find out that they have it until the later stages. Then, there could be more severe kidney damage and complications. About 1 in 7 people have some form of CKD.

But there is good news. Getting treated early means kidney damage can be slowed or even stopped. That's why it's important to see your doctor and get kidney tests if needed.

Tests are best

If you have one of the risk factors listed below, your doctor may want to perform one or more of these tests:

- Blood pressure check: High blood pressure can damage the blood vessels in the kidneys.
- Protein in urine test: If a person's urine contains a certain type of protein, it may be an early sign of CKD.
- Creatinine in blood test: If the kidneys aren't working well, they can't take a waste product called creatinine out of the blood.
- Glomerular filtration rate (GFR) test: This measures creatinine levels and calculates other CKD risk factors too.

What to do

If you find out you have CKD, your doctor may recommend:

- Lowering high blood pressure
- Keeping blood sugar under control if you have diabetes
- Eating less sodium (salt)
- Not taking NSAID pain relievers like ibuprofen and naproxen
- Eating only a moderate amount of protein
- Getting a flu shot each year

Even if your kidneys are healthy, you can help keep them that way by:

- Not smoking or getting help to quit
- Working toward a healthy weight
- Getting blood pressure and cholesterol checked regularly
- Annual blood sugar testing
- Eating plenty of fruits and vegetables
- Seeing your doctor as recommended
- Knowing your family medical history

**KNOW
YOUR
RISK**

If you have one of the following conditions, it means you may have a higher chance of getting CKD. Talk with your doctor about your kidney health if you have diabetes, heart disease, high blood pressure, or a family history of kidney problems.

Cracking the benefits of eggs



VERY LOW SUGAR

For people who need to watch their sugar or carbohydrate intake, eggs can be a good option. A large egg contains less than a fifth of a gram of natural sugar.

HEALTHY FATS

Eggs contain omega-3 fats. These fats help with brain function. Experts think omega-3 fats may also help improve heart health.

Eggs are low in saturated fat. Saturated fat is the type of fat linked to heart disease and other health problems. Most of the fat in eggs is found in the yolk.

PROTEIN

A large egg contains about 6 grams of high-quality protein. Protein can help you feel fuller, longer. This is because it's slower to digest than carbohydrates.

Protein is the building block for many important functions in the body. It helps build new skin, bones, muscles and blood.

Protein may also help you keep your energy levels up throughout the day.

VITAMINS AND MINERALS

Eggs contain a number of vitamins, including:

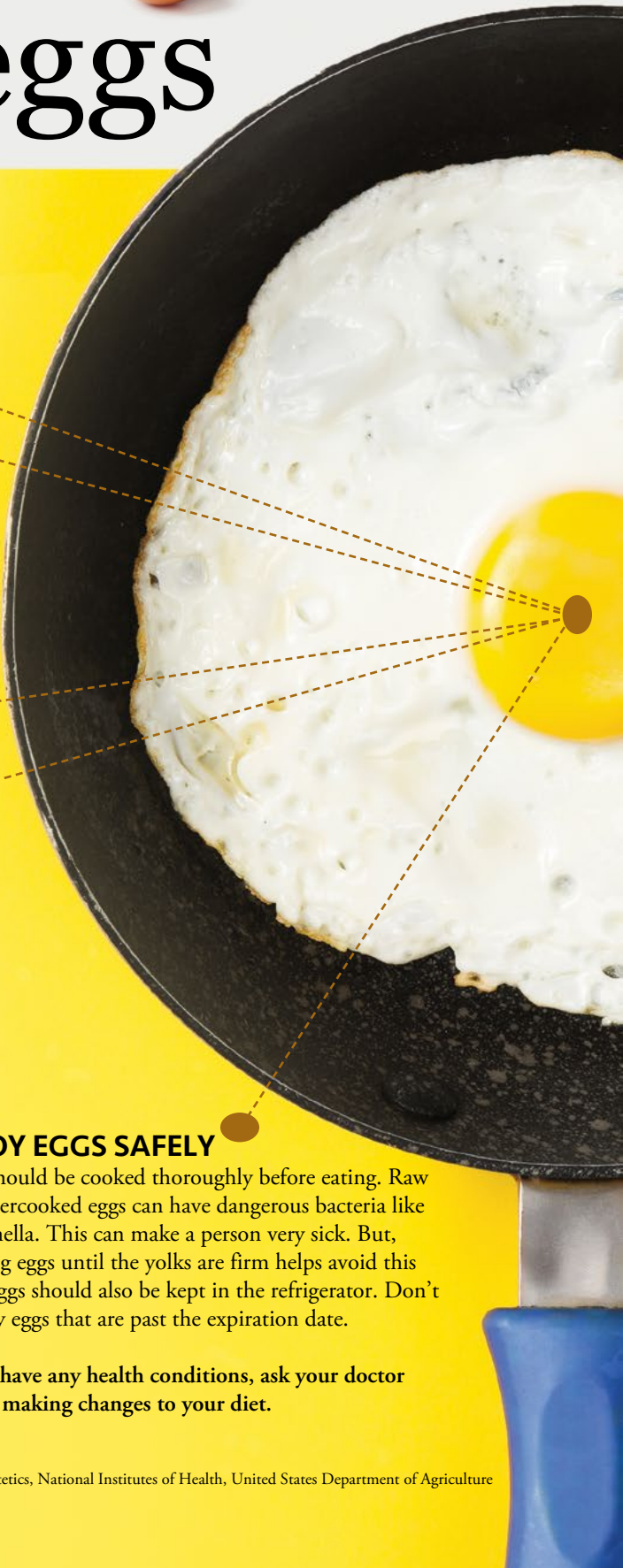
- Vitamin A, which is important for eye health
- Vitamin B12, which helps make red blood cells
- Folate, which can help prevent certain birth defects in pregnant women and is needed to make DNA in the body
- Vitamin D, which is important for bone health and immune system function

Eggs also contain minerals that the body needs, such as iron, selenium and iodine.

ENJOY EGGS SAFELY

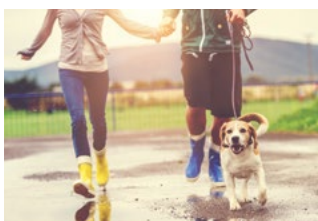
Eggs should be cooked thoroughly before eating. Raw or undercooked eggs can have dangerous bacteria like salmonella. This can make a person very sick. But, cooking eggs until the yolks are firm helps avoid this risk. Eggs should also be kept in the refrigerator. Don't use any eggs that are past the expiration date.

If you have any health conditions, ask your doctor before making changes to your diet.



Encourage exercise in others

Sticking to an exercise routine can be hard. But sometimes getting support from another person can help you get started. If you've been able to work out regularly, you can help a loved one do the same. Be a positive force in their life by supporting them, not forcing them. Try these strategies that can encourage them without pressure.



Make it doable. Don't suggest signing up for difficult classes or workouts right away. A walk in the evening or doing push-ups while watching TV can be less overwhelming.



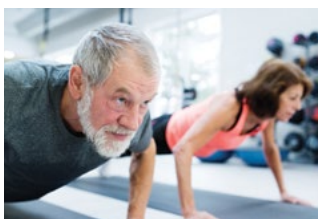
Try something new. A new walking route, different stretches or a fun strength program may help them get motivated. Get away from the same old routine that may not have worked in the past.



Let them pick. See if they are interested in any local exercise classes or programs — and go with them.



Plan a meetup time. Many people find exercising right after work is helpful. This may be easier than trying to go back out after you've come home to relax. Some people are able to stick to a lunchtime walk if they work in the same place.



Be consistent. Try to make your exercise routine a regular part of your week. For instance, two times each week is a doable but consistent way to start.



Be an early riser. If the person lives with you, see if you both can get up 30 minutes earlier for a walk first thing in the morning.



Ditch the car when you can. If the store or coffee shop is close by, you can walk or bike there together.



See things from their point of view. It's hard to get started with exercise. Try to understand how challenging it can be. Ask them how you can best support them.

A positive mindset

When it comes to exercise, the mind is as important as the body. When starting a new healthy habit or helping someone else, remember to:

Celebrate small efforts. Be happy about seeing an improvement — no matter how small — in strength or fitness level.

Don't let setbacks take over. If you miss a week or even two, get back to it. Tell the person you're not giving up, and help them try again.

Remember that every little bit of exercise is a step in the right direction!

Poison prevention starts at home

Did you know

more than 90 percent of all poisonings happen at home? While children are affected the most, people of all ages can be harmed by poisoning. Here's what to know to make your home safe.



CARING FOR CLEANERS

Do not mix household cleaners or other products. The chemicals in these products can create a toxic gas when mixed. Never mix bleach with ammonia products or other cleaners. Use only one product at a time.

Keep cleaners, chemicals, medicines, and anything that could be poisonous locked up and put away.

MINDFUL OF MEDICINES

Never share prescription medicines with anyone. The other person may not be able to safely take your medicine. Or, they could be taking another medicine that isn't safe when mixed with yours. Make sure your doctor or pharmacist knows about all medicines you are taking.

Keep all medicines clearly labeled with the type of medicine and dosage. If you don't understand your medicine or how much to take, ask your doctor or pharmacist.

Don't try to take medicines in the dark, because you could accidentally take the wrong one. Keep all medicines, even over-the-counter ones, put away and out of reach of children.

BATTERY SAFETY

Treat batteries like poison. Keep them away from children.

The small, round "button" batteries are especially dangerous because they are easy for children to swallow. A swallowed battery can cause permanent damage to the throat and even death within just a couple of hours.



BEWARE OF E-CIGARETTES

E-Cigarettes are shaped like cigarettes but they contain a small heater and battery. The "juice" used inside these devices contains high levels of nicotine. Even a tiny amount of the juice from e-cigarettes can cause poisoning in a child. It can cause seizures and even death.

Keep e-cigarettes away from children at all times. If you throw used e-cigarette juice in the trash, wrap it up and take it outside or someplace where a child cannot get to it.



POISON
Help
1-800-222-1222

KNOW THE NUMBER

If you think you or someone else has been exposed to poison, call (800) 222-1222. This connects you to your local poison center. The call is free and confidential. They can tell you what to do next. Do not try to treat poisoning yourself with home remedies.





4 “S”s for a super workday

1

STRESS LESS

on your commute. Avoid the news, emails or other stressful activities on your way to work. Instead, listen to an uplifting audio book or your favorite music.

2

SAY something positive. When someone asks how you’re doing, avoid saying things like, “just okay,” or “could be better.” Instead, say, “great,” or “I’m going to make it a good day!” Even if you don’t feel that way, saying it out loud can help.

3

SMILE. Research has shown that simply smiling can improve your mood and lower stress, even if you don’t feel happy at the moment.

4

SET your priority. Decide upon the most important task on your list today. Then, get to work on completing it before doing anything else. Getting important things done can boost your confidence.



Know the red flags of stress

Everyone has stress in their lives. But when high levels of stress go on for too long, it takes a toll on the body. Is stress taking a toll on your health? If it is, don't ignore it. This is a chance to find healthy ways to tackle stress before the problem becomes worse.

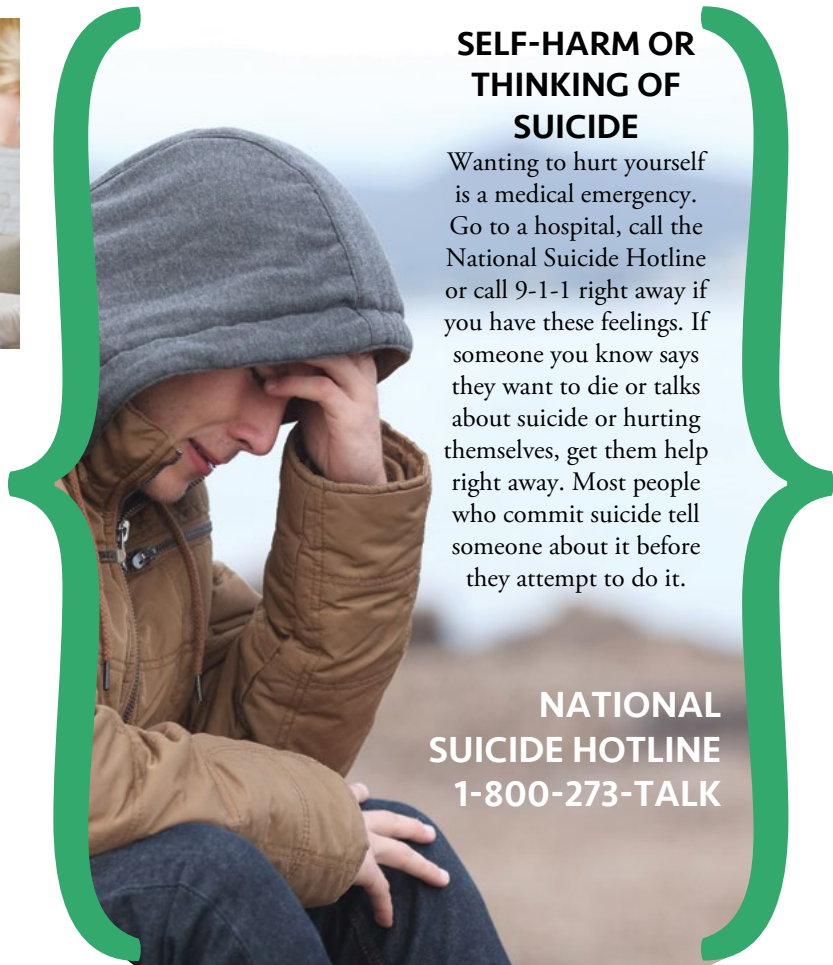
The following are some "red flags" or signs that your stress levels may be too high.

- Muscles feel tense and sore. You have a sore back or neck. You are getting tension headaches or migraines.
- Your heart feels like it's beating faster. Your palms are sweaty.
- You are breathing shallow, quick breaths.
- You have more heartburn or acid reflux than usual.
- Your stomach feels upset or you have vomiting or diarrhea.



Other effects of stress are harder to notice. Stress can affect reproductive hormones, which can disrupt a woman's period. In men, it can cause reduced fertility. Both men and women may have lower sexual desire. Stress can also raise your risk of a heart attack if it's ignored for too long.

If you notice warning signs of stress, it's a sign that you need some extra care. Talk to someone you trust, your doctor or a mental health professional.



SELF-HARM OR THINKING OF SUICIDE

Wanting to hurt yourself is a medical emergency. Go to a hospital, call the National Suicide Hotline or call 9-1-1 right away if you have these feelings. If someone you know says they want to die or talks about suicide or hurting themselves, get them help right away. Most people who commit suicide tell someone about it before they attempt to do it.

**NATIONAL
SUICIDE HOTLINE
1-800-273-TALK**

Sources: American Psychological Association, National Institute of Mental Health