



HOPE Health Letter

“Life Is a Journey. Have Some Fun.”

Volume 37 • Number 3 • March 2017

Take the attitude of a student.
Never be too big to ask questions, never know
too much to learn something new.

— Og Mandino

Question everything

What questions
should you ask to
really understand
health and
wellness in all
areas of your life?

Learn more about becoming more informed when it comes to your wellbeing to help you be the best possible you.

OuterAisleFresh:

Making sense of Nutrition Facts Labels. Do you know what the most important information is? Find out which questions to ask yourself as you inspect packaged foods and drinks. Pg. 2

GetMoving:

Ask yourself about your activity interests. You may discover that you can stay motivated to work out regularly by choosing activities that you enjoy. Pg. 3

TheWholeYou: Physical Health

Get the most out of your health appointments. Don't be afraid to ask your doctor and other medical providers about your health and the care they recommend. Pg. 4

TheWholeYou: Emotional/Mental Health

Get to know yourself better. Take time to have a little chat with the most important person in your life. Pg. 5

FiscalFitness:

Stop. Before you buy that, ask yourself... To curb impulsive spending, you may want to answer some questions about what you buy before you buy it to decide if you should fork over the money or whip out the credit card. Pg. 6

**Plus...
HealthyConnections:**

Leaving on a jet plane? Flying to your Spring Break destination? You may want to keep a few things in mind. Pg. 7

StockYourToolBox: Don't miss our favorite tip sheet, *“Learning Nutrition Facts Label Lingo,”*... plus more resources like this at Mar.HopeHealth.com. Pg. 8

“If you are ever at a loss to support a flagging conversation, introduce the subject of eating.” — Leigh Hunt

Are you really eating right?

You may not give it much thought, or maybe you think that you are when you really aren't. Find out by taking the “Rate Your Plate” quiz. Go to Mar.HopeHealth.com/eatright to access the short, anonymous assessment from the Academy of Nutrition and Dietetics to find out.

Learning culinary lingo

Do you know what braise means? How about poach? Learning the language of cooking and techniques can help you as you navigate your way through recipes. For definitions on various cooking terms, go to Mar.HopeHealth.com/cookinglingo.



OuterAisleFresh: Making sense of Nutrition Facts Labels

Question Everything

- **What does percent of Daily Value mean?** This tells you how much the nutrients in one serving contribute to your recommended total daily diet, based on an average of 2,000 calories daily for adults and children older than 4 years old.
- **What nutrients should I focus on getting?** Many Americans don't often get enough fiber, vitamin A, vitamin C, calcium, and potassium. If a food or beverage is high in any of these areas, that's good.
- **What nutrients should I limit?** Eating too many calories, too much sugar, and too much total fat (*particularly saturated fat and trans fat*), cholesterol, or sodium can increase your risk of certain chronic diseases, such as heart disease, some cancers, or high blood pressure. Limit these nutrients.
- **How can I tell if a food or beverage is high or low in a particular nutrient?** If it has 5% of the Daily Value or less, it is low in that nutrient. If it has 20% or more, it is high in that nutrient.

For more on deciphering Nutrition Facts Labels, go to Mar.HopeHealth.com/labels.

Source: U.S. Food & Drug Administration



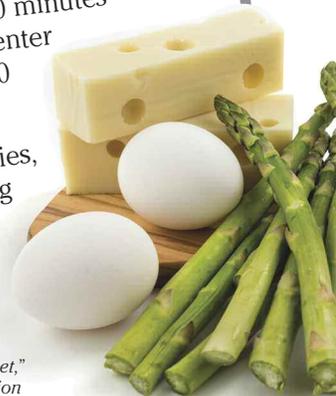
ASPARAGUS SWISS QUICHE

- 3 Tbsp. ground golden flaxseeds
- 1 Tbsp. water
- 1 lb. asparagus, trimmed and cut into 1 1/2-inch pieces
- 4 green onions, thinly sliced
- 1 1/2 cups 1% milk
- 1 cup shredded reduced-fat Swiss cheese
- 4 large egg whites
- 2 large eggs
- 2 tsp. Dijon mustard
- 1/4 tsp. ground black pepper
- 1/8 tsp. salt
- 2 Tbsp. grated Parmesan cheese

Heat oven to 350° F. Spray a 9-inch quiche dish or glass pie plate with nonstick cooking spray. Sprinkle flaxseeds in prepared quiche dish/pie plate. In a nonstick skillet, heat the water over medium-high heat. Cook the asparagus and green onions, stirring, for 5 minutes or until tender-crisp. In a large bowl, whisk together the milk, Swiss cheese, egg whites, eggs, mustard, pepper, and salt. Stir in the asparagus mixture. Pour into the quiche dish/pie plate and sprinkle with the Parmesan cheese. Bake for 40 minutes or until a knife inserted in the center comes out clean. Let stand for 10 minutes before serving.

Serves 4. Per serving: 217 calories, 8 g fat (3g saturated fat), 387 mg sodium, 15 g carbohydrates, 23 g protein

Source: “The Diabetes Comfort Food Diet,” by Laura Cipullo, RD, CDE, and the editors of Prevention



A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world. — Paul D. White

Walk the walk without first walking it

Before you head out on a new walking route, you may want to check out walkscore.com — a free website where you can learn about the walkability of neighborhoods. The website scores a neighborhood's walkability based on the number of businesses, services, and other destinations within walking distance of a given address. The site also allows users to actually see the streets they could walk in certain communities.

See page 8 —

StockYourToolBox:



See how you can link to Cool Tools & Resources to learn more about the topics in this issue!

Take to the rail trails

Up for an adventure? Why not try exploring old railroad trails. The Rails-to-Trails Conservancy has a guide to historic, unused rail lines that have been converted into community trails for walking, biking, and other activities. Some are also handicapped accessible. To learn more, go to Mar.HopeHealth.com/trails.

GetMoving: Ask yourself about your activity interests

Question Everything

Find out what you like to do fitness-wise with a few questions. You may discover that you can stay motivated to work out regularly by choosing activities that you enjoy.

Do you like to socialize and have fun?

- Join a walking club or play golf with friends.
- Take an aerobics, boot camp, or spinning class.
- Go dancing, skating, or bowling.

Would you prefer to go solo?

- Solitary walking, jogging, or swimming will protect your peace and quiet.

Are you a self-starter and want to have control?

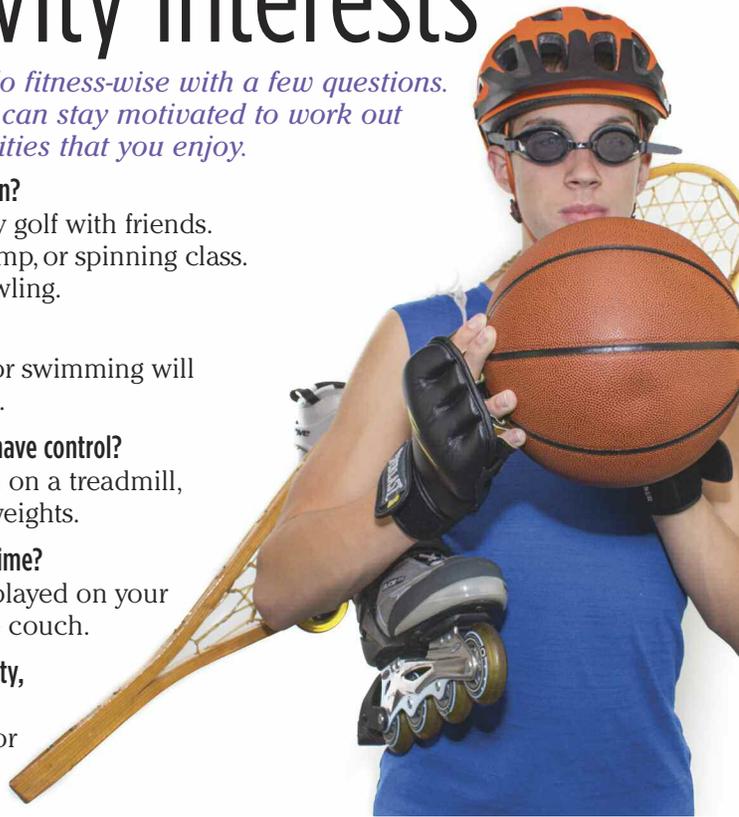
- Use your willpower to run on a treadmill, ride a stationary bike, or lift weights.

Is technology your idea of a good time?

- Computer fitness games played on your TV screen can get you off the couch.

Do you want excitement, spontaneity, or surprises?

- Mountain biking or outdoor hiking can be unpredictable and fun.



How to SWEAT with co-workers

When exercising with co-workers, you may want to follow the SWEAT etiquette rules.

- **Sounds:** Keep them to yourself. Try not to grunt, groan, moan, or scream.
- **Waiting:** If you're meeting someone for a class or lunchtime walk, show up on time.
- **Electronics:** If you're walking together, you shouldn't bring along your music and headphones. If each of you is doing your own thing, listening to tunes is OK, just try not to hum or sing along.
- **Appearance:** Be comfortable with your workout attire, but be sure it's in good taste. Err on the side of being too conservative.
- **Talking:** You're working out together to get away from work. Try not to conduct a meeting or talk about other co-workers.

Source: Sue Jacques, Professionalism and Corporate Civility Consultant



We make our world significant by the courage of our questions and by the depth of our answers. — Carl Sagan

Put the brakes on disciplining kids in the car

If you need to scold your children or put an end to sibling squabbles while driving, never turn around to do so. Get out of traffic, pull over, and then try to calm them down. Not paying full attention to driving — for whatever reason — is one of the most dangerous driving mistakes.

Get an A for accuracy on blood pressure tests

When it comes to your blood pressure numbers, make sure you get accurate readings. So... don't smoke, drink caffeinated beverages, or exercise within 30 minutes before measuring your blood pressure. Then, when you're being tested, sit with your back straight and supported. Your feet should be flat on the floor; don't cross your legs. Your arm should be supported on a flat surface (such as a table) with the upper arm at heart level.

Source: American Heart Association



Question Everything

The Whole You: PHYSICAL HEALTH

Get the most out of your health appointments



Don't be afraid to ask your doctor and other medical providers about your health and the care they recommend. You owe it to yourself to understand as much as you can about your own body.

What questions to ask will depend on the nature of your appointment. Questions might include:

- Could my symptoms be due to medications I'm taking?
- What is my diagnosis?
- What are my treatment options? What are the benefits and side effects of each?
- Will I need any tests? If so, what will the results tell me?
- What will the medication you are prescribing do for me? How do I take it? What are the side effects? Can it create problems with other medications I'm taking?
- Do I need to change anything about my lifestyle to improve my health?

Source: U.S. Department of Health & Human Services

To be prepared for your next medical appointment, consider creating a list of questions ahead of time to take with you. For a question-builder worksheet, go to Mar.HopeHealth.com/drappt.

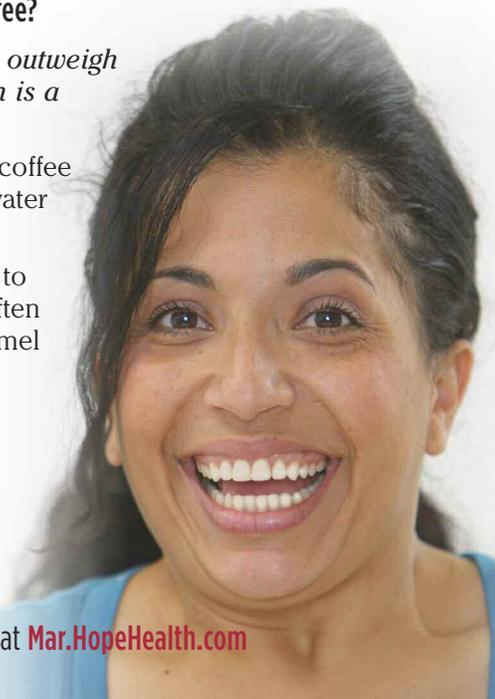
Enjoy coffee without sacrificing a pearly white smile

Worried about staining your teeth by drinking coffee?

Dental experts say the health benefits of coffee outweigh the potential staining, and if tooth discoloration is a concern, you can take steps.

- Sip through a straw to reduce the amount of coffee that touches your teeth. Rinse your mouth with water after drinking coffee.
- Wait at least 30 minutes after drinking coffee to brush your teeth. Acidic drinks such as coffee soften tooth enamel and the dentin beneath it. The enamel starts to harden within a half hour.
- If your teeth do develop stains from coffee, a dentist can safely bleach your teeth. However, bleaching doesn't prevent future staining, so you may need future treatments.

Source: Academy of General Dentistry, news release, Sept. 6, 2016



I never learn anything talking. I only learn things when I ask questions. — Lou Holtz

Tame your to-do list

Decide every day what you need and want to get done when it comes to work, home, and family. For everything else, ask yourself: "What's the worst thing that would happen if I didn't do this?" If you can live with the answer, give yourself permission to drop it from your to-do list.

See page 8 —

StockYourToolBox:



See how you can link to Cool Tools & Resources to learn more about the topics in this issue!

Know when to pull the plug on kids' videogame playing

Playing video games — up to a certain point — may improve a child's motor skills, reaction time, and academic performance. However, research indicated too much gaming can be linked to social and behavioral problems. The study looked at children age 7 to 11. The bottom line: One to nine hours weekly seems to be safe, but playing more than nine hours — one hour on weekdays and two hours on weekend days — may not be advisable for children 7 to 11 years old.

Source: *Annals of Neurology*, Vol. 80, Issue 3, September 2016, Pages 424-433

The Whole You: Emotional/Mental Health

Question Everything

Get to know yourself better

When you meet someone new or connect with a person whom you haven't seen recently, you probably ask questions to learn more about them and what's going on in their lives.

When is the last time you checked in with yourself by asking some questions?

Here are a few questions to help you with some self-reflection. It may just prompt you to take some action in different areas of your life.

- What would your perfect day look like?
- If you had an unexpected free afternoon, what would you do with the time?
- What people and activities energize you? Leave you feeling depleted?
- If at the end of the year, you had accomplished one thing, what is the one accomplishment that would make the biggest difference in your happiness?

Source: "Want To Know Yourself Better? Ask Yourself These Questions," by Gretchen Rubin, *Psychology Today*, June 7, 2012

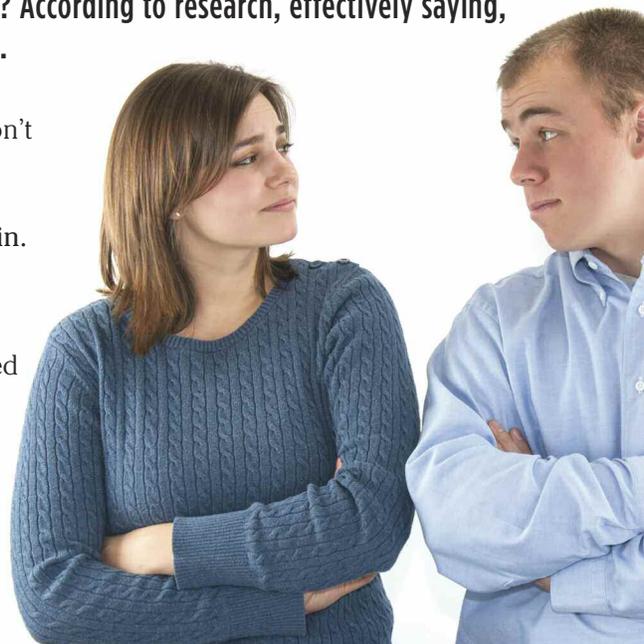
The right way to say, 'I'm sorry'

Want to apologize and really mean it? According to research, effectively saying, "I'm sorry," includes six components.

1. Express regret.
2. Explain what went wrong, but don't make it an excuse.
3. Take responsibility.
4. Declare that you won't do it again.
5. Offer to fix the problem.
6. Ask for forgiveness.

Although the best apologies contained all six elements, not all components are equal, the study found. The most important part of an apology is to take responsibility — to admit your mistake. The second most important element is to offer to fix what is wrong.

Source: *The Ohio State University*



“When I meet successful people, I ask 100 questions as to what they attribute their success to. It is usually the same: persistence, hard work, and hiring good people.” — Kiana Tom

Want to spend less at the grocery store?

Carry a basket or use a small cart instead of a large cart. People buy roughly 30% more items when they shop with a big cart.

Source: “Buyology: Truth and Lies About Why We Buy,” by Martin Lindstrom

See page 8 —

StockYourToolBox:

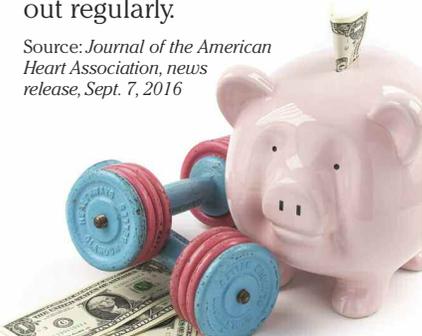


See how you can link to Cool Tools & Resources to learn more about the topics in this issue!

It pays to exercise, maybe as much as \$2,500 a year

According to a recent study, the average adult with heart disease who exercised regularly had \$2,500 lower health-care costs each year than those adults with heart disease who did not exercise regularly. Don't have a heart issue? Even people with healthy hearts who worked out regularly had about \$500 lower health-care costs than those who did not work out regularly.

Source: *Journal of the American Heart Association*, news release, Sept. 7, 2016



FiscalFitness: **Question Everything** *Stop.* Before you buy that, ask yourself...

- **Is this a want or a need?** Just because it may be a “want” doesn’t mean you shouldn’t buy it, but recognize it for what it is, which may help you to ultimately decide whether to get it based on your answers to the other questions.

- **Is this in my budget?** Is this something that you’ve already planned for or is a routine purchase in your budget? Again, even if it’s not, it doesn’t mean you shouldn’t get it, but figure out if you can afford it.

- **Will I need to make sacrifices in other areas to pay for it?** What might you have to give up or postpone to buy whatever it is you’re about to buy. Is it worth it?

- **Is this the right time to buy?** If you wait, could you get it cheaper?

- **Will I want/need this next week/month/year?** Imagine your life without whatever it is. How does it look/make you feel?

Source: “Six questions you should ask before you buy anything,” by Jesse Campbell, *Money Management International* (moneymanagement.org)



Smart uses for your tax **REFUND**

- **Save for emergencies.** Aim to set aside at least three to six months’ expenses in a money market fund or bank account. This is your “fall-back” fund in the event of unemployment or unanticipated expenses (*such as car repairs*).

- **Pay down debt.** The more debt you repay, the less interest you’ll owe. Paying down an 18% credit-card balance is like earning 18% on an investment. Plus, it’s guaranteed and tax-free.

- **Improve your skills.** Use your refund to take courses that make you a more skilled and valuable employee.

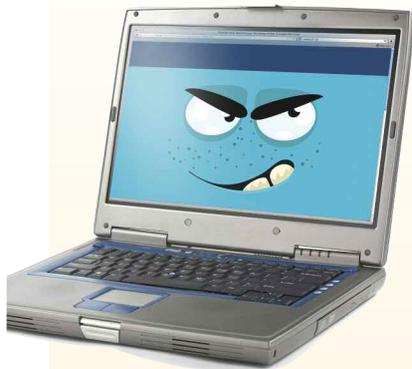


You can tell whether a man is clever by his answers. You can tell whether a man is wise by his questions.

— Naguid Mahfouz

Put a stop to cyberbullying

Parents these days don't just have to worry about playground bullying. Cyberbullying is just as real and may be even more prevalent than the traditional peer harassing. To learn about how to prevent cyberbullying and what to do if it happens to your child, go to Mar.HopeHealth.com/bully.



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The information in the publication is meant to complement the advice of your healthcare providers, not replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor.

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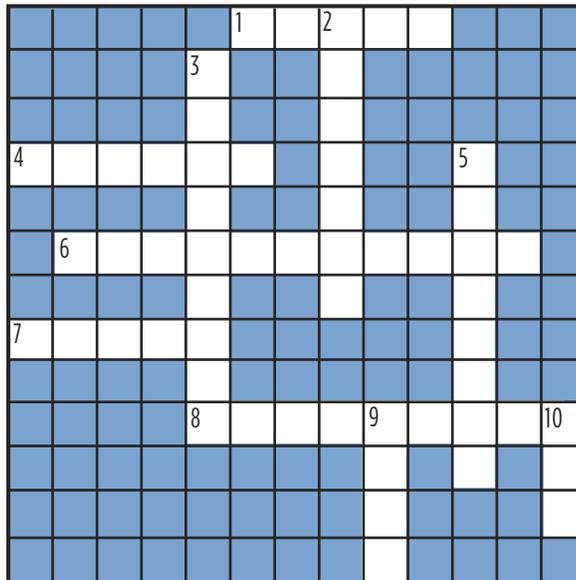
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HealthyConnections:



March Crossword Puzzle

Find out how well you know the topics covered in this issue of the newsletter.

Down

2. If you like to socialize while working out, you may want to try this activity
3. A type of fat you may want to limit in your diet
5. For an accurate blood pressure reading, don't do this within 30 minutes of taking the test
9. The maximum number of hours that a child aged 7 to 11 should spend playing video games weekly (*number spelled out*)
10. An effective apology contains ___ components (*number spelled out*)

Across

1. A nutrient that you may want to focus on getting more of in your diet
4. People buy roughly ___% more items at the grocery store when they use a big cart versus a small one (*number spelled out*)
6. A smart use of your tax refund may be to save for these
7. When working out with co-workers, try not to do this
8. At any doctor appointment, ask about this



For the crossword puzzle answer key, go to Mar.HopeHealth.com

Leaving on a jet plane?

Flying to your Spring Break destination? Here are a few tips to keep in mind:

- Carefully consider items you pack to avoid unnecessary baggage fees.
- Be sure you know the rules about items that can be packed in carry-on luggage, particularly liquid and metal items.
- Pack essentials and a few clothing items in a carry-on (*especially if you have connecting flights*) just in case your luggage doesn't make it to your final destination when you do.
- Tie the same color ribbon or tag on each bag to make it easier to figure out which ones are yours when they are coming off the carousel at the airport.

For more information on air-travel rules, go to Mar.HopeHealth.com/plane.





StockYourToolBox: Your Source for Cool Tools & Resources

Check out Mar.HopeHealth.com for a ton of useful wellbeing information. In addition to the links included throughout the newsletter, here's what else you can find online:

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
<small>Total Daily Value</small>	<small>100%</small>

A “Learning Nutrition Facts Label Lingo” tip sheet —

Figure out how to decipher the wording and discover what all those numbers really mean.

A “Spring Cleaning Calendar” —

Tackle the yearly tidying to-dos without getting overwhelmed by coming up with a manageable game plan.

A Crossword Puzzle —

Test how well you know the topics covered in this issue of the newsletter.

“You only have to do a very few things right in your life so long as you don’t do too many things wrong.”

— Warren Buffett

“An optimist is a man who starts a crossword puzzle with a fountain pen.”

— Author Unknown

“A pessimist is someone who complains about the noise when opportunity knocks.”

— Oscar Wilde

“Consider the postage stamp. Its usefulness consists in the ability to stick to one thing till it gets there.”

— Josh Billings



Go to
Mar.HopeHealth.com
to find these resources.