



HOPE Health Letter

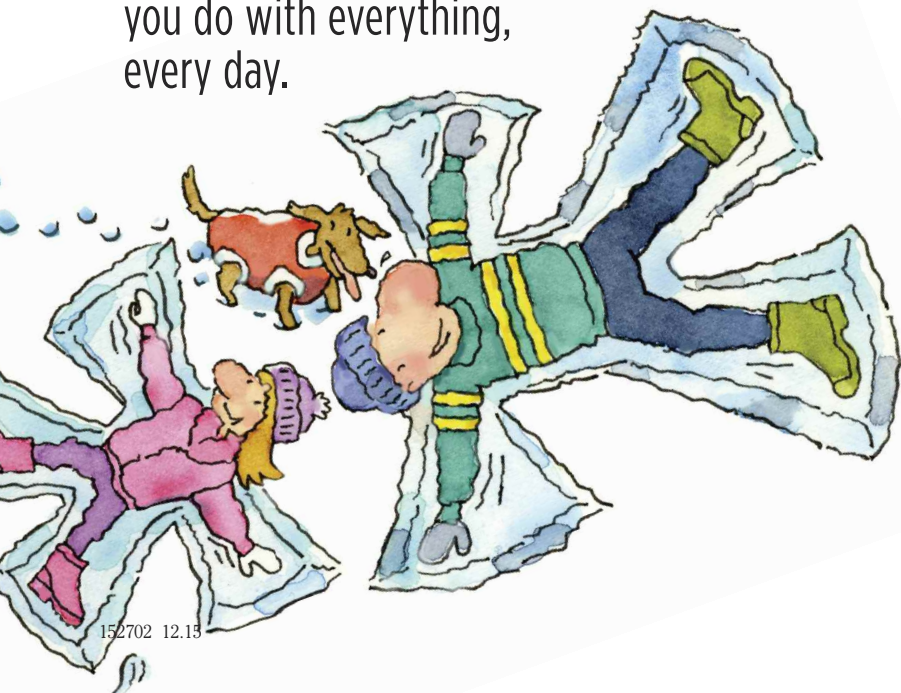
"Life Is a Journey. Have Some Fun."

Know the value of time. Snatch, seize,
and enjoy every moment of it.

— Lord Chesterfield

In the moment — Use your time and attention for what matters most

Vow to be more mindful of what
you do with everything,
every day.



Volume 35 • Number 12 • December 2015

*Learn more about focusing on
time and attention to nurture your
wellbeing.*

OuterAisle**Fresh:**

Focus on your food — not other stuff — when you're eating. Don't get distracted by everything and anything around you and forget to pay attention to what you put on your plate. Pg. 2

Get**Moving:**

Think of 30 minutes a day of exercise as no big deal. 30 minutes out of 1,440 minutes in a day equals 2% of a day. Is your overall health worth 2% of your day? Pg. 3

TheWhole**You:** Physical Health

Clue your doctor in on your lifestyle priorities. Share details about your life and what is important to you, not just what's wrong with you medically. Pg. 4

TheWhole**You:** Emotional/Mental Health

Reconnect with your inner kid. Many people yearn for a return to childhood and the activities that go along with it. Give into that desire, if only for a few minutes. Pg. 5

Fiscal**Fitness:**

A weekly financial check could save real money. Take a weekly look at certain financial accounts to be sure you haven't gone over your budget without realizing it or to catch any fraudulent activities. Pg. 6

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Put the kibosh on calorie counting as a weight-loss strategy. Instead, you may want to use simpler strategies, such as avoiding added sugars or not eating after dinner. Pg. 7

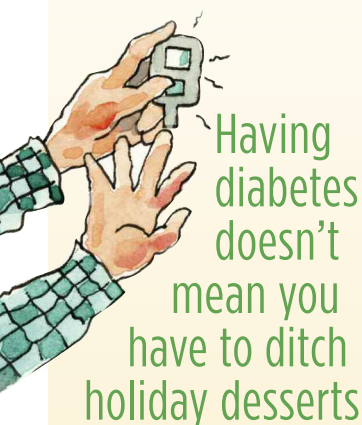
StockingYourToolbox. Find handy, downloadable PDFs that you can print and/or share at Dec.HopeHealth.com. Pg. 8

Take time enough for your meals, and eat them in company whenever you can. There is no need for hurry in life — least of all when we are eating.

—Edward Everett Hale,
"How to Get the Best of It"

Become a food-illness fighter with a handy app

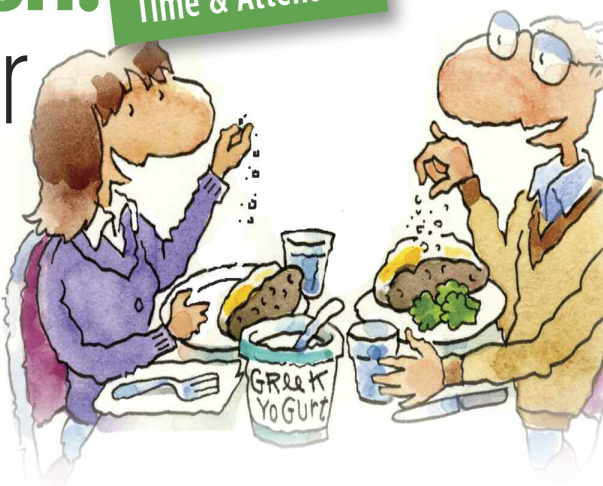
Ever wonder whether you should eat those leftovers? Now you can find out with a simple, free smartphone app. Go to Dec.HopeHealth.com/foodapp to learn more.



You can work a sweet treat into your meal plan by substituting a small portion of dessert for other carbohydrates already in your meal plan. For example, if you want a small serving of pumpkin pie, then pass on eating a dinner roll or sweet potatoes during the main course. For more tips on dealing with diabetes during the holidays, go to Dec.HopeHealth.com/diabetes.

OuterAisleFresh: Focus on your food — not other stuff — when you're eating

Time & Attention



We often tend to get distracted by everything and anything around us and forget to pay attention to what we put on our plates. As a result, we don't savor our suppers and often eat enormous amounts without realizing it.

How about a different approach: mindful eating. This means paying attention to what you're eating and why. It starts with getting back to the BASICS:

- **Belly Check:** Before you eat something, ask yourself: Am I physically hungry?
- **Assess Your Food:** Before you dig in, take a moment to look at your food, its color, its smell, and how appealing it appears.
- **Slow Down:** Enjoy your food by pausing and putting down your fork.
- **Investigate Your Hunger:** Throughout your meal, ask yourself if you feel full.
- **Chew Your Food Thoroughly:** This allows your body to process food more efficiently.
- **Savor Your Food:** Food is a wonderful part of living. Enjoy it.

For more on mindful eating, go to Dec.HopeHealth.com/eating

Source: Lynn Rossy, PhD, health psychologist
at the University of Missouri

Add a kick to your holiday party with Slow-Cooker Buffalo Chicken Meatballs — a lighter, healthier alternative to traditional Buffalo wings

- 1 lb. ground chicken
- $\frac{3}{4}$ cup whole-wheat bread crumbs
- 1 large egg
- $\frac{1}{2}$ tsp. garlic powder
- $\frac{1}{2}$ tsp. onion powder
- 2 green onions, thinly sliced
- Salt and pepper to taste
- $\frac{3}{4}$ cup Buffalo hot sauce

Heat oven to 400° F. In a large bowl, add all ingredients, except hot sauce. Using a spoon or clean hands, combine ingredients. Roll into meatballs, making 24 meatballs. Place meatballs onto a greased baking sheet and bake for four to five minutes in the oven, or until all sides are browned. Next, place meatballs into a slow cooker on the low-heat setting. Add hot sauce and gently toss to combine. Cover and cook for two hours. Serve warm.

Makes 24 meatballs. Per meatball:
49 calories, 2.3 g fat (0.7 g saturated fat, 22 mg cholesterol, 158 mg sodium, 3 g carbohydrates, 4 g protein



You will never ‘find’ time for anything. If you want time, you must make it.

— Charles Buxton



Toying with the idea of a treadmill purchase? Do your homework first.

According to industry data, the treadmill is the most popular piece of home-gym equipment. Some 27.7 million Americans used a treadmill 50 or more times during 2014. Before buying such a big-ticket item, make sure to think about all of the features and your needs. For more on buying a treadmill, go to Dec.HopeHealth.com/treadmill.

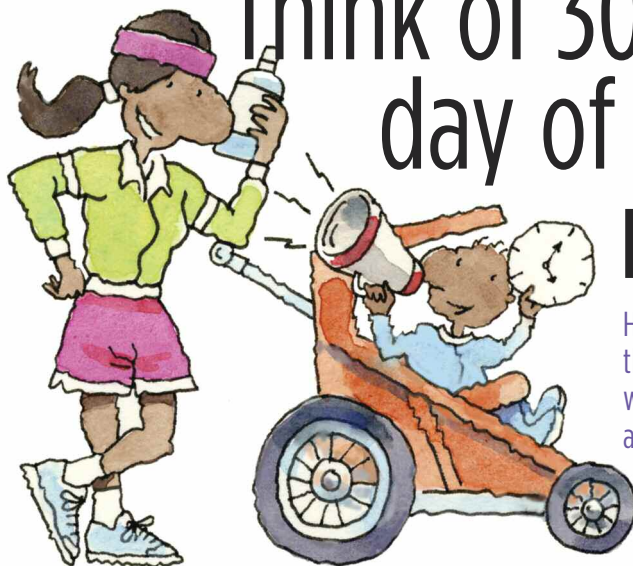
Source: *The American Council on Exercise*

Don't take off too much time from the gym

Heading into the hectic holiday season can make sticking to your workouts a bit tricky. You may not want to take a complete hiatus over the holidays, though. A study showed that it takes just two weeks of physical inactivity for physically fit individuals to lose a significant amount of their muscle strength. Young people lose about 30%. Older people lose about 25%. In need of a new workout? Check out a library of options by going to Dec.HopeHealth.com/workouts.

Source: *University of Copenhagen*

GetMoving: Time & Attention



Think of 30 minutes a day of exercise as no big deal

Health experts have long recommended that adults get at least 150 minutes weekly of moderate-intensity aerobic activity (such as brisk walking). This weekly total is often broken down into a suggested 30 minutes a day, five days a week.

What's more, you should try to focus on muscle-strengthening activities that work all major muscle groups (*legs, hips, back, abdomen, chest, shoulders, and arms*) two or more days a week, which you could do on the days you're not getting in your aerobic workout. Again, 30 minutes a day on those two days should be all that's needed.

30 minutes out of 1,440 minutes in a day = 2% of a day.

Ask yourself: Is your overall health worth 2% of your day? For an equipment-free, 15-minute workout plan, go to Dec.HopeHealth.com/15minutes.

A holiday 'shop 'til you drop' trip to the mall could make for a good calorie-burning workout

Ever feel exhausted after a trip to the mall? There could be a reason for that. You're working out and may not realize it.

Researchers at the University of Hawaii posed the question: How many calories can a person burn during a three-hour mall shopping trip?

The answer: It depends on how much walking you do and how much you weigh. But, here are the general ranges for covering the likely 3 to 5 mall miles during the three-hour trip. These numbers take into account standing and looking at merchandise and waiting in line to pay for it.

In case you're wondering, by heading to the mall, you'd likely burn more than twice the number of calories than if you stayed at home and ordered items online using your laptop or mobile device while lying on the couch.

Source: *University of Hawaii*



A man too busy to take care of his health is like a mechanic too busy to take care of his tools.

— Spanish Proverb



Washing the germs away? Maybe not.

Only 5% of people who used the bathroom washed their hands long enough to kill the germs that can cause infections, according to one study. Hand washing is the best way to reduce the spread of infectious diseases, including colds and the flu, according to the Centers for Disease Control and Prevention. It takes 15 to 20 seconds of vigorous hand washing with soap and water to kill germs. The study showed that people only washed their hands, on average, for about six seconds. For more on proper hand washing, go to Dec.HopeHealth.com/hands.

Play it safe with space heaters

Keep space heaters at least 3 feet away from furniture or other flammable items, such as curtains and bedding. Don't place heaters on carpets or rugs. Electric space heaters are the safest for home use. For more on space-heater safety, go to Dec.HopeHealth.com/heaters.

The Whole You: PHYSICAL HEALTH

Antibiotics aren't an antidote for everything

Viruses are responsible for colds, flu, most sore throats, bronchitis, other respiratory infections, and many sinus and ear infections.

That means antibiotics do not help fight these medical problems. Taking antibiotics for viral infections will not cure the infection, keep other individuals from catching the illness, or help you feel better.

Antibiotics are meant to help with bacterial infections. Only take antibiotics for bacterial infections, because the medication can put you at risk for harmful side effects and antibiotic-resistant infections later.

How antibiotics savvy are you? Find out by taking a short quiz. Go to Dec.HopeHealth.com/antibiotics.

Source: Centers for Disease Control and Prevention

Illness	Usual Cause		Antibiotic Needed
	Viruses	Bacteria	
Cold/Runny Nose	✓		No
Bronchitis/Chest Cold <i>(in otherwise healthy children and adults)</i>	✓		No
Whooping Cough		✓	Yes
Flu	✓		No
Strep Throat		✓	Yes
Sore Throat <i>(except strep)</i>	✓		No
Fluid in the Middle Ear <i>(otitis media with effusion)</i>	✓		No
Urinary Tract Infection		✓	Yes

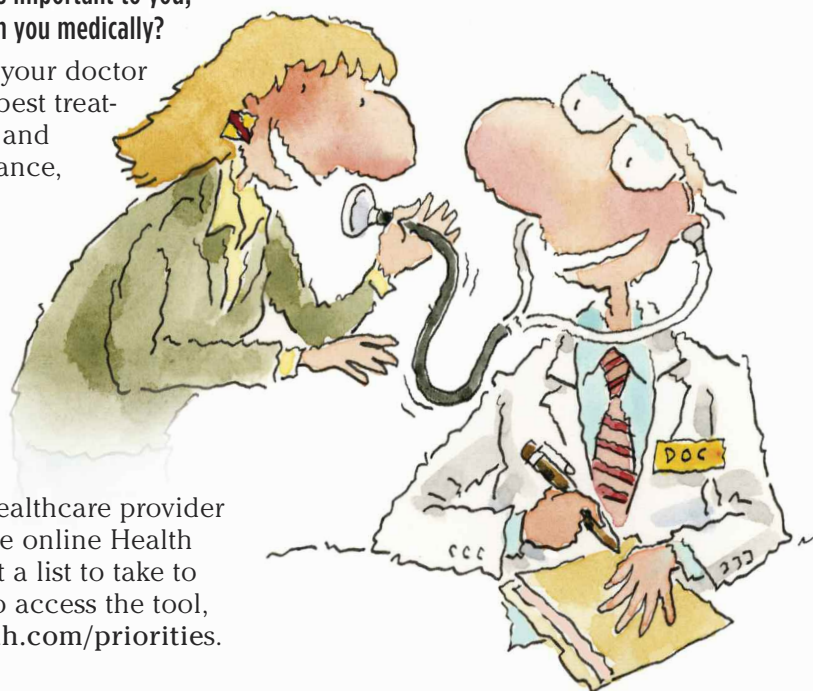
Time & Attention

Clue your doctor in on your lifestyle priorities

When you go to see your healthcare professional about an issue, do you take time to share details about your life and what is important to you, not just what's wrong with you medically?

You should. That way, your doctor can recommend the best treatment options for you and your lifestyle. For instance, if you drive a lot, you wouldn't want your doctor to prescribe a medication that would make you tired.

To make sharing details of your lifestyle and personal priorities with your healthcare provider easier, you can use the online Health Priorities Tool to print a list to take to your appointments. To access the tool, go to Dec.HopeHealth.com/priorities.



“Your time is limited, so don’t waste it living someone else’s life.”

— Steve Jobs

Don’t dismiss concerns about your child’s mental health

More than 15 million children in America have psychiatric disorders, and at least half of them will never receive help. If you think your child may have an issue, take the first step by looking into it more. Check out the Child Mind Institute’s Symptom Checker for information on various disorders. Go to Dec.HopeHealth.com/mentalhealth to access the tool.

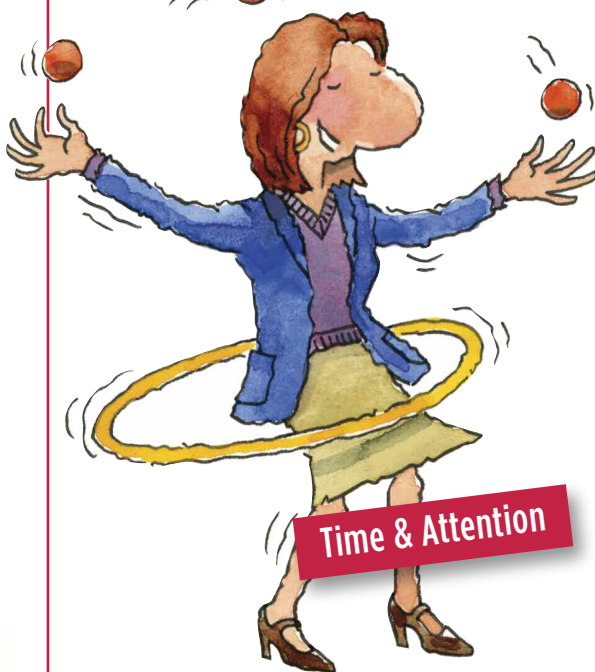


Schedule driving times when you’re least drowsy

Drowsy driving is a form of distracted driving that most people don’t think about when planning a trip. Did you know that many individuals are most likely to feel sleepy during mid-afternoon hours, from 2 to 5 p.m., and then again from midnight to 6 a.m.?

Keep your body clock in mind when setting a schedule that involves driving. For ways to keep your body fueled, well-oiled, and energized while behind the wheel, go to Dec.HopeHealth.com/driving.

The Whole You: Emotional/Mental Health



Reconnect with your inner kid

If you’ve ever found yourself thinking back to simpler times of carefree, youthful silliness, you’re not alone.

Many people yearn for a return to childhood and the activities that go along with it. The next time you have this fleeting thought, think about giving into it...if only for a few minutes.

According to the organization, Mental Health America, living well means creating joy and satisfaction in your life. One way to do that is to take time to do something you loved to do as a kid.

Maybe it’s coloring in a coloring book, blowing bubbles, creating a LEGO masterpiece, or jumping rope. What did you like to do as a youngster? When is the last time you did it?

Signing off on your holiday cards without stressing out

Whether you send an old-school greeting card, a photo card, or a year-end recap letter, you want to leave your recipient with a warm-and-fuzzy parting few words with your signature, but what?

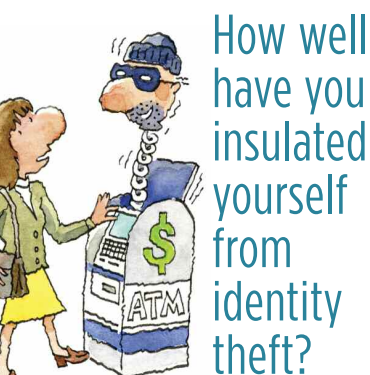
Here are a few:

- “Hoping you’re surrounded by love and warmth this holiday season.”
- “Wishing you health, comfort, and richness this holiday season.”
- “May your home be filled with the joy of family and friends this holiday season.”
- “Hope the holidays bring you many reasons to smile.”
- “Wishing you good times, good cheer, and a Happy New Year!”
- “May the peace and beauty of the season remain with you throughout the coming year.”



“Time is the most valuable thing a man can spend.”

— Theophrastus

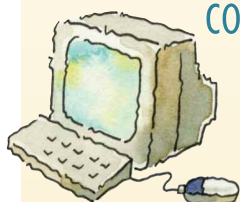


How well have you insulated yourself from identity theft?

Every three seconds, someone becomes a victim of identity theft. Do your part to make sure you're protecting your personal and financial information as well as you can. Wondering how you're doing in reducing your risk of identity theft? Take a quick quiz to find out. Go to Dec.HopeHealth.com/theft

Source: Identity Theft Resource Center

Before you get rid of your old computer, wipe it clean



You've bought (or better yet, received as a gift) a faster, sleeker PC, laptop, tablet, or smartphone; now, what to do with the old clunker? You can resell it, donate it, or recycle it. First, though, make sure you've stripped it of your files and personal information. For more on what to do before disposing of an old computer, go to Dec.HopeHealth.com/computer.

FiscalFitness: Time & Attention

A weekly financial check could save real money

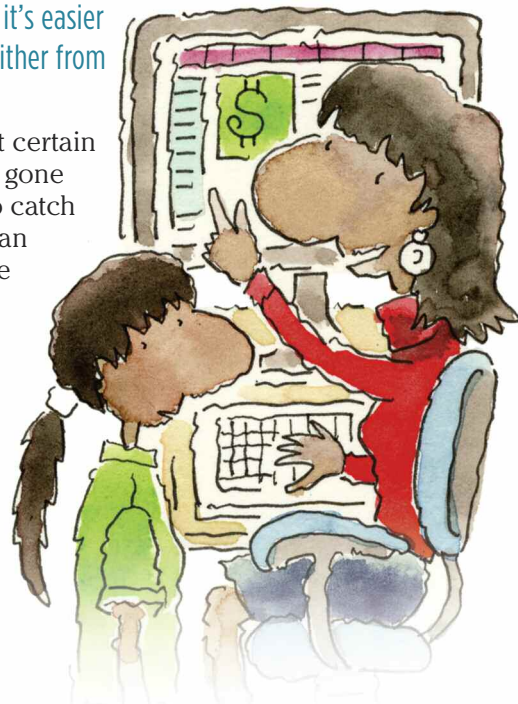
Today's world of automated everything means it's easier than ever to let finances get out of control — either from your own doing or because of identity theft.

Get in the habit of taking a weekly look at certain financial accounts to be sure you haven't gone over your budget without realizing it or to catch any fraudulent charges or activities. You can either log into your account online or give your financial account provider a call.

Check on:

- Credit-card activities and balances
- Checking and savings account(s)
- Investment account(s)
- Cell-phone bill

Make a standing weekly date with yourself to go over your accounts so you don't forget.



Financial New Year's Resolutions can pay off

The year is coming to a close, but before it does, many people will be planning for how to make 2016 an even better year. Improving one's financial health is a popular New Year's Resolution.



Source: Fidelity® Investments

In one survey, for respondents who said they made a financial resolution at the start of 2014, more than one-half (51%) reported feeling they were better off financially by the end of the year. When comparing financial resolutions to other popular resolutions, such as exercising regularly or giving up smoking, 42% said it was easier to stick to a financial resolution.

Leading financial resolutions:

- Save more • Pay off debt • Spend less
- Develop a long-term goal plan
- Make and stick to a budget
- Pay down credit-card debt

For help with setting financial goals, go to Dec.HopeHealth.com/finances.

“It’s not enough to be busy, so are the ants. The question is, what are we busy about?”

— Henry David Thoreau

Button batteries bring added risk; be on the lookout with little ones

Many electronic devices now use disk-shaped button batteries. Although small in size, the potential choking risk is large for young children. When a child swallows a button battery, saliva triggers an electrical current. This causes a chemical reaction that can severely burn the esophagus in as soon as two hours. The scary part: It may not be immediately obvious that something is wrong, because kids can still breathe and act normally after swallowing a battery. To learn more about button-battery safety, go to Dec.HopeHealth.com/batteries.

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

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Founder: Lester R. Sauvage, MD

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What's Trending Now: Time & Attention

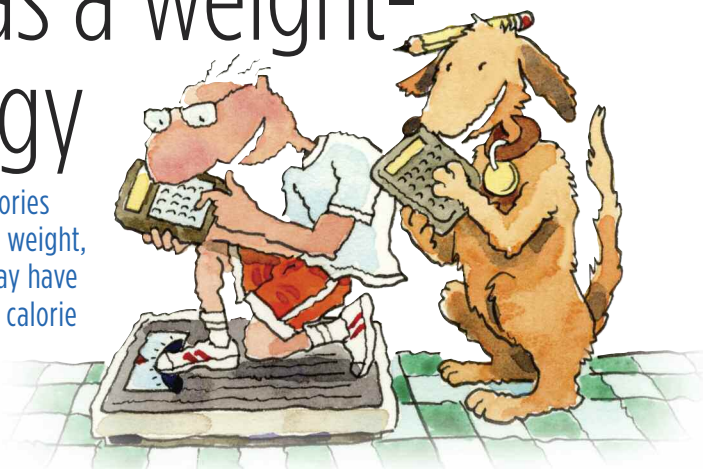
Put the kibosh on calorie counting as a weight-loss strategy

Many people focus on tracking calories in their efforts to lose or maintain weight, but playing the numbers game may have a side effect. A study showed that calorie counting may hinder individuals' ability to focus.

“If you’re counting calories, seemingly innocuous reminders of tempting, high-calorie food — such as an empty donut box in the middle of a conference table — can lead to worse performance on difficult tests of attention and reasoning ability,” according to one researcher.

The researchers at the University of California at San Diego, Harvard University, and Princeton University suggest people wanting to curb their calorie intake avoid counting calories and instead use simpler strategies, such as avoiding added sugars or not eating after dinner.

The research is still preliminary, and more data is being collected to replicate the initial results.

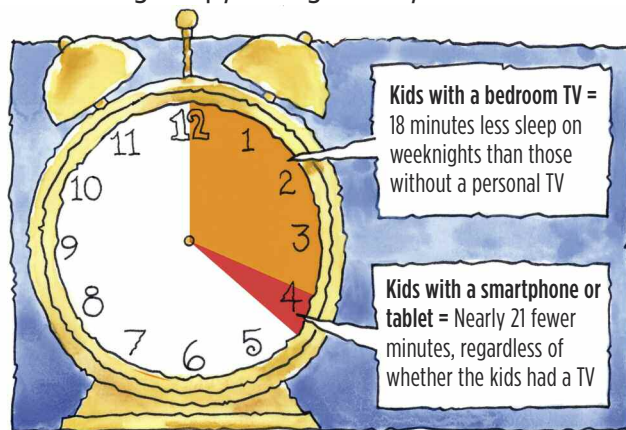


Source: Society for Personality and Social Psychology

Silence smart-phone use in kids' bedrooms

Small screens provide access to a wide range of content, including games, videos, Websites, and texts, that can be used in bed and delay sleep, one of the researchers noted. The devices also produce audible notifications of incoming communications that may disturb sleep throughout the night.

A study of more than 2,000 elementary and middle-school students found having a smart-phone or tablet in the bedroom was linked to less weekday sleep (even more so than a TV) and feeling sleepy during the day.



Source: HealthFinder.gov



Stocking Your ToolBox: Your Source for Cool Tools & Resources

Check out Dec.HopeHealth.com for a ton of useful well-being information. In addition to the links included throughout the newsletter, here's what else you can find online in handy, downloadable PDFs that you can print and/or share:



- **Mindful Eating:** The strategy has many benefits — from aiding in digestion to helping you to prevent overeating. Learn the practical, BASIC approach to being more aware of what you eat.

- **15-Minute Workout:** If you can spare 15 minutes, you can get in a workout without going to the gym or buying expensive exercise equipment. All that's required is space, comfortable clothing, and energetic enthusiasm.

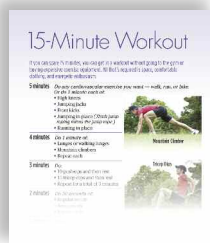


- **Goof-Proof Your Grammar:** Double check anything you write — whether professionally or personally — to make sure you haven't made common mistakes.

- **Something Smell a Little PHISHY?** — Phishing is a common way for identity thieves to get personal and financial information electronically that they can use for malicious purposes. Learn what to look for and how to avoid an attack.



Scan this Quick-Response Code with your smartphone.



HOPEHealthInfo: Until next issue

December is hectic for most people. Get-togethers and gift shopping can be great fun, but don't forget about yourself. Be sure to take time for you and you alone. If needed, set a daily reminder to relax and recharge. Read a book, take a hot bath, enjoy a cup of tea, meditate, do some yoga, journal, or occupy yourself with whatever helps you to unwind. Think of this "me appointment" as a gift you're giving yourself. No need to feel guilty about it or feel like you're being selfish. On the contrary, you should feel proud that you're focusing on your own wellbeing, and that will benefit you and everyone around you.

Until next issue, don't forget to relax and enjoy your own company often — on a daily basis if you can.