

HOPE

healthletter®

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"An ounce of prevention is worth a pound of cure."

MARCH 2015

Sage advice from the cooking goddess

When you think of kitchen icons, one of the first people likely to come to mind is Julia Child.

The chef, author, and TV personality, who lived to be 91 (*two days shy of her 92nd birthday*), may have had it all figured out when it comes to good home cooking and its role in lifelong health.

Preparing food at home versus eating out may make meals more nutritious, because you control the ingredients and portions.

However, many people don't spend much time in their kitchens. In a Harris Interactive poll of 2,503 adults, only 41% said they prepared meals at home five or more times each week. Vow to start cooking more of your meals, and discover the joy that comes from cooking.

Here are some words of wisdom from the culinary queen:

- "Learn how to cook — try new recipes, learn from your mistakes, be fearless, and, above all, have fun!" Use the kitchen to be creative. Experiment with foods you've never had before, and don't worry about the way it looks. Taste is what counts.
- "You don't have to cook fancy or complicated masterpieces — just good food from fresh ingredients." Focus on fruits and vegetables, whole grains, quality proteins, and healthy fats in sensible portions.



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"One of the secrets, and pleasures, of cooking is to learn to correct something if it goes awry, and one of the lessons is to grin and bear it if it cannot be fixed."

— Julia Child

OuterAisleFresh:

Spreading knowledge of other nut butters

Peanut butter is not the only nut spread option. Other nut butters are becoming popular.

Nuts and their butters provide heart-healthy monounsaturated fat. They are also a source of vitamin E, other vitamins and minerals, and fiber. Remember, though, that nut butters are still high in fat and calories, so be mindful of how much you consume. One serving (2 level tablespoons) has about 200 calories and 25% of your daily fat allowance.

When selecting nut butters, look for “all-natural” products that contain only the nut and maybe some salt. Avoid options with added sugar. You can also make butter by simply grinding nuts in a food processor.

Cashew butter

- **Pros:** Highest in zinc, copper, and iron of all the nut butters
- **Cons:** Slightly less protein than other butters and does not contain omega-3s

Almond butter

- **Pros:** Among the lowest of nut butters in calories, and one of the highest in protein, fiber, and calcium
- **Con:** More expensive than peanut butter

Hazelnut butter

- **Pros:** One of the lowest in percentage of saturated fat, and high in the powerful antioxidants proanthocyanidins (PACs)
- **Con:** Chocolate and sweeteners are often added to the spread, which increases the sugar content

Source: The American Council on Exercise



Mango mania

Most people think of the apple as the iconic healthful fruit, but did you know that mangos are the most widely consumed fruit in the world and are a great source of vitamins A and C?

If you've never had mangos, here are a few ways you can enjoy them.

- **Salsa:** Chop and combine mangos, red onions, jalapeños, and cilantro. Add lime juice. Serve over fish, shrimp, chicken, or pork.
- **Tea:** Slice and freeze mangos. Then add them to flavored iced teas.
- **Smoothie:** Blend 1 cup of orange juice, ½ cup of low-fat yogurt, and one banana. Add six ice cubes and one diced mango. Blend.
- **Sandwich:** Toast whole-wheat bread, spread with a nut butter, and add mango slices.
- **Pancakes:** Mix mangos into any batter for a new twist on fruit-filled pancakes.
- **Parfait:** Layer low-fat yogurt, whole-grain granola, and mangos.

Source: Fruits and Veggies — More Matters

Chocolate Almond Butter Bites

- 1 cup old-fashioned oatmeal
- 2 Tbsp. unsweetened cocoa powder
- 2 Tbsp. unsweetened shredded coconut
- ½ cup natural almond butter
- ¼ cup honey

Mix oatmeal, cocoa powder, and coconut in a bowl. Add almond butter and honey. Mix until completely blended. Spoon out tablespoon-sized portions and roll into balls. Chill for at least 15 minutes. Store in refrigerator.

Serves 24. Per one-ball serving: 58 calories, 3 g fat (0.3 g saturated fat), 0 mg cholesterol, 17 mg sodium, 7 g carbohydrates, 1.6 g protein

GetMoving:

Channel your inner child and jump your way to fitness

Need a break from your high-tech gadgets, state-of-the-art exercise equipment, and new-fangled fitness routines? Pick up a jump rope.

Jumping rope can provide a great cardiovascular workout, increase body awareness, and help to develop better hand-foot coordination.

Be sure you have:

- **A good rope** — lightweight with foam grips to prevent slippage. To determine the right rope length, step one foot on the center of the rope and bring both handles up. They should reach your chest.

- **Enough space** — in front, behind, and above you.

- **Comfortable shoes** — Opt for aerobic shoes or cross-trainers. Make sure the shoes have a reinforced toe and good cushioning.

Proper form isn't complicated.

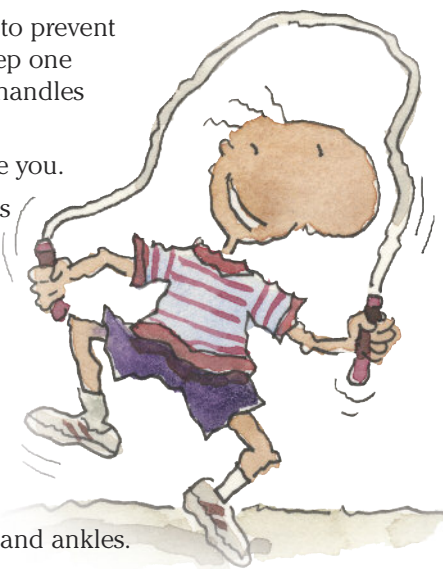
- **Relax your shoulders** and keep your elbows close to your body.

- **Slightly bend your knees.**

- **Turn the rope from your wrists.**

- **Keep your head up and back straight.**

- **Jump low** to minimize the impact on knees and ankles.



For a great workout, turn on upbeat music and start jumping. Once you've gotten the hang of it, you can get more creative by jumping backward or varying foot patterns. If your legs need a break, stop jumping and twirl the rope from side to side to challenge your upper body.

Source: *The American Council on Exercise*

Is it worth it?

Ever wonder how long you'd have to exercise to burn off the calories from a guilty food pleasure? If you knew, would you still eat it?

If you're 150 pounds and walking at a 4-mph pace, here is how long it would take to burn the calories from a few common junk foods.

Food	Minutes of walking required
3 ounces of chocolate ice cream.....	20
1 slice of pepperoni pizza.....	28
1 serving of potato chips.....	34
20-ounce cola.....	36
1 slice of plain cheesecake.....	40
1 medium order of typical fast-food French fries.....	59

Visit museums, the zoo, or an aquarium. You can walk for hours and not realize it.

Weighing in on strength-training styles

*Which method of strength training is better — using free weights or using machines?
The answer: It depends. Each has advantages and disadvantages.*

Free Weights

Pros

More closely matches movements needed for specific sports

You can do a wide variety of exercises with a set of dumbbells

Inexpensive, portable, and space-saving

Cons

You'll need to balance the weight in addition to moving the weight

Targeting specific muscles to work can be tricky

Training alone may not be wise due to risk of injury if you don't use proper techniques or use too much weight

Machines

Pros

Safe and easy to use

Can more easily target specific muscles

Ensures you use correct movements

Cons

Typically, you can only do one exercise with each machine

Often designed for the average-sized person, so it may be difficult to perform movements if you're shorter or taller

May require a gym membership or purchasing expensive equipment

Source: *The American Council on Exercise*

The Whole You:


PHYSICAL HEALTH

Focusing in on laser eye surgery

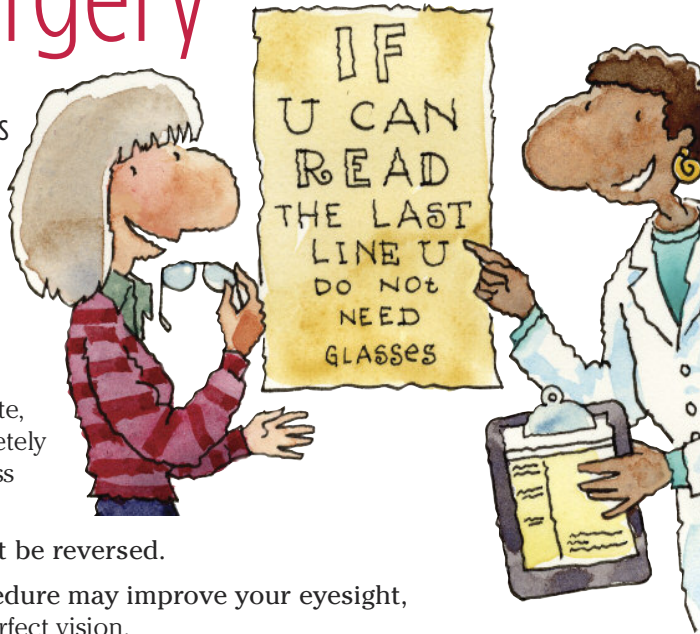
Having better vision without corrective aids may sound appealing. To achieve just this, many people have chosen laser eye surgery to improve their eyesight.

Before you go this route, make sure you completely understand the process and results.

- The surgery cannot be reversed.
- Although the procedure may improve your eyesight, it may not give you perfect vision.
- The American Academy of Ophthalmology reports that nine out of 10 patients achieve somewhere between 20/20 and 20/40 vision.
- Many people need reading glasses by their mid-40s, even after having the surgery. If you're nearsighted and don't yet need reading glasses, having the surgery may mean you'll need reading glasses sooner than if you had not had the surgery.
- The benefits may decrease over time and require "retreatment."

 For more information about laser eye surgery, including questions to ask a potential surgeon, go to Mar.HopeHealth.com

Source: Federal Trade Commission




Making sense of your metabolism

Your body is constantly working, whether you're moving or not. Even while you're sleeping, your heart is beating, you're breathing, your liver is clearing toxic substances, and you're making, repairing, and breaking down cells and tissues. All this work is referred to as your "metabolism," and it requires energy (*through calories*).

If you're trying to maintain or lose weight, you may want to know what's called your resting metabolic rate (RMR) — the rate at which your body burns calories when you are comfortably resting.

Why is this number important? When you cut calories to below your RMR, you will not be eating enough to allow your body to function properly. You can do this for a day or two without consequences, but your body will then start to fight back and decrease your metabolic rate, making it harder to maintain or lose weight.

According to Shape Up America!, "Severe calorie restriction is totally unnecessary and counterproductive. The alternative is to take the long view and be willing to LOSE WEIGHT SLOWLY by restricting calories only modestly."

 For a better idea of what your RMR may be, go to Mar.HopeHealth.com to access a metabolism calculator.

Source: Shape Up America!

What the heck is a text neck, and why should I care?

A text neck is a condition affecting people who spend significant time hunched over handheld electronic devices.

Many people flex their heads forward (*creating the text neck*) when viewing and typing on smartphones and/or tablets. This can lead to poor posture and spine-related problems. Common early text-neck complaints include:

- Pain in the neck, shoulders, back, arms, elbows, wrists, hands, and fingers
- Headaches
- Numbness and tingling in the arms

To avoid a text neck and reduce chances of long-term problems, sit up straight and bring handheld devices up to eye level.

Source: Dean Fishman, chiropractor and creator of the Text Neck Indicator (a mobile app).



The Whole You:

EMOTIONAL HEALTH

Top traits of highly successful people

If you do an online search of “top traits of highly successful people,” you’ll likely come up with more than 20 million results. To save you time from reading through even a fraction of the results, here are common traits on many of the sites:

- **Drive** — You work hard and get things done. You don’t procrastinate.
- **Self-reliance** — You take on responsibility and are accountable for the decisions you make and actions you take. You don’t try to deflect blame when things don’t turn out the way they should.
- **Self-confidence** — You trust your instincts and abilities, so you don’t hesitate or second guess yourself.
- **Optimism** — You believe the future is bright and full of opportunities, so you’re less likely to give up.
- **Creativity** — You come up with better solutions to address problems/issues/needs.
- **Integrity** — You’re honest, even when it is difficult or uncomfortable to be so.



Source: National Endowment for Financial Education

Summertime sitters

Spring officially starts this month; but before you know it, summer will be here. If you’re one of the 21 million families in the United States in which both parents work outside the home and you have younger children, you will need to find child care for your kiddos. Start looking now.

In addition to child-care centers, here are some common options:

- Summer day camps
- School-based programs
- Babysitters • Nannies

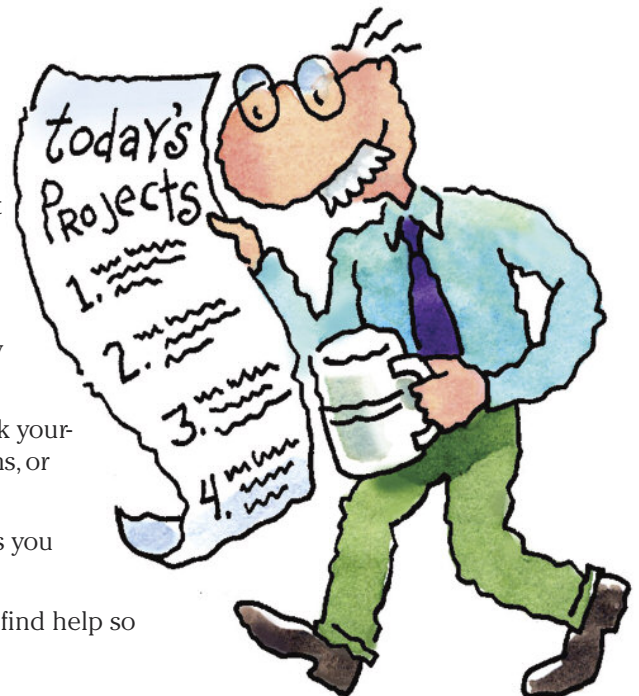


For more specifics on any of these child-care options, go to Mar.HopeHealth.com

Control-your-stress checklist

Many situations can cause your stress response to kick in... if you let it. The key is to recognize what leads you to feel stressed and when, and then develop ways to prevent it or handle it.

- ✓ **Are you often late?** Take a look at your time management. Make it a habit to plan your day, task by task (*in advance*), and give yourself enough time for your to-dos. Overestimate the time each task will take. Insert spaces into your schedule to avoid back-to-back meetings.
- ✓ **Are you overextended?** If you’re juggling too much, determine what’s truly essential and important, and what you can put on hold or eliminate.
- ✓ **Are you easily angered or irritated by anyone or anything?** Pause to ask yourself if you’re making something a bigger issue than it is, leaping to conclusions, or letting your emotions cloud your reasoning.
- ✓ **Are you feeling pessimistic in general?** Stop and remember all the things you have to be grateful for and vow not to compare yourself to others.
- ✓ **Are you burned out?** Consider self-nurturing activities to recharge and/or find help so you don’t have to do tasks alone.



FiscalFitness:

Safe and secure

Chances are, you have important documents and valuables you want to keep safe. You have a couple of options: a safe deposit box at a financial institution or a home safe.

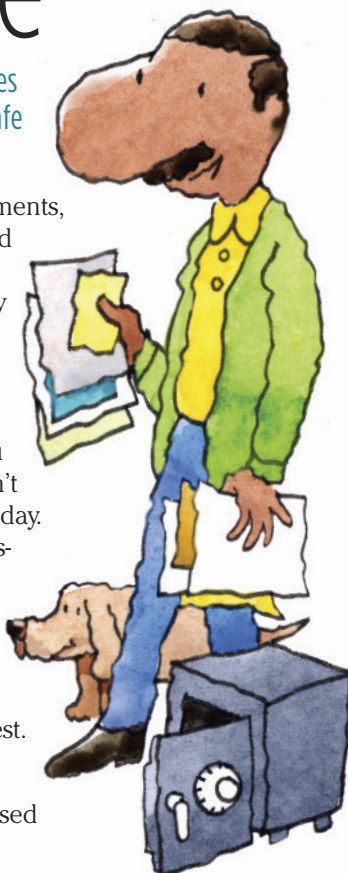
A safe deposit box is good for originals of key documents, such as birth certificates, property deeds, car titles, and U.S. Savings Bonds that haven't been converted into electronic securities. Other possibilities include family keepsakes, valuable collections, pictures or videos of your home's contents for insurance purposes, and negatives for irreplaceable photos.

A home safe may be a better option for anything you might need to access quickly or when a bank wouldn't be open, such as at night or on the weekend or a holiday. Items more suitable for a home safe may include passports and original power of attorney documents.

As for money, a bank deposit account, such as a savings account or certificate of deposit, is better than either a home safe or a safe deposit box. Money in a home safe or safe deposit box cannot earn interest.

For where to store your original will, check with an attorney about requirements or recommendations based on your state's laws.

Source: Federal Deposit Insurance Corporation (FDIC)



Nest eggs for nest keepers

Although a requirement for opening an Individual Retirement Account (IRA) is that you have earned income, the Internal Revenue Services (IRS) makes an exception for married people who stay at home.

These individuals can open a "spousal IRA." In reality, the "spousal IRA" is just a regular IRA. The name merely indicates that the working spouse contributed to an IRA held in the name of the non-working spouse.

Opening a "spousal IRA" can be a way to boost overall household retirement savings. Consult with a trusted professional accountant or financial advisor to determine if a "spousal IRA" is right for you.



Keep balances low on credit cards. Maxing out your credit cards could lower your average score by as much as 70 points.

The real cost of online penny auctions

Online penny auctions involve the website owners posting items to bid on, such as high-end cameras or the latest tablets.

Unlike traditional auctions, where only the winners pay, in penny auctions, you pay before and as you bid — win or lose.

- You may pay a fee to register for the site.
- After that, you buy bid packages, which allow you to buy a certain number of bids for a certain price.
- You can then bid on items. The price usually starts at zero. Each bid increases the item's price by a penny.
- Each bid resets a countdown clock for anywhere from 10 seconds to two minutes.
- When time finally runs out without anyone bidding and resetting the clock, the final, winning price is established.
- Winning the auction doesn't usually mean you've won the item. It means you've won the right to buy the item at the final price, along with paying for all your bids along the way.



For more on penny auctions, go to Mar.HopeHealth.com

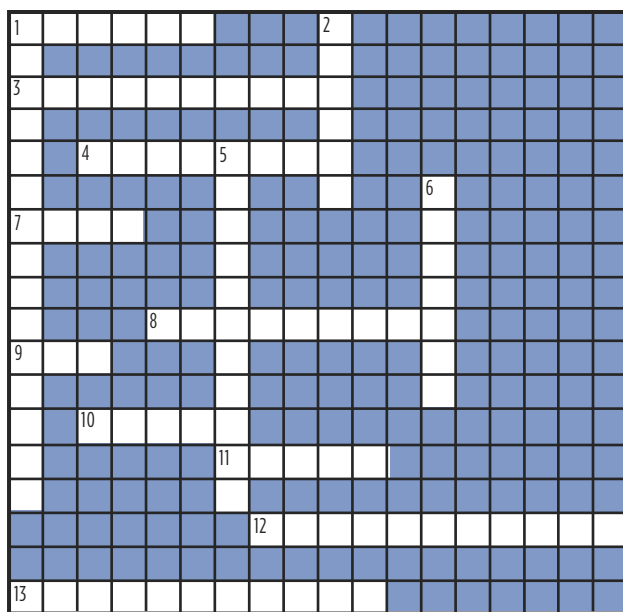
Source: Federal Trade Commission

The choice is yours

Jennie Schuman is probably a lot like you. She juggles work and family commitments, and tries to squeeze healthy living into her hectic schedule when she can. Follow along on Jennie's Health Journey.


A positive attitude can lead to happiness and success, and can change your whole life. If you look at the bright side of life, your whole life can become filled with light. This light can affect not only you and the way you look at the world, but also your whole environment and the people around you.

 For a few examples of the benefits of positive thinking, go to Mar.HopeHealth.com and read the rest of Jennie's story.



DOWN

1. Type of fat found in nut butters
2. Nut butter with the highest amount of zinc and iron
5. The benefits of laser eye surgery may decrease over time and require _____.
6. A type of IRA for a husband or wife who doesn't work outside the home.

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

Crossword Workout —

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

ACROSS

1. The most widely consumed fruit in the world
3. Meals prepared at home may be more _____.
4. Can provide a great cardiovascular workout (*two words, no space*)
7. Where you should keep important documents and valuables
8. A complaint due to text neck
9. Don't cut calories to below this (*abbrev.*)
10. A trait of highly successful people
11. A summer child-care option
12. A positive to using free weights
13. To eat more healthfully, don't listen to these



Tool Box Your Source for Cool Tools & Resources

Go to Mar.HopeHealth.com to find:

- More information on laser eye surgery, summer child-care options, and penny auctions
- A metabolism calculator
- The rest of Jennie's story
- The Crossword Workout answer key



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If you have a question or comment on a story, or a suggestion for topics you'd like to see covered in a future issue of the newsletter, leave a comment on our Facebook page.

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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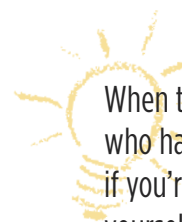
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When talking to someone who has hearing difficulties, if you're asked to repeat yourself, try using different words than you used the first time.

HOPE HEALTH LETTER

Weight Control:

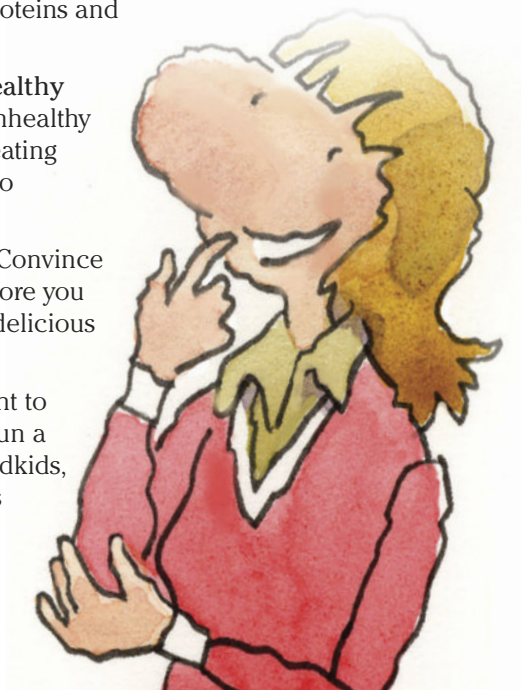
Mind over platter

To eat better, you may need to “train your brain” to think differently.

Do you know what you should do to eat more healthfully, but still don't do it? It's a common problem. Many people have the knowledge to make the right choices, but don't apply it.

- **Talk to yourself instead of listening to temptations.** Don't let ads, other propaganda, and social situations tell you it's OK to eat or drink something you know isn't good for you. Instead, tell yourself how much you like fruits and vegetables, and how good low-fat proteins and whole-grain fiber will be for your body.
- **Create positive associations with healthy habits** and negative associations with unhealthy ones. Picture how active you'll be from eating vegetables and how you might struggle to climb stairs if you consume junk foods.
- **Try new things with an open mind.** Convince yourself that you like healthful foods before you have them for the first time. Remember, delicious and nutritious can coexist.
- **Focus on your goal.** Whether you want to have more energy and better health to run a marathon or just keep up with your grandkids, remember that nothing tastes as good as achieving those goals will feel.

Source: Beth Michaels, RD, MS, blogger at NourishingPassions.com



*“If you see the world
in black and white,
you're missing important
grey matter.”*

— Jack Fyock

*“Follow your passion,
and success
will follow you.”*

— Terri Guillemets

*“Why not go out
on a limb?
Isn't that where
the fruit is?”*

— Frank Scully

*“Friendship isn't
a big thing —
it's a million little things.”*

— Author Unknown

*“Never ruin an apology
with an excuse.”*

— Kimberly Johnson