Healthy You!
“Your Source For A Happy and Healthy Lifestyle.”
July 2014

THIS EDITION FEATURES:

Get On Your Feet

- Your Cup of Joe
- Stealth Health
- Finding Patience
- Sun Smarts

Brought to you by Independence
Get On Your Feet

“Sitting disease” can be considered a sign of the times — technology is pushing us toward a more sedentary society. You can buy groceries, read a novel, and take care of everything in between from behind a computer screen. And, if you have a desk job, you may be sitting all day without even thinking about it.

Increasing your level of physical activity is always a good idea, but finding ways to move around throughout the day is just as important as fitting in a good workout. A study by the Women’s Health Initiative reports that even if individuals work out regularly, prolonged sitting can still significantly increase their risk of cardiovascular disease and stroke.

Help reduce the risk by making a conscious effort to stand up and stretch every day. Here are some simple tips:

• Set a timer and make it a point to stand up and stretch every 30 minutes.
• Walk or pace while talking on the phone.
• Take all of your breaks and use them to walk around the office.
• If you enjoy video games, choose games where you are the controller.
• Be active while watching your favorite shows — dust, sweep, and mop, or jog in place.
• Limit your time behind a screen; don’t get caught up in useless Web surfing.
• If it’s safe, consider walking when you do errands like going to the grocery store. Or, just take a leisurely stroll.

Your Cup of Joe

What’s the first thing you look forward to when you wake in the morning? More than half of the people reading this will probably answer with, “A cup of coffee, of course!” You may be worried that this article is going to ruin your morning cup of joe, but even though coffee has a history of being labeled “bad for you,” recent research shows it may actually have some health benefits.

When you drink coffee in moderation:

• It is a source of antioxidants. The human body seems to absorb more antioxidants from coffee than from anything else.
• It is pleasing to the senses and makes you feel happy. Just the smell of a steaming cup of coffee could make you less stressed.
• It allows your brain to work more efficiently.

Coffee does have a downside. Negative effects tend to come from excessive consumption, so it’s best to limit your intake to a cup or two a day. Enjoy your brew, but remember that added cream and sugar is added calories. Additionally, you should drink extra water when you consume caffeine.
Open communication with your family about eating right is important. Kids who learn the value of nutritious snacks and meals are more likely to bring these habits into adulthood.

Often, though, children gravitate toward foods that are not very good for them, such as salty and sugary treats. In these cases, you may have to resort to a bit of trickery. Here are some ideas to improve everyone’s diet:

Have the kids help. Start a small vegetable garden or greenhouse and have the family plant, care for, and harvest the fruits and vegetables. In the kitchen, have the kids help with simple tasks, such as stirring a pot, rolling out dough, or stacking sandwiches. Try using your garden’s harvest to make an interactive meal of homemade veggie pizzas.

Get rid of snack foods that don’t have nutritional value. Instead, offer fresh vegetables or fruit for snacks. Carrot or celery sticks, sliced apples, bananas, and orange wedges are quick, easy snacks. To satisfy the munchies, look in the natural foods aisle for packaged snack goods that are vegetable-based, baked, high in fiber, and that contain organic ingredients, such as baked root vegetable chips.

Sneak in vegetables. Use a ricer on vegetables to make them similar in texture to foods that your children like to eat. Try using kids’ favorite foods as a base, and add finely grated or chopped vegetables to them. For example, add shredded spinach and carrots to meatballs or mashed sweet potatoes to macaroni and cheese.

Push dessert. Make desserts from scratch so you can make smart adjustments. In baked goods, reduce the sugar, replace butter with applesauce, and add a finely grated neutral-flavored vegetable to the batter. Or, make your own ice pops using pureed fruit and yogurt (see the recipe below for a delicious option).

Recipe of the Month: Frozen Pineapple Pops

Ingredients:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 12-ounce can of frozen orange juice concentrate</td>
<td>2 cups plain yogurt</td>
</tr>
<tr>
<td>½ of an 8 ounce can crushed pineapple, packed in juice</td>
<td>Popsicle sticks</td>
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Instructions:

Drain the can of crushed pineapple. Place drained pineapple and remaining ingredients in a large bowl and mix together. Spoon the mixture into containers such as ice cube trays, paper cups, or reusable ice pop molds, stand the stick straight up in the containers, and freeze.
The summer sun is strong, and even if you wear sunscreen you could still get burned. Before you head outside for the day, be sure you are prepared for the elements.

- **Use sunscreen.** Even on overcast days, 70-80 percent of ultra violet (UV) rays travel through clouds. Use a broad spectrum (UVA/UVB) sunscreen of SPF 15 or higher every day you are outside, or SPF 30 or higher for extended outdoor activities. Broad spectrum sunscreen offers protection against both UVB and UVA rays. While all sunscreen protects against UVB rays, UVA rays can contribute to sun-induced skin cancer and premature skin aging. Be sure to cover easy-to-miss spots such as lips, ears, around the eyes, neck, hands, and feet. Reapply at least every two hours, or more if swimming or sweating.

- **Wear UV-blocking sunglasses** with large or wraparound frames to protect the eye area and reduce the risk of cataracts later in life.

- **Cover up with a hat** and tightly woven fabrics. A 3- to 4-inch brim that extends all around the hat helps protect often-exposed areas like the neck, ears, scalp, and face. Tightly woven fabrics and deep colors offer more protection than light translucent colors, which UV rays can pass through.

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### Sun Smarts

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### Finding Patience

In our hurry-up, go-faster, get-more-done society, it may be surprising that one of the keys to keeping it all together is patience. Think about how you feel when you're stuck in traffic, or a slow line at the store, and your child is throwing a tantrum. That growing feeling of unpleasantness is impatience. Your nerves are frazzled, your heart is racing, and you aren’t accomplishing a thing! What to do? Practice patience.

Patience can help to quiet the outrage, soothe the anxiety, and make frustration disappear. Here are some tips to help you harness patience when you need it most:

- Give up the fight. Getting upset won’t change anything about the situation.
- Become aware of the tension in your body. Take a deep breath, relax your muscles, and unclench your jaw.
- Know that everything is going to be okay. Call to say you will be late, take a break from what you are doing, and don’t be afraid to ask for help.
- Take care of yourself. You may find that you lose your patience less when you have eaten a healthy meal, gotten a good night's sleep, and made time to do something you enjoy each day.

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### Ease Sunburn Pain

- **To soothe the skin, apply aloe vera gel or lotion.**
- **Apply a cold compress or take a lukewarm bath.**
- **Take over-the-counter pain medications, such as ibuprofen (Advil, Motrin).**
- **Drink lots of water to rehydrate.**
- **In cases of severe sunburn, see your doctor.**
Act or React?

Do you seem to spend most of your time putting out fires? If your day is consumed by responding to crisis, questions, and other disruptive activities, it’s time to plan and prioritize.

1. Urgent tasks are usually reactive and don’t help us work toward our goals.
2. Important tasks get you closer to accomplishing your agenda.
3. Can the urgent matter be delegated?
4. Plan your day knowing that urgent matters arise and block off time for unexpected issues.

Interruptions are never-ending. Choose what you respond to by asking yourself, does this need to be done now, or, can I schedule it in my day, and what can I do next time to avoid this fire?

Monthly Quiz:
See how much you learned in this month's issue!

1. “Sitting disease” is a phenomenon caused by technology pushing us to a sedentary society.
   a. True
   b. False

2. If coffee is one of the first things you look forward to in the morning:
   a. Don't drink it, because it's bad for you.
   b. Don't fret, coffee is pleasing to the senses and could make you feel less stressed. Moderation is key.
   c. Drink as much as you want, there is no way to overdo it.

3. When you wear sunscreen and follow sun safety basics:
   a. You will never get sunburn.
   b. There is still a chance of ending up with a burn.
   c. You are 100% protected from sun damage.

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