

HEALTHY *You!*

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March 2014

THIS EDITION FEATURES:

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- **Resist Temptation: Mind over Matter**
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Exercise

A Prescription for Arthritis

If you suffer from arthritis and joints that are stiff and painful, the thought of exercise may seem overwhelming. But walking around the block or swimming a few laps may be just what the doctor ordered to help reduce your symptoms.

How can exercise relieve arthritis pain?

Exercise strengthens the muscles around your joints and helps you maintain bone strength. Lack of exercise allows your muscles to weaken, creating more stress on your joints and making movement more difficult. Keeping your muscles and surrounding tissue strong through basic exercise is vital to maintaining support for your bones and relieving pain.

What types of exercises are best?

Check with your doctor about what type of exercises are best for you based on your type of arthritis and which joints are affected. Your doctor or physical therapist may recommend range-of-motion exercises like shoulder rolls, strengthening exercises with weights, or low-impact aerobics such as walking, swimming, or bike riding.

Keep yourself active in a variety of ways. Trust your instincts, and don't exert more energy than you think your joints can handle.

Visit [cdc.gov/arthritis](https://www.cdc.gov/arthritis) for more information.

Pain is inevitable. Suffering is optional. ~M. Kathleen Casey

The DASH Diet for Lower Cholesterol

Dietary Approaches to Stop Hypertension (DASH) is an eating plan created by the National Institutes of Health to help those with hypertension or pre-hypertension. Studies have found that following the DASH Diet can also have additional benefits, including lowering cholesterol.

High cholesterol and high blood pressure are akin to each other. Hypertension, or high blood pressure, occurs when too much force is pushing on the artery walls, making your heart work harder to do its job efficiently. High cholesterol can be one of the causes of hypertension by increasing the build-up of plaque on the artery walls.





The DASH program recommends the following foods:

- 4 – 6 daily servings of fruits and vegetables
- 6 – 12 daily servings of whole grains
- 2 – 4 daily servings of low- to non-fat dairy
- 1 ½ – 2 ½ daily servings of lean meat, fish, or poultry
- 3 – 6 servings per week of nuts, seeds, and legumes



4-6
Daily



6-12
Daily



2-4
Daily



1.5-2.5
Daily



3-6
Weekly

These servings vary depending on your weight and your doctor's recommendation. The result is a diet that's high in fiber, low in fat and salt, and rich in potassium, calcium, and magnesium. The Centers for Disease Control and Prevention also recommend reducing your intake of saturated fat to less than 7 percent and limiting cholesterol intake to 200 mg a day to lower cholesterol. As a bonus, these dietary changes, combined with regular exercise, can help you shed unwanted pounds.

More details about the DASH diet can be found at dashdiet.org.

Resist Temptation: Mind Over Matter

Temptation is as old as the Garden of Eden. Whether you are fighting the urge to eat that extra cookie, go shopping again, smoke a cigarette, or take another drink, willpower is critical to helping you meet long-term goals.

We know from research that when people delay gratification, they often achieve greater success and better health. So how can you strengthen your willpower?

- 1.** Practice self-control, but don't overdo it or you'll deplete your determination. Avoid places and situations that tax your willpower.
- 2.** Realize that it's the desire itself that is pleasurable and that wanting something actually feels better than having it. Indulge yourself in the feeling and emotions of wanting, and remind yourself that if you give in to the temptation, that pleasure will be gone.
- 3.** Use your imagination to distract yourself and think about something else. Every time you think about wanting that new pair of over-budget shoes or an extra slice of pizza, redirect your thinking.
- 4.** Stay out of temptation's way. If you can, plan ahead. Decide what you will order before arriving at the restaurant, or pack your lunch.



Tips to Avoid Tempting Snacks:

- Use the 15-minute rule. Commit to waiting 15 minutes to see if the craving will pass. If it's still there, wait another 15 minutes.
- Stop and ask yourself why you are about to eat something, and whether you will regret it later.
- Limit your access. If it's not in the house, you're not as likely to eat it.



The Pros and Cons of the Paleo Diet

Retro may be trendy, but is mimicking the eating pattern of our Stone Age ancestors going too far? The Paleo Diet (or caveman diet, as it's also known) recommends eating like the hunters and gatherers of pre-civilization. This includes eating mainly meat, fish, fruits, and vegetables, and avoiding dairy, sugar, salt, grains, and legumes. Like with any potential diet change, it's important to look at both the positive and negative aspects of this way of eating, as well as how they would affect you.

Pros

Removing sugar, salt, and refined grains means that processed foods are avoided, which may help with weight management.

A diet rich in lean protein and plant foods contains the fiber, protein, and fluids necessary to satisfy hunger, control blood sugar, and help prevent weight gain.

Whole, unprocessed foods are the basis of most healthy diet recommendations.

Cons

Removing food groups like dairy and grains may mean the loss of essential nutrients, such as calcium, magnesium, and B vitamins.

The diet excludes foods like oats, beans, and other sources of fiber that help to moderate cholesterol levels, which research shows are part of a well-balanced diet.

Restrictive eating with lack of variety and potential nutrient inadequacies makes this plan difficult to follow.

If the Paleo Diet appeals to you, be sure to supplement the plan with calcium and vitamin D, and talk to your doctor before making any dietary changes.

It's National Nutrition Month!

Get a better understanding of how your nutritional choices can influence your health with interactive games, quizzes, and videos from the Academy of Nutrition and Dietetics at eatright.org.

Volunteer In Your Community!

Help Yourself While Helping Others

Volunteering has enormous benefits for both you and your community. Time is precious and scarce in today's busy society. But, committing a portion of your week to volunteering is one of the best ways to make new friends, improve your social skills, and increase self-esteem and life satisfaction.

Volunteering is good for your mind and your body.

Boost self-confidence. Doing good for others can make you feel better about yourself and give you a sense of pride.



Reduce risk of depression. Volunteering can help reduce your risk of depression by keeping you in contact with others and building up your social support network.

Advance your career. Explore a new field; building upon skills you already have is a great way to gain experience while doing something positive for others.

Escape the everyday. Finding new interests and hobbies through volunteering can be fun and fulfilling. Volunteering helps you escape your mundane, everyday routine and create balance in your life.

Meet new people. Connect with people who have common interests, get to know a diverse group of people, and make more friends and contacts.

“No one cares what you know, unless they know that you care.”

— Unknown

To explore volunteering opportunities and find one that will benefit you, visit volunteermatch.org or unitedforimpact.org.



Meditation, Inner Peace, and Stress Reduction

If stress has you anxious, tense, or worried, meditation is a simple and inexpensive practice that can help you achieve a tranquil mind. Meditation can help give you a sense of calmness throughout your day, and improve your physical and emotional well-being.

There are many ways to practice meditation. Some simple techniques to get you started include:

- Focus on the present. Being in the now, rather than focusing on the past or the future, involves experiencing each moment and then letting it go.
- Pick a word or phrase that has meaning to you. Common words are “peace” or “love.”
- Find a quiet and comfortable place with few distractions.
- Close your eyes and concentrate on your breathing as you inhale and exhale. As you exhale, repeat your word or phrase.
- When you notice your mind wandering, gently return to your focus word.

Don’t worry about whether you’re doing it right — as you practice, you will find it easier to quiet your mind and distracting thoughts will come less frequently. Meditation practice will help you relieve stress in the moment, and help you to better deal with stress in the future.



Monthly Recipe: Sautéed Spinach

2 tablespoons extra-virgin olive oil	1 tablespoon of lemon juice
4 cloves of garlic, thinly sliced	¼ teaspoon of sea salt
20 ounces of fresh spinach	¼ teaspoon of crushed red pepper

Heat oil in a pan over medium heat. Add garlic, and cook until slightly brown. Add spinach, and toss to coat. Cook until spinach is wilted, 3 to 4 minutes. Remove from heat and add lemon juice, salt, and crushed red pepper.

Take Our Quiz!

What did you learn in this issue?

1.) How can exercise relieve arthritis pain?

- a. By stiffening joints
- b. By strengthening the muscles around joints to maintain bone strength
- c. By weakening supportive muscles around the joints

2.) What does the “DASH” diet stand for?

- a. Dieting Appetites to Satiare Humans
- b. Dietary Approaches to Stop Hypertension
- c. Dinner Apprehension Starts Health

3.) Volunteering your time and energy helps to do the following:

- a. Give you a sense of pride and reduce your risk of depression
- b. Find fun and fulfilling new hobbies and interests
- c. Both a and b

ANSWERS
1.) B. By strengthening the muscles around joints to maintain bone strength
2.) B. Dietary Approaches to Stop Hypertension
3.) C. Both a and b

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