HEALTHY You!

“Your Source For A Happy and Healthy Lifestyle.”

October 2014

THIS EDITION FEATURES:

Rethink Housework

- Time to Toss
- A Chance to Connect
- Just a Peek
- Dealing with Difficult People

Brought to you by Independence
Rethink Housework

Cleaning is hard work. And, while breaking a sweat doing housework alone may not lead to weight loss, it does count toward your overall physical activity for the day. Depending on your current weight and how hard you’re working, cleaning up can burn up to 250 calories an hour. However, all housework is not created equal. Here’s a breakdown of common housekeeping activities and how many calories they burn per hour:

- **Scrubbing floors on hands and knees:** 325
- **Heavy cleaning (vacuuming, cleaning bathrooms, repetitive bending over):** 250
- **Raking the lawn:** 235
- **General cleaning (washing dishes, doing laundry, making beds):** 200
- **Light cleaning (wiping counters, tidying up, dusting):** 100

Before you drop your gym membership to wash the windows, it’s important to note that chores aren’t a replacement for regular workouts. It’s easy to overestimate the amount of calories you’ve burned doing housework, resulting in eating extra calories. Mopping your floor doesn’t cancel out a piece of cheesecake, but it beats the couch for burning calories.

Time to Toss:
Food Expiration Explored

How much of your food do you throw away? According to a 2013 study, if you’re anything like the average American you probably toss out up to 40 percent of the groceries you purchase. That is a total of $165 billion in food waste for America. No one likes to throw away expensive groceries, so try these tips to minimize waste and maximize the shelf life of your food:

**Use-by date**
Why are we throwing away so much food? People often confuse the “use-by date” with an expiration date when deciding if a food is still safe to eat. According to experts, use-by dates are used for inventory control by retailers, not for determining whether a food is spoiled. Always smell and examine food and use your own judgment —throw away anything that has changes in appearance or flavor, or smells spoiled.
Preserving Produce

Fresh fruits and vegetables seem to spoil so quickly, but some have a longer shelf life than others. Here are a few fruit and veggie favorites that are long-lasting when stored in the refrigerator:

1. Apples can last 3 – 4 weeks (compared to 1 – 3 days at room temperature)
2. Carrots keep 2 – 3 weeks in a plastic bag in the crisper
3. Oranges last 2 – 3 weeks (compared to 1 week at room temperature)
4. Celery wrapped tightly in aluminum foil can keep for 2 – 3 weeks in the fridge

Get familiar with food shelf life, expiration dates, and food storage to save money and eat healthy!

Visit eatbydate.com to search by food categories and learn how long foods really lasts.

A Chance to Connect

If you had to choose, would you prefer that your children have:

- Higher self-esteem?
- Healthier eating habits?
- Stronger resilience?
- Better grades?
- A lower risk of substance abuse?
- A bigger vocabulary?

Luckily, you don’t have to choose! Research shows that the simple step of sharing nightly family dinners helps kids in all of these areas. If you find it difficult to gather the entire family at the dinner table, here are a few tips to get you sitting down together, whether it’s for breakfast, lunch, or dinner:

- Start with one night. Pick a date and schedule it on your calendar.
- Prepare meals like stews or casseroles in advance, so they can be quickly defrosted or heated and table-ready in a short time.
- If dinner isn’t convenient, have a family breakfast or healthy snack together instead.
- Bring food, fun, and conversation to the dinner table — leave phones, tablets, and games behind.

Meals at home bring people together for a chance to bond, share information, and foster feelings of belonging, security, and love.

For more tips, ideas, and benefits, visit:
TheFamilyDinnerProject.org
Dealing with Difficult People

From the person who always has to be right, to the supervisor who criticizes without being constructive, or the family member that blames you for everything, dealing with difficult people can be...well, difficult. So what can you do to handle these difficult folks and maintain positivity throughout your day?

Pick your battles and stay rational. Avoid unnecessary arguments. Resist urges to be defensive or impulsive in your interactions. Instead, take some time for a thoughtful, considered response.

Declare behavior unacceptable. It’s possible to confront someone about their behavior toward you or others, but it should be done calmly, professionally, and never in public.

Recognize what you can’t change. People don’t always realize they’re being difficult. Try to understand their experience and what leads them to their actions. Do your best to be patient and try to explain how their actions may be affecting you. Offer positive solutions rather than joining in their negativity.

Limit time. Keep interactions short and set healthy boundaries. The best way to deal with difficult people is to control how you react. The only behavior you can control is your own.

Five Ways to Maintain Boundaries

1. Put your needs first. Don’t doubt your own importance.
2. Have realistic expectations and limit interactions to a short time or a safe place.
3. Walk away. End a conversation by simply retreating.
4. Be kind and firm.
5. Remember that you are in charge of your feelings.

Just a Peek

When is a quick look, glance, or even just a peek, life-threatening? Being distracted can be dangerous, and texting while driving can be deadly. Distractions are anything that takes a driver’s attention from the road. There are three main types of distractions, and texting is the most risky because it includes all three!

Dangerous distractions cause the driver to:

1. Take their eyes off the road (visual)
2. Take their hands off the wheel (manual)
3. Take their mind of the road (cognitive)

Here are some examples of dangerous distractions while driving:

<table>
<thead>
<tr>
<th>Distraction</th>
<th>Visual</th>
<th>Manual</th>
<th>Cognitive</th>
</tr>
</thead>
<tbody>
<tr>
<td>Talking on phone</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Eating and drinking</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Talking with passengers</td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Adjusting the radio</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Using a navigation device</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Texting</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>

In today’s world of technology, the best solution is to disconnect when behind the wheel. Remember, it’s the law.
Five Health Insurance Terms You Should Know

Let’s face it, health insurance can seem complicated. The first step to understanding health insurance is grasping these main concepts.

1. **Deductible**: The annual amount you may be required to pay out-of-pocket before the insurance company will pay for your medical claims. Not all plans require a deductible, but those that have a higher deductible can keep your monthly premiums lower.

2. **Premium**: The amount you pay to the health insurance company each month to maintain your coverage.

3. **Copayment**: Also referred to as “copay” is the dollar amount that you may have to pay up front for a specific type of service. For example, a doctor visit may have a $20 copayment.

4. **Coinsurance**: The percentage amounts that you are obligated to pay towards a covered medical service once you’ve made the copay and/or the required deductible. For example your insurance company may only cover 80 percent of a $100 ER Visit, so you would have to pay the remaining 20 percent or $20.

5. **Maximum Out-of-Pocket Costs**: This is the set limit of what you must pay per year. Once you have paid this maximum dollar amount, the insurance company pays the full charges for additional covered services for the rest of the year.

Recipe of the Month:
Spooky Quesadillas

**Ingredients:**

<table>
<thead>
<tr>
<th>8 (8-inch) whole-wheat tortillas</th>
<th>2 cups low-fat Mexican blend cheese</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups salsa</td>
<td>Cooking spray</td>
</tr>
</tbody>
</table>

**Instructions:**

Stack four of the tortillas on a cutting board and use a sharp knife to trim the top leaving a small stem shaped like a pumpkin. Cut two triangles for eyes and a crescent shape for a mouth.

Preheat oven to 400 degrees; line a baking sheet with foil and spray with nonstick cooking spray. Place the uncut tortillas in a single layer, spread with ½ cup of cheese each, and cover with cutout tortillas. Cook until cheese melts. Serve with salsa.
Monthly Quiz:
How much did you learn in this month’s issue?

1. Which of the statements below is most true?
   a. You should always judge food’s freshness by the use-by date on the package.
   b. Always smell and examine food and use your judgment to throw away anything with a changed appearance, flavor, or a bad smell.
   c. Food stored in the refrigerator never goes bad.

2. Which of the following activities while driving is the most distracting and, potentially, the most deadly?
   a. Eating
   b. Adjusting the radio
   c. Texting
   d. Talking on the phone

3. Which definition below best describes a deductible?
   a. The amount you pay every month for health insurance coverage.
   b. The annual amount you are required to pay out-of-pocket toward your medical bills before the insurance company pays your medical claims.
   c. The percentage amounts that you are obligated to pay towards a covered medical service.