

HEALTHY

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THIS EDITION FEATURES:

On a Roll: **Healthy Picks for Sushi**

- **The health benefits of break time**
- **Basic injury prevention**
- **Let the sun shine in**
- **Disease prevention power foods for men**

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On a Roll:

Healthy picks for sushi

Sushi may be the prettiest food you'll ever eat, with its patterns, designs, and vibrant colors. And lucky for you connoisseurs, it's also a very nutritious meal option.

As a general rule, the combination of rice, seaweed, seafood, and vegetables makes for a low-calorie, high-protein meal. But sushi calories can add up fast.

Here are a few tips to make sure your sushi is a smart choice:

- Avoid anything with tempura. Tempura has been battered and deep fried, adding extra calories and fat.
- Choose tuna, yellow tail, shrimp, or salmon rolls for the lowest calorie fish options.
- Order veggie rolls, like those with asparagus, cucumber, avocado, mushrooms, and carrots.
- Watch the extras. Spicy tuna rolls typically have added mayonnaise, and Philadelphia rolls include cream cheese.
- Two rolls per person is a sensible portion.
- Start with a ginger salad or miso soup for added satisfaction.

The health benefits of break time

It's a busy world, and you may find yourself facing overwhelming demands and not enough time in the day. Surprisingly, the best thing to do may be taking a break. How can taking a break possibly be the solution? You can't increase the number of hours in the day, but you can increase your energy.

Humans are meant to cycle between spending and recovering energy. Working in intervals with a break can actually maximize your productivity. How long of a break do you need? It's not the time that counts, but how well you renew your energy that matters most. Use your break to do something that quiets your mind and relaxes your body, such as:

- **Leaving the office for lunch**
- **Taking a walk**
- **Practicing deep breathing in a quiet space**

When under pressure, there may be a strong impulse to push harder and resist rest. It's best to remember that unlike time, energy is renewable.



Basic injury prevention

Protecting the health of your bones and joints is important. Neglect can lead to pain, weakening, and limited mobility. But with just a few steps you can keep your bones and joints strong enough to support you for the rest of your life.

- **Get off the couch.** Weight-bearing exercises and aerobics can strengthen your bones and build muscle to support your bones and joints. Additionally, regular exercise maintains strength and coordination, helping prevent falls in older age.
- **Sit up.** It's amazing what good posture can do to protect the joints from your neck to your knees. No slouching!
- **Watch your weight.** Important for joint health, maintaining a healthy weight reduces the strain on your knees, hips, and back.
- **Nourish yourself with calcium and vitamin D.** If you are unable to drink milk fortified with vitamin D, ask your health care provider or dietitian about good sources or supplements. Consuming a healthy amount of omega-3 fatty acids, like those found in fatty fish and some nuts and seeds, can also help improve bone density.
- **Avoid crippling shoes.** High heels can increase your chances of developing joint issues. If you must wear heels, choose those with heels that are three inches or shorter. Choose athletic shoes that fit properly with room in the toes, arch support, and cushioning under the foot's ball and heel.
- **If you smoke, seek out support to help you quit.** People who smoke have been found to have lower bone density than those who do not. Smoking may lower the body's ability to absorb calcium and produce hormones such as estrogen and testosterone, both of which can affect bone strength and growth.



Action steps for sun protection

- **Avoid tanning.**
- **Apply sunscreen with an SPF of 15 or higher.**
- **Wear protective clothing.**
- **Seek shade.**
- **Check the UV Index.**

Let the sun shine in

It seems like we wait all winter for the sun to shine, just to be warned to protect ourselves from it. Too much exposure to ultraviolet (UV) radiation can result in painful sunburn, skin cancer, and eye damage. These are reasons to protect from overexposure, but that doesn't mean you should hide inside all summer. Some benefits of the sun include:

- **Better sleep.** Daily time in the sun helps to regulate circadian rhythms.
- **Feeling better.** Sunshine has been shown to improve mood and reduce stress.
- **Increased physical activity.** When we are outside, we are more likely to move around and get much-needed exercise.
- **Vitamin D.** Vitamin D from the sun can boost immunity and improve calcium absorption for stronger bones.
- **Lower blood pressure.** Research has shown that a compound is released in our blood vessels when skin is exposed to sun.*

While the sun can be a bright spot for human health, sensible sun exposure is key.

* University of Edinburgh. "Sunshine could benefit health and prolong life, study suggests." *ScienceDaily*. 7 May 2013.



Disease prevention power foods for men

June is Men’s Health month. So, stock up on these eight disease-fighting foods, great choices for men and women alike:

- **Dark leafy greens.** Add 2½ cups of dark leafy greens, such as spinach, collard greens, or kale, to your daily diet for phytochemicals that can fight off cancer.
- **Whole grains.** Replace refined grains with whole-grain products. Fiber can help battle heart disease and lower the risk of colon cancer.
- **Fish.** Aim for two servings of your favorite fish per week.
- **Caffeine.** The latest research shows that a morning cup of joe may lower the risk of cardiovascular disease. People who are pregnant or sensitive to caffeine should not start drinking coffee.
- **Olive oil.** Two to three tablespoons of extra-virgin olive oil per day can help fight cancer and heart disease.
- **Beans.** Beans can promote prostate health and decrease the risk of cardiovascular disease and some types of cancer. They are rich in fiber and protein, so they also make a nutritious meat replacement.
- **Garlic and onions.** Garlic and onions have antibacterial properties that may block the formation of cancer-causing substances.
- **Tomatoes.** The antioxidant lycopene, found in cooked tomato products, is good for prostate health and stroke prevention.

Food is more than just sustenance and fuel. Including nutrient-dense foods in your diet may help you look and feel younger — all while fighting cancer and heart disease.

Put some of these super foods to work right away with the simple, delicious, and healthy recipe below.

Recipe of the month: Bean Burritos

4 whole-wheat tortillas	¼ cup chopped cilantro
1 avocado sliced	4 tablespoons fat-free or low-fat cheddar cheese
1 chopped tomato	3 cups cooked black beans
1 cup salsa	1 clove minced garlic
2 cups cooked brown rice	½ teaspoon chili powder
2 green onions chopped	2 tablespoons lime juice

Heat oil in a large pan, add garlic, beans, cooked rice, tomato, and chili powder. Stir on low until combined ingredients are warm, then remove from heat. Heat tortillas according to package. Add the mixture, top with cheese and avocado slices, and roll burritos. Serve with salsa.



Emotional health

Sometimes, a person may say or do something to us that we end up taking personally, even if it has nothing to do with us in reality. For example, how would you feel if your boss criticized you at the start of each workday? The comment could be related to clutter on your desk or about the time of your arrival.

It's natural to be sensitive to these digs and feel vulnerable as well as irritated. But how would you feel about these comments if you didn't take them personally? If your desk is always messy, or you're often late to work, try correcting the problem. But, if the criticism is unfair, think about what the comment may mean. Maybe your boss is having trouble at home or struggling with personal difficulties. Perhaps your cranky spouse is having a hard time at work and feels a lack of support from co-workers.

Don't take it personally

When it comes to criticism, it can be useful to try to let someone know when he or she has said something that bothers us. Recognize that, sometimes, when a person is being overly critical, it may have more to do with them than with you.



Monthly Quiz:

How much did you learn from this issue?

1. Which of the following statements about sushi is most true?

- a. As a general rule, sushi is not a healthy choice.
- b. Two rolls of sushi per person is a sensible portion.
- c. Mayonnaise and cream cheese add no calories in sushi.
- d. Anything tempura is a low-calorie option.

2. If you are overwhelmed with demands, the best way to increase productivity is to:

- a. Take a break.
- b. Work harder and faster.
- c. Give up.

3. When a person is critical of us, a healthy way to deal with the comment is to:

- a. Go to a private place to sulk.
- b. Think about what the comment may mean about the person who said it.
- c. Let the person know that they have said something that bothered us.
- d. Both B and C.

ANSWERS 1.) b. 2.) a. 3.) d.

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