



well news

February 2018

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FROM THE EXPERT

Opt for Non-Toxic Cleaners

There are few parts of spring more satisfying than the annual clean. But, before you grab your “go-to” cleaning products check the label for safe ingredients. Products with safer ingredients improve indoor air quality and can lower the risk of health hazards, including respiratory conditions like asthma; allergic reactions, which cause skin rashes, hives or headaches; and a variety of other conditions. In its new Guide to Healthy Cleaning database, Environmental Working Group dishes out grades to more than 2,000 cleaning products based on ingredient information.



The breakdown asserts that DIY cleaning products made from simple ingredients like white vinegar, washing soda, and baking soda are safest, but offers less toxic alternatives (see below) when it comes to cleaners you'll find in the store.

Laundry

- Seventh Generation Natural Laundry Detergent Powder, Free & Clear
- Dr. Bronner's Magic Soap 18-in-1 Hemp Pure-Castile Soap Baby Mild

Dishwashing

- The Honest Co. Honest Auto Dishwasher Gel, Free & Clear
- Whole Foods Market Liquid Dish Soap, Unscented

All-purpose cleaners

- Force of Nature Cleaner – a team-member favorite, forceofnatureclean.com
- Green Shield Organic Biodegradable Surface Wipes, Fresh Scent
- Whole Foods Market Glass Cleaner, Unscented.

You might want to avoid these altogether

- **Antibacterial products:** These products can spur the development of drug-resistant superbugs. Antibacterial chemicals like triclosan have been blamed for causing thyroid and heart damage, as well.
- **Fabric softener and dryer sheets:** These products often contain lung irritants and can spark asthma or allergy problems. Add ¼ cup of white vinegar to your rinse cycle to reduce wrinkles and static cling.

Check out the website for more information: <https://www.ewg.org/guides/cleaners#.WmtLzE2Ww6Y>

Kokomo School Corporation, Employee Health & Wellness Center

Clinic Hours

| | |
|------------|----------------|
| Monday: | 6:30a – 1:00p |
| Tuesday: | 12noon – 6:00p |
| Wednesday: | closed |
| Thursday: | 12noon – 6:00p |
| Friday: | 6:30a – 1:00p |

3507 S. Reed Road,
Kokomo, IN 46902

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FITNESS

Top 10 Alternative Cardio Activities

Jumping Jacks: Although these are a basic movement, they can be a great way to get you back into cardio after an injury or time away from training.

Jump Rope: Another basic movement that can be performed anywhere, anytime. You can go at your own pace and gradually change up your speed and rhythm.

Stairs: If your home or work has access to stairs, take advantage of them. They are a great way to exercise your heart and lungs, while strengthening your lower body too.

Dancing: Almost too fun to be considered a workout, dancing is a great way to work up a sweat and burn major calories. Crank up your favorites tunes while you're getting ready for the day or cooking a delicious meal.

Power Yoga: Although yoga can be relaxing, it can be an awesome cardio workout too. Challenge yourself during a basic flow to hold each pose a little longer than normal or to move from one pose to another without any pauses.

Strength Circuits: Pick a few movements and aim for high repetitions of each. You can also do a couple of movements for a specific amount of time – this will help you increase your work capacity and muscular endurance.

High Knees: This exercise is also known as running in place. Try doing them down your hallway or in a plank position in your living room for a full body workout.

Burpees: A boot camp and CrossFit staple, this move gets your heart pounding and works your whole body. Start your day with 1 burpee every morning, and slowly add more each day.

"The Old Standbys": Riding your bike, swimming, or leisurely hiking are all fun and scenic ways to incorporate cardio into your weekly routine.

The Last Resort: If you have limited time and resources, you can always walk. Walking for 15-30 minutes per day is a great way to start working on your cardio health.



NUTRITION Superfood: Lentils

Fewer than 10% of Americans eat legumes (like lentils) on any given day. Don't let yourself be a part of the 90% that are seriously missing out. Lentils are high in protein and other essential nutrients, including folate, iron, potassium, and a slew of antioxidants, each lending a special nutritional hand. By including lentils in your diet, you'll see benefits in both your short and long term health—read on to learn how.

- The iron may help fight off anemia, which is especially common among vegans and vegetarians
- Lentils are low on the glycemic index, meaning they cause blood sugar to spike less quickly than other starches
- A diet high in whole grains and legumes may boost weight loss, and lentils' slow burning protein and fiber may be to thank
- One study found legumes can keep bellies full an extra 2-4 hours, potentially making them a key to controlling appetite and slimming down
- Each little lentil is packed with cholesterol-reducing soluble dietary fiber (1 cup = 16g of dietary fiber).
- Eating lentils can reduce inflammation, which is associated with everything from heart disease to cancer

LENTIL RAGOUT

INGREDIENTS:

1 teaspoon olive oil
1 cup chopped onions
6 medium tomatoes, chopped
5 cups water
1 cup raw red lentils
1 tablespoon chopped fresh thyme
4 cloves garlic, minced
1 teaspoon kosher salt
1/4 teaspoon ground black pepper

DIRECTIONS:

1. Heat a medium saucepan on medium-high heat.
2. Add the olive oil.
3. Sauté the onions for 2 to 3 minutes.
4. Add the tomatoes and sauté for another 3 minutes, stirring frequently.
5. Add the water and lentils; cook until most of the water is absorbed, about 20 minutes.
6. Stir in the thyme, garlic, salt, and pepper.

NOTE Ragout should be fairly thick, but not dry

Recipe via: American Dietetic Association

Still not convinced? Try the recipe provided and taste for yourself.

Studies: <https://www.ncbi.nlm.nih.gov/pubmed/18366531>
<https://www.ncbi.nlm.nih.gov/pubmed/19685439>





MINDFULNESS Loneliness: A Public Health Threat

Americans are increasingly becoming more isolated. In fact, in the United States, about a quarter of the population lives alone. There are potentially many reasons for this new-found isolationism (social media, streaming entertainment services, accessibility to social living situations), but the potentially harmful effects of loneliness and social isolation on health and longevity, especially among older adults, is well established and the new research on younger age groups shows a very similar trend. For the aging population (65+), projected to reach 96 million by 2060, loneliness is more than a state of mind—it is an emerging risk factor that has implications for personal, economic, and societal well-being. Medical literature supports this overall linkage between loneliness in older adults and declining health, citing poor health outcomes, including:

- 29% increased risk of coronary heart disease
- 32% increased risk of stroke
- 65% increase in developing dementia
- 26% increased likelihood of death

"We found stronger risks for those under 65 than for those over 65," Dr. Holt-Lunstad said, "Older adults should not be the sole focus of the effects of loneliness and social isolation. We need to address this for all ages."

All of these raise the question of how loneliness and social isolation might be countered to help ward off cognitive decline and other adverse health effects.

Alone?

- Take a class
- Get a dog or cat
- Do volunteer work
- Join a senior, or community, center
- Check in on family and friends who may live alone
- Make it a priority to spend time with friends and family regularly

You can now get information from your health coach through social media!
Click the links below:

