



STAYING ACTIVE IN THE WINTER MONTHS.

BY JENNA BAMMANN

Finding motivation to exercise in the winter months can be challenging. Many of us will use the excuse that it is too cold, or we are too busy to exercise. The wind may be blowing, and snow may be falling, but that doesn't mean we should give up all thoughts of being active. Here are some ideas to keep you moving in the cold:

- **Visit a library.** Borrow free exercise DVD's including dance, step, aerobics, and Pilates. When returning that DVD, be sure to choose another kind of exercise to keep your motivation up.
- **Create a home gym.** A basement, spare room, or living room can easily be converted into a home gym. You can also buy relatively inexpensive equipment like bands or a stability ball.
- **Sign up for classes at a community center.** Most local community centers offer a variety of exercise classes. Grab a friend and try a few!

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- **Walk indoors.** Start a walking group with family or friends at the mall or search your area for an indoor track.
- **Walk stairs.** Take your walking one step further by climbing stairs. This can even be done in the workplace to get a quick and efficient workout.
- **Bundle up.** It is perfectly safe to exercise outside in the winter, just make sure you wear layered clothing and stay properly hydrated.

While the winter months seem long, it will take longer to jump back into the exercise habit if you take a break for the winter. Make sure to keep moving and stay motivated to meet your health goals

Source: Heart and Stroke. <https://www.heartandstroke.ca/articles/11-ways-to-stay-active-in-winter>. Accessed 27 November 2018.

Smart Facts

5%

of the US population struggles each year with seasonal depression. Exercise can help combat your winter blues!

41%

of Americans are vitamin D deficient, and that number decreases in the winter. Being active outside in the winter is even more important when the sun is shining!

20%

is the amount your cardio fitness can decrease within just three to eight weeks of not exercising.



THE POWER OF POSITIVITY.

BY RACHEL SAVIEO

It seems obvious that having a positive outlook can help make life's hurdles less daunting, but did you know it can also improve your physical health? Johns Hopkins Medicine recently completed a study of people with a family history of heart disease and found that those with a positive outlook were one-third less likely to have a heart attack or other cardiovascular event than those with a negative outlook. Those without a family history of heart disease also benefited from being optimistic, as they were 13% less likely to have a cardiovascular event.

While it is difficult to prove how health and positivity are related, the link between the two is clear. People who are more positive have been found to have stronger immune systems and to be protected from the physical effects of stress. Researches have also found that optimism helps people focus on long-term goals and make better health and life decisions. There will always be times in life when keeping a positive outlook is difficult, but here are a few tips to keep your mind in a good place:

- **Just smile!** Studies have found that even if you are not truly happy, the act of smiling reduces heart rate and blood pressure during stressful situations. Try smiling at other people, too. That small act may cause them to smile and can start a healthy chain reaction.
- **Be grateful.** Rather than gripe about the laundry, be thankful that you have clothes to wear and a washer and dryer to keep them clean. When you're in traffic, be thankful for the car that you are driving and for the extra time to listen to music or the news. Accepting that you cannot change certain situations, such as traffic, is a good first step toward lightening your mood.
- **Build resiliency.** You will be better able to adapt to stressful situations if you have good relationships with family and friends, accept that change is part of life, and address problems rather than hope they disappear on their own.

You may have heard the saying, "What you focus on grows." It makes sense that what you choose to spend your energy on will expand. Try putting a positive spin on whatever life is sending your way and see what happens. Even if the situation is not easily resolved, you may find that the solutions are easier to find.



Try putting a positive spin on whatever life is sending your way and see what happens.

Source: Johns Hopkins Medicine. https://www.hopkinsmedicine.org/health/healthy_aging/healthy_mind/the-power-of-positive-thinking Accessed 6 December 2018.

EYES AND TEETH: WHEN ARE THEY COVERED?

BY JOHN THOMAS

Your eyes and your teeth have something in common: They tend to be treated differently than the rest of your body when it comes to health benefits. In fact, you often have to purchase separate voluntary plans for routine dental and vision coverage. As a result, some people assume that everything related to teeth and eyes will be covered only if you purchase separate plans.

But that's not the case. Matters related to your teeth and eyes sometimes are covered by basic health benefits. Understanding when they are covered can help you save money and preserve your overall health. The following Q&A should help you understand how your eyes and teeth are covered.

What is covered by dedicated dental or vision plans? All policies are different, but, generally, vision and dental plans cover basic care and prevention measures. Regular check-ups usually are covered, along with routine care and maintenance. From there, the coverage varies from plan to plan.

When do my health benefits cover my eyes and mouth? Basically, any time you face a medical condition or problem related to your eyes or mouth, such as disease or injury, your health benefits kick in. Sometimes they'll work in tandem with your dental or vision plans, and sometimes they'll be the sole source of coverage. For example, if you have an injury to your mouth that affects your teeth or an eye condition related to diabetes or high blood pressure, treatment likely will be covered by your general health coverage.

Do I need to go to a primary care physician or specialist for dental or vision care to be covered? No. Your vision or dental care provider can bill your health insurance carrier any time he or she believes your care will be covered.

How can I make sure I get the right coverage? First, check your plan. If you're not sure of something, contact your HR department or benefits provider. Second, make sure your vision and dental care providers have claims-filing information for your health plan. Third, talk to your care provider, asking if he or she thinks a particular visit or treatment might be covered under your health benefits. If there's any question at all, ask him or her to contact your benefits provider. Care providers often default to filing claims the way they usually do, but you might get a better reimbursement rate from your health benefits provider if the charge is in fact covered.

Get checked. Regardless of your coverage, get regular dental and vision check-ups. Routine visits not only help to prevent serious vision and dental problems, they also give dentists and optometrists the opportunity to check for bigger health problems. It's not uncommon for them to be the first to discover serious diseases such as cancer and diabetes.



January is National Glaucoma Awareness Month

Glaucoma is a group of eye diseases that damage the optical nerve in your eye. The health of this nerve is vital for good vision. With 3 million cases of glaucoma in the U.S. alone, it is the leading cause of irreversible blindness. Experts estimate that half of people with glaucoma do not know they have it, so it's an important time to spread the word about the importance of getting a regular eye exam, especially as we age. To learn more, visit www.glaucoma.org.

Source: Glaucoma Research Foundation <https://www.glaucoma.org/news/glaucoma-awareness-month.php> Accessed 27 November 2018.

HARVEST OF THE MONTH: GRAPEFRUIT

BY RACHEL SAVIEO

Citrus fruits are often at their peak in the winter months. While oranges may be the first to come to mind, grapefruit offers plenty of health benefits that make them worth adding to your normal fruit rotation. They are a cross between an orange and a pomelo and are 92% water, which gives them one of the highest water content of any fruit. Since about 20% of our daily fluid intake comes from food, adding them to your diet can help you reach your daily water intake goals. Grapefruit are also low in calories but full of nutrients, like vitamins A and C. They have been shown to improve blood pressure and cholesterol levels. Grapefruit can be white, yellow, pink, or deep red in color. While they are all packed with vitamins, the red and pink varieties have extra antioxidants, which may reduce the risk of heart disease and cancer.

How to Select

Choose grapefruit that have reached their peak ripeness. Avoid those with signs of bruising and look for those that are heavy for their size, as they will have the most juice.

How to Store

Store grapefruit in a cool, dry place that is away from sunlight. They can be stored in the refrigerator for up to 3 weeks, but they have the best flavor when stored at room temperature.



Leave them on the counter if you plan to eat them within a week.

How to Prepare

Cut the grapefruit in half, then use a serrated knife to separate the skin from the flesh and to separate the segments. You may also peel and separate the segments as you would an orange.

Sources: Medical News Today. <https://www.medicalnewstoday.com/articles/280882.php> Accessed 4 December 2018.
Health <https://www.health.com/food/grapefruit-facts> Accessed 4 December 2018.



Recipe: Pink Grapefruit Chicken Sauté

Ingredients:

2 small pink grapefruits
½ cup or less orange juice
All-purpose flour (for dredging chicken breasts)
1 tsp. dried tarragon or 1 tablespoon chopped fresh herb of choice
Salt and pepper to taste
4 boneless, skinless chicken breasts (about 1 pound)
¼ cup white wine or chicken stock
1 tsp. fresh parsley

Directions:

1. Peel and cut grapefruit into cross-section slices. Remove seeds. Save all juices and add orange juice to yield ½ total cup of juice for the sauce. Mix flour with tarragon, salt, and pepper and dredge chicken in mixture.
2. Spray nonstick skillet with cooking spray. Add chicken. Cook over medium-high heat for 3 to 4 minutes per side or until golden brown. Remove from skillet. Cover with aluminum foil.
3. Deglaze pan with the juice and wine (or stock) on high heat. Reduce liquid by half. Add grapefruit slices and parsley.
4. Place grapefruit slices at the center of each plate. Top with sautéed chicken breast and drizzle with sauce.

Nutrition Information:

PER SERVING: 213 calories, 28 g protein, 14 g carbohydrate, 3.3 g fat, 1 g saturated fat, 73 mg cholesterol, 1.2 g fiber, 65 mg sodium. Calories from fat: 15%.

Source: WebMD. <https://www.webmd.com/food-recipes/features/pink-grapefruit-nutrition-facts>. Accessed 6 December 2018.