

## Get a Move On



With 206 bones and more than 600 muscles, our bodies are made to move. However, we now spend the majority of our waking time sitting in a constricted posture that prevents our bodies from functioning well.

In fact, sitting is now considered a health risk leading to several diseases, including heart, type 2 diabetes, obesity, arthritis and some cancers – even when we meet the minimum exercise guidelines.

**Begin to actively avoid sitting.** Think of it as part of your physical fitness goals for health protection. In addition to getting 150 minutes weekly of moderate-intensity exercise (such as brisk walking), you can stay active throughout each day. For example:

- Walk whenever you can – around your workplace, home and neighborhood.
- Walk after meals and during your breaks.
- Get up and move about while viewing TV, talking on the phone or eating lunch.
- Do more chores.
- Pace while watching sporting events.
- Stand as you read or use your smartphone.
- Explore standing desks for work (with your employer's okay) or home.

*Living long and well means staying active.*



**Tips:** Schedule several 10-minute action breaks each day; set a timer to remind you to get up and move. When you sit less, you'll be motivated as you experience less stiffness and more energy.

## The Flu and You – Personal Precautions



We are approaching the peak of influenza (flu) season, typically in late November through March. Millions of Americans get sick every year from flu bugs that are life-threatening for some.

**A little knowledge goes a long way toward prevention.** Here are answers to common questions:

**>> What is the flu?** Influenza A and B viruses produce upper respiratory illness responsible for seasonal flu epidemics each year. Different types and subtypes of influenza circulate and cause illness during flu season.

**>> How is the flu spread?** Flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. If you're nearby, these droplets can land in your mouth or nose.

**>> How do I know I have the flu?** Typical signs include coughing, sore throat, runny or stuffy nose, chills, headache, unusual fatigue and sometimes body aches or fever.

**>> How long is the flu contagious?** Your symptoms may begin an average of 2 days after you are exposed to the virus. If you are healthy, you can infect others beginning 1 day before your symptoms develop and up to 5 to 7 days after becoming sick.

**>> How serious is the flu?** It can make some people very ill even without complications. It can sometimes cause complications such as pneumonia, bronchitis, ear or sinus infections and dehydration. It also can worsen any chronic medical conditions, especially congestive heart failure, asthma and diabetes.

**>> How can I avoid the flu?** An annual flu vaccination is the best prevention. It is highly effective for the overall population when most circulating flu viruses closely match the vaccine; it does not protect against all influenza viruses. The vaccine cannot give you the flu.



{ “Vaccines are the tugboats of preventive health.” – William Foege, MD }



## How **Not** to Go on a Diet

By Cara Rosenbloom, RD

**Before you start the latest fad diet, consider this:** “Diets don’t work, but lifestyle changes do.” Most people who go on a diet eventually go off it, which means the plan was not sustainable. Repeated dieting also may lead to the yo-yo effect of weight going up and down, making it harder to reach your ultimate healthy weight.

**It’s time for a new approach.** By eating nutritiously, getting more exercise and reducing stress, you can slowly improve your overall health with no fads or gimmicks.

### Try these 5 steps:

- 1. Think beyond a number on the scale.** Make weight loss a bonus, not the sole objective. Your goal may be to lower your cholesterol levels or feel more energetic.
- 2. Identify your obstacles.** Do you eat when you’re stressed? Do you use food as a reward after exercise? Track what you eat and how you feel at the time. Look for patterns.
- 3. Try 1 change per week and stick to it; then add another.** For example, swap soft drinks for water 1 week, and add an extra serving of vegetables the next.
- 4. Practice patience.** You didn’t get here overnight, and change won’t happen overnight either.
- 5. Don’t go it alone.** Dietitians, psychologists and trainers can help you make a plan you can use for life. If they promise a quick fix, seek a different practitioner.

**A lifelong eating plan always beats a fad diet.** The best eating plan is one you can lose weight with and enjoy the rest of your life.



## QuikRisk™ Assessment: Breast Cancer



**The causes of breast cancer are not fully known,** so the risk factors for it can be puzzling. For example, a woman’s risk for breast cancer increases significantly as she ages but young women can also develop it.


**Ongoing research has linked several factors to an increased risk of breast cancer.** The degree of risk with some factors can be quite small. And having 1 or 2 risks, or even many, does not mean you will get breast cancer.

### Unchangeable factors:

- ☐ Family history of breast, ovarian or prostate cancer.
- ☐ Personal history of breast cancer.
- ☐ Ashkenazi Jewish heritage.
- ☐ Inherited BRCA1 or BRCA2 gene mutation.
- ☐ Periods before age 12.
- ☐ Radiation therapy to the chest at a young age.
- ☐ High breast density on a mammogram.

### Factors that can be changed:

- ☐ More than 1 alcoholic drink a day.
- ☐ Overweight, especially after menopause.
- ☐ Lack of regular exercise.
- ☐ Not giving birth or having a first child after age 35.
- ☐ Use of birth control pills.
- ☐ Postmenopausal estrogen therapy.
- ☐ Postmenopausal estrogen plus progestin therapy.



### 2-Step Self-Defense:

1. Learn about your risks and any factors you can help control.
2. Establish a screening plan with your health care provider.



**October is Breast Cancer Awareness Month.**

## Understanding Metabolic Syndrome

**Metabolic syndrome occurs when you develop 3 or more of the following conditions** – high blood pressure, high blood sugar, high triglycerides, low HDL (good) cholesterol and abdominal obesity. This combination raises your risk of type 2 diabetes, heart attack and stroke.

Surveys suggest a third of U.S. adults may have this cluster of conditions.

**The best ways to treat metabolic syndrome also help prevent it:**

- ✓ **Watch your belly fat.** Abdominal obesity is a waist circumference of 40-plus inches in men and 35-plus inches in women.
- ✓ **Lose excess weight** to help bring your blood pressure, glucose and cholesterol levels into healthier ranges.
- ✓ **Get moderate-intensity exercise at least 150 minutes weekly.** Being physically active every day can help control weight and improve your cardiovascular health.
- ✓ **Quit smoking, limit alcohol and sleep at least 7 to 9 hours a night** to significantly help your cardiovascular system.
- ✓ **Work with your health care provider** to improve your health.



**Making these changes takes work, but it’s worth it.**



Smart Moves toolkit is at [www.personalbest.com/extras/17V10tools](http://www.personalbest.com/extras/17V10tools).

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