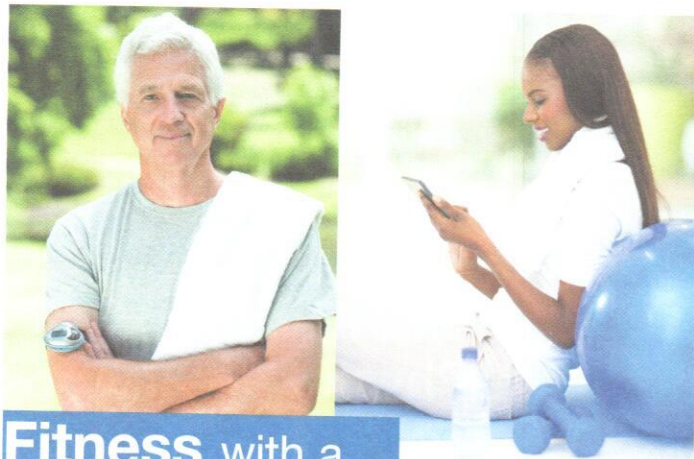


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The Health Promotion and Wellness Newsletter.

OCTOBER 2014



Fitness with a Touch of Technology

Fitness trackers have come a long way since the first heart rate monitors and clip-on pedometers appeared decades ago. Today you can track your fitness progress with much smarter wearable devices and their companion mobile apps.

Most of these devices are small and are worn around your wrist or neck or easily clipped to a pocket. They typically track calories burned and activity or step distance and time, as well as your heart rate and sleep patterns.

Many units connect to your computer or smartphone and automatically collect, sync and display your health data.

Study and shop before you buy. Try to view a demonstration of the various functions to identify those you'll use. You might start simple, with the option to upgrade.

Now, with your high-tech gadget, you can incorporate more activity into each day – walking, cardio workouts, online videos or a DVD of your favorite exercise program.

Cold Relief

By Elizabeth Smoots, MD, FAAP

The average adult gets a cold 2 to 4 times a year. There's no cure for the cold virus, but some remedies can help you feel better, sooner.



Self-care and home remedies:

Get extra **rest** and **relaxation** to help your immune system fight the virus. Drink **warm water** and other **fluids**.

Chicken soup and **herbal teas** are especially good at breaking up mucus. To soothe a sore throat and loosen mucus, gargle using ½ teaspoon of salt stirred in a cup of warm water. Run a humidifier to help keep mucous membranes moist. And avoid tobacco smoke.

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Breast Cancer: Lower Your Risk

By Diane McReynolds, Founder, Personal Best Healthlines

Scientists have identified several factors that can raise or lower your breast cancer risk. Most researchers attribute the majority of cases to lifestyle or environmental factors, not a genetic tendency. These include overweight and lack of exercise.

If you're overweight, losing as little as 5% of your body weight can reduce your cancer risk substantially, according to Dr. Anne McTiernan with the Fred Hutchinson Cancer Research Center in Seattle. If you need to lose weight, discuss the best approach and goals with your health care provider.

How much exercise do you need to stay healthy?

At a minimum, strive to follow the CDC's guidelines: 30 minutes a day of moderate-intensity physical activity at least 5 days a week. More exercise is associated with an even lower risk of breast cancer.

More choices that may reduce your breast cancer risk:

- If you smoke, quit. Early studies show a possible link to long-term heavy smoking.
- Breastfeed babies for 6 months or longer.
- Eat a diet high in vegetables, fruits and whole grains and low in saturated fat.

Your best defenders of breast health are clinical breast exams by your health care provider and mammograms. Ask your provider about the best screening approach based on your personal health history, family history and other factors.

October is Breast Cancer Awareness Month.

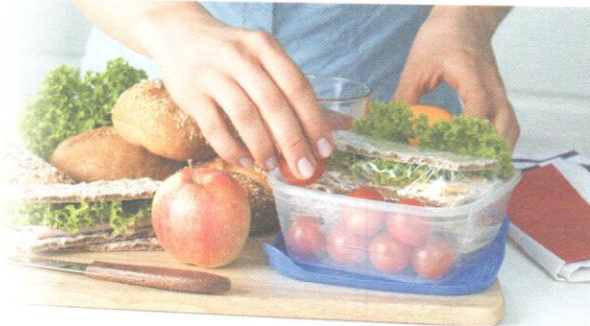


It's October – time to get vaccinated for the 2014-2015 flu season.

Flu season can begin in October and last as late as May. Immunization is recommended for most everyone 6 months and older. Talk to your health care provider about whether a flu shot is right for you. A nasal spray vaccine and a vaccine made without eggs are also available for some people.

Food Habits Everyone Needs

By Cara Rosenbloom, RD



Being nutrition-conscious is crucial to a healthy lifestyle. This includes adopting some basic food habits regardless of age, gender or health status. Following these concepts can help you maintain a healthy weight, while preventing or treating chronic disease.

1. **Choose whole foods first.** Stick with fresh foods instead of highly processed packaged items.
2. **Eat more vegetables.** Ensure that they fill at least half of your grocery cart, and learn how to prepare them to your liking.
3. **Make healthy foods convenient.** When you bring vegetables and fruits home, peel and cut them for easy snacks.
4. **Choose whole grains instead of refined grains.** They provide more vitamins, minerals and fiber, which help protect against type 2 diabetes, cancer and heart disease.
5. **Enjoy fish.** Its high-protein content and dose of heart-healthy omega-3 fats are a winning combination.
6. **Drink water instead of soft drinks.** It will help you cut back on sugar and chemicals while staying well hydrated.
7. **Eat a protein-rich breakfast.** The morning meal is crucial for prepping your brain for a busy morning, but a donut won't cut it. Try Greek yogurt, low-fat cottage cheese or hard-boiled eggs.
8. **Control portions.** Enjoy and savor each bite and remember that "more" does not taste better.
9. **Cook at home.** When eating out, you can't control the ingredients in your food like you can in your own kitchen.

"The part can never be well unless the whole is well." – Plato



Celebrate National Walk to School Day on October 8 to increase safety and awareness for children who walk to school. A 2011 study showed that among children (grades K-8) who lived within a mile of school, 35% walked or biked to get there. Walk to School Day promotes the need for walkable communities and encourages physical activity as well as a lifetime of healthy habits. Learn more at www.walkbiketotoschool.org.



Smart Moves toolkit is at www.personalbest.com/extras/Oct14tools.

Cold Relief

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Over-the-counter products:

Saline nose drops and **sinus rinses** can open up clogged nasal passages; carefully follow label directions.

Antihistamines help relieve a runny nose. Use caution in operating heavy equipment or driving since the medication may make you drowsy.

Decongestants reduce nasal congestion but can cause increased heart rate, anxiety and insomnia. Limit use of decongestant nasal sprays to 3 days.

Acetaminophen is in many cold medicines to relieve pain. But the FDA warns that taking excess amounts (more than 4,000 milligrams a day from all sources) may damage the liver. Don't double up on products containing acetaminophen.

Note: Antibiotics are not effective against colds and other viral infections.

Physical Therapy:

Back to Active

Physical therapy (PT) is a treatment your health care provider may recommend for healing injuries or improving your ability to move better. Physical therapists use exercise and manual therapy to treat many conditions including joint and spinal disabilities as well as rehabilitation from surgery and stroke.

People of all ages benefit from physical therapy in private practices, outpatient clinics, home health agencies, schools, sports and fitness facilities, work settings and nursing homes.

The keys to PT success:

- ✓ Understand what to expect from your treatment, step by step.
- ✓ Stay patient with therapy; it can be slow and gradual.
- ✓ When in doubt, talk with your physical therapist or other health care provider to be sure you're progressing.

Before your physical therapy ends, your therapist should review and provide ongoing exercise instructions. When you transition from supervised therapy to a personal exercise regimen:

1. Be clear about which exercises to do, how to do them, for how long, and how you should feel while exercising.
2. Go easy to avoid injury and discourage setbacks.
3. Commit to staying physically active and strong – avoid slipping into a sedentary lifestyle.

The benefits of exercise last as long as you stay active.

