



Employee WELLNESS



Florida Department of Health in Broward County

September 2016



world
alzheimer's month



Public health and general preventive medicine focuses on promoting health, preventing disease, managing the health of communities and defined populations. Our mission statement is "To protect, promote and improve the health of all people in Florida through integrated state, county and community efforts." As we take care of our community every day with the work that we do, it is equally important to take care of ourselves.

The Employee Wellness program started in March of 2013 and with every issue it is more and more apparent the importance of good nutrition and exercise. Being proactive. Regardless of what the goal is, lower cholesterol, improve blood pressure, loose a few pounds, heart health, diabetic care/prevention or Alzheimer's disease prevention it all comes down to the same recipe: DIET and EXERCISE. For some people it's a natural thing to do, for others it is a huge effort. A healthy lifestyle is not complicated: eat non processed food, not too much, mostly plants and move! It does require making good choices and some planning. In the end it is worth it. You are never too young or to old to make changes.

bye, bye
summer

September is World Alzheimer's month

We as humans are living longer than ever before, the more time we spend on the planet the more things can go wrong in our bodies and minds, which makes for an even greater reason to be proactive with our health.

Every day researchers are making strides in understanding non-pharmacological strategies that might keep the brain alert and working as close to its younger pace. A recent study led by Jerri Edwards from the University of South Florida found that being socially engaged and learning new things that challenge body and mind help prevent cognitive decline.

(Can brain training protect your from dementia, by Alice Park).

DID YOU KNOW?

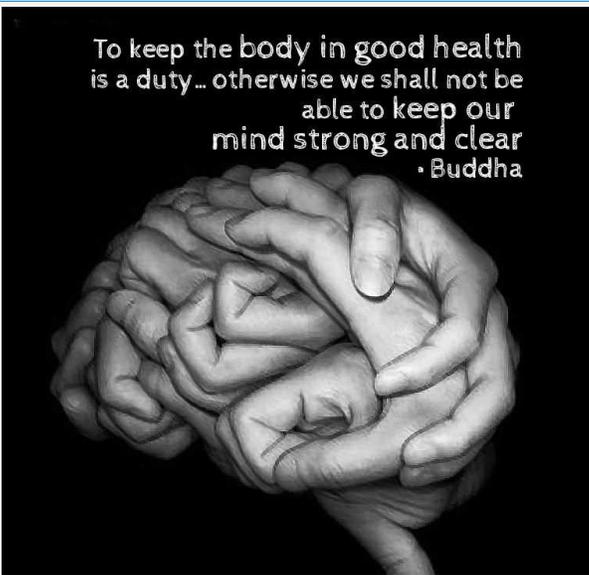
Dementia is a general term for a decline in mental ability severe enough to interfere with daily life. Memory loss is an example. Alzheimer's is the most common type of dementia. To find out more visit www.alz.org/braintour.



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To keep the body in good health
is a duty... otherwise we shall not be
able to keep our
mind strong and clear
- Buddha



QuotesBlog.net

Untangling Alzheimer's

by Mandy Oaklander

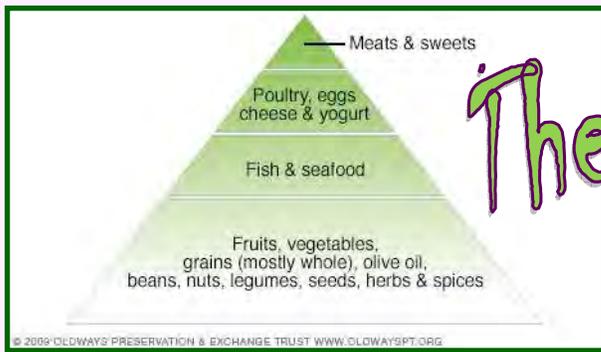
Take care of the brain as well as you take care of the rest of your body can stave off cognitive decline. Majuid Totuhi, neurologist who specializes in the prevention of Alzheimer's disease states with simple lifestyle interventions such as diet and exercise. Dementia appears to plant its roots in the brain **decades** before a diagnosis, which is why many leaders in the field are looking for ways to detect it at the onset of the disease, not after the problems starts. **Be proactive.** It is never too soon or too late to adopt a healthy lifestyle. These lifestyle changes may help protect the brain as you age.

1. **Shore up your heart.** Of all the things you can do, reducing the risk of heart health disease has the strongest evidence of benefits for the brain. That means treating hypertension, high lipids, cholesterol, obesity and type 2 diabetes. Anything that affects blood flow affects the brain.
2. **Emphasize exercise.** Physical activity reduces the risk and severity of cognitive decline. Aerobic exercise has been shown to grow the volume of certain brain regions that tend to shrink during aging. The more you exercise the more the blood flows throughout your body.
3. **Learn new things.** Engaging intellectually with the world across a lifetime through activities like writing letters and reading has been linked in brain autopsies to better cognitive health in old age. Take up that hobby you've been dreaming of.
4. **Be social.** Richer social lives are associated with higher levels of cognition. Loneliness, conversely, is connected with poorer brain health.
5. **Treat depression.** Depression in middle age –which is when it is most prevalent– is linked to twice the risk of cognitive decline, though its not clear if that's a cause or an effect.
6. **Sleep well.** Studies have found a relationship between poor sleep and risk of cognitive decline and Alzheimer's. Improving poor sleep appears to reduce these risks.
7. **Mediterranean diet.** It is heart healthy and good for your brain (see page 3).

To see the full article, Untangling Alzheimer's go to:
http://www.neurogrow.com/uploads/5/6/3/4/56349771/fotuhi_-_time_interview.pdf



The Mediterranean diet,



Most healthy diets include fruits, vegetables, fish and whole grains, and limit unhealthy fats. Research has shown that the traditional Mediterranean diet reduces the risk of heart disease. The diet has been associated with a lower level of oxidized low-density lipoprotein (LDL) cholesterol — the "bad" cholesterol that's more likely to build up deposits in your arteries. The Mediterranean diet is also associated with a reduced incidence of cancer, and Parkinson's and Alzheimer's diseases. Women who eat a Mediterranean diet supplemented with extra-virgin olive oil and mixed nuts may have a reduced risk of breast cancer. For these reasons, most if not all major scientific organizations encourage healthy adults to adapt a style of eating like that of the Mediterranean diet for prevention of major chronic diseases.

The Mediterranean diet traditionally includes fruits, vegetables, pasta and rice. Grains in the Mediterranean region are typically whole grain and usually contain very few unhealthy trans fats, and bread is an important part of the diet there. However, throughout the Mediterranean region, bread is eaten plain or dipped in olive oil. Nuts are another part of a healthy Mediterranean diet. Nuts are high in fat (approximately 80 percent of their calories come from fat), but most of the fat is not saturated. Monounsaturated fats and polyunsaturated fats, such as canola oil and some nuts, contain the beneficial linolenic acid (a type of omega-3 fatty acid). Omega-3 fatty acids lower triglycerides, decrease blood clotting, are associated with decreased sudden heart attack, improve the health of your blood vessels, and help moderate blood pressure.

Fatty fish — such as mackerel, lake trout, herring, sardines, albacore tuna and salmon — are rich sources of omega-3 fatty acids. The Mediterranean diet is a delicious and healthy way to eat. Many people who switch to this style of eating say they'll never eat any other way. Here are some specific steps to get you started:

- **Eat your veggies and fruits — and switch to whole grains.** An abundance and variety of plant foods should make up the majority of your meals. Strive for seven to 10 servings a day of veggies and fruits. Switch to whole-grain bread and cereal, and begin to eat more whole-grain rice and pasta products.
- **Go nuts.** Keep almonds, cashews, pistachios and walnuts on hand for a quick snack. Choose natural peanut butter, rather than the kind with hydrogenated fat added. Try tahini (blended sesame seeds) as a dip or spread for bread.
- **Pass on the butter.** Try olive or canola oil as a healthy replacement for butter or margarine. Use it in cooking. Dip bread in flavored olive oil or lightly spread it on whole-grain bread for a tasty alternative to butter. Or try tahini as a dip or spread.
- **Spice it up.** Herbs and spices make food tasty and are also rich in health-promoting substances. Season your meals with herbs and spices rather than salt.
- **Go fish.** Eat fish once or twice a week. Fresh or water-packed tuna, salmon, trout, mackerel and herring are healthy choices. Grilled fish tastes good and requires little cleanup. Avoid fried fish, unless it's sautéed in a small amount of canola oil.
- **Rein in the red meat.** Substitute fish and poultry for red meat. When eaten, make sure it's lean and keep portions small (about the size of a deck of cards). Also avoid sausage, bacon and other high-fat meats.
- **Choose low-fat dairy.** Limit higher fat dairy products such as whole or 2 percent milk, cheese and ice cream. Switch to skim milk, fat-free yogurt and low-fat cheese.

Eating out or Take out



Below are tips to help you choose healthier options when eating out or ordering take out.

The more vegetables the better. Many restaurants now have vegetarian or vegan options. You may want to try one of these options or at least choose an entrée that has lots of vegetables. Vegetables contain fiber and nutrients to help you stay full longer without going overboard on calories.

Think (or ask) about ingredients used. Restaurants often add extra salt, sugars, oils, flavorings, butter, and cream to make dishes more appealing. Don't be afraid to ask what is in your food and to then request for something to be changed. Order the way you want it.

Asian

- Order vegetables with a grilled protein or choose a vegetarian meal.
- Choose brown rice instead of white rice.
- Get sushi made with rolled cucumbers instead of rice.
- Choose broth-based soups and dishes.
- Ask for sauces on the side.
- Steer clear of sugar-based sauces (like duck or plum).



Mexican

- Try a burrito bowl or salad. Order it loaded with vegetables and lighter on the meats and rice.
- Go minimal on toppings (like sour cream, cheese, and guacamole), and add fiber-rich options like tomatoes, lettuce, onions, and salsa.
- Be mindful of the chips and salsa, either ask for them to be taken away or only take a small amount (with your meal, not before so you are not as hungry).
- Cut burritos in half and save half for lunch the next day.

Italian

- Look for these words on the menu: *grilled, steamed, lightly sautéed, baked, roasted.*
- If you are choosing a pasta dish, ask for whole-wheat or whole-grain pasta, choose one that incorporates a lean protein, and opt for marinara or a simple sauce made of olive oil, lemon, and garlic. Skip the Alfredo or cream sauces.

Indian

- Try kebabs made with prawns, grilled chicken, tandoori salmon, or vegetables.
- Look for dal (such as dal Bukhara), made with lentils and beans which are loaded with fiber and protein.
- Order steamed vegetable to stir into curries. This adds volume and reduces the calories from fats (like ghee and cream).



5 ways to weather summer heat waves

- Clean your air-conditioner filter according to manufacturer recommendations (at a minimum of every 3 months).
- Raise your thermostat a little, you'll trim your AC bill up to 3% for every degree you raise the temperature.
- Use fans, any type that will circulate cool air throughout your home.
- Don't blast empty rooms, close vents in unoccupied rooms. Shut closet doors and keep window units off when you're not home.
- Make sure that AC vents are not blocked by furniture or curtains that can limit air circulations. Close blinds or curtains that can block the sun's rays and shield your space from the heat.



Healthy Eats

Ingredients

- 1 small bunch beets, or enough canned beets (no salt added) to make 3 cups, drained
- 1/4 cup red wine vinegar
- 3 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- 1 tablespoon water
- 4 cups fresh salad greens
- 1/4 cup chopped apple
- 1/4 cup chopped celery
- Freshly ground pepper
- 3 tablespoons chopped walnuts
- 1/4 cup gorgonzola cheese, crumbled



How to develop a taste for vegetables.

Try different preparations. A little olive oil, little salt (than decrease it when your pallet has adapted to your new veggie) or try recipes from other cultures.

Increase your exposure. Taste a little bit every time its offered.

Reintroduce fruits and veggies to your pallet. You might like it now.



Beet and Walnut Salad

Mediterranean Diet, Mayo Clinic



This beautiful side salad mixes the flavors of sweet beets, savory gorgonzola and tangy vinaigrette. Chopped apple, celery and walnuts add crunch.

Directions

- Steam raw beets in water in saucepan until tender. Slip off skins. Rinse to cool. Slice in 1/2-inch rounds. In a medium bowl, toss with red wine vinegar.
- In a large bowl, combine balsamic vinegar, olive oil and water.
- Add salad greens and toss.
- Put greens onto individual salad plates. Top with sliced beets, and chopped apples and celery. Sprinkle with pepper, walnuts and cheese. Serve immediately.

You can serve the beet salad with some **baked salmon** as apart of a Mediterranean diet.



- 12oz salmon fillet cut into 4 pieces.
- Preheat the oven to 450 degrees F.
- Season salmon with salt and pepper. Place salmon, skin side down, on a non-stick baking sheet or in a non-stick pan with an oven-proof handle. Bake until salmon is cooked through, about 12 to 15 minutes.



What's in season?

Avocado, Carambola, Grapefruit, Guava, Mushroom, Orange, Peanuts, and Tangerine.



Simple, at home workout

By Adam Campbell

You don't need a gym membership to melt that unwanted flab and look fit. In fact, you don't even need equipment. Use this super-simple body-weight workout from *The Women's Health Big Book of Exercises* to burn fat, tone every muscle and improve your fitness.

How do it: Perform this workout as a circuit, completing the prescribed number of repetitions of each exercise without resting. Once you've done one set of each exercise, rest for two minutes, then repeat the entire circuit one to two more times.



Exercise 1: Bodyweight Squat

Stand as tall as you can with your feet spread slightly wider than shoulder-width apart. Hold your arms straight out in front of your body at shoulder level, so that your arms parallel to the floor [A]. Keep your torso as upright as you can for the entire movement, with your lower back slightly arched. Brace your abs, and lower your body as far as you can by pushing your hips back and bending your knees [B]. Pause, then push yourself back to the starting position. That's one repetition. Do 15 to 20 repetitions.



Exercise 2: Incline Push-up

Assume a push-up position, but place your hands placed on a raised surface—such as a kitchen counter, bench, or one of the steps of your stairs—instead of the floor. Your body should form a straight line from your ankles to your head [A]. Keeping your body rigid, lower your body until your upper arms dip below your elbows. Pause, and then push yourself back to the starting position as quickly as possible [B]. (The higher the surface on which you place your hands, the easier the exercise becomes—you can even lean against a wall if you need to.) If the incline push-up is too easy, do it the old-fashioned way, with your hands on the floor. Do 12 to 15 repetitions. Read more: <http://>

DOH-Broward Employee Wellness



**The Walking Club,
Is on HOLD for now.
We will resume our exercise program in
late September. Do your best with your
150 min a week, stay cool,
drink your water.**

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