



Employee WELLNESS



Florida Department of Health in Broward County

November 2017



What is clean eating?

The term “clean eating” — or “eating clean” — seems to be all over the internet and in grocery stores and restaurants. What do these buzz words mean? Is clean eating just another fad?

Clean eating is in essence a diet — just a way of eating. But it is also a way of a way of living that lends itself to improving one's health and wellbeing.

Eat more real foods. Sound familiar? One of the tenets of the Mayo Clinic Diet is eating more real foods and fewer processed or refined foods. Convenience food is OK, sometimes even necessary, just make sure that what's in that can or package is the real thing with few other ingredients.

Eat for nourishment. Eat regular, balanced meals and healthy snacks that are nourishing and not too rushed. Eat at home more often and prepare food in healthy ways. Pack food to eat away from home when on the road, at work or activities. When you do eat out, choose wisely.

Eat safe food. This is my addition to the idea of clean eating. Based on the name itself, clean food should be safe. Practice food safety by washing produce before consumption (you may consider buying organic as well), keeping raw meats separate from produce from the grocery store to home, cooking food to proper temperatures and chilling food quickly after service.

Other principles you may consider to enhance the basics:

Eat local. Keep foods close to your home by growing your own, participating in community supported agriculture (CSA), farmers markets and the like.

Eat more plant-based foods. Ramp up on plants by eating more plant-based proteins, such as beans, lentils and peas, and high-protein whole grains, like quinoa, barley and buckwheat.

Clean up your act. Adopt a cleaner lifestyle by getting plenty of physical activity during the day, getting enough sleep at night and managing stress in healthy ways. Connect with people you enjoy — talk, laugh, share a meal, go for a walk or play a game.

Since clean eating and living a clean lifestyle have no official definitions, you can determine what they mean to you. Choose a few changes that will help you improve your diet and your overall wellbeing. By Katherine Zeratsky, R.D., L.D. www.mayoclinic.com

thankful
& grateful
TODAY
and
every day



love
YOURSELF
enough
to live a
HEALTHY
LIFESTYLE

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Diabetes and Physical Activity



Physical activity is an important part of managing your blood glucose level and staying healthy. Being active has many health benefits; it lowers blood glucose levels, lowers blood pressure, improves cholesterol levels, blood flow and burns extra calories so you can keep your weight down if needed. Being more physically active will help you move around more easily, strengthen your balance and help prevent falls and it may help you sleep better.

Even **small amounts of physical activity can help**. Experts suggest that you aim for at least **30 minutes** of moderate or vigorous physical activity 5 days of the week.

Be sure to **drink water** before, during, and after exercise to stay well hydrated.



The following are some other tips for safe physical activity when you have diabetes.

Plan ahead. Talk with your healthcare team before you start a new physical activity routine, especially if you have other health problems. Your healthcare team will tell you a target range for your blood glucose level and suggest activities for daily routine. **Ask your healthcare team** how you can be active safely and protect yourself against low blood glucose levels. Many people **choose walking** with friends or family members for their activity.

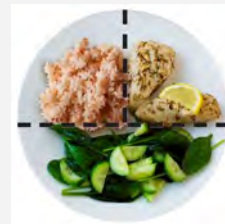
Take care of your feet. People with diabetes may have problems with their feet because of poor blood flow and nerve damage that can result from high blood glucose levels. To help prevent foot problems, you should wear comfortable, supportive shoes and take care of your feet before, during, and after physical activity.

If you have been inactive or you are trying a new activity, **start slowly**, with 5 to 10 minutes a day. Then add a little more time each week. Increase daily activity by spending less time in front of a TV or other screen.

Try these simple ways to add physical activities in your life each day: •*Walk around while you talk on the phone or during TV commercials.* •*Do chores, such as work in the garden, rake leaves, clean the house, or wash the car.* •*Park at the far end of the shopping center parking lot and walk to the store.* •*Take the stairs instead of the elevator.* •*Make your family outings active, such as a family bike ride or a walk in a park.*

If you are sitting for a long time, such as working at a desk or watching TV, do some light activity for 3 minutes or more every half hour. Light activities include:

- leg lifts or extensions
- overhead arm stretches
- desk chair swivels
- torso twists
- side lunges
- walking in place



Excerpts from:

<https://www.niddk.nih.gov/health-information/diabetes/overview/diet-eating-physical-activity>



A positive lifestyle change is another step in making Florida the Healthiest State in the Nation.



Health News from Tokyo

During my visit to the Tokyo-Ryo-in-Clinic in Complementary and Alternative Medicine in Tokyo (Japan) I met with Dr. Kiyoshi Suzuki M.D., Ph.D., who is the clinical director and researcher. He shared his abstract on Complementary & Alternative Medicine (CAM). According to Dr. Kiyoshi Suzuki, the Integrative Medicine (IM) is a healing oriented medicine that places the emphasizes on the individual's lifestyle.

An approach to healthcare in combination of Western medicine and other treatment methods are called Complementary & Alternative Medicine (CAM). This concept differs across countries and cultures, depending on their traditional medicine and medical/healthcare systems.

Integrative Medicine (IM) consist of Medical Model and Social Model.

- Medical Model aims to incorporate not only western medicine but any appropriate methods to promote effectiveness of treatment and patient's quality of life (QOL).
- Social Model utilizes various expertise to enhance community support to improve members' quality of life. These models complement each other to create healthy aging society and sustainable mutual-help communities, also to optimize healthcare costs.
- Integrative Medicine (IM) is also gradually recognized as the integration of disease prevention, treatment, healthcare, socio-ecological aspects and spirituality.

In Japan, Integrative Medicine (IM) emphasizes 4 main points:

1. Work toward disease prevention and health promotion
2. Respect patient's intention, provide treatments that are more effective and less expensive.
3. Support improvement of lifestyle habits
4. Work toward better Quality Of Life (QOL), and life's satisfaction.

The Tokyo-Ryo-in-Clinic wellness program uses diet, art, bioenergy healing, acupuncture, massage, and nutrition programs to improve the health of patients with risk factors such as hypertension, diabetes, obesity and high cholesterol. The Clinic also emphasizes the healthy eating habits, mainly organic vegetables and grains.

Finally, here are some suggestions Dr. Kiyoshi Suzuki, M.D., Ph.D. to improve wellness and decrease stress.

1. Observe the Art of Perfection. Visit modern-day "oases," such as gardens or estates, enjoy the harmony of natural and man-made beauty. Appreciate Nature's perfect beauty in the changes of the seasons and scenic landscapes.
2. Enjoy Fine Art. View works of art at galleries and museums. Create your own works of art: drawings, paintings, photography
3. Associate with Flowers. Admire flowers; look at them with interest. Grow flowers in the garden or in pots. Enjoy arranging flowers at home, Add flowers to your table when serving dinner to your family.
4. Seek Out Refined Forms of Entertainment. Enjoy a cup of tea or coffee with your friends. Go to movie, theatre and dance performances. Enjoy listening to good music, playing musical instruments, and/or singing. Cultivate enjoyment of poetry. Enjoy reading literature (your library offers great resources)
5. Enhance Everyday Living with Beauty. Take good care of what you wear. Also, how you wear them is important, so that your appearance gives other a neat and pleasant impression. Create a lovely eating environment and experience. Keep a clean and tidy home environment. Fragrance adds to an enjoyable home environment.
6. Develop a relaxation or meditation routine.
7. Nurture your body. Walk early in the morning to improve your body energy during the day.

<http://www.moainternational.or.jp/en/health/therapy.html>

Healthy Eats!

Ingredients

- 1 pound asparagus
- 1/2 cup extra-virgin olive oil, plus more for brushing
- Salt and ground pepper
- 4 lightly packed cups mesclun* or any salad of your choice
- 1 seedless cucumber, cut into 1/2-inch dice
- 1 cup grape tomatoes, halved
- 1 cup drained and rinsed canned chickpeas
- 1/2 cup pitted Kalamata olives, coarsely chopped (3 ounces)
- 8 ounces sharp white cheddar, cut into 1/4-inch dice

Salad Dressing

- 3 tablespoons fresh orange juice
- 1 tablespoon fresh lemon juice
- 1 tablespoon red wine vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon grainy mustard
- 1 tablespoon chopped tarragon
- 3 cups pita chips for garnish

**Try something new
or revisit something
you thought you didn't like.**



Vegetarian dish

Grilled Asparagus Salad

Bobby Flay makes this delightful grilled asparagus salad with sweet grape tomatoes, briny Kalamata olives and sharp white cheddar. Each bite brings out a different combination of ingredients. Serves: 6

Directions:

- Step 1 Light a grill or preheat a grill pan. Brush the asparagus with oil and season with salt and pepper. Grill over high heat, turning, until tender, about 5 minutes. Let cool, then cut the asparagus into 1-inch pieces.
- Step 2 In a large bowl, toss the mesclun with the grilled asparagus, cucumber, tomatoes, chickpeas, olives and cheese.
- Step 3 In a bowl, whisk the orange juice, lemon juice, vinegar, both mustards and a pinch of salt and pepper. Gradually whisk in the 1/2 cup of oil until emulsified; add the tarragon. Pour the dressing over the salad and toss. Garnish with pita chips and serve. Bobby Flay, July 2012

* Mesclun (French pronunciation: [mɛs'klœ̃]) is a salad mix of assorted small, young salad green leaves, which originated in Provence, France.



What's in season for November?

Mushroom, avocado, cucumber, bell pepper, tomato, squash, sweet corn, radish, eggplant, snap bean, guava, grapefruit, orange, passion fruit, tangerine and peanuts.



Back page Story:

November

November is Men's Health Awareness Month. If you see guys sporting their stash, there is a reason for that. They are supporting Men's Health Awareness. The primary focus is on prevention of prostate and testicular cancer as well as mental health awareness (see links below).

Many mental illnesses affect both men and women, however men; may be less likely to talk about their feelings and seek help. Recognizing the signs that someone may have a mood or mental disorder is the first step toward getting treatment and living a better life.

Men and women experience many of the same mental disorders but their willingness to talk about their feelings may be very different. This is one of the reasons that their symptoms may be very different as well. For example, some men with depression or an anxiety disorder hide their emotions and may appear to be angry or aggressive while many women will express sadness. Some men may turn to drugs or alcohol to try to cope with their emotional issues. Sometimes mental health symptoms appear to be physical issues. For example, a racing heart, tightening chest, ongoing headaches, and digestive issues can be a sign of an emotional problem.

Warning signs include

- Anger, irritability or aggressiveness
- Noticeable changes in mood, energy level, or appetite
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Increased worry or feeling stressed
- A need for alcohol or drugs
- Sadness or hopelessness
- Suicidal thoughts
- Feeling flat or having trouble feeling positive emotions
- Engaging in high-risk activities
- Ongoing headaches, digestive issues, or pain
- Obsessive thinking or compulsive behavior
- Thoughts or behaviors that interfere with work, family, or social life
- Unusual thinking or behaviors that concern other people

Be a Bro, grow a Mo!



<https://us.movember.com/mens-health/general>
<https://www.nimh.nih.gov/health/topics/men-and-mental-health/index.shtml>
<https://www.ncbi.nlm.nih.gov/pubmedhealth/PMHT0025017/>
<https://www.ncbi.nlm.nih.gov/pubmedhealth/PMHT0024449/>

Please consult your healthcare provider before starting on any diet or exercise program.

FDOH-Broward Employee Wellness



Walking for Health

Join us in front of the Admin Bldg.
12 noon Monday, Wednesday
and Thursday. Mark your calendar!

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