

WLOH Health Newsletter

February 2014

10 Ways to Live Healthier

Step 1: Find a Doctor and schedule a checkup
The key is to choose the right physician and get an annual physical checkup.

Step 2: Know the Five Ingredients to Avoid
To make your diet healthier, Dr. Oz says to remember his "rule of fives." Look at the labels of the foods you eat. If you see one of these five ingredients listed as one of the first five things used to make it, don't eat it.

- High fructose corn syrup – most commonly found in soft drinks. It's an inexpensive sugar which means we're getting a lot of it in our diets.
- Sugar – When you eat sweets, your brain receives schizophrenic messages. It says 'I got calories, but I didn't get any nutrients.' Your body will keep craving food until it gets those nutrients.
- "Enriched" Also watch out for products made with "enriched" flour, like white bread. "Why would they take bread and have to enrich it?" Because they take all the important vitamins out of it, and they sprinkle just a little bit back in there.
- Trans fat – Also known as hydrogenated fat, these are fats that were once in liquid form but have hydrogen added to make them solid at room temperature. It extends the shelf life of the product but it shortens the human life.

- Saturated fats – These fats come from four-legged animals like pigs and cows.

Step 3: The Healthy Foods to Add to Your Diet
Start with foods that don't need a label, like fresh fruits and vegetables. If they're coming out of the ground looking the way they look when you eat them, they're good for you in general.

Antioxidants – You should also fill your grocery cart with items that are high in antioxidants, such as tomatoes, broccoli, kidney beans, blueberries, artichokes and prunes. Whatever has that deep color like a blueberry, you know is rich in antioxidants. Try to eat 5-7 servings of these foods every day.

Omega-3 Fats – Increase your intake of omega-3 fats to 3 grams a day. We need to have the right kinds of fats in our body to make sure our

brain is the most resilient to stress and can learn the fastest. Some good sources include flaxseeds, walnuts, salmon, scallops, soybeans and squash.

Fiber – You need about 12 grams per day. Some good sources of fiber include oatmeal, 100% whole grain bread, lentils, pine nuts, peas and raspberries.

Olive Oil – The last item to add to your shopping list is virgin or extra virgin olive oil. Ideally, you should

consume about a tablespoon a day. One nutritious and delicious way to eat olive oil is with tomatoes, made into a pasta sauce.

Step 4: Take a Multivitamin Every Single Day
With so many variations to choose from, how do you know what vitamin is right for you?





If you're a young, premenopausal woman look for a multivitamin that contains iron. If you're menstruating, you'll need the iron to make new red blood cells and you don't want more than 5000 units of vitamin A.

If you're a postmenopausal woman

or man a multivitamin without iron and no more than 2500 units of vitamin A. You don't need the iron, because you're not bleeding every month.

Before you add this step to your daily routine, consult with your doctor. People who are taking medication to lower their cholesterol may need a different dosage.

Step 5: Know Your Numbers

Waist Size – Suck in and measure your waist at your belly button. It should ideally be less than half your height – about 40 inches for men and 37 inches for women.

Blood Pressure – The ideal blood pressure is approximately 115 over 75.

Cholesterol – This ratio is the third number you need to know. You want your LDL, or lousy cholesterol, to be less than 100 and you want your HDL, or healthy cholesterol, to be greater than 40.

Resting Heart Rate – Take your pulse when you get out of bed in the morning and strive to get it as close to 60 as possible.

Blood Sugar – A simple finger stick can help you discover your blood sugar levels.

Vitamin D – You should also know your vitamin D levels. Vitamin D can help a person prevent cancer, heart disease, multiple sclerosis, diabetes, autoimmune ailments and thyroid problems. You can get enough through 15 minutes every day of sun exposure during the summer or a daily vitamin D supplement with 1,000 units.

C - reactive protein

This is a way to tell if your body is full of inflammation and irritation. C-reactive protein

tells you how much of a battleground there is inside of you.

Thyroid Stimulating Hormone, or TSH – If you have unexplained weight gain or your hair has changed. If you don't have the get up and go or your libidos off, the number one thing that we check is thyroid stimulating hormone. It tells you whether your thyroid gland is functioning normally.

Step 6: Find a Health Advocate

A health advocate can be anyone – your spouse, child, relative or friend. Bring someone who's actually going to pay attention and understands the process and takes notes. When you are under stress from doctor's diagnoses or are too sick to speak up for yourself, it's crucial to have someone helping you.

Step 7: Organize Your Health Records

You want to know your family history. You want to know immunizations. You want to understand what your doctor's been thinking and doing with you.

Step 8: Get the Medical Tests You Need

First things first – everyone should get an annual checkup, see their dentist every 6 months and get an eye exam every two years. The rest of your health test schedule depends on your age and gender.

Step 9: Start Exercising

There are four main exercise goals you should be aiming to achieve this year.

Start Walking – Your goal is to get up to 10,000 steps a day but its okay to start by walking for 30 minutes a day. This will make about 3,000 steps.

Get Your Heart Rate Up – Besides walking, you need some more strenuous exercise as well.

You should work out hard enough to be sweating for at least 60 minutes a week.

Flexibility – Stretch for at least 5 minutes a day. If you're not flexible, you'll get hurt and stop exercising.

Strength Training – You need to do some kinds of weight lifting or resistance training for at least 30 minutes a week. IF you don't rebuild those muscles, you get frail and that's what aging is all about.

Step 10: Get 7-8 hours of Sleep a Night

While steps 1-9 are important, you could lose all of the benefits if you skip sleep. If you don't get sleep, you'll crave other things like carbohydrates.

Happy Birthday!!!!

Shieesha McLeod	Feb. 3
Elvis Esquega Sr	Feb. 15
Ray Derosier Sr	Feb. 16
Ty McLeod	Feb. 19
Josh Pitchenese	Feb. 21
Daniel Cantin	Feb. 22
Tom Favell	Feb. 25
Clayton Morrison	Feb. 27

Recipe of the Month Potato Soup

What U Will Need

- 1 pound bacon, chopped
- 1 stalks of celery, diced
- 1 onion, chopped
- 3 gloves garlic, minced
- 8 potatoes, peeled and cubed
- 4 cups of chicken stock or enough to cover potatoes
- 3 tblspns butter
- ¼ cup all purpose flour
- 1 cup heavy cream
- 1 tsp dried tarragon
- 3 tsps chopped cilantro
- Salt and pepper to taste

What 2 D0!

- Cook the bacon over medium heat until done. Remove bacon from pan, and set aside. Drain off all but ¼ up of the bacon grease.
- In the bacon grease remaining in the pan, sauté the celery and onion until onion begins to clear. Add the garlic, and continue cooking for 1-2 minutes. Add the cubed potatoes, and toss to coat. Sauté for 3-4 minutes. Return the bacon to the pan, and add enough chicken stock to just cover the

potatoes. Cover, and simmer until potatoes are tender.

- In a separate pan, melt the butter over medium heat. Whisk in the flour. Cook stirring constantly, for 1-2 minutes. Whisk in the heavy cream, tarragon and cilantro. Bring the cream mixture to a boil and cook, stirring constantly, until thickened. Stir the cream mixture into the potato mixture. Puree about ½ the soup and return to the pan. Adjust seasoning to taste.

Weird but True

Coughs clock in about 60 mph. Viruses and colds get spread around the office and classroom quickly during cold and flu season. With 60 mph coughs spraying germs far and wide, it's no wonder.

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FYI.....

- **February 17th** – Family Day Fish Derby (weather permitting)
- **February 20th** – Recycling Day – please put out your blue boxes in the morning or the night before. If you need a blue box, please come to the band office.



Quote of the Month

Water is the most neglected nutrient in your diet but one of the most vital.

- Kelly Barton

February 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Head Check @ school Computer Night 3:30-4:30	5 Family Health Team Clinic 10-3 pm Open Gym ages 7-12 4-5 p.m Ages 13-18 6-8 pm	6	7 Swimming @ DRC ages 7-12	8
9	10 Computer Night 3:30-4:30	11	12 Valentine's Couples Night 4:30 – 6 p.m. Open Gym ages 7-12 4-5 p.m Ages 13-18 6-8 pm	13 Chiropody Clinic 10-3 p.m. Cake Decorating Contest 4 Kids 4-5:30 pm	14	15
16	17 Family Day Fish Derby (weather permitting)	18 Computer Night 3:30-4:30	19 Elder's Night 4-7 pm Open Gym ages 7-12 4-5 p.m Ages 13-18 6-8 pm	20	21 Healthy Living Food Boxes – Delivery	22
23	24 Computer Night 3:30-4:30	25	26 Open Gym ages 7-12 4-5 p.m Ages 13-18 6-8 pm	27 Cooking 4 Life Classes 4- 6 pm	28	