

ISSUE 100 - June 2019



Results for Life

Monthly tips and topics for a healthier lifestyle

Brain health

Eating healthy, being physically active, sleeping well, managing stress and maintaining meaningful social connections improve brain health. Learn more about alcohol, exercise as medicine and the importance of vitamin D in this month's newsletter.

Don't forget, you can always find more health and wellness tips and resources on www.myinteractivehealth.com (or at your company-provided web link).



Effects of alcohol

Many people reach for alcohol to unwind, destress and fall asleep. While this may seem like a good plan, if used repeatedly your physical and emotional health can suffer.

According to the National Sleep Foundation, alcohol will make you drowsy, but the sleep that follows is less restorative. Getting good quality and the right quantity of sleep is critical to feeling your best. Research has also shown a connection between depression and increased alcohol consumption.

Connect with us!



Your story can inspire others to take healthy steps. Share your story today!



Fit tip of the month



Exercise is medicine

Regular physical activity helps relieve stress, anxiety and depression.

Aerobic exercise has been shown to decrease tension, elevate and stabilize mood, and improve

Drinking too much can be harmful to your physical health too.

- Impacts all our major organs including your brain, heart, liver and pancreas.
- Has been linked to certain types of cancers.
- Weakens your immune system.

Take a look at how much, how often and why you're drinking. If you feel you'd benefit from assistance, discuss it with your doctor. Employee assistance programs, if available through your employer, and the Substance Abuse and Mental Health Services Administration's treatment locator can be helpful resources www.samhsa.gov.

Resources: [National Sleep Foundation](#); [National Institute of Alcohol Abuse and Alcoholism](#); [Mental Health America](#); [Substance Abuse and Mental Health Services Administration](#)

Colleen Fairbanks, PhD

Preventive focus

Vitamin D

Vitamin D helps build bones and teeth, aids in the absorption of calcium from the gut and more. Your body produces it naturally when exposed to sunlight and gets it through some foods including:

- Milk, yogurt, cheese and eggs.
- Fish (salmon, tuna, and mackerel).
- Mushrooms.
- Fortified cereals.
- Beef liver.

The recommended allowance for vitamin D is 600 IU daily for children and adults up to 70 years of age, and 800 IU daily for adults over 70. Low levels of vitamin D can lead to rickets in children and weak bones for adults.

If you do not know what your vitamin D level is, talk to your doctor to see if a test is appropriate for you.

Resources: [National Institute of Health](#)

sleep and self-esteem. Even five minutes can begin to generate anti-anxiety benefits.

Exercise is also a great way to strengthen your relationships and make new ones. Check out the five tips below for ideas.

1. Get a group of friends, family or coworkers together for a hike and healthy picnic at a state or local park.
2. Join a team sport like volleyball, softball or bowling.
3. Try a local fitness or dance class.
4. Grab a friend and your bike and explore a city or trail near you.
5. Joining a running, biking or walking club is a great way to meet people and stay consistent with your healthy habits! Search online for options.

Resources: [Anxiety and Depression Association of America](#)

Erica Baxter, ACSM EP-C

Always consult your physician before beginning this or any exercise program. For more exercises or ideas, visit www.myinteractivehealth.com.

Webinar



Boost your brain power

Have you ever walked into a room and can't remember why? What about those glasses you can't

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Improve your well-being

Whether you're trying to gain a better understanding of your health status or achieve a personal health goal, Interactive Health is here to support you. Visit www.myinteractivehealth.com (or at your company-provided web link) today!

Podcast

Check out our new podcast [To Health with It](#) to learn more about mindfulness, how staying active can decrease your cancer risk and more!

find on top of your head? These small memory lapses are a normal part of the aging process.

Join us for a [webinar](#) to learn how to lower your risk of cognitive decline and boost your brain power using five simple steps.

Thursday, June 20

12:00 p.m. - 12:45 p.m. Central time

REGISTER NOW

After registering, you will receive a confirmation email with directions to join the webinar.

Webinars are recorded and added to the [Interactive Health](#) member website after they happen. Click the **Health Library** tab to find them.

Recipe of the month

Kale salad with berries and walnuts

Research shows that green leafy vegetables, berries and walnuts help boost brain power. These foods usually contain omega 3 fatty acids, B vitamins and antioxidants. This kale salad recipe is jam-packed with nutrients to help you feel your best!

Ingredients

Salad

- 3 cups of kale rinsed and chopped
- ½ cup blueberries
- ½ cup raspberries
- ¼ cup chopped walnuts
- 2 oz of goat cheese

Dressing

- 2 Tbsp olive oil

- 2 Tbsp balsamic vinegar
- 1 tsp honey or agave
- Salt and pepper to taste

Directions

1. Wash and dry kale and berries and place in salad bowl
2. Add walnuts and sprinkle on cheese
3. Whisk together olive oil, balsamic vinegar, honey, salt and pepper
4. Toss dressing on salad and enjoy

Nutritional information per serving (recipe makes three servings)

Calories: 269 calories

Total fat: 21 grams

Saturated fat: 5 grams

Cholesterol: 9 milligrams

Sodium: 96 mg

Potassium: 443 mg

Protein: 8 grams

Total carbohydrates: 15 grams

Dietary fiber: 5 grams

Sugars: 7 grams

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