

HEALTHY *You!*

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THIS EDITION FEATURES:

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PREPARE FOR

ADVENTURE

As the weather gets warmer, you may be looking forward to some epic outdoor adventures. Unlike a walk in the park, outdoor activities like hiking, paddling, climbing, or sailing require energy, focus, and preparation. Get ready for outdoor adventure all summer long with these easy tips:

1. Build confidence with mental preparation.

Write down the things your body does well, or listen to music to get your head in the game.

2. Eat a balanced, healthy diet. After physical activity, eat a meal that contains both carbohydrates and proteins to help muscles recover.

3. Gear up. Wear clothing that allows air to reach your skin so it can dry sweat. You also need a hat or cap for sun protection in the hotter months, and well-fitting shoes that protect your feet with cushioned soles and arch support.

4. Improve your physical stamina. Indoor stair climbers can help build leg muscles, weight lifting can strengthen the upper body, and repetitions up and down a long flight of stairs can improve stamina.

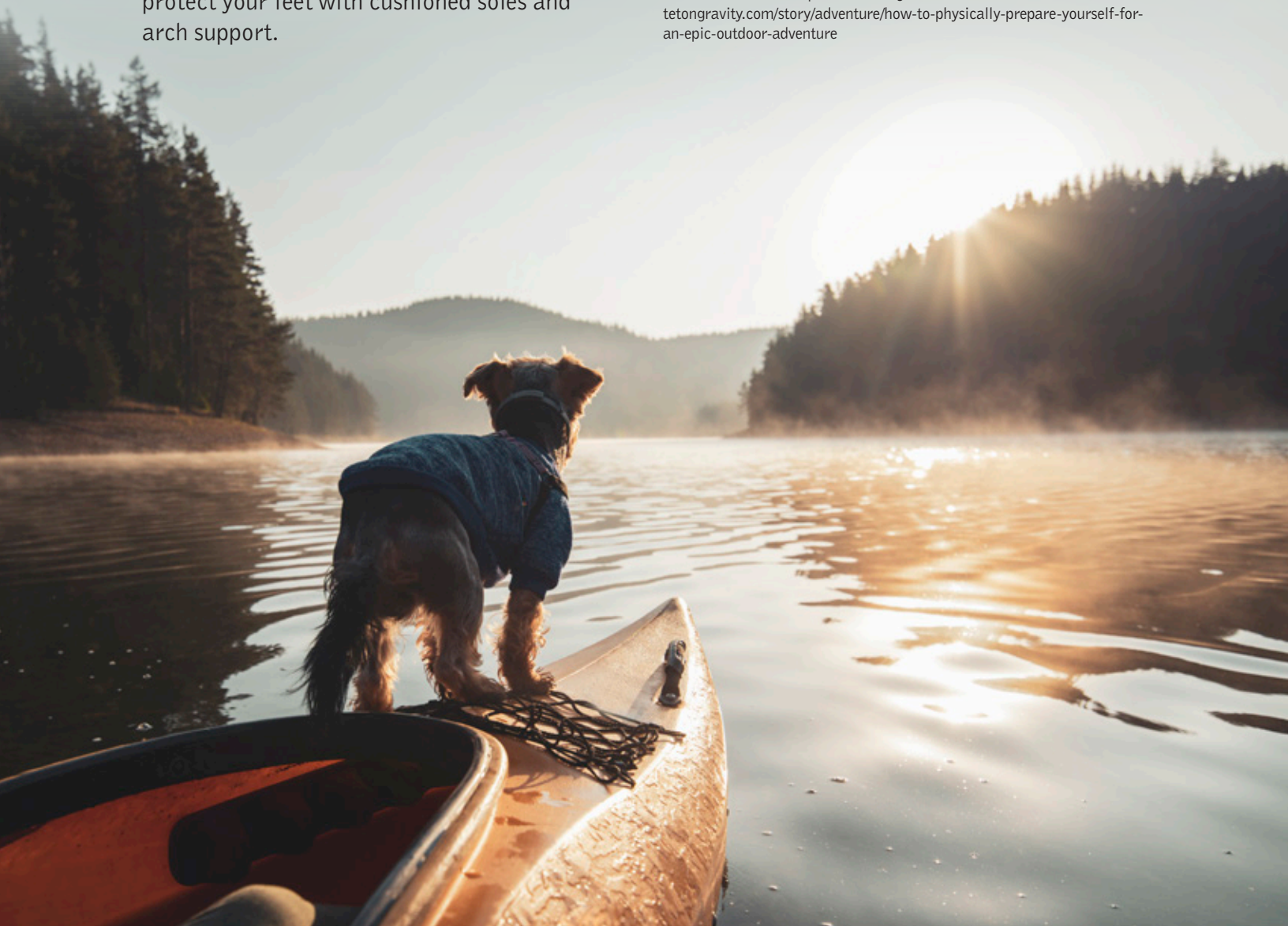
5. Stay hydrated. Drink plenty of water before, during, and after activity to keep muscles working and to avoid fatigue, headache, and confusion.

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FOODS TO OVERCOME **ANXIETY**

Chronic anxiety can be mentally and physically exhausting. Evidence shows that food can be a powerful tool for people dealing with depression and anxiety. Here are two important dietary suggestions to support your mental health:

- 1. Reduce the amount of sugar in your diet.**
Too much sugar can suppress the area in the brain that controls stress response. It may also trigger imbalances in your brain chemicals that lead to depression.
 - 2. Be sure to get enough vitamins to help your body boost the production of serotonin, a mood regulating chemical.**
- Eat plenty of niacin-rich foods, found in dairy, eggs, fish, legumes, lean meats, nuts, and fortified grains, to raise serotonin levels.
 - Folic acid, also called folate or vitamin B-9, helps the body make serotonin and can be found in avocados, beans, leafy green vegetables, orange juice, and salmon.
 - Vitamin B-6 and Vitamin D also increase serotonin levels. Good sources of vitamin B-6 include bananas, chickpeas, fortified grains, nuts, liver, poultry, rice, seafood, and watermelon. Vitamin D can be found in dairy and mushrooms.

Sources:

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Osteoarthritis

Avoiding Trigger Foods

Pain, stiffness, and swelling are symptoms of osteoarthritis. The condition can affect any joint in the body, but is most commonly noticed in the knees, hands, hips, or spine.

While some foods have anti-inflammatory properties which can help reduce symptoms, other foods may intensify them. For those living with osteoarthritis, a balanced, nutritious diet rich in foods that contain antioxidants, including vitamins A, C, and E, may help reduce inflammation and prevent further damage to the joints. If you are seeking relief from painful joints, here are three things to avoid:

- 1. Refined carbohydrates.** White flour products, such as white bread, white pasta, white rice, and crackers, are refined grains that can cause a spike in blood glucose, which has been shown to increase inflammation.
- 2. Saturated fats.** Foods high in saturated fat, like fatty cuts of beef or poultry with skin, can cause inflammation in the tissue.
- 3. Sweetened beverages.** The sugars that are added to some drinks, including soda, sweet tea, flavored coffees, and juice drinks, can make arthritis inflammation worse.

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Bacon Balsamic Brussels Sprouts

- 4 slices thick-cut bacon, diced
- 2 lbs. brussels sprouts, ends trimmed, halved through the stem
- 2 tsp extra-virgin olive oil
- 1/4 tsp kosher salt
- 1/8 tsp ground black pepper
- 2 tbsp balsamic vinegar

Preheat oven to 450 degrees. Spread the bacon in a 9x13 inch baking dish. Roast 5 minutes. Stir bacon, and then add brussels sprouts, olive oil, salt, and pepper (without stirring, so bacon stays on the bottom at first). Roast 45 minutes, stirring every 15 minutes or until bacon is crisp and sprouts are tender and browned in spots. Add vinegar, then stir to combine. Roast another 2-3 minutes.

Enjoy!

SHOW YOUR SKIN SOME LOVE



As the largest organ of the body, skin performs several important functions. It's the body's protective barrier from bacteria, viruses, pollution, and chemical substances. Skin also regulates body temperature and maintains fluid balance.

Your skin does a big job. Take care of it with these self-care tips:

- **Aim for 7–8 hours of sleep each night.** Skin cells repair and recover while you snooze.
- **Don't smoke.** Smoking speeds up the skin's normal aging process.
- **Eat a healthy diet.** Antioxidant-rich foods may have a protective effect for the skin, so be sure to eat plenty of beans, berries, green leafy vegetables, lentils, peas, seafood, such as salmon and mackerel, and other fatty fish, and yellow and orange fruits and vegetables.
- **Moisturize.** To keep your skin soft and hydrated, use a moisturizer that fits your skin type.
- **Protect your skin from the sun.** Sun exposure can cause wrinkles, age spots, and other skin problems, as well as increase your risk of developing skin cancer. Use a broad-spectrum sunscreen with an SPF of at least 15 to reduce UV rays.
- **Stay hydrated.** If the outermost layer of the epidermis doesn't contain enough water, skin will lose elasticity and feel rough. Drink plenty of water and eat water-rich foods such as watermelon, strawberries, and cucumber.

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BRING ON THE **LAUGHTER**

A good laugh can have positive impacts on your mind and body by relieving tension, lowering stress, boosting your mood, and even relieving pain. Laughing with others is also an important part of building relationships — sharing jokes and funny stories can help put others at ease so they can relax, boosts collaboration, and promotes camaraderie.

Laughter also helps us cope with difficult situations and connect with others. Need a good laugh or two? Here are a few ways to laugh more:

- Find a way to laugh about your own situations.
- Learn a few jokes (who doesn't love a good knock, knock joke!) and funny stories that you can share with others.
- Notice a pet's playful and funny behaviors.
- Spend time with friends who make you laugh.
- Watch funny videos, movies, and TV shows.
- Know what isn't funny. Humor that is aggressive or used to ridicule or make fun of others isn't appropriate.

Sources:

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OPPORTUNITY OR SCAM?

Scammers are always looking for their next target. The pandemic has heightened uncertainty, financial concerns, and confusion — creating many opportunities for scammers to take advantage of others. Here are some tips to help you avoid scams and protect your health and finances:

- **Contact trusted sources for information on vaccines.** Check with your local health department, your health care provider, or reputable sites, such as the Centers for Disease Control and Prevention, for accurate, up-to-date information.
- **Don't share your personal, financial, or health information with people you don't know.** Legitimate vaccine distribution sites will not call, text, or email you for your social security number, credit card number, or bank account information to sign you up to get the vaccine.
- **Hang up on robocalls.** Agencies, such as the Internal Revenue Service, usually will not call you. They almost always contact you by mail. Scammers will often call you and pretend to be from a government agency to get your money or personal information.
- **Watch out for phishing emails and text messages.** Don't click on links in emails or texts from an email address or phone number you don't recognize or are not expecting.

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MONTHLY QUIZ

1. According to *Prepare for Adventure*, which of the following statements is true?

- A. Outdoor adventures are easy enough for everyone
- B. Outdoor adventures are too difficult for most
- C. Some outdoor activities require focus and preparation

2. Which of the following foods are good for people dealing with chronic anxiety?

- A. Dairy and mushrooms
- B. Leafy green vegetables and salmon
- C. Eggs and nuts
- D. All of the above

3. Laughter is an important part of life. Which of the following is NOT a good way to get more laughs?

- A. Watch funny TV shows or movies
- B. Tell inappropriate jokes that make fun of others
- C. Spend time with friends who make you laugh

1. C, 2. D, 3. B

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