

## RESULTS FOR LIFE

Monthly tips and topics for a healthier lifestyle

### Emotional Health

We all know how important it is to eat a balanced diet, exercise regularly, and get enough sleep to optimize our physical and mental health. However, we sometimes overlook the importance of taking the right steps to improve our emotional health. This month's newsletter will provide you with ways to enhance your physical well-being in addition to your emotional health, to help you feel and perform at your best.

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#### Thrive: Eight to Five

Are 50, 60 and 70-hour work weeks leaving you feeling drained? This article will provide beneficial suggestions to renew your energy and help prevent the daily afternoon slump.

#### Maximize energy peaks

First, pay attention to your daily energy peaks and valleys. Schedule tasks that complement these times. Plan to work on complex, creative projects during your energy peaks and save brain resting activities, like cleaning out your inbox or filing documents, for energy valleys. Many top CEO's suggest utilizing your morning energy peak by starting your day with a big project, before checking e-mail.

Avoid multitasking during your peaks. Devote your full attention to one task for 30 – 90 minutes, take a break, and then begin the next project. Check emails at a separate, scheduled time. This allows you to complete tasks quicker, more completely, and leave more enjoyable tasks for later in the day.

### Fit Tip of the Month

#### Yoga

**Yoga is the total mind-body workout!** It burns calories and combines strength and stretching moves. Remember to breathe throughout.

*New to yoga or need a work pick-me-up? Try the following!*

**Mountain Pose** - Stand tall, feet together, arms stretched up to sky, palms facing inward.



**Downward Dog** - On all fours, curl toes under, press hips to ceiling, positioning your body in an inverted V.



**Warrior** – Stand with legs wide apart, right foot turned out, left foot turned in slightly. Raise arms out to side, palms down, bend right knee over right ankle, and look forward over right shoulder.



Let your phone go to voicemail during meetings to increase productivity and time efficiency. You can devote time to returning voicemails separately.

### **Manage energy valleys**

When an energy valley hits, deep belly breathing instantly boosts energy by increasing the amount of oxygen your brain receives. It also improves focus and concentration. A lesser known tactic is to express appreciation for others. This energizes both the receiver and the giver. Schedule time to express your appreciation with a hand-written note, e-mail, phone call, or face-to-face. Leaving your desk at lunch, taking a walk in the afternoon, or scheduling “get moving” breaks every 90 – 120 minutes also boosts energy.

### **Tap into your circadian cycle**

Your body has a natural, daily circadian cycle where you have low energy around 2 or 3pm. This is due to a drop-in core body temperature, which signals the production of melatonin, the sleep hormone, similar to what happens at night. Getting a dose of natural light for at least 10 minutes every day helps you regulate your circadian cycle, sleep better at night, and increase overall feeling of restfulness.

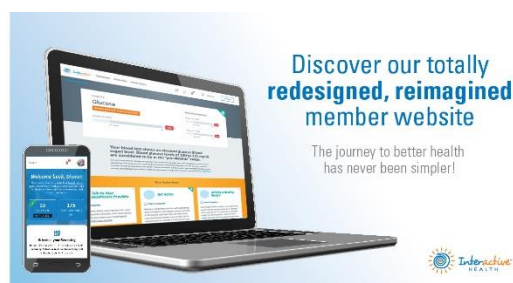
### **Keep nutrition in check**

To help moderate your peaks and valleys, start your day with a nourishing breakfast, then eat a combination of protein and fiber-rich foods for lunch and snacks throughout the day. Avoid heavy, fatty foods that leave you feeling weighed down. Staying hydrated helps too, especially when drinking cool water.

**Emily McCarley**  
Senior Wellness Program Coordinator

**Resources:** [Harvard Business Review](#); [Interactive Health](#)

## Have you seen your new wellness website?



We've taken the online wellness experience to a whole new level. Tap into a concierge-like web experience that will assist you on your journey to better health. Fresh, modern and easy-to-use, the website includes interactive guides, pin-able content, personalized action steps and much more!

Log on today at [www.myinteractivehealth.com](http://www.myinteractivehealth.com) (or at your company-provided web link) to see more.

**Tree Pose** – Arms at sides, shift weight onto left leg, place right foot inside left thigh, extend arms overhead, palms facing inward.



**Mid-Day Energizer:**

**Seated Backbend** – Gently arch backward, stretch arms up and back for 10 seconds.

**Seated Twist** - Sit tall, twist to one side, hold, then twist to the other side, and hold for 10 seconds.

**Shoulder Opener** - Push your chair away from desk within arm's reach, staying seated extend your arms straight and rest your hands on the desk, drop head, and hold for 10 seconds.

**Forward Fold** - Stand, bend over at waist letting arms/head hang, and hold for 10 seconds.

**Suzanne Toon MS, CPT**  
Health Coach

**Resources:** [Fitness.com](http://Fitness.com)

**Always consult your physician before beginning this or any exercise program. For more exercises or ideas, visit [www.myinteractivehealth.com](http://www.myinteractivehealth.com).**

## Preventive Focus: Vitamin D

### Did you know?

Osteoporosis (weak and brittle bones) causes more than 8.9 million fractures globally each year resulting in a fracture every three seconds.

### How can you prevent this?

Vitamin D is one of the greatest defenses against weak bones. Consuming Vitamin D-rich foods and being exposed to some sunlight are essential for maintaining a healthy level. However, obtaining sufficient amounts from natural food sources alone can be difficult because very few foods have this vitamin. Thus, the majority comes from fortified foods such as orange juice, milk and breakfast cereals in the American diet.

### The Recommended Dietary Allowances for Vitamin D:

- 0-12 months 400 IU\*
- 1-70 years 600 IU\*
- >70 years 800 IU\*

\*International Units

Fatty fish (salmon, tuna, swordfish) contain the highest amounts ranging from 150-500 IU's per serving. Fortified foods such as orange juice and milk contain 115-137 IU's per serving.

Individuals commonly at risk for Vitamin D deficiency include those with inadequate sun exposure, limited amounts in their diet, or impaired intestinal absorption. Symptoms of deficiency can be vague and may include tiredness and general aches and pains. If you have a severe deficiency, you may experience pain in your bones and weakness that affects your overall mobility. You may also have frequent infections. However, not everyone gets these symptoms and some may not have any symptoms at all.

If you think you have Vitamin D deficiency, you should see your physician and have a blood test to check your levels. The 25-hydroxy Vitamin D test can detect bone weakness or other bone disorders.

**Lynn Friedman, RN, BSN**  
**Health Management Specialist**

**Resources:** [Interactive Health](#), [National Osteoporosis Foundation](#), [National Institutes of Health](#)



### Curbing Your Inner Critic

We all have an inner critic. Negative self-talk can significantly impact confidence, performance and overall quality of life. Discover the impact of self-criticism on the brain and develop a plan for curbing your inner critic to achieve greater success.

**Date:** Thursday, May 18, 2017

**Time:** 12 pm - 12:45 pm (Central)

[Register Now](#)

After registering you will receive a confirmation email containing information about joining the webinar.

A recorded version of the webinar will be available for viewing within 7 business days on the [Interactive Health](#) member website.

## Recipe of the Month

### Healthy Comfort Food Quinoa “Mac” and Cheese

It's not surprising that chronic health conditions can run in families for generations. Both nature and nurture are key components of health, especially when it comes to healthy eating. Oftentimes we were taught recipes and cooking styles from a very young age. This month's recipe puts a new, healthier twist on a classic family recipe. It's the perfect example of how moderation and a few recipe tweaks can make all the difference.

**Serving size: 6 servings**

#### Ingredients:

2 cups cubed butternut squash, boiled  
 ½ white onion, diced and sautéed until tender  
 ½ cup skim milk plus 1 TB for pureeing  
 3 cups quinoa, cooked per package instructions  
 ½ cup sharp cheddar cheese  
 ½ cup shredded skim mozzarella cheese  
 ¼ tsp salt  
 Black pepper to taste



#### Directions:

1. Preheat oven to 400 degrees Fahrenheit
2. Puree cooked onion and butternut squash with 1 TB of milk in a food processor or blender
3. Combine all ingredients into a glass baking pan
4. Bake for 15-20 minutes until cheese has melted

#### Nutritional Information per Serving

Calories: 217  
 Total Fat: 6.8g  
 Cholesterol: 15.4mg  
 Protein: 10g  
 Total Carbohydrates: 30g  
 Dietary Fiber: 6g  
 Sugars: 3g  
 Sodium: 155mg

*Recipe created by:*

**Kerry Clifford, MS, RD, LDN**  
 Registered Dietitian

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## Wellness Works Hub

Stay up to date with the latest wellness news and trends with [Wellness Works Hub](#).

If you haven't visited lately, here's what you've missed:

#### [Interactive Health Honors Employers with Top Wellness Programs](#)

“Interactive Health named 156 recipients of the Healthiest Companies in America designation, which recognizes employers for outstanding achievements in improving—and truly transforming—the health of their employee population.”

#### [More Than Half of Employers Cite Rise in Workplace Stress, Mental Health](#)

“Mental health statistics continue to demand action from employers. We know that one in four working days are lost to the issue.”

Interactive Health provides comprehensive wellness programs to individuals across the nation. Our worksite wellness program is designed to engage you in the management of your health through early detection and identification of risk factors. Our goal is to *measure, motivate and reward* you as you begin a journey on the pathway to better health. We create a personalized pathway that is unique to your health status. Our program provides you with the specific tools and resources you need to achieve your personal health goal.

