

## RESULTS FOR LIFE

Monthly tips and topics for a healthier lifestyle

### Stress Management

August's focus is Stress Management. In this month's newsletter and webinar, you'll learn coping techniques for stressful times, whether it be making a big life change such as quitting tobacco or just taking a few minutes to unwind during your work day with some breathing techniques. Our preventative focus this month is on depression screening.

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#### Coping After Quitting

The cravings for nicotine can be intense when you stop using tobacco products. The good news is, if you stay on track they will become more manageable with time. Here are some tips on how to cope:

**Use quitting products.** Nicotine replacement therapy, such as gum, lozenges, patches and prescription medications work by making cravings less strong easing withdrawal symptoms. Talk to your healthcare provider and carefully follow instructions.

**Change your environment.** Cravings occur most often in situations that remind you of your habit. You can reduce cravings by changing your environment such as making your home and car tobacco-free, going places that prohibit tobacco use and avoiding situations that trigger cravings.

### Fit Tip of the Month

#### Interval Training



Interval training is alternating intense activity with light activity or rest. A specific work-to-rest ratio is used such as 30 seconds of work, 15 seconds of rest.

#### Benefits:

- Builds strength/endurance
- Burns calories/fat in a short period of time as well as hours post-workout
- Boosts metabolism
- Any workout can become an interval workout with no equipment needed
- Beneficial for heart health
- Offers new and seasoned exercisers a challenge, variety and quick results

**Beginner Program (30 seconds of each exercise followed by 15 seconds of rest):**

#### Body-Weight Squats

Feet shoulder width apart, arms at sides. Lower hips to squat position and bring arms forward. Stand up, repeat. Ensure knees do not extend past toes in the squat position.

**Change your routine.** You can reduce cravings by changing your routines that trigger tobacco use. Take all your normal breaks but with a cup of herbal tea or other drink. Try cleaning your teeth straight after a meal and showering as soon as you get up.

**Distract yourself.** Most cravings go away after 20 minutes. Try distracting yourself with other activities such as listening to music, going for a walk, and calling a friend. Keep your hands or mouth busy by fiddling with keys, squeezing a stress ball, chewing sugar-free gum or drinking water.

**Remember your reasons.** When thoughts of tobacco occur, quickly remind yourself of your reasons for quitting. Reflect on the positive changes in your life such as having more energy, being less winded, and smelling better.

**Get Support.** Get support from family members, friends and co-workers by asking them to keep you busy, provide encouragement, or if necessary, avoid using tobacco products in front of you.

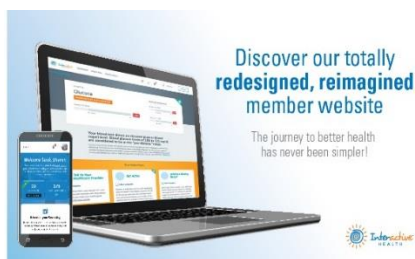
**Start healthy habits.** Prepare for a new, healthy way of living by replacing old unhealthy habits with healthy new ones such as starting an exercise program, eating healthier foods, and drinking more water.

**Overcome setbacks.** If you slip, don't let it lead you back into full-time tobacco use. Remind yourself of your determination to quit. If you go back to using, don't despair. Plan another date to quit right away. Most people who quit for good have made several serious attempts before succeeding.

**Ann Rowland, MA, MS**  
Health Coach

**Resources:** [Interactive Health](#), [Smoke Free](#), [Centers for Disease Control and Prevention](#)

## 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.

### [Incline Push-Ups](#)

Using a step/bench, assume angled position with arms extended. Engage core, shift weight forward and press down with elbows bent to 90-degrees. Return to start.

### [Reverse Lunges](#)

Stand, feet hip-distance apart. Step right foot backward lower the knee to the ground. Repeat on left.

### [Planks with Knee Drive](#)

Start in high-plank position, bring right knee toward the chest then extend back out. Repeat with left knee.

### [Alternating Side Lunges](#)

Stand with feet hip distance apart. Shift body toward the left and bend left knee while straightening right leg. Step to center and shift body toward right, bending right knee.

### [Jumping Jacks](#)

Stand tall, jump legs wide and lift arms overhead. Jump back to center and bring arms back to sides.

**Suzanne Toon MS, CPT**  
Health Coach

**Resources:** [ACE Fitness](#)

**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 Depression Screening

### Did you know...

Depression is a common emotional health disorder. Worldwide, more than 300 million people suffer from depression. With such a staggering statistic, it is no wonder that depression is the leading cause of disability and a major contributor to overall global burden of disease.

Did you know that less than half of individuals experiencing symptoms of depression get appropriate treatment?

### Recommendations

Although depression is common, it may not be easily identified or properly treated because of stigma, lack of awareness, and variability in symptoms across individuals. Two key symptoms which can signal that either you or someone you care about is experiencing depression is depressed mood and loss of pleasure in activities. Taking a self-assessment is a good first step towards understanding your current mood experience and can provide a great means to initiate a conversation with your healthcare provider on getting adequate treatment. The Anxiety and Depression Association of America and Mental Health America offer free online depression assessments.

Identifying symptoms of depression early and alerting your healthcare provider will get you or someone you care about the appropriate recommended treatment necessary to get back to living a healthy and happy life.

**Dr. Colleen Fairbanks**

**Clinical Psychologist**

**Resources:** [The Anxiety and Depression Association of America - Screening for Depression](#), [Mental Health America - Depression Screening](#), [World Health Organization](#)



### Breathing and Relaxation

We can take breathing for granted but it is actually one of the most powerful methods of relaxation. This webinar is designed to increase awareness of your breathing patterns and teach you techniques to better manage stress and achieve deep relaxation.

**Date:** Thursday, Aug. 18<sup>th</sup>, 2017  
**Time:** 12:00pm - 12:45pm (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 seven business days on the [Interactive Health](#) member website.

## Recipe of the Month

Prepare for a busy day ahead or relax with breakfast for dinner. Not only is the smell of banana bread soothing, the chia seeds and walnuts in this recipe are packed with omega-3 fatty acids. Omega 3's support a healthy heart and can reduce anxiety.

Now, take a deep breath and enjoy!

### Ingredients

- ½ cup rolled oats
- 1 Tbsp chia seeds
- ½ tsp cinnamon
- 1 cup water
- 1 medium banana, cut into chunks
- 2 Tbsp chopped walnuts



### Directions

1. Combine oats, chia seeds, cinnamon, and water. Microwave for 2 ½ - 3 minutes on high.
2. Add banana and chopped walnuts as soon as oatmeal comes out of the microwave. Enjoy!

### Nutritional Information Per Serving (Makes 1 Serving)

Calories: 392  
 Total Fat: 17g  
 Cholesterol: 65 mg  
 Protein: 11 g  
 Total Carbohydrates: 58 g  
 Dietary Fiber: 12 g  
 Sugars: 15 g  
 Sodium: 2 mg

*Recipe created by:*

**Megan Solloway, RD, LDN, CPT**  
 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:

### Mental Health Focus Can Impact Company Bottom Line

“Despite the fact that treatment is effective for at least 80 percent of people with the most common mental health conditions, less than a third of people who need help seek it. This is due to lack of knowledge about mental health symptoms and how to pursue treatment, negative attitudes toward treatment, and fear of discrimination, especially in the workplace.”

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.

