

# HELLO summer



— TRUST —  
wellness



Employee Wellness Newsletter

Summer 2016

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## BODIES IN BALANCE

### bal · ance

*Noun.*

*An even distribution of weight enabling someone or something to remain upright and steady.*

As we age, our strength in balance naturally declines. Lack of physical activity and a sedentary lifestyle increases our chances of losing balance as we age. Improving and retaining muscle strength in our core helps posture and balance, helping to avoid falls or other injuries.

### Better balance and stability help to:

- 1 Improve the communication between your brain and muscles, which increases coordination
- 2 Improve posture
- 3 Prevent injuries and falls

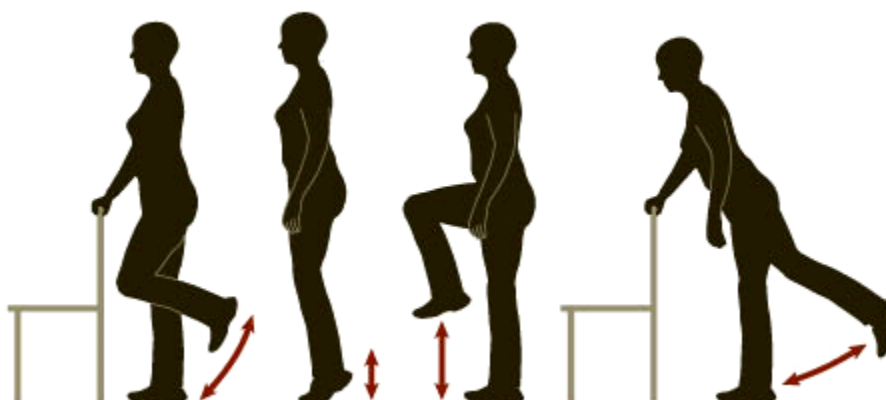


Testing your balance is a good place to start to identify the status of your stability. If you want to test your balance, stand up and imagine you're going to walk forward on a straight line; place one foot directly in front of the other so that the heel of your front foot touches the toes of your back foot. Keep both feet flat on the floor. Hold that position and if you can, close your eyes. If you can maintain your balance for 30 seconds, you're balancing successfully. If you are wobbling as soon as—or before—you close your eyes, your balance could use a tune up.

You can increase your balance with exercises designed to improve it. Try the balance exercises below and see how your balance improves over time.

### Exercises to Improve Your Balance

- Move slowly.
- Hold each position for one second.
- Repeat 8 to 15 times.
- Hold onto a chair with one hand for balance.
- Try no hands if steady, then with eyes closed.



Source: "Fitness Over Fifty" by the National Institute on Aging

THE NEW YORK TIMES

### COMMON STABILITY EQUIPMENT



**BOSU Ball: \$100**



**Stability Ball: \$10-\$20**



**Balance Board: \$15+**



### The Power of Smiling

**Your body immediately releases endorphins when you smile, even when you force it. This sudden change in mood will help you feel better and release stress.**



# Stomach Ulcers

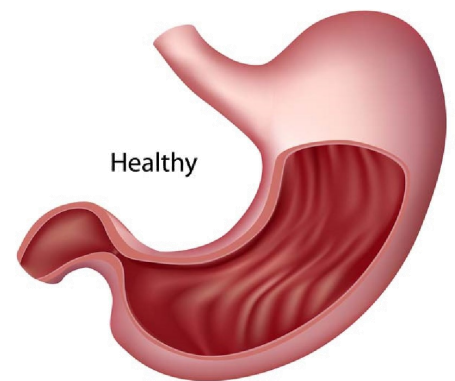
***80% of your immune system is located in your digestive tract, making a healthy gut important if you want to achieve your best health***

The stomach is a complex organ of the digestive system that processes all of the food and liquids we consume. With so much wear and tear on this essential organ, we may develop diseases or other health related issues over time.

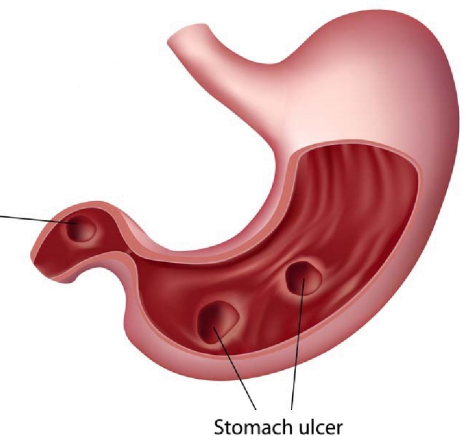
One common issue people develop are Ulcers. Ulcers can be described as an open sore in the lining of the stomach or small intestine. If left untreated they can become severe and very painful. People with ulcers may not experience any symptoms, while others may confuse their symptoms for heartburn. The most common symptom for ulcers is a burning pain in the stomach in between meals and often in the middle of the night. Some other common symptoms include, nausea or vomiting, acid reflux, weight loss or bloating. These symptoms may improve temporarily right after a meal. Ulcers can worsen overtime if they are not treated, so talk to with your doctor about any signs you are experiencing.

Ulcers aren't necessarily caused by one single factor and people from any age can suffer from this painful sore. A common myth associated with ulcers is that they are caused by stress and the consumption of spicy foods. While those factors may make ulcers worse, they are usually not the cause.

The two most prominent causes of ulcers are an infection with H. pylori and a group of medications known as NSAIDs. When people are infected with H. pylori, a bacterium that lives in the stomach of those affected, their risk for developing ulcers increases. In addition, the regular use of certain pain relievers, NSAIDs – aspirin, Advil, and Aleve to name a few – can irritate or inflame the lining of the stomach and the small intestine. Ulcers are more common in individuals who take these pain medications more frequently.



Healthy



Duodenal ulcer

Stomach ulcer

Sources: Healthline; Livescience

## **Foods to Help Prevent Ulcers**



Cranberries



Broccoli



Garlic



Red  
Cabbage



Honey

# May your summer be filled with fun, happiness and **Grilled Pineapple!**



## Ingredients:

- 8 pineapple slices, 1/2 inch thick (about 1 medium pineapple)

## For the marinade:

- 2 tbsp dark honey
- 1 tsp olive oil
- 1 tbsp fresh lime juice
- 1 tsp ground cinnamon

## Directions:

In a small bowl, **combine** the honey, olive oil, lime juice, and cinnamon and **whisk** to blend. Set aside. **Heat** the grill or a grill pan. Lightly **coat** with cooking spray.

Lightly **brush** the pineapple with the marinade. **Grill** turning once and basting once or twice with the remaining marinade, until tender and golden, about **3-4 minutes** on each side.

**Serve** warm as a **side dish**, add to **salads**, or even **top with ice cream!**

## Did you know?

Pineapple contains an enzyme called **bromelain**, which has been shown to decrease pain and swelling in those suffering from **Rheumatoid Arthritis**.

Servings: 8 servings • Size: 1 slice • Points +: 1 pts • Smart Points: 2 Calories: 51 • Fat: 0.8 g • Carb: 12 g • Fiber: 0.9 g Protein: 0.3 g • Sugar: 10.4 g • Sodium: 0.9 mg

Source: Skinnytats

## 6 Ways to Live Better with Arthritis

**1 Keep Moving:** regular movement helps to maintain flexibility in your joints.

**Heat Therapy:** applying heating pads to aching joints can help relieve pain temporarily.

**3 Avoid Tobacco:** toxins in tobacco cause stress on connective tissue leading to more joint problems.

**Relaxation Therapy:** find ways to relax. Meditation and yoga are great ways to relax and help ease pain.

**5 Include Omega-3s in Diet:** fish oil supplements, which are high in omega-3s may help reduce joint stiffness and pain.

**Plan Ahead:** organizing your time and tasks can help eliminate steps that strain your joints—avoid rushing which can increase stress and pain.

Sources: MayoClinic; WebMD

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