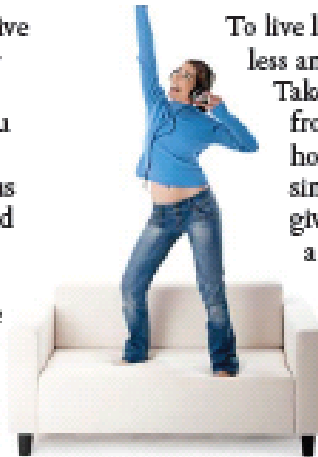




Are you sitting too much?

Drive to work. Sit at your desk. Drive home. Eat dinner. Watch TV. Your life is probably more complicated than that, but chances are good you spend a lot of time sitting. That's a problem because sitting is hazardous to your health. A recent study found that sitting for three or more hours a day can shorten your life by two years. And that's even if you exercise regularly and don't smoke.

In a study of 167,000 adults, researchers found that the average adult spends at least nine hours a day sitting. Too much time on your bottom can lead to type 2 diabetes, heart disease, and stroke. These conditions are among the top 10 leading causes of death in the United States.



To live longer, aim to sit less and move more. Take a quick break from sitting every hour. And try these simple activities to give your bottom a break.

At work:

- Take regular breaks to stand up, stretch, and move.
- Walk to give a co-worker a message.
- Hold meetings standing up, or while walking.
- Use a stand-up desk at work.

At home:

- Stand up and jog in place during commercials.
- Pace back and forth when you're thinking or talking on the phone.
- Walk through your house to find a family member, instead of yelling.
- Walk your dog, instead of paying someone to do it for you or ignoring your four-footed friend.

Get reminders to stand up and stretch tinyurl.com/byw9tdu

Centers for Disease Control and Prevention, Harvard School of Public Health.

Americans Idle – At Risk for Diabetes

On the popular TV show *American Idol*, judge Randy Jackson dishes out advice to up-and-coming singers. The weekly show draws about 26 million viewers. That's about the same number of people who have type 2 diabetes in the United States. And Jackson is one of them.

Diabetes is a condition that limits your body's ability to turn sugar into energy. It can damage your heart, vision, arteries, brain, kidneys, and nerves.

When Jackson finally faced the music about his diabetes, he was ready to change. He improved his diet. He began walking 35 to 45 minutes a day on a treadmill. He lost weight, and now controls his diabetes without medication.



Continued on page 2

Wake Up Early to Exercise

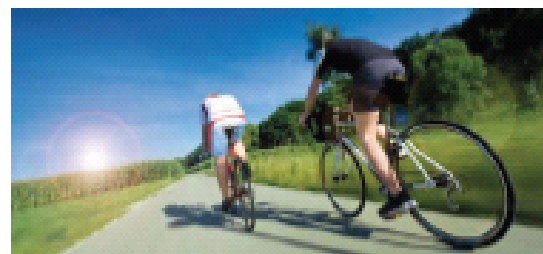
If you've ever spent a sleepless night watching infomercials or counting sheep, you're not alone. About 40 percent of all adults in the United States have trouble sleeping at some time each year. Lack of sleep has been linked to diabetes, heart disease, obesity, and depression. And it's often a factor in car accidents and on-the-job injuries.

Fortunately, you can do more than toss and turn all night. New research suggests that exercising in the morning can help you sleep better at night.

In a recent study, scientists found that working out in the morning improved the quality of sleep for participants. Those who completed 30 minutes of exercise on a treadmill at 7 a.m., slept better at night than

those who did the same workout at 1 p.m. or 7 p.m.

Arrange your schedule to exercise in the morning to get the rest you need. And aim to get seven to eight hours of sleep a night. You'll be more likely to exercise early when you:



- Organize your workout gear the night before.
- Attend a group fitness class in the morning.
- Schedule a morning appointment with a personal trainer.
- Find a workout partner to hold you accountable.

American College of Sports Medicine, Centers for Disease Control & Prevention, National Sleep Foundation.

49 ways to wake up early www.howtowakeupearly.com



Kiwifruit – More Vitamin C Than Oranges

Bite into a kiwifruit and the sweet and sour taste can transport you to a tropical paradise. This fruit earned

its common name when it arrived in New Zealand in the South Pacific. With a handful of seeds from China given to him by a friend, a local farmer with an interest in unusual plants grew the first kiwifruit. Locals renamed the Chinese gooseberry after their national bird, the kiwi. It's small, brown, and fuzzy, much like the fruit.

On the outside, the kiwifruit might not be as enticing as a shiny, red apple. But inside, the tangy, bright-green fruit speckled with edible black seeds is bursting with vitamin C and other nutrients.

A single kiwifruit contains 120 percent of the vitamin C you need in a day. That's more vitamin C than found in an orange. This antioxidant has been shown to strengthen the immune system, help prevent certain types of cancer, and reduce the risk for heart disease.

How to peel a kiwifruit
tinyurl.com/bz7w8g

Kiwifruit is also a good source of fiber and potassium. Research shows that eating fruits and vegetables with these nutrients helps manage cholesterol levels, prevent heart disease, and lower blood pressure.

In a recent study, researchers followed 118 people with high blood pressure for eight weeks. One group ate three kiwifruit a day. Another group ate one apple a day. Researchers found that the kiwifruit group lowered their blood pressure by three points more than the apple group.

This fruit is a delicious snack. It's tasty in green salads, fruity salsa, smoothies, or used as an ice cream topping. Try the kiwifruit. You'll savor the sweet and sour taste, and enjoy thinking of your next vacation in paradise.

American Heart Association.

U.S. Department of Agriculture.

It's Time for a Menu Makeover

In many ways, your body is like a car engine. You need to fuel it with healthy foods so it can function properly. But if you fill up by ordering from the fast-food menu, your health will suffer.

Restaurants serve an estimated 50 million fast-food meals a day in the United States. It's one reason heart disease, diabetes, and obesity have become such major health problems. And new research shows that even a single fast-food meal can be harmful to your health.

A study measured blood vessel and artery function in 28 healthy non-smokers after they fasted for 12 hours and ate two different meals. For one meal, they ate _____ almonds, and vegetables cooked in olive oil. These foods are rich in healthy monounsaturated and polyunsaturated fat – the “good” fats. A week later they ate a fast-food meal of sausage, an egg, a slice of cheese, and three servings of hash browns. These fast foods are high in unhealthy saturated fats.

Researchers found that the fast-food meal restricted blood vessel and

Choose foods with healthy fats
tinyurl.com/aaaa7ow

artery function by 24 percent. After the healthy meal, blood vessels and arteries showed normal function.

If you want to improve your heart health, live longer, and reduce the risk for chronic disease, fuel your body with healthy foods. Eat more fruits, vegetables, nuts, legumes, whole grains. And skip the drive-thru.

Canadian Journal of Cardiology.

Pew Research Center.

Harvard School of Public Health.

ASK THE WELLNESS DOCTOR

Q: How can I get enough calcium in my diet without dairy products?

A: Go to www.wellsource.info/wn/ask-non-dairy-calcium.pdf to read the answer from Don Hall, DrPH, CHES.

To ask your question, email: evan@wellsource.com, subject line: Ask the Wellness Doctor. Emails with any other subject line will be directed to the spam folder.

Americans Idle

(continued from page 1)

Exercising is a proven way to help manage your blood sugar levels and lower your risk for diabetes. Studies show that when overweight diabetic people pedaled a bike moderately for an hour, they lowered their blood sugar levels by up to 50 percent, compared to being sedentary. And the effect lasted for 24 hours. Other moderate activities like walking and weight training had the same effect.

To lower your risk for diabetes, exercise 30 to 60 minutes a day. This will help you lower blood sugar levels, lose weight, and reduce body fat. Jackson keeps his treadmill next to his bed to remind him to exercise. And when he's on the road, he wakes up early to make time to exercise.

"If you can't get to a gym, take a walk," Jackson says. "Park your car a little farther away from where you are heading, or take the stairs. Every little bit helps, as long as you keep moving."

American Diabetes Association.

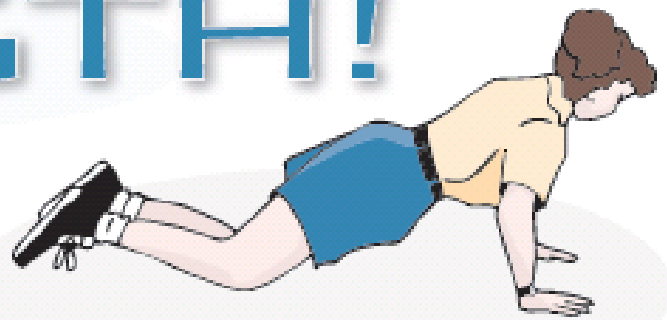
Journal of Medicine and Science in Sports and Exercise.

Easy ways to be more active
tinyurl.com/a2vbkpv

Health Challenge: "Strengthen Your Muscles" available at: www.wellsource.info/wn/hc-strengthen.pdf
Exercise your muscles with strength training.

STRENGTH!

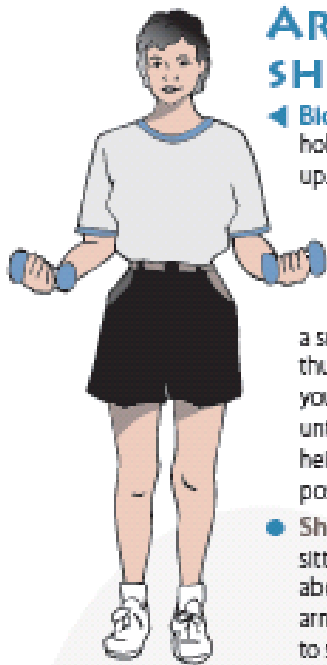
Muscle strength improves body shape and function and is an important part of a fitness program. Sample strengthening exercises are shown below. For additional exercises, talk with a qualified fitness trainer or physical therapist, or consult a book on fitness, such as *Fitness for Everybody* by Diane Dahm and Jay Smith (available at www.wellsources.com).



CHEST AND BACK

- ▲ **Pushup.** Lay face down on a mat, with your hands on the mat slightly more than shoulder width apart. Keeping your body straight, press up from the toes until your arms are fully extended. If this is too difficult, press up from the knees. Slowly bend your elbows to return to starting position. Chest should come close to the mat but not touch the mat. Repeat 10–30 times, depending on your fitness level.
- **Row.** Wrap a resistance band around a solid post. Hold each end of the band with arms fully extended in front of you. Slowly, pull your arms directly back, bending at the elbows. Squeeze your shoulder blades together. Slowly return to starting position. Repeat 10–12 times.
- **Lat pull down, or chin-up.** Sit at a weight machine with arms fully extended grasping a bar overhead. Slowly pull bar down to chest level. As an alternate, every other repetition, pull bar down behind the head. (For young, strong people, chin-ups are an alternate – although very strenuous – exercise.) Repeat 6–12 times.
- **Chest builder or butterfly.** Sit at a weight machine, arms out to the side, elbows bent 90 degrees. Slowly squeeze arm pads together in front of you until elbows nearly touch. Repeat 6–12 times.

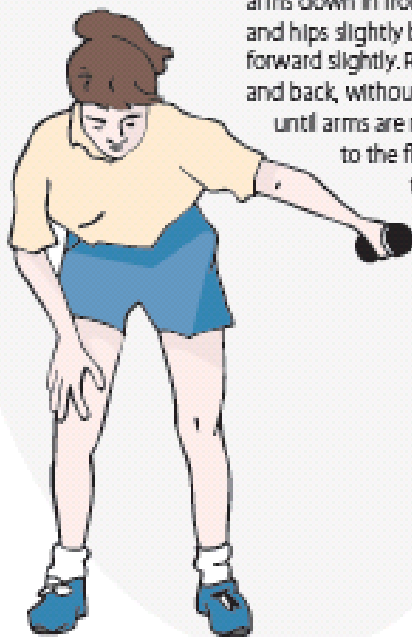
ARMS AND SHOULDERS



◀ **Bicep curl.** Either standing or sitting, hold a dumbbell with your palm facing up. Curl your arm up slowly, bent at the elbow, then slowly extend your arm until the weight is down by your side. Repeat 6–12 times.

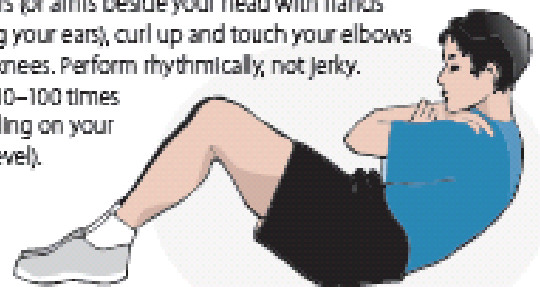
- **Side-lateral raise.** Hold a small dumbbell at your side with thumb pointing outward. Slowly raise your arm (with thumb pointing up) until your arm is just below shoulder height. Slowly return to starting position. Repeat 6–12 times.
- **Shoulder press.** Either standing or sitting, hold a barbell in each hand just above shoulder level. Slowly extend arms together overhead. Slowly return to starting position. Repeat 6–12 times.

▼ **Bent-over side raise.** Start with a small dumbbell in each hand. Extend arms down in front of you, knees and hips slightly bent, while leaning forward slightly. Raise arms sideways and back, without bending elbows, until arms are raised nearly parallel to the floor. Repeat 6–12 times.



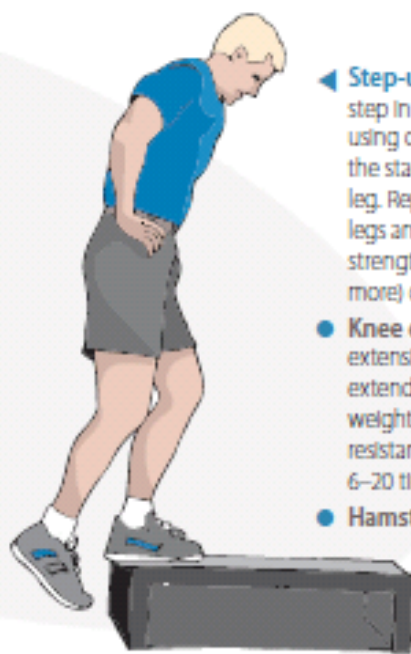
ABDOMEN/TRUNK

- **Cross curl-up.** Use the same position as above, with hands beside head. Twist and curl up, touching right elbow on left knee, then visa versa. Come clear down until your shoulder blades touch the mat. Repeat 10–100 times depending on your fitness level.
- **Trunk lift.** Lay on a mat on your stomach, hands out to your side with elbows bent. Slowly lift your trunk and arms off the mat while keeping your chin tucked in. Hold briefly and return to the mat. Repeat 10–30 times.
- ▼ **Abdominal crunch or bent knee curl-up.** Lay on your back on a mat with knees bent 90 degrees. Keep your feet off the ground. With arms crossed in front of you and fingers on shoulders (or arms beside your head with hands touching your ears), curl up and touch your elbows to your knees. Perform rhythmically, not jerky. Repeat 10–100 times (depending on your fitness level).



HIPS/LEGS

- **Side leg raisers.** Lay on a mat on your side. Raise the top leg sideways and return to starting position. Repeat 10–30 times. Roll over to other side and repeat. Add an ankle weight if desired to increase resistance.
- **Lying hip extension.** Lay on a mat facing down, with arms bent, out to the side. Slowly lift one leg (keeping the leg straight) as high as possible, and hold for a few seconds. Relax and repeat 5–10 times. Repeat using the other leg, or do alternate leg lifts.
- **Squats.** Stand with feet slightly greater than shoulder width apart, hands on hips. Slowly bend the hips, knees, and ankles. Maintain a normal back arch. Descend to a comfortable point, but keep your knees bent less than 90 degrees. Repeat 10–20 times. When you need greater challenge, do the same exercise while standing on one leg. Use a chair back, if needed, for balance. Another challenging alternate is to bend forward while standing on one leg and descending, and touch your palms on the floor. Return to starting position. This takes good balance and strength. Repeat 8–12 times.
- **Leg press.** Sit with bent knees at a leg-press machine. Slowly extend your legs, lifting weight. Repeat 6–12 times.
- **Static wall sit.** Stand with your back toward a wall, with your feet a few inches away from the wall. Lean against the wall and slide down until your knees are nearly at right angles. Hold this sitting position for several seconds then return to starting position. Repeat 6–12 times.



◀ **Step-ups.** Use an 8–10" bench or step in your house. Slowly step up using one leg and slowly return to the starting position using the same leg. Repeat this 6–12 times. Switch legs and repeat. To increase your strength, use a higher bench (12" or more) or a chair.

● **Knee extension.** Use knee-extension apparatus at a gym to extend your knees by either lifting weight or by full range-of-motion resistance. Repeat with each knee 6–20 times.

● **Hamstring curl.** Lie on your stomach on a leg curl machine. Curl your legs by lifting weights or with resistance, 6–12 times each leg.

- **Calf raise.** Stand with your feet slightly apart. Slowly raise up on your toes and hold for a moment. Slowly relax to starting position. Repeat 6–12 times. Use a chair back for balance if needed. For a greater challenge, hold heavy barbells in each hand while doing calf raises.

SPECIALIZED BACK EXERCISES

According to an American College of Sports Medicine news release, one of the best things you can do to prevent back injuries is exercises to strengthen both the back muscles and the muscles that support the spine, such as your abdominals. Back exercises should be customized to different groups of people, according to Michael Bracko, EdD, FACSM.

For regular exercisers:

- **Bird dog.** Start on all fours. Lift the right arm and opposing left leg simultaneously, holding straight, as high as you can lift each. Smoothly bring back to ground. Do 10 reps on each side.
- **Front plank.** Begin lying flat on your stomach. Bend arms at the elbows to support your upper body, centering the elbows under the shoulders. Lift body off the ground, using abdominal strength and toes to hold a "bridge" position, keeping the back straight. Hold a straight back for 10 counts.
- **Side planks.** Lie on your side, with bottom arm centered under the shoulder. Lift hips off the ground, and hold with a straight back for 10 counts. Repeat on opposite side.

For athletes and sport performance:

- **Advanced bird dog.** Follow the same instructions as above, but hold a five- to 10-pound weight in your lifting hand, and/or wear ankle weights.
- **Front plank.** Follow the same instructions as above, but move elbows as far forward as possible to challenge the abdominal muscles.
- **Side planks.** Follow the same instructions as above, but hold a 10- to 15-pound dumbbell on your top hip.

In the workplace:

- **Standing cat/camel.** Stand up, and place your hands on your thighs or knees, keeping knees bent. Arch your back up like a camel, hunching the shoulders, and then alternately curve down like a cat, looking up toward the ceiling. You can also lean on your desk instead of your legs, if preferred. Move the spine through a "pain-free" range of motion.
- **Standing bird dog.** With feet shoulder width apart, stand approximately 2–3 feet away from a wall. Lean on the wall, keeping your back straight. Extend your right arm straight up from the wall, and lift your left leg straight back/up. Lift arm and leg as high as possible, then return smoothly back to desk and ground. Repeat with opposite side. Do 10 reps on each side.

Although a desk job may seem relatively easy on the body, maintaining a sitting position for long periods of time strains the back and spinal discs. So in addition to doing exercises to build muscle strength, you should get up and move around at least once every 50 minutes.

It's not necessary to do all of these exercises at each session. Choose 8–10 exercises you enjoy doing that cover all of the major muscle groups. Vary the exercises from time to time to add variety and work other muscles.

Source: American College of Sports Medicine.





Strengthen Your Muscles

CHALLENGE
Exercise your muscles with strength training.

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc).
2. Record the number of days you exercise your muscles with strength training and do aerobic exercise.
3. At the end of the month, total the number of days you exercised. You must exercise your muscles with strength training at least 8 days, and with aerobic exercise on at least 12 days this month to complete the Challenge. Then keep up this practice for a lifetime of best health.

MONTH: _____							HC = Health Challenge™	ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____		
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_____ Number of days this month I did strength training

_____ Number of days this month I did aerobic exercise

Other wellness projects completed this month:

Name _____ Date _____