



Overtime Hazardous to Your Health

Who wouldn't like the extra money that can come from working overtime? But spending more time on the job may not be worth it. A recent study found that adults who worked 11 hours or more a day had a 67 percent higher risk of developing heart disease than those who worked an eight-hour day. But these days, it's not uncommon for workers to put in extra hours. If you do work overtime, be sure to protect your health and heart while you're at it. Here's how:



1. Eat healthy foods like fruits, vegetables, whole grains, nuts, legumes, fish, and poultry. See www.choosemyplate.gov for more information. Too often, people eat sugary foods, potato chips, and fast food when they're working overtime.

2. Exercise. After a long day at work, it's easy to skip a workout. But since there's a good chance much of your workday is spent sitting, you've got to make some time to exercise. It will strengthen your heart and help you stay at or get to a healthy weight. Try to exercise 30 to 60 minutes on most days.

3. Sleep. Aim for seven to eight hours of sleep per day. Adequate rest is one of your lifelines to healthy living. It can strengthen your immune system, help you burn calories better, and improve your memory. If you can't get seven to eight hours of sleep at night, try taking a 15- to 30-minute nap in the afternoon.

If you take your job seriously, you need to take your health seriously too. Healthy foods, regular exercise, and adequate sleep will help you feel good and be more successful at work and at home.

Annals of Internal Medicine. 2011; ChooseMyPlate.gov

15 Minutes Can Save Your Life

If you're not getting 30 to 60 minutes of exercise every day, you're on a path headed for poor health and possible weight gain, according to a recent study. With all the demands you have in life, it can be hard to find time to exercise. But it's not a lost cause.

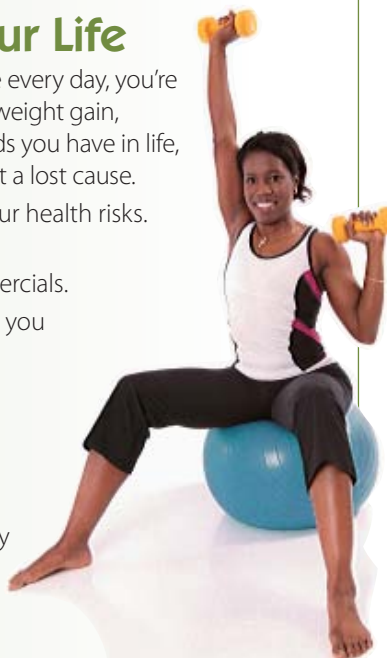
Even 15 minutes a day of exercise can lower your health risks. Here are some ways to find time to exercise:

- Jog in place or do pushups during TV commercials.
- Walk a complete lap around the store before you begin your shopping.
- Pace back and forth when you're thinking or talking on the phone.
- Park far away when you go to the store.
- Skip the elevator and take the stairs.

When you give it some thought, you'll probably find those 15 health-improving minutes a day.

The Lancet.

American Journal of Epidemiology.



Healthy Habits for Your Kids Start with You

Too many kids today watch hours of TV, eat junk food, and get little or no exercise. It's often because they're following the example of many adults. An estimated 33 percent of all kids in the United States are overweight or obese. And a recent study suggests that 84 percent of obese children will remain obese as adults. But it doesn't have to be that way. You can set a positive example for your kids and help them develop healthy habits that will last a lifetime. Here's what you can do:

- **Lead by example** – Show the kids in your life what it means to be healthy, happy, and fit. Your good example is one of the most powerful ways to help them develop healthy habits.
- **Offer (healthy) food choices early** – When your child graduates from bottles to baby food, introduce different pureed fruits, vegetables, and entrees. As they grow older, let them pick out a new fruit or vegetable at the store to try. Have them help you prepare it as part of a meal or snack.
- **Encourage physical activity** – When your kids are old enough, play tag or hide-and-seek with them. Also, encourage kids to enjoy active games during school recess. Get them involved in sports, hiking, or playing in the yard.

Every child deserves the chance to enjoy a healthy life. Your positive influence and good example will have a lasting benefit.

American Academy of Pediatrics

KidsHealth.org



Bite Down on the Health Benefits of Carrots

In Holtville, California, carrots rule. The crunchy, orange vegetable is the star of the Holtville Carrot Festival. Last month, thousands celebrated the 65th year of the deeply-rooted event in the Carrot Capital of the World with 10 days of carrot chomping, cooking contests, and a country carnival. But it was also a chance to help others bite down on the health benefits of carrots.

If you're looking for ways to increase the amount of vegetables you eat, try the carrot. Enjoy the orange-colored vegetable as a snack. Add carrots to a soup or salad. Or steam and serve them as a side dish. Eating carrots can help prevent:

- **Heart disease.** According to a recent study in the *Journal of Nutrition*, eating 20 grams (four baby carrots, or less than ¼ cup) or more of carrots per day decreases your risk of death from cardiovascular disease by about 20 percent. The antioxidants found in carrots help prevent plaque build-up in your arteries.

Eat more carrots. Try these healthy recipes.
www.carrotrecipes.net

- **Glaucoma.** Glaucoma is a disease that can permanently damage your vision. A recent study in the *American Journal of Ophthalmology* showed that women who ate at least two servings (24 baby carrots, or two whole carrots) of carrots per week reduced their risk for the eye disease by 64 percent. Vitamin A found in carrots supports eye health.
- **Cancer.** According to a study in the *Journal of Agricultural and Food Chemistry*, eating carrots may reduce the risk for developing certain types of cancer by at least 33 percent. Researchers linked the results to the anti-cancer chemical *falcarinol* found in carrots.

Carrots also contain vitamins and nutrients that strengthen your immune system, bones, teeth, and skin. If you're not eating the recommended 2½ cups of vegetables per day, try munching an extra carrot with lunch, dinner, or as a snack.

Centers for Disease Control and Prevention
The Journal of Nutrition.
American Journal of Ophthalmology.
Journal of Agricultural and Food Chemistry.

Pick Up the Pace

If you want to live longer, pick up the pace the next time you go for a walk. And don't worry. You don't have to be an Olympic speed walker to reap the benefits.

Walking at a pace of at least 2-3 miles per hour (20 to 30 minutes per mile), will help you live longer, according to a recent study.

Researchers followed about 1,700 men for two decades, and found that those who walked an average of 2.7 feet per second (about 2 miles per hour) were 1.23 times less likely to die early than slower walkers. Walking faster than that would add even more years to a person's life, according to the study.

To measure how fast you walk, try one of these ideas:

- Use an online mapping program to measure a one-mile walking route close to home or work. Then walk the route and time yourself.
- Go for a walk with a pedometer. Time yourself and check the distance when you're done.
- Use a treadmill to measure the time and distance of your workout.
- Download an app (like Google Maps) to your mobile device if it has a GPS to keep track as you go.

If you're walking two miles an hour or faster, you're doing great. If you're slower than that, set a goal

to improve.

Try walking faster for 30-second intervals several times during your next walk. You'll burn more calories and strengthen your heart.

British Medical Journal. 2011.

Map your route, and track your progress!
www.mapmywalk.com



ASK THE DOCTOR *Wellness*

Q: How can I exercise when my feet (or knees, or hips) hurt?

A: Go to www.wellsource.info/wn/ask-exercise-pain.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.

Health Challenge: "Eat More Legumes" available at: www.wellsource.info/wn/hc-legumes.pdf

Eat more legumes, beans, lentils, and peas.