



Wellbeing Insights

Living a Better, More Vibrant Life



In This Issue

September: Prostate & Ovarian Cancer Awareness Month; Family Health & Fitness Day

- Brain Power Boosters 1
- Mindful Minute 2
- On the Menu: Artichokes 3
- Prostate Cancer At-a-Glance 4
- BEAT Ovarian Cancer 4
- Exercise Myth Busters 5
- App in a Snap: Geocaching 5
- Encouraging Active Kids 6
- Family Health & Fitness Day 6

Brain Power Boosters

Our intelligence is not purely a fixed quality. In fact, there are several things we can do to boost our brain power to not only learn new things but also retain the information we learn.

1. Be curious. Einstein once said, “I have no special talent. I am only passionately curious.” By nature, some of us are more curious than others; however, we can all act on our curiosities more often. Try to become more aware of the things that spark your interest and seek to understand them better. As adults it’s easy to take on our past interests as ‘who we are,’ but the truth is that you probably

have new interests and curiosities popping up all the time; take the time to learn.

2. Be wise with your time online.

It’s hard to avoid the mindless black hole of social media, so we must bring some awareness to how we are spending our time online. Set a timer if you must to limit your time scrolling through biased or unimportant content. Make sure you are not only researching new things that challenge you but also seeking out reputable sources and multiple perspectives when it comes to matters of opinion.



Brain Power Boosters

Continued from page 1

- 3. Write it down.** This is a tried and true method to help retain new information. Even if you learn something that you think is so interesting you would never forget it, chances are you probably will. You may even wish to carry a notebook and make it a point to write what you've learned each day. Then, make a habit of reading it each week.
- 4. Keep wise company.** You become more like the people you surround yourself with, so make time for friends who challenge you mentally. Don't let fear of sounding stupid get in your way; ask probing questions, be a good listener and ask openly for opinions on your views.
- 5. Teach.** "If you can't explain it simply, you don't understand it well enough." Another gem from our friend

Einstein. Teaching something to someone else is a great way to gauge just how well you actually understand it. If you can teach it easily, that means you're also committing it to memory.

- 6. Try new things.** You never know what is useful until it is. If the opportunity to learn a new skill or understand an unfamiliar phenomenon arises, take it. Even if it seems irrelevant or useless to you, we incorporate new skills in abstract ways, so it may be more useful than it appears.
- 7. Reflect.** Take some downtime each week or even daily to reflect. Taking this time to process and synthesize information may help you come to new realizations about your experiences or a better understanding of things you've learned.

Mindful Minute

When it comes to self-care there is no shortage of things we know we should do: I should drink a glass of water, I should take a break from my computer, I should choose a healthier lunch option, I should meditate, I should read, I should take time for myself, etc.

Perhaps the one thing we really should do is let go of thinking we should do so much. It's quite the paradox really – viewing acts of self-love, which are self-serving by nature, as a chore. Instead, what if we could shift our thinking so that we let go of what we should do and simply focus on what we would like to do? Here's how to **let go of what you should do** in a healthy way.

The next time you find yourself feeling obligated to an act of self-care (exercising, going to bed early or attempting to be a more positive thinker or organized person) take pause. Ask yourself, what do I want to do right now that would support me in the contribution I hope to make today/in this moment?

True self-care cannot occur in a judgmental context (e.g., If I don't do this, I'm failing or not good enough.). So tend to your needs by asking more thoughtful questions around self-care that lead to better actions. Remember to give yourself a break as you experiment with this. If you listen to yourself and do end up in self-sabotage or feeling guilty, just take note. Simply bringing in awareness will help you find better ways to care for yourself and find what feels right for you.



"When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life."

JEAN SHINODA BOLEN

On the Menu

All About Artichokes

Artichokes are an interesting vegetable with a long history and a reputation for having myriad health benefits. Artichokes first appeared in the Mediterranean and were enjoyed by ancient Greeks and Romans. They are reportedly one of the oldest foods known to humans. In fact, during the 16th century, eating an artichoke was reserved only for men because they were considered a strong aphrodisiac and not suitable for women.

Cultivation of the vegetable spread throughout the western hemisphere and eventually reached the United States through California. Today, California remains the main producer of globe artichokes in the U.S.

Artichokes have been sought after for centuries for their proposed medicinal properties. Today, we know that they do contain high nutritional value. Studies have shown that artichokes can provide many health benefits, including:

- high levels of dietary fiber, which can help control constipation and decrease “bad” cholesterol
- chemical compounds cynarin and sesquiterpene-lactones, which are known to maintain healthy blood cholesterol levels
- large amount of vitamin C, which helps the human body develop resistance against infections and free radicals in the body

- a great source of vitamin K, which plays a vital role in bone and brain health
- a rich source of B-complex vitamins, which are essential for optimal cell function
- an excellent source of folic acid, which is especially important during early pregnancy in helping to prevent neural tube defects in newborn babies

Keep It Fresh

Artichokes are a popular Fall/Winter season vegetable but can be found in grocery stores year round. Choose fresh artichokes that feel heavy and don't exhibit any cuts or bruises. The leaves of the artichoke should be compact and dark green. They are best used while fresh but will keep well in the refrigerator in a sealed plastic bag up to one week.

Quinoa-Stuffed Artichokes

Ingredients:

- 4 large artichokes
- 1 lemon
- 1 cup red quinoa (or preferred variety)
- ½ cup grated Parmesan cheese
- 2 Tbsp. freshly chopped mint
- 2 Tbsp. freshly chopped parsley

Directions:

Fill a large bowl with water and juice of the lemon and stir well. Cut stems of the artichokes so they sit flat and peel stems with a paring knife. Cut off the top third portion of the artichoke and use scissors to clip off the sharp leaf points. Put artichokes in bowl with lemon and water. Bring a large pot of water to boil (water depth of 1 - 2 inches). Once boiling, arrange trimmed artichokes, bottoms up, in a single layer. Cover pot, reduce heat to medium low and steam until tender, about 20 - 40 minutes. Artichokes will be ready when the leaves pull out easily and the base can be pierced with a knife. Drain well.

Nutrition Info

Per Serving (1 artichoke)

Calories	370
Carbohydrates	66g
Fiber	21g
Sugar	4g
Protein	21g
Sodium	490mg



Meanwhile, rinse quinoa under cold running water and drain. Combine quinoa and 2 cups water in a medium pot and bring to a boil. Reduce to a simmer and cook until tender, about 15 - 20 minutes. Fluff with a fork and set aside to cool. Stir in Parmesan, mint and parsley.

Preheat oven to 400°F. Remove the center leaves from each artichoke and scoop out and discard the fuzzy center. Place artichokes stem side down in a baking pan and stuff with quinoa mixture. Bake 20 minutes or until heated through.

Adapted from wholefoodsmarket.com

Prostate Cancer At-a-Glance



The prostate produces fluid that nourishes the sperm in semen. This walnut-shaped gland surrounds the urethra just below the bladder. Prostate cancer is the second most common cancer in American men with over 230,000 cases diagnosed each year, more than 29,000 of which result in death.

Risk Factors:

- increasing age
- a family history of prostate cancer
- being African American

Signs/Symptoms: Early-stage prostate cancer typically has no symptoms. At more advanced stages, prostate cancer may cause any of the following:

- difficulty starting urination and emptying the bladder
- decreased force in urine stream
- blood in the urine or semen
- pain or burning during urination
- difficulty ejaculating or erectile dysfunction
- bone pain or discomfort in the pelvis

Prevention/Detection:

- **Digital Rectal Exam:** A doctor or nurse inserts a gloved, lubricated finger into the rectum to check the prostate for abnormalities.
- **Prostate-Specific Antigen (PSA) Test:** A blood test that measures the level of PSA in the blood. Higher PSA levels are one indication of prostate inflammation, infection, enlargement or cancer.

The use of these two tests combined can help identify prostate cancer in its earliest stages. However, there is a debate on the risks and benefits of screening, and medical organizations differ in their recommendations.

Speak with your doctor about screening to determine what's right for you.

BEAT Ovarian Cancer



The ovaries produce a woman's eggs and are the main source of the female hormones estrogen and progesterone. Women have two ovaries, each about the size of an almond, on either side of the uterus. Ovarian cancer ranks fifth among leading causes of cancer death in American women with over 21,000 cases diagnosed each year, more than 14,000 of which result in death.

Risk Factors:

- increasing age (particularly post-menopausal)
- family or personal history of ovarian, breast, uterine or colon cancer
- never giving birth
- trouble getting pregnant
- being of Eastern European descent

Signs/Symptoms:

- persistent bloating/increased size of abdomen
- pelvic or abdominal pain
- trouble eating or feeling full quickly
- increased urinary urgency or frequency

Prevention/Detection:

Protective factors for ovarian cancer include pregnancy, breastfeeding, the use of birth control pills, having your 'tubes tied' and having a hysterectomy.

Unfortunately, there are no formally recommended screening tests for ovarian cancer. Contrary to popular belief, a PAP test does not detect ovarian cancer. If you believe you are at increased risk and/or experience unexplained signs or symptoms of ovarian cancer, speak with your doctor about screening options. These may include a retrovaginal pelvic exam, a transvaginal ultrasound, a CT or PET scan, or various blood tests.

BEAT stands for:

Bloating. It's persistent and doesn't come and go.

Eating. Difficulty eating and feeling full more quickly.

Abdomen. And pelvic pain you feel most days.

Talking. Tell your doctor.

Exercise Myth Busters

Myth: Your routine isn't working if you aren't losing weight.

Fact: Exercise is beneficial regardless of weight loss. It's true that it's better to be overweight and fit than skinny and sedentary. Exercise can also change the way your body functions and your muscle-to-fat ratio in the absence of weight loss. It's more beneficial to focus on the rewards of your exercise, such as increased energy and stamina and improved focus, flexibility, mood, sleep and functionality than the number on the scale.

Myth: As long as you get regular exercise it's ok to be a couch potato the rest of the time.

Fact: Research has found that reaching the recommended 150 minutes of exercise each week is not enough to combat the negative effects of prolonged sitting. You don't need to exercise during the day, but it is imperative that you regularly stand up and move around a bit. Shoot for five minutes of every hour to stand and stretch at your desk, climb a few flights of stairs or take a short walk.

Myth: You can lose fat from specific parts of your body.

Fact: Spot reduction is an elusive concept. The calories you expend during exercise help burn fat from your entire body. While exercises that target specific areas certainly help tone specific muscles, that does not necessarily mean they are burning fat from that place. Performing exercises only on targeted areas can actually be detrimental to overall functionality, so take a full-body approach.

Myth: You should do extensive stretching before your workout to avoid injury.

Fact: Stretching is exceedingly important post-workout. Performing static stretches on cold muscles can increase your chance of injury. To warm up, stick to dynamic stretches, that is, ones where you are moving the entire time and warming up the muscles, not stretching them and holding the position.

Myth: Sports drinks are superior to water during exercise.

Fact: Sports drinks are only necessary when you've lost significant sodium or electrolytes due to a very long workout (longer than 90 minutes) or a very high intensity workout where you sweat substantially. Many sports drinks are full of sugar and/or artificial sweeteners that can do more harm than the electrolytes you are trying to replenish. Water is the ideal hydration for the average person, exercising at moderate intensity for up to an hour.



App in a Snap

Name: Geocaching

Price: Free

Focus: Physical Wellbeing



Geocaching is the world's largest treasure hunting game! This app allows participants to hide and seek containers, called "geocaches" or "caches," at specific locations marked by coordinates all over the world. Geocaches are real objects full of treasures. You can even swap out something someone else left and leave your keepsake for the next geocacher to discover. Connect with others in your community who share an interest in treasure hunting or enjoy an exciting way to get the kids active with you.

Gabriel Ross, CBIZ Wellbeing Account Manager, says, "Whether it's finding an activity to entertain the children on Saturday afternoon or getting some extra Vitamin D in the summer sun, geocaching is a fun way for me to socially connect and explore my community."



Parenting Corner

Encouraging Active Kids

Parenting is a constant balancing act between work, daily life routines and finding time to instill habits that will help your child develop as they mature. Parents today have the benefit of technology to help them teach and instill habits during child development. However, recently there has been a lot of focus on the negative impact technology has, along with other factors, on the physical inactivity of adolescents.

The American Heart Association recommends that children and adolescents participate in at least 60 minutes of moderate physical activity every day. The following are a few suggestions to help parents teach their children the importance of exercise and maintaining a physical activity regiment throughout all stages of life, especially childhood.

1. Lead the way. Observational learning is the most basic and natural form of education for children. Thus, it is important as parents that we exhibit habits of regular



physical activity to our children, especially during their early developmental years when their actions are a direct response to and mimic their observations.

2. Make the best use of time. Use the smallest breaks in your schedule as an opportunity for family exercise. Take a family walk after dinner and use that time to talk about your days. Is the weather outside too bad to walk today? Use commercial breaks during your favorite television shows to practice stretching. Stretching is a low-impact activity, requires no equipment and can be practiced in any environment. All ages and demographics can benefit from the benefits of stretching, such as increased flexibility and mobility and reduced risk of injury.

3. Use technology to your advantage. Of course we need to limit the amount of time our children watch television and play on their electronic devices. However, gamification through technology is a resource parents should embrace to help instill engagement and good habits of physical activity in their children. Geocaching is a free app that my family plays to stay connected and engaged in physical activity. Through this socially engaging treasure hunt game we have the opportunity to explore the community in which we live, while trying to achieve our goal of walking at least 7,000 steps daily.

Family Health & Fitness Day is September 30

Find events and activities near you at fitnessday.com to join in the celebration!

Or, forge your own path and get creative with some active family fun.

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