

TAKE CHARGE!



for health and living

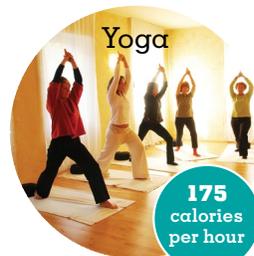
Can't Do 10,000 Steps? Try These

January 2016

By Charles Platkin, PhD, MPH

Health experts recommend that we take 10,000 steps per day, or walk about 5 miles, to get healthy. But this recommendation can be intimidating, and not everyone has the time to walk that much. Luckily, there are other ways to stay active. First step, follow the national recommendations for physical activity: 150 minutes of moderate-intensity exercise per week, or about 22 minutes per day (this is the minimum — more is better).

Here are several activities and the average calories you'll burn doing each per hour:



city events

The "How Do I Catch-up" Challenge – Deferred Compensation

Wednesday, January 13
12:00 pm – 12:45 pm
SMT 4080

Money and Relationships

Thursday, January 14
12 noon – 1:00 pm
Webinar
Login: See future email flyer*

Free Blood Pressure Screening

Wednesday, January 27
Stop by between 9:00 am
& 11:00 am
SMT 4096

The "How Do I Catch-up" Challenge – Deferred Compensation

Wednesday, January 27
12 noon – 12:45 pm
SMT 4080

*Or, call Central Benefits at (206) 615-1340.

Healthy Weight Week is January 18-22.

QuikQuiz™:

Weight – How to Lose It

Before you get serious about weight loss, see if you know 3 keys to success by answering these questions:

1. Why don't fad diets work?
2. How often should you weigh yourself?
3. What habits aid weight loss?

➔ Turn to page 4 for the answers.

take charge More ways to add steps:

- **Walking meetings:** Whenever possible, hold your meetings while you walk. Or, if you can't convince your colleagues to do that, try walking to your out-of-office meetings.
- **Use your head:** If you talk on the phone, try a headset (if your phone is corded) and stand, or better yet, pace during calls if you have space and won't disturb your coworkers.
- **Old school:** Walk to coworkers' desks instead of emailing or calling them.

"Opportunity is missed by most people because it is dressed in overalls and looks like hard work." - Thomas Edison



Reach your personal best with Smart Moves at www.personalbest.com/extras/16V1tools.



Heads Up for Safety: Prevent Brain Injuries



We love our winter sports – skiing, sledding, hockey, ice skating and snowboarding. But moving at high speeds in slippery conditions can lead to tumbles and collisions that often cause head injuries, such as a concussion.

Before you or your children head out for fun, review these safety guidelines:

1. Always wear properly fitted helmets; replace them after a serious crash.
2. Ensure your equipment is working properly.
3. Enforce no hits to the head and no dangerous play in hockey and all contact sports.
4. Ensure athletes follow the rules of play.
5. Don't allow young children to play in snowy, slippery areas without close supervision.
6. Don't ski or sled around trees.
7. Helmets have a life span. Check with the manufacturer.



January is Winter Sports TBI Awareness Month.

Signs of Concussion

A **concussion** is a disturbance in brain function caused by a direct or an indirect force to the head. Most concussions are mild and temporary and don't cause a loss of consciousness – so you can have one without realizing it.

Some symptoms may be immediate and include headache, dizziness and mental confusion.

Other symptoms may be delayed by hours or days after injury:

- Trouble concentrating or remembering
- Sensitivity to light and noise
- Trouble sleeping
- Trouble thinking or slurred speech
- Nausea or vomiting
- Unusual fatigue or weakness
- Loss of balance

If you have any of the above symptoms, have someone take you to the nearest ER or call 911 for emergency medical aid.

Improve Your Attention Span

By Eric Endlich, PhD

Many of us contend with information overload and hectic schedules, making it harder to stay focused on the task at hand. These simple principles can help.

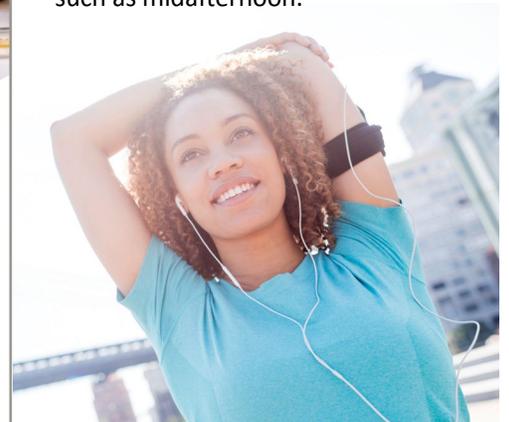
Mind your health. Get enough sleep and exercise; eat regular, nutritious meals and snacks. Manage your stress and moods with these habits to help keep your mind clear.

Reduce distractions. Identify 1 task to focus on and when possible ignore everything else, including your phone, email, visitors and interruptions. While tempting, multitasking often leads to working inefficiently and ultimately longer – the opposite of your goal.



Keep your mind sharp. Develop new hobbies, study another language or take a class to learn something different. Being mindful of more details in your environment can train your brain to focus.

Match the task to the time. If possible, do complex assignments during periods when you're most alert. Save routine tasks for lower-energy times, such as midafternoon.



Infectious Diseases: Old and New Threats

In a given year, we may be exposed to thousands of infectious pathogens. You can thank your immune system for protecting you from the vast majority of germs.

However, decreased compliance with vaccination policies in the U.S. has led to the re-emergence of measles and whooping cough (pertussis), which were previously controlled. And nearly all Americans have a far-higher risk of getting the seasonal flu – which kills thousands in the U.S. annually – than headline-making diseases such as Ebola.



Your best defense: Strengthen your immunity.

- >> **Get immunized.** It prevents illness, disability and death from vaccine-preventable diseases including seasonal flu, cervical cancer, diphtheria, hepatitis B, measles, mumps, pertussis, pneumonia, polio, rotavirus diarrhea, rubella and tetanus.
- >> **Get your flu shot.** While there are many different flu viruses, a yearly vaccine helps protect against the most common seasonal flu viruses.
- >> **Get smart about antibiotics.** Unnecessary use can make treating infection more difficult.

Before traveling outside the U.S., check for destination-specific health precautions at wwwnc.cdc.gov/travel/page/traveler-information-center.



5 Ways to De-Stress Now

Use one of these techniques to find a small oasis of calm amid the chaos, and recharge your mind and spirit in just 5 minutes.

- 1. Be thankful.** Maintaining a sense of gratitude promotes optimism and resistance to stress. Take 5 minutes to write down 3 things you're thankful for, no matter how small or how simple.
- 2. Breathe deeply.** Take a moment to close your eyes, sit up straight, and place 1 hand on your belly and 1 on your chest. Breathe in slowly, and feel your chest expand under your hand. Then, send the breath deeper into your belly. Exhale slowly.
- 3. Tune into your senses.** Stress comes from within. Shut it down by focusing on sensations and your environment. Listen to music or view favorite pictures (vacation, scenery, etc.) to ease tension and distract your mind from stress.
- 4. Avoid slumping.** Keep your head up and shoulders back. Correct posture lessens the muscle tension from mental stress.
- 5. Drink water and have a light snack.** Hunger and dehydration can aggravate stress.

Take care of yourself – you fight stress better when you practice healthy habits.

Find the Fiber

By Cara Rosenbloom, RD

Fiber has many health benefits – but how much do we need, and where is it? If you're not sure which foods contain fiber, use this guide.

• • ► Why more fiber?

Men require 30 to 38 grams of fiber per day, while women need 21 to 25 grams. Fiber helps prevent constipation and keep you regular, and has other important health benefits, too. It helps:

- Control blood sugar and cholesterol levels.
- Reduce the risk of heart disease and type 2 diabetes.
- Provide fullness so you maintain a healthy weight.
- Lower your risk of some cancers.

• • ► Where's the fiber?

Fiber is found only in plant foods, so it's not in meat, poultry, eggs or milk products. It's in:

- Vegetables.
- Fruit.
- Whole grains.
- Beans and lentils.
- Nuts and seeds.



eating smart



Here are some of the highest-fiber choices:

FOOD (1 cup unless otherwise stated)	Amount of fiber (g)
BEANS	
Legumes: beans, lentils, etc.	16-19
Edamame, green peas	5-6
FRUITS & VEGETABLES	
Blackberries, raspberries	8
Medium pear	6
½ cup figs, prunes	6-8
Brussels sprouts, broccoli, cauliflower	6
Leafy greens: spinach, kale, etc.	4
NUTS AND SEEDS (¼ cup)	
Flax, chia	12-16
Almonds, sesame seeds	4-6
GRAINS	
½ cup high-fiber bran or psyllium cereal	12-14
Whole grains: barley, buckwheat, quinoa, brown rice, oats, etc.	4-6
Cereal: bran flakes, wheat squares, etc.	4-6

Oatmeal Raisin Bliss Bites

EASY | RECIPE

From Personal Best®

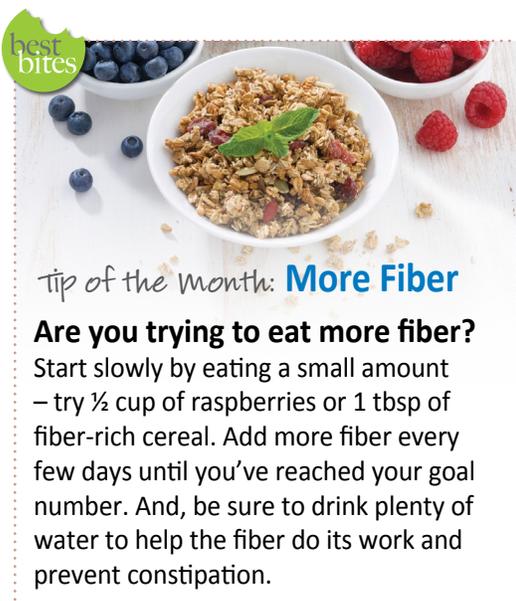
- 1 cup large flake rolled oats
- ½ cup almond butter
- ½ cup ground flax seeds
- 2 tbsp honey
- ¼ cup raisins



Line a baking sheet with parchment paper. In a large bowl, combine oats, almond butter, flax, honey and raisins. Mix well until oats stick together and mixture is uniform. Using a rounded tablespoon, scoop oat mixture and roll tightly into bite-sized balls, using your hands. Place bites on parchment paper. Freeze for 2 hours. Store in a freezer-safe container. Eat them defrosted or right out of the freezer.

Makes 12 bites. Per serving (1 bite):

132 calories | 4g protein | 8g total fat | 1g saturated fat | 4g mono fat | 3g poly fat | 0mg cholesterol | 14g carbohydrate | 5g sugar | 3g fiber | 2mg sodium



Tip of the month: **More Fiber**

Are you trying to eat more fiber?

Start slowly by eating a small amount – try ½ cup of raspberries or 1 tbsp of fiber-rich cereal. Add more fiber every few days until you've reached your goal number. And, be sure to drink plenty of water to help the fiber do its work and prevent constipation.

Stay in Touch

Keep those questions and suggestions coming!

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News & Notes

> Watch for New Tax Form

Form 1095-C will be mailed to your home by March 31, 2015. It's required by the Affordable Care Act (Health Care Reform) and is also known as the "Healthcare W-2". Keep the form for your records. You'll need the information to file your 2015 tax return. If you have questions, please contact your tax advisor.

> Check Your Deductions

Remember to check your pay statement deductions throughout the year. If you made changes during Open Enrollment, 2016 premiums will start with your pay statement dated January 8. If your deductions don't reflect your "Summary of Open Enrollment Elections" printout, please contact your department's [benefits representative](#).

> Use Your Wellness Programs

Looking for ways to live healthier? The City offers wellness programs for you and your covered family members. Find tobacco cessation, Weight Watcher savings and professional counseling benefits at seattle.gov/personnel/benefits/wellness/programs.asp.

top safety New Year – New Car?

The 2016 cars are full of innovative new safety features. However, some models are still safer than others. Check out the safety rating of the vehicle you're considering buying at the National Highway Traffic Safety Administration's (NHTSA) website at www.safercar.gov/Safety+Ratings. The NHTSA also recommends looking for the following safety features:

- ✓ **Electronic stability control** is standard on many vehicles. This system uses automatic computer-controlled braking to assist the driver in critical driving situations.
- ✓ **Remote keyless entry systems** make it easier (and safer) for you to enter your car in a hurry instead of fumbling for keys.
- ✓ **Forward collision warning systems** detect vehicles ahead and caution drivers.
- ✓ **Frontal pedestrian impact mitigation braking** will automatically apply the brakes to avoid impact with a pedestrian.

✓ **Lane departure and lane keeping support**

will alert drivers when the vehicle veers or drifts into another lane.

✓ **Backup camera or rearview video systems** allow the driver to see if any obstacles are behind the vehicle.

✓ **Automatic crash notification** automatically notifies emergency responders immediately after a crash.



Drive well:

Stay alert, wear your seat belt, avoid distractions while driving and don't drive aggressively.

expert advice

— Eric Endlich, PhD

Q: How to stop worrying?

A: If you worry incessantly, don't despair. These tips can help bring this troublesome habit under control:

1. **Remember, worrying is not problem-solving.** Take concrete steps to fix problems.
2. **If your worries involve what-if future scenarios,** bring yourself back to the present: Soak up the surrounding sights, sounds and sensations to ground yourself.
3. **Accept that worry doesn't eliminate uncertainty in life.** Learn to tolerate the fact that the future is often unknowable.
4. **Take slow, deep breaths to calm down** and get your anxious thoughts under control.
5. **If you tend to worry at inconvenient times** — such as in the middle of the night or during the workday — jot down thoughts so you can address them at a more appropriate time.
6. **If you dwell on worst-case scenarios,** give equal time to possible positive (or at least more likely) outcomes.

QuikQuiz™: ANSWERS → Continued from page 1.

1. Diets that severely restrict calories can deprive you of essential nutrients and create hunger. Once you resume normal eating, the lost weight often returns. Choose a modest, long-term plan that satisfies with smaller portions and regular exercise.

2. When losing weight, many people benefit from weighing themselves every day, ideally first thing in the morning, without clothes and after using the bathroom. Daily weigh-ins help you identify weight fluctuations and habits. Then check less frequently (weekly) but regularly to stay in control.

3. People who lose weight and keep it off use several methods, including apps or smart devices to track eating and exercise, as well as eating less and exercising more (doing activities they enjoy helps, too). Allow time to adapt to changes.

