

WELLNESS NEWSLETTER

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HEALTH OBSERVANCE

Park and Recreation Month

Kristin Wolff, Direct Partner Manager - Wellworks For You

With summer in full swing, community parks are at the center of so many memories. Our local parks are often our first experience in nature, providing us with areas of refuge to unwind and gather with friends. During the pandemic, local parks have been essential in allowing many community members to find a new appreciation for the outdoors.

Every July since 1985, this month has celebrated the joys that our local, state and national parks provide. Also, the people who make their existence possible by maintaining, protecting, and improving these parks every day are imperative. The National Recreation and Park Association (NRPA) has found numerous benefits to our parks, including the following:

- Living close to parks and other recreation facilities is consistently related to higher physical activity levels for both adults and youth.
- Parks provide a connection to nature, which studies demonstrate relieves stress, strengthens interpersonal relationships, and improves mental health.
- Various research studies have confirmed that community parks and time outdoors are critical for creating healthy, active, and sustainable communities.
- Children that have easy access to a playground are approximately five times more likely to have a healthy weight than children that do not have easy access to playgrounds.



Getting involved in Park and Recreation Month is easy. Just go to www.nrpa.org/July to find posters, graphics, a media toolkit, and much more. The goal of Park and Recreation Month is to bring awareness to how much parks and recreation do for our communities. This July, if nothing else, get outside and spend some time at these great public spaces.

Sources:

<http://www.themunicipal.com/2016/07/celebrating-parks-and-recreation-in-july/>

<https://www.nrpa.org/events/july/>

Please Note: The content in this newsletter is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.



HEALTH ASSOCIATES*



800.832.8302
info@HHHealthAssociates.com
www.HHHealthAssociates.com



3660 South Geyer Road
Suite 100, Laumeier III
St. Louis, MO 63127

HEALTH CORNER

Controlling Your Eats for Your July 4th Feast

Kimberly Farrell, Wellworks For You Wellness Coordinator

Summer is upon us! With a sense of “normalcy” returning in areas across the country, many people are highly anticipating their next holiday to celebrate. Cue the Fourth of July! With this holiday right around the corner, you may be preparing for much-deserved festivities with friends and family. However, since a big part of socializing tends to revolve around eating and drinking, it can be tricky to balance a healthy social life with healthy nutrition.

Even if you have mastered mindful eating at home, maintaining those habits in a social setting can be much more challenging. Below are just a few tips on eating mindfully while enjoying the company of your friends and family this summer:

- **INDULGE IN SMALL BITES** - You don't need to avoid your favorite snacks or desserts altogether, but when you do indulge, take small bites, and savor the flavor. Not only will this slow you down, but it will also create a more satisfying experience!
- **PLAN AND EAT AHEAD OF TIME** - You know that feeling of being so hungry you could eat an entire table of food? You do NOT want to walk into a party setting with that feeling. It can be tempting to restrict your diet ahead of a gathering in order to save your calorie intake, but in reality, that plan can backfire. If you let yourself get too hungry, your body may go into survival mode and cue your brain to tell you to eat as much as possible. It is often best to eat a healthy meal or snack before you go to keep cravings at bay. You will be ready to enjoy catching up with company when you arrive, rather than your mind being preoccupied with food.
- **USE EACH REFILL AS A MINDFULNESS CUE** - Each time you go to refill your cup or plate, check-in with yourself. Are you reaching for more because you are hungry or thirsty? If so, go for it! But if you are going for food or drinks out of impulse or to fill some other void, such as boredom, overexcitement, or social anxiety, ask yourself what you are craving at that moment.



Source:

<https://zenhabits.net/travel-social-eating/>

Summer Skin Protection

Megan Saylor, Preferred Partner Manager - Wellworks For You

Did you know that 1 in 5 Americans will develop skin cancer by the age of 70? It's also reported that more people are diagnosed with skin cancer each year in the U.S. than all other cancers combined. Learn about the various types of skin cancer and how to protect yourself and your loved ones today.

Three (3) Main Types of Skin Cancer

Basal Cell Carcinoma (BCC) – BCC is the most common type of skin cancer. It looks like a flesh-colored pearl-like bump, often the pinkest patch of the skin. BCCs are known to develop after years of frequent sun exposure or indoor tanning. Ensuring an early diagnosis of BCC is important, as it can grow deep, penetrating the nerves and bones, if left untreated.

Squamous Cell Carcinoma (SCC) – SCC is the second most common type of skin cancer, appearing as a red, firm, and often scaly patch of the skin. It can also present itself as a sore that heals and re-opens after time. Early diagnosis of SCC can aid in preventing the spread from other parts of the body and avoid disfigurement of the skin.

Melanoma – The deadliest type of skin cancer is Melanoma. This type frequently shows up on the skin as a mole or dark spot. It can begin to develop in an already visible mole or dark spot and will worsen over time. Early detection and treatment are imperative as Melanoma is known to spread throughout the body.



How to Protect Yourself from Skin Cancer

Read the label, apply, re-apply – Sun protection factor (SPF) number is the level of protection the sunscreen provides against UVB rays, which are the main cause of sunburn. When you apply an SPF 30 sunscreen, you will get the equivalent of one (1) minute of UVB rays for every 30 minutes you spend in the sun. Often, people do not apply enough sunscreen or do not apply sunscreen correctly. Therefore, they do not get the full protection they should be getting from their SPF. As a reminder, no sunscreen completely protects you from UVB rays. Only broad-spectrum sunscreen products with an SPF over 15 can advertise that they can help protect against skin cancer or early aging.

TIP: Always be sure to check the expiration date, as well as whether your sunscreen is sweatproof or water-resistant before applying.

Wear appropriate gear – Wearing a hat can protect not only your face and scalp, but also assists in shielding your eyes from the sun. A 2–3-inch brim hat is ideal for the protection of your ears, eyes, forehead, nose, and scalp. *TIP: Darker glasses don't necessarily mean more UV protection, as UV protection comes from an indivisible chemical applied in the lens. Always look for the ANSI label.*

Avoid tanning beds/indoor tanning – Indoor tanning beds can emit UV radiation in amounts 10-15 times higher than the sun at its peak intensity. Also, 18 states prohibit people younger than 18 from using indoor tanning devices. All in all, the cost of direct medical care for skin cancer cases attributed to indoor tanning is \$343.1 million and 419,000 cases annually.

Schedule an appointment with a dermatologist – When skin cancer is detected early, the 5-year survival rate for Melanoma is 99 percent. Make sure to schedule an appointment with a professional to evaluate your skin yearly, not just when spots are self-detected.

Improper skin protection can lead to skin aging, cancer, and deterioration of your health. Be sure to take care of your skin along with the skin of your loved ones by sharing verified information about the types of skin care, protection information, and potential risks. Ensure you are protecting yourself, visiting your dermatologist early, and evaluating your skin to make sure there are no new bumps, moles, or patches.

Sources:

<https://www.skincancer.org/skin-cancer-information/skin-cancer-facts/>

<https://www.aad.org/public/diseases/skin-cancer/types/common>

<https://www.cancer.org/healthy/be-safe-in-sun/uv-protection.html>

Vacation Packing Tips

Laura Moore, Preferred Partner Manager - Wellworks For You

The Summer months bring so much to look forward to, especially vacations! There's nothing like the feeling of anticipation knowing you have a fun and relaxing adventure coming up. On the contrary, no one looks forward to the inevitable packing woes.

What to bring?

What not to bring?

How can I make it all fit?

How should I keep everything organized?

These stressors aid the natural tendency to procrastinate packing until the night before you leave, and ultimately overpacking items you didn't need in the first place.

Consider these tips to make packing for vacation part of the exciting anticipation:

Do your laundry ahead of time and set aside clothing items you know you'll want to bring with you. This will save you time and effort searching for that one swimsuit you wanted to bring, but can't remember where you put it.

Being prepared is important, but there's no need to bring items for EVERY possible scenario. Multiple jackets might not be necessary on a tropical vacation, and you probably won't need rain boots if you're visiting a desert. Prioritize space for the appropriate necessary items needed for your vacation. If there's extra room, try to keep it that way! You always bring more back from a trip than what you left with.

Bring a re-usable laundry bag to separate your worn clothes when repacking to go home. This makes the unpacking process easier too!

Travel size your toiletries and medication. Bring a separate bag to store travel-sized toiletries (toothpaste, shampoo, etc.). Instead of bringing a full bottle of Advil, take only what you may need to save space and weight.

Featured Recipe

Pork Chops with Bloody Mary Tomato Salad

4 Servings

INGREDIENTS

- 2 tbsp. olive oil
- 2 tbsp. red wine vinegar
- 2 tsp. Worcestershire sauce
- 2 tsp. prepared horseradish, squeezed dry
- ½ tsp. Tabasco
- ½ tsp. celery seeds
- Kosher salt and pepper
- 1 cup cherry tomatoes, halved
- 2 celery stalks, very thinly sliced
- ½ small red onion, thinly sliced

DIRECTIONS

1. Heat grill to medium-high. In large bowl, whisk together oil, vinegar, Worcestershire sauce, horseradish, Tabasco, celery seeds, and ¼ teaspoon salt. Toss with tomatoes, celery, and onion.
2. Season pork chops with ½ teaspoon each salt and pepper and grill until golden brown and just cooked through, 5 to 7 minutes per side.

NUTRITION

Per serving: Each serving contains about 400 Calories, 23g Fat (6g Saturated), 39g Protein, 525mg Sodium, 8g Carbohydrate, 3g Fiber

Source: www.myrecipes.com

