



Live Well, Work Well

Fall 2019

Health and Wellness Tips for Your Work and Life
Provided by Central Carolina Community College



Getting Outside May Be the Key to Boosting Your Physical and Psychological Well-being

A recent study published in Scientific Reports revealed that spending 120 minutes a week outdoors can improve your health and psychological well-being. Remember, well-being refers to feeling good and living both safely and healthily. And, the concept of well-being can have implications on your overall quality of life, health and happiness.

What are the benefits of spending time outside?

Exercising in nature has been proven to improve one’s mental and physical health. Being outside also helps to promote higher vitamin D levels, a vitamin the body makes when skin is directly exposed to the sun. Many people are deficient in vitamin D, so exercising outside can be a great way to correct that.

In addition, outdoor activity can help you maintain a healthy weight, boost immunity and lower stress. Exercising outside can feel less routine than working out in a gym.

What counts as spending time outdoors?

Visiting town parks, greenspaces, woodlands and beaches all count as spending time outdoors. Here are two simple activities that you can do outside:

1. Walking or hiking—Hiking and walking have been proven to improve heart health and can help you maintain a healthy waistline.
2. Riding your bike—Riding a bike helps improve balance and endurance, and it’s an exercise that’s easy on your joints.

Be Prepared

Before you head outside and start improving your health today, you need to make sure that you’re properly prepared. This means that you should pack water, first-aid supplies, sun protection and, if you’re spending a significant amount of time outside, a healthy snack to help you refuel.



Five ways to wellbeing

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Potato and Ham Skillet With Eggs

2 potatoes (peeled and diced)
2 Tbsp. vegetable oil
2 onions (small, chopped)
1 green pepper (chopped)
6 eggs (beaten)
¼ tsp. black pepper
6 ounces frozen ham (thawed and chopped, about 1 cup)
1 cup reduced-fat cheddar cheese (shredded)

Preparations

1. In a medium-size skillet, cook potatoes in oil over medium heat until just soft, about 5 to 10 minutes.
2. Stir in onion, green peppers and ham, and cook 5 minutes.
3. Pour eggs and black pepper over potato mixture in pan, and sprinkle with cheese.
4. Cook for 5 minutes, stirring occasionally, or until eggs are firm and cheese is melted.

Makes: 6 servings

Nutritional Information (per serving)

Total Calories	290
Total Fat	15 g
Protein	19 g
Carbohydrates	19 g
Dietary Fiber	3 g
Saturated Fat	5 g
Sodium	540 mg
Total Sugars	4 g

Source: USDA



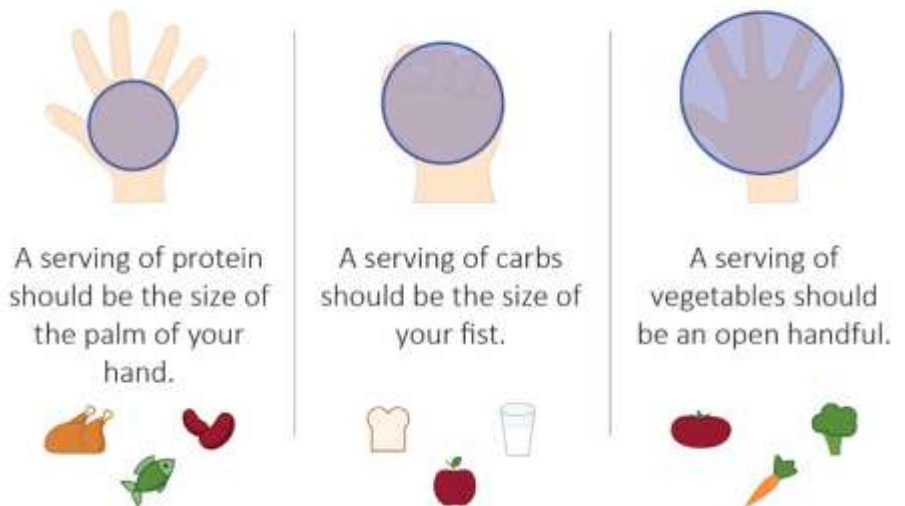
Making Smart Food Choices When Dining Out

Eating healthy doesn't always mean sacrificing your favorite meals. Although it may not seem like it, you can still stay on track with your diet when enjoying a meal out with friends and family.

Since restaurants—especially fast food chains—tend to use more fat, salt and sugar than home-cooked meals, you just need to be smart about what you order from the menu. To make it simple, here are some things to keep in mind next time you're eating out:

- Avoid fried and carb-heavy options, like fried chicken or macaroni and cheese.
- Watch your portion size, as many restaurants give you more than one serving.
- Be mindful of your beverage choice, since there are many hidden calories in sugary sodas and alcoholic drinks.

A Handy Guide to Portion Control



An Increasing Number of Americans Are Making the Switch to Veganism

While veganism isn't a new concept, it has grown in popularity over the past few years. In fact, according to GlobalData, the number of vegans in the United States grew from 1% to 6% between 2014 and 2017.

Those who are vegan do not eat anything containing animal products (such as dairy and eggs), and prefer not to use products made of fur, leather, wool or down feathers. People who choose to follow a vegan diet do so for various reasons, including environmental, ethical or health reasons.

Making the switch from animal-based products is something you can do on your own. Making the switch in your diet, though, is a more involved process. Every person is different. That's why it's important to discuss your desire to become a vegan with your doctor before you change your diet.



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FALL WALKING WORKS WONDERS



There are many ways to get in shape — from joining a health club to taking aerobic classes to running, biking, or playing a sport. So why choose walking? Probably a better question would be why not?

Nearly anyone — regardless of physical condition, age, or ability — can walk without much risk for injury. And fall is perfect for getting outside. Not only is the crisp air invigorating, but the changing colors, sounds of migrating birds, and delicious harvested produce heighten your senses as you take to the outdoors. And walking in nature is particularly effective in reducing stress and clearing your mind.

GETTING STARTED

So you're ready to brave the great outdoors. Before you set out to conquer any records, keep these tips in mind:



Invest in a good pair of shoes. Walking outside means you'll encounter different types of terrain, so make sure your feet are comfortable and protected with proper footwear.



Stay advised. Check the weather reports and know when the sun will set so you can dress appropriately and be equipped. If you walk at night, wear light-colored clothing with reflectors and carry a flashlight. During the day, always use sunscreen. If it's warm, dress in cool fabrics that let your skin breathe; if it's cold, remember long sleeves, gloves, scarf, and hat.



Partner up. Solo walks are good to help you reconnect with yourself and take some personal time. But walking with a friend or family member can be just as rewarding and will help you stay committed.



Keep alert. It's easy to get caught up in the scenery, but don't forget to stay aware of your surroundings. Always know your route, and take note of what's going on around you... especially if you're walking alone.

At the end of October, the country will transform to celebrate Halloween. You can use the month to transform, too, by making outdoor walks a habit. Build up to 30-60 minutes or 6000-10,000 steps a day, 5 days/week. You won't have to perform tricks, yet you'll get treats — in the form of better physical, mental, and spiritual health — when you step out to explore nature's gifts... and your own.

I'M READY TO GO:

- My walking shoes have a low midsole, beveled heel, arch support, flat traction outsole, flexible forefront, and proper fit.
- I'm dressed appropriately for weather.
- I've set up a time for my walking buddy and I to head out.
- I've all the accessories I need for a safe trek (flashlight, cell phone, keys, water bottle, etc.).

TAKEAWAY





Emotional Wellness-Building Better Mental Health



October

Visit your home page starting
October 15th:

TOLL-FREE:
800-633-3353

WEBSITE:
www.mygroup.com > My Portal
Login > Work-Life

USERNAME:
cccc2014

PASSWORD:
guest

**WHATEVER YOU NEED,
WE ARE HERE TO HELP.**

Just call or log on to get started.

ONLINE SEMINAR

In a fast paced and high-pressure world, it is essential that we are armed with the self-awareness and personal strategies to enjoy a life of positive emotional wellness and optimal mental health.

The aim of this session is to provide participants with the insight and knowledge to make changes to their habits and lifestyle choices to enhance their wellbeing.

Your Employee Assistance Program is available 24/7 to help you learn coping strategies for dealing with adversity in a constructive way and develop structured mechanisms for building better mental health.