



*making each day a little healthier*

## Nutrition Tips

**Back to School.** Like adults, kids should eat healthy and exercise every day. Unfortunately, many parents still believe kids can eat hot dogs, potato chips, macaroni and cheese, corn dogs and pizza rather following a healthy diet. Fueling your child with foods that don't provide the proper balance of vitamins and minerals actually hurts their health long-term and their immediate ability to perform at their best. Make a healthy breakfast, ensure they have a well-balanced lunch and keep dinner for everyone A+.

**Curbing Your Stress.** Stress-eating is a surefire way to sabotage your weight-loss efforts. Instead, try meditation, yoga or, of course, hitting the gym.

**What is Glycemic Index?** The glycemic index (GI), simply put, is a measure of how quickly a food causes our blood sugar levels to rise. A food's GI ranking only applies when a food is consumed on an empty stomach without any other type of food. As anyone who's ever eaten food knows, this isn't always how we eat. Foods with a low in GI are digested and absorbed at a slower rate, and, subsequently, cause a slower rise in blood sugar levels. For instance, an apple has a GI index of 28, Greek yogurt an 11, and peanuts a 7. But keep in mind a low GI doesn't always mean the food is high in nutrients. You still need to choose healthy foods from all food groups.

## Fitness Tips

**Every Minute Counts.** Finding time throughout your day to add activity is beneficial to both your physical and mental health. Get in the habit of taking the stairs whenever you can. Walking up stairs for one minute burns 10 calories while riding the elevator is just 1.5 calories.

**It's that Simple.** "Simply put, exercise keeps the vascular system flexible and elastic, so that blood can flow more easily," Dr. John Ratey.

## Health Tips

**Lend a Helping Hand.** Are you comfortable if a family member or coworker needs some medical help? Can you treat a wound, or know when to seek help for someone around you? Do you know CPR? If not, schedule a first aid class to brush up on your skills. Local groups offer free classes in your community or organize one for yourself and loved ones or your work group.

**It's National Cholesterol Awareness Month.** This month reminds us to pay attention to our cholesterol. Do you know your numbers: Your total, LDL (the bad stuff), HDL (the good stuff), and triglycerides? High cholesterol is a serious condition that increases your risk for heart disease. The higher your cholesterol number, the greater your risk of having a heart attack. Over 65 million Americans are affected by high cholesterol. You could have high cholesterol and not even know; that is why it is important to be screened regularly. Everyone age 20 and older should have their cholesterol levels measured at least once every five years. Talk to your doctor about how often you should be screened. It is best to have a fasting blood test called a "full lipid panel."