

HOW TO LIVE A HEALTHIER, LONGER LIFE



WELLNESS OBSERVANCES

FRUITS & VEGGIES MONTH

HEALTHY AGING MONTH

**NATIONAL CHOLESTEROL EDUCATION
AWARENESS MONTH**

9/21: INTERNATIONAL DAY OF PEACE

**9/28: NATIONAL WOMEN'S HEALTH &
FITNESS DAY**

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Want to live a longer AND HEALTHIER LIFE?

According to a study published in the Journal of American Medical Association at the end of August, living a healthier and longer life could simply be incorporating more enjoyable, leisure activities into your everyday life.

WHAT KIND OF LEISURE ACTIVITY?

Pick an activity you enjoy, and get moving. Choose just about anything -- running, swimming laps, playing tennis, cycling, golf, racket sports or even walking for exercise. All of these leisure activities appear to lower the risk of early death, as well as death from cardiovascular disease and cancer, according to a new study published Wednesday in the journal JAMA Network Open.

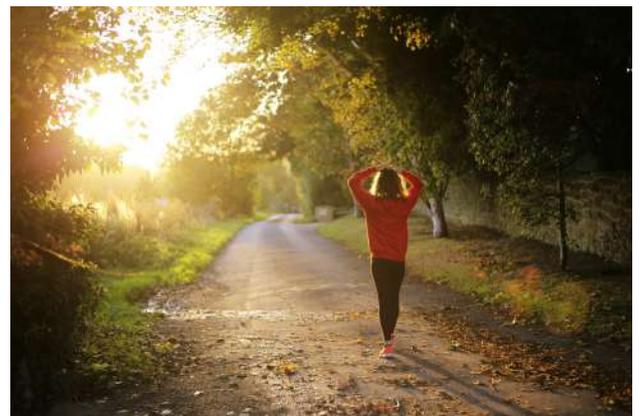
HOW OFTEN?

Physical activity guidelines in the United States recommend that American adults do 2.5 to 5 hours of moderate-intensity aerobic physical activity or 1.25 to 2.5 hours of vigorous-intensity aerobic physical activity each week.

Any combination of aerobic-based activity done for the recommended amount of time per week was associated with a 13% lower risk of death from any cause when compared with doing none of the activities, the researchers found.

Playing racket sports had the highest return for cardiovascular issues: There was a 27% reduction in risk for death from heart disease and a 16% reduction in early death. The largest reduction in cancer risk (19%) was associated with running, while running reduced risk of an early death by 15%, the study said.

Walking for exercise was the most beneficial for lowering the risk of early death after racket sports and running, the study found.



How to Get More of These 4 ESSENTIAL NUTRIENTS

Most Americans follow a typical Western diet and lifestyle – low levels of physical activity and foods that are high in calories, sodium, saturated fat and refined sugar.

These offer little real nutritional value and when consumed in excess, can promote conditions such as:

- high blood pressure
- impaired blood sugar regulation
- high cholesterol
- eventually, will lead to the development of chronic metabolic disease.

[Approximately half of the American population suffers from at least one chronic disease, and many of these diseases are highly correlated with others.](#)

When looking at overall diet quality and its role in disease prevention, it is important to consider nutrient density. Foods that are nutrient dense are:

- high in beneficial micronutrients
- vitamins and minerals
- relatively low in calories
- the opposite of what we see in foods characteristic to the Western diet

The Dietary Guidelines for Americans 2020–2025 identified four nutrients of public health concern that are under-consumed by the general American population: calcium, vitamin D, potassium, and fiber.

Let's examine why these nutrients are important and how we can consume more of them.

NEXT ➔

How to Get More of These 4

ESSENTIAL NUTRIENTS

CALCIUM

Calcium is best known for its role in bone building and maintenance. In addition to your skeletal system, your cardiovascular and nervous systems need calcium in order to maintain heart, muscle and nerve function. About 40% of the U.S. population does not meet the calcium requirement – 1,000-1,300 mg per day, depending on age and gender – from diet alone.

The most healthful calcium sources are green leafy vegetables and legumes, or "greens and beans" for short. Broccoli, Brussels sprouts, collards, kale, mustard greens, and other greens are loaded with highly absorbable calcium and a host of other healthful nutrients.

VITAMIN D

Vitamin D is primarily produced in the skin and is triggered by the sun's UVB rays, which is why it's important to get outside. Unfortunately, it is challenging to obtain vitamin D exclusively through food, so it is helpful to purchase foods like milk or eggs that are fortified to bump up your intake. Food sources highest in vitamin D include rainbow trout and salmon. Mushrooms and tofu are also high in Vitamin D.

FIBER

Fiber moves through the body intact and helps stabilize digestion, blood sugar and cholesterol. For women, the recommended daily fiber intake is 21-25 grams per day, while men should aim for 30-38 grams. Pro tip: increasing fiber intake in an aggressive fashion can lead to stomach discomfort, so it's best to try to increase your intake slowly (1 serving at a time) rather than all at once. Foods highest in fiber: apples, bananas, oranges, strawberries, raspberries, carrots, beets, broccoli, and artichokes.

POTASSIUM

Potassium is an electrolyte that is essential for fluid balance. It has been widely recommended to aim for 3,500 mg of potassium per day through food. Fruits and vegetables are the main dietary source of potassium. 75% of the American population does not meet the daily recommendation of 1.5 to 2 cups of fruit and 2-3 cups of vegetables. The most potassium dense foods are: cooked beet greens, cooked lima beans, spinach, jackfruit, prunes, passion fruit.



Diabetes Remission

ASSOCIATED WITH LIFESTYLE CHANGES

It has been found that Adults with prediabetes or type 2 diabetes participating in a program with tailored diet and exercise programs had improved insulin sensitivity measures by 3 months, with some participants achieving diabetes remission.

DIABETES CAN BE REVERSED!

Type 2 diabetes and prediabetes are considered “lifestyle diseases” associated with high rates of morbidity, mortality and health care expenditures, Josep Iglesias-Grau, MD, fellow in preventive cardiology at the Montreal Heart Institute, said during a presentation at the American Society for Preventive Cardiology Congress on CVD Prevention. However, different lifestyle interventions can control and even reverse some cardiometabolic diseases.

THE DETAILS OF THE STUDY

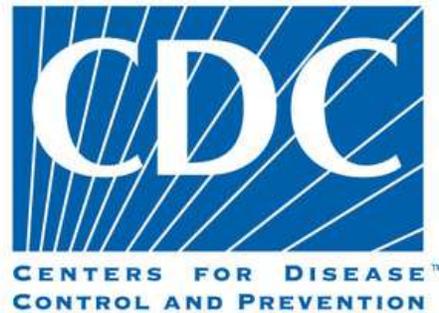
“Doctors started a free clinic that proposed to patients living with prediabetes and type 2 diabetes a 6- or 12-month multidisciplinary program to help them learn and implement healthy habits in a progressive fashion.

During follow-up, patients had the opportunity of individualized nutrition counseling sessions, in which a plant-based Mediterranean diet with moderate carbohydrates and intermittent fasting was proposed. They also had the opportunity for a personalized physical exercise prescription and educational visits with nurses, who also addressed social determinants of health.

Researchers found that all metabolic health measures, including waist circumference, weight, BMI, glucose, insulin and HbA1c, improved during the intervention, particularly for participants with type 2 diabetes.

“Prioritizing lifestyle changes was shown to improve anthropometric and insulin sensitivity measures even to the point of achieving remission among subjects with prediabetes or type 2 diabetes,” Iglesias-Grau said.

Mindful Moments



**[CLICK HERE TO TAKE A
PREDIABETES RISK
ASSESSMENT](#)**

Have diabetes or pre-diabetes and want to make a change? Check out the [Diabetes Prevention Program](#).



Nourish

CARROT DOGS

Forks Over Knives

ingredients

- 8 large carrots
- 1 cup low-sodium vegetable broth
- ¼ cup apple cider vinegar
- 2 tablespoons reduced-sodium soy sauce or tamari
- 2 tablespoons pure maple syrup
- 2 teaspoons smoked paprika
- 2 teaspoons dry mustard
- ½ teaspoon ground coriander
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon liquid smoke
- Dash ground cloves
- 8 whole wheat hot dog buns, toasted if desired
- ½ of a red onion, finely chopped (¼ cup)
- 3 tablespoons stone-ground mustard
- ½ of a medium cucumber, spiralized

recipe preparation

- Peel carrots and trim to 6 inches long. Trim wide end to make a consistent thickness. Place carrots in a large saucepan; add water to cover. Cover pan and bring to boiling; reduce heat to low. Cook carrots 8 to 10 minutes, until just tender. Drain well.
- Place carrots in a large resealable plastic bag set in a shallow dish. For marinade, in a bowl combine the next 11 ingredients (through cloves) and ½ cup water. Pour over carrots; seal bag. Chill 4 to 24 hours, turning occasionally. Drain and discard marinade.
- Grill carrots, covered, over medium-high 5 to 8 minutes or until grill marks start to appear, turning occasionally. Or place carrots in a foil-lined baking pan and bake at 450°F 8 to 10 minutes or until lightly browned on edges.
- Place grilled carrots in buns. Top with red onion, mustard, and cucumber.

