

Fill Up With Volumetrics

By Cara Rosenbloom, RD

If you've ever been on a weight-loss diet, you may have had these chief complaints: You always feel hungry, the diet is restrictive and the portions are too small. Enter **Volumetrics**. It's a weight-loss plan that allows you to enjoy a full plate of food, to ensure you feel satisfied after every meal.

How does it work? You fill up on foods that are high in water but low in calories, such as vegetables, soup broth and lean-protein foods. And there's still room for all other foods, too.

Volumetrics has 4 food categories:

- >> **Category 1:** Unlimited foods, including non-starchy vegetables, fruit and broth-based soups.
- >> **Category 2:** Reasonable portions of whole grains, lean-protein foods, beans and low-fat dairy.
- >> **Category 3:** Small portions of breads, desserts, cheese and high-fat meats.
- >> **Category 4:** Sparingly served fried foods, cookies and fats.

Some foods contain more calories than others – a cup of French fries (category 4) has 160 calories, while a cup of watermelon (category 1) has 46 calories. Filling your plate with **large volumes of low-calorie foods** allows you to eat fewer calories in the same amount of food.



Give it a try: Get started with recipes for high-volume meals.

Stay Safe for Life

Take the National Safety Month theme to heart.

Safe for Life is the theme of this year's National Safety Month (NSM) observance. NSM is sponsored by the National Safety Council (NSC) every June and "focuses on reducing leading causes of injury and death at work, on the roads and in our homes and communities."

The NSC acknowledges that commitment from top leadership is essential. But equally important is a culture in which safety is owned by all, making everyone in the organization a safety leader.

As the NSM website says, "Safety is no accident. It's a choice we need to make throughout our entire lives." This declaration is true, whether you're at work, at home, on the road or in your own backyard. Always choose the safe way.

<http://www.nsc.org/act/events/Pages/national-safety-month.aspx>

3 Simple Self-esteem Boosters

By *Wellspring Family Services (EAP Provider)*

Self-esteem is that feeling of having respect for yourself and your abilities; it's being confident and satisfied with who you are.

For some people, self-esteem comes easier than for others. According to a recent international study, self-esteem increases as people age, and men tend to have higher levels of it than women. ➔ Continued on page 4.

QuikQuiz™: CPR Refresher

True False

- 1. CPR guidelines are designed to provide emergency rescue for people in cardiac arrest.
- 2. The first sign of cardiac arrest is heavy breathing.
- 3. If you're a bystander untrained in CPR and suspect someone may be in cardiac arrest, you should first call 911 using the nearest phone.
- 4. You or another bystander can perform Hands-Only CPR (without breaths).

➔ Answers on page 4.



Do you know the American Heart Association's guidelines for cardiopulmonary resuscitation (CPR)?
Test your knowledge:



Smart Moves Toolkit at personalbest.com/extras/17V6tools.

Health Care Needs: Choosing Wisely?

Do you think you need an MRI for your knee or back pain? Do you need that antibiotic for a skin infection? Tests and procedures are costly, and sometimes they're unnecessary or harmful. So how do we know which medical tests or treatments are truly appropriate?

To help us, the American Board of Internal Medicine Foundation launched the **Choosing Wisely** national educational campaign in 2012. This initiative helps patients and providers talk about unnecessary procedures, tests and treatments.

The program has identified many tests and procedures that have low value to many patients. They include:

- Pap smears for women before age 21, or for those who have had a hysterectomy for a non-cancer disease.
- Annual ECGs or any other cardiac screening for low-risk patients without symptoms.
- Bone density screening for osteoporosis in women before age 65 or men before age 70 with no risk factors.
- Antibiotics for acute mild-to-moderate sinusitis unless symptoms last 7 or more days or worsen after initial improvement.
- Imaging for low-back pain within the first 6 weeks of pain, unless red flags are present.
- Breast MRI for breast cancer screening in average-risk women.
- Routine blood work, other than to test a CEA level during surveillance for colorectal cancer.

Discussing the services listed above with your provider will help save health care dollars while ensuring you get high-quality health care.



Learn more at choosingwisely.org.

Traveling Abroad? Check Out Vaccines

You don't always need vaccines to travel abroad. Your risk of exposure to serious diseases when traveling outside the U.S. is generally low in developed countries.

Your risk increases significantly in developing regions, including most of Africa and Asia, and many parts of Central and South America. Primary reasons: lack of safe sanitation, water supply and food handling.

Important: Vaccines need time to work. For example, sometimes a series of shots is necessary, so get them at least 6 to 8 weeks before your trip for maximum benefit.

Some vaccines are required for certain destinations. For example: **yellow fever vaccine** if traveling to parts of South America or Africa, and **meningococcal vaccine** is required in parts of Saudi Arabia.

Make sure you've had childhood vaccinations and booster shots, including: diphtheria, tetanus and pertussis; hepatitis B; Haemophilus influenzae type b; measles, mumps and rubella; and poliomyelitis. Also get a **flu shot**; the influenza season is April to September in the Southern Hemisphere and is year-round at locations near the equator.

Note: There is no vaccine available for the Zika virus, although several are in clinical trials.

For country-specific travel alerts, health and vaccination information:

>> CDC website: cdc.gov/travel

>> World Health Organization website: who.int/ith/updates/20110427/en



GUYS: HOW'S YOUR HEALTH?

Beyond quitting tobacco and losing excess weight, these steps can help you live long and well.

June is Men's Health Month.



- ① **Sound sleep** can help you look and feel your best and do your job well. It's also critical to building your body's defenses against infection, illness and heart disease.
- ② **For men,** having 15 or more alcoholic drinks per week is heavy drinking, which can cause poor sleep, poor work, chronic health problems and premature aging.
- ③ **Don't ignore signs of depression:** ongoing worry, sadness and negative feelings that can lead to insomnia and alcohol abuse.
- ④ **Spending time** with family and friends can be as good for your well-being as maintaining a healthy weight or being tobacco-free.
- ⑤ **Guard your heart.** Keep your weight and blood pressure in check, and get at least 150 minutes of moderate-intensity exercise, such as brisk walking, each week. Get your provider's approval first if you're unaccustomed to exercise.
- ⑥ **Slather on sunscreen.** Use a minimum SPF 30 broad-spectrum sunscreen outdoors to help prevent skin cancer and face wrinkles.
- ⑦ **Strength training keeps your muscles strong.** It also helps manage or prevent many chronic health conditions, including arthritis and back pain. Get your provider's okay first if you have a chronic ailment.
- ⑧ **Add daily doses of fruits, vegetables and leafy greens.** They're packed with vitamins and minerals.
- ⑨ **Get routine medical and dental exams.** Maintain a strong relationship with your health care providers.



Cultivating Positivity



When you maintain a positive mindset, life seems easier. You get more done, feel more motivated, take setbacks in stride and have more energy and focus. Your positivity can also motivate others in the workplace – while being negative can have an opposite, toxic effect. To cultivate positivity and enjoy your life and work more, practice these 3 habits:

- 1. Rely on your own abilities to get you through the day,** rather than being at the mercy of your surroundings; don't rely on external sources for direction.
- 2. Learn to control your feelings.** You can't control what others do or what happens in life. You can, however, manage how you react. Choose consciously to react positively instead of getting angry or depressed.
- 3. Avoid negativity.** Whenever possible, avoid people who often complain or point out problems with no solution. Avoid reading and listening to negative news. Instead, be with people who make you feel happy and upbeat. Read or listen to something inspiring each day.

Staying positive takes work, but the results are worth the effort.



TIP OF THE MONTH: WEIGHT-LOSS DIETS

When choosing a weight-loss diet, consider how easy it will be to follow for the rest of your life. If it's so strict that you can't enjoy a restaurant meal, share family celebrations, or you have to cook all meals from scratch, it may be a losing plan. The best diet is one that you can stick to in the long run.



Summer Fruit Bonanza By Cara Rosenbloom, RD

Fresh, juicy fruits are the tastes of summer. Savor the best of the season by pairing fruit with your meals and snacks.



Pop some grapes and berries in the freezer – when blended, they're a makeshift ice cream. Grill pineapple and peaches on the barbecue, add berries to green salads, and make fun fruit kabobs for the kids. Buy from farmers markets to see how wonderful fresh fruit tastes straight from the field.

Great taste isn't the only benefit of summer's bounty of berries and other delights. For example, studies show that eating fruit helps keep cholesterol and blood pressure in check – key to reducing the risk of heart disease. What's more, people who eat more fruits (and vegetables) are likely to have a lower risk of some other chronic diseases, such as type 2 diabetes and stroke.



How should you eat fruit? Whole fruit is best. Avoid juice. Fresh and frozen fruit are equally nutritious. Most Americans don't eat enough fruit, so load up! For your health, get at least 2 cups of fruits every day. Add them to every meal and snack on them, too. They're low in fat, calories and sodium.

What about sugar? Fruit is fairly high in natural sugar – and nutritional value. For example, in a cup of apples you'll get 10 grams of sugar, but also fiber, vitamin C and antioxidants. In a cup of cola you get 23 grams of added sugar and nothing else. So the next time you crave a regular soft drink or a candy bar, grab some strawberries or peaches instead.

CHICKEN AND KALE CAESAR SALAD

EASY | RECIPE

From Personal Best®

1 bunch kale (about 8 cups), finely chopped
2 cups cooked chicken breast, cut into strips
2 tbsp flaked nutritional yeast
1 tbsp Parmesan cheese, grated
3 tbsp extra-virgin olive oil
3 tbsp lemon juice
1 tsp Dijon mustard
Pinch salt

1. Add kale to a large serving bowl.
2. Top with cooked chicken.
3. In a jar with lid, combine nutritional yeast, Parmesan, olive oil, lemon juice, mustard and salt.
4. Shake to combine.
5. Add dressing to salad. Toss well and serve.



Makes 4 servings. Per serving:

281 calories | 25g protein | 14g total fat | 2g saturated fat | 9g mono fat | 3g poly fat
17g carbohydrate | 3g sugar | 6g fiber | 249mg sodium

Stay in Touch

Keep those questions and suggestions coming!

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Benefits News & Notes:

The Department of Retirement Systems offers live webinars on a variety of retirement topics for DRS members. Find out more about your retirement plan and benefits at a time and place that is convenient for you. Webinar topics include:

- **Plan 2 or Plan 3?** Resources and questions to ask about this important choice,
- **The fundamentals of your retirement plan:** Contributions, benefits, investment selections (Plan 3), retirement requirements and options, and more. (These webinars are specific to certain systems and plans – see the schedule at <http://www.drs.wa.gov/education/webinar.html> for details).
- **How DCP can help you save more for retirement.**

There is no need to register for these webinars. To attend, you simply need internet access and sound. Most webinars feature a 30 to 40 minute presentation followed by a 15-minute question and answer session.

Reminder: Please coordinate with your supervisor if you plan to view the webinar during work hours.



Safety Corner: SPF 101

According to the Skin Cancer Foundation, most sunscreens with SPF 30 or higher do a good job of protecting your skin from the sun's harmful rays as long as they are applied liberally and often. Just remember these basics:

- » Apply at least 1 ounce (enough to fill a shot glass) of SPF 30 sunscreen 30 minutes before sun exposure.
- » Re-apply after 2 hours or immediately after swimming, sweating or toweling off.

3 Simple Self-esteem Boosters

→ Continued from page 1.

Here are 3 ways to up your self-esteem.

1. Have affirmation mantras – short sayings you can see and repeat to yourself throughout the day. On the back of a business card or small index card, or as the lock screen/background of your smart phone, write positive statements such as, “I like and accept myself just the way I am,” or, “I love myself and believe in myself.”
2. Make a list of past successes – accomplishments (they don't have to be big ones) that give you pride. Read the list often. When you do, close your eyes for a moment and try to recreate the feeling of satisfaction you had for those successes.
3. Don't compare yourself to others. If you find yourself falling into this game, stop and think about the blessings in your own life.

Sources: *American Psychological Association, news release, Jan. 4, 2016; National Association for Self Esteem*

“Live life to the fullest, and focus on the positive.”

– Matt Cameron

QuikQuiz™: CPR Refresher – Continued from page 1.

ANSWERS

1. **True** – Sudden cardiac arrest occurs when the heart suddenly stops (arrests), usually due to an electrical malfunction in the heart. CPR is also useful for heart attack or drowning when breathing or heartbeat has stopped.
2. **False** – Usually the first signs are fainting and a lack of pulse. **Note:** Just before fainting, some people may have a racing heartbeat or feel dizzy. Other signs within an hour before cardiac arrest: chest pain, shortness of breath, nausea and vomiting.
3. **True** – Place the phone on speaker so the emergency dispatcher can help. Then start CPR.
4. **True** – To perform Hands-Only CPR, push hard and fast in the center of the chest to the rate of 100 to 120 compressions per minute.

About 90% of people in cardiac arrest die. Survival depends on immediate CPR and other actions starting with bystanders. Watch the Hands-Only CPR instructional video at heart.org/handsonlycpr. Hands-Only CPR is as effective as CPR with hands and breaths.

