

5 Exercise Errors to Avoid

The American College of Sports Medicine has labeled exercise the magic pill for improving our physical and mental health. Exercise can help us prevent or reverse several diseases, including depression — provided we stick with it.

Explore different types and levels of exercise and do what personally appeals to you. You'll benefit from any increase in physical activity. As you go, here are 5 oversights to watch for:

1 Ignoring your limits: Starting out, people often exercise too much, risking injury. If you have health problems, such as arthritis, excess weight or back trouble, check with your health care provider or work with a qualified trainer to learn the best exercise approach for you.

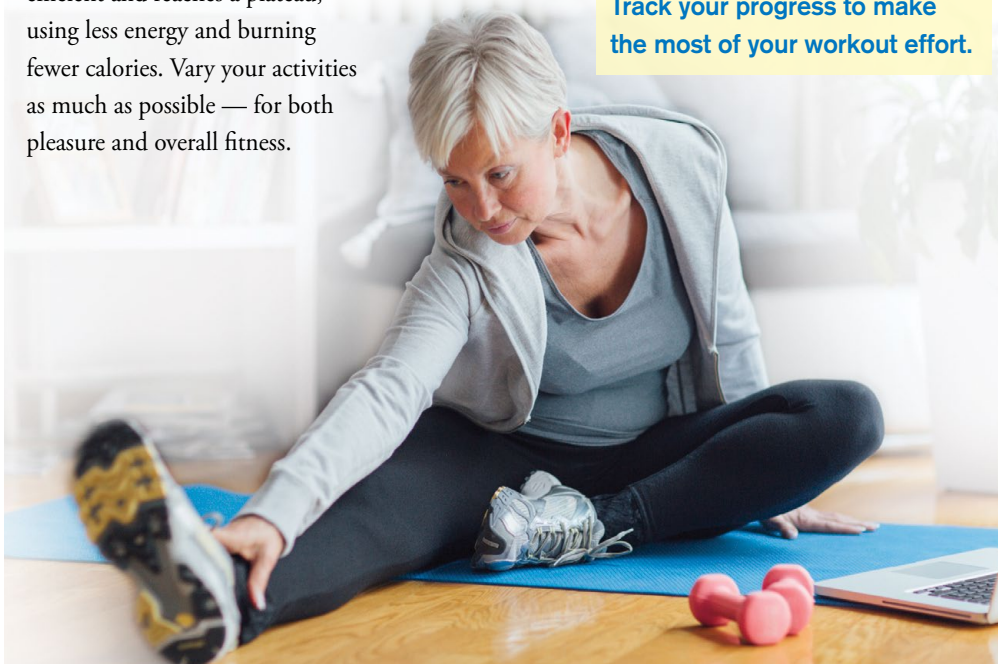
2 Moving too fast: Don't expect a quick fix. Give yourself time to identify and develop exercise activities that you can succeed with and enjoy for a lifetime.

3 Doing the same old thing: Repeating the same cardio or muscle workouts for several months, your body becomes efficient and reaches a plateau, using less energy and burning fewer calories. Vary your activities as much as possible — for both pleasure and overall fitness.

4 Failing to support your back: Learn proper form, whether you're doing tai chi or lifting weights; check with your instructor or trainer. When using exercise machines, avoid slumping and keep your back erect.

5 Thinking cardio is enough: Your body needs more than heart-pumping exercise. Strength training your muscles, such as core and upper body, is also important for preserving health.

In addition, always warm up with low-intensity activity before you do your main exercise. Track your progress to make the most of your workout effort.



Safety Corner

Feeling thirsty? What you need to know about dehydration

Summer is here and that means you may be spending your days working in hot weather conditions. While fluid intake required to keep your body functioning varies with each person, the National Academies of Sciences, Engineering, and Medicine recommends that males drink 3.7 liters (about 15.6 cups) and females drink 2.7 liters (about 11.4 cups) of water each day. Our bodies need water for many critical functions, including regulating body temperature, lubricating joints, and getting rid of waste.

It is important to know that when it is hot outside and/or you are exerting yourself physically, you need more liquid to avoid dehydration and to ensure that your body maintains proper functioning. You should drink small amounts of water frequently, and drink even when you don't feel thirsty. The Occupational Safety and Health Administration (OSHA) has recommended that in high risk conditions (when the heat index is 103°F to 115°F), workers should drink 4 cups of water every hour). In higher humidity climates, the heat index can soar even when the measured temperature is more moderate. For instance, in 65 percent humidity, a temperature of only 90°F has a heat index (i.e., "feels like") 103°F.

If you work in direct sunlight or during the hottest hours of the day, you must remember to keep hydrated because you are at increased risk for heat-related illness.

Best Exercise for Weight Loss?

Many experts now suggest interval training workouts may be the most effective way to burn the most calories in the shortest time. Fewer than 50% of people in the U.S. get the recommended amount of exercise per week (150 minutes), and time is a key obstacle.

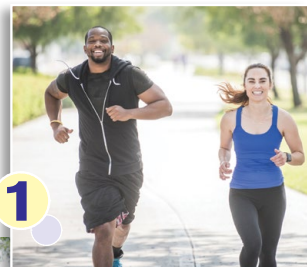
To lose body fat, maintain muscle, and maximize calories burned, an interval training workout combines periods of intense exertion alternating with periods of rest or lighter exertion:

1. Involving moderate- to high-intensity exercise — speed or grade (hill or treadmill) or both.
2. Combined with a lower-intensity period during the same workout.
3. As opposed to low-intensity cardio exercise at a continuous, steady pace.

This allows you to cut your exercise session time by half while offering equal benefits.

You can do interval training exercise outdoors, indoors or on a machine. Mix up your routine to keep it varied and interesting.

Bottom line: Interval training and higher-intensity exercise can burn more calories per minute than lower-intensity exercise. Always warm up with low-intensity exercise before your main workout to get blood flowing to your muscles and help prevent injury. And check with your health care provider before significantly increasing your exercise intensity, duration or type.



The Low-Tech Vacation

Yes, you can have a great vacation with minimal — or no — connection to smartphones, laptops or tablets. When traveling, carry a smartphone in case of an emergency or to check flights or weather information. But research shows taking a break from constant technology use may benefit your brain and refresh you physically and mentally.

Tips for planning a (mostly) unplugged vacation:

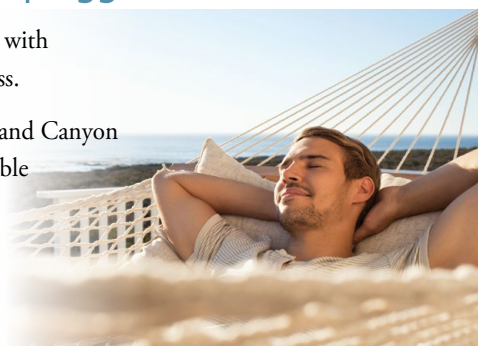
» Discuss what a tech-free vacation means with your family and how it can encourage togetherness.

» Consider the great outdoors. From the Grand Canyon to Yosemite, state and national parks offer incredible sightseeing, hiking and camping if you want — a great getaway from tech tools.

» Ask your travel agent about low-tech adventures. A growing number of unique resorts promote unplugging to de-stress, from Adirondack-inspired B&Bs on the edge of Wisconsin's Chequamegon National Forest to tree-house accommodations suspended in an old-growth rain forest on Vancouver Island, B.C.

» Or take a low-tech, budget-stretching staycation at home.

Commit to unplugging and visit local art galleries, museums, the zoo, nearby beaches or lakes and other attractions.



Traveling Well

If you travel frequently for work, learn to eat right and guard your health. Traveling usually results in eating out frequently, and it's tempting to overindulge in restaurant fare high in fat and calories. What's more, traveling can make regular exercise more difficult. And time zone changes can cause sleep difficulties, increasing stress and fatigue, too.

To make life on the road healthier and comfortable:

- Stay mindful of your food choices and record what you eat in a diary or an app.
- Avoid high-calorie food and drinks. Instead, dine on meals of lean protein and plenty of fresh fruit and vegetables.
- Make water your beverage of choice all day long, especially when flying, which can be dehydrating. Avoid high-calorie soft drinks and fruit drinks, or coffee drinks high in fat and sugar.
- Make a point to exercise. Whenever possible, walk and take stairs to boost fitness and energy. You can also do push-ups, squats and yoga in your hotel room. Some hotels have fitness centers and pools.
- If you have trouble sleeping due to a time change, committing to early morning workouts may help you sleep better.



SAFETY corner

July is Fireworks Safety Month.

4 TIPS for the Fourth



Fireworks can be dangerous, so it's best to let the professionals handle the show. However, if you do plan to use fireworks, make sure they are legal in your area and follow these safety tips:

- 1 **NEVER** allow young children to play with, ignite or come close to fireworks — including sparklers.
- 2 **KEEP** all body parts away from a firework when lighting a fuse. Only light 1 at a time and back up to a safe distance after lighting it.
- 3 **NEVER** pick up or try to re-light fireworks that have not ignited fully.
- 4 **KEEP** a bucket of water or hose nearby in case of fire. Douse all spent fireworks with plenty of water before discarding them.



TIP of the MONTH

EAT to BEAT the HEAT

Heading out in the summer swelter?

Make sure to carry nutritious snacks and beverages to keep energy levels high and boost hydration. For energy, take along nuts, seeds, dried fruit, trail mix or roasted, crunchy chickpeas. To stay hydrated, always keep a water bottle filled, and snack on water-rich cucumbers, celery, watermelon, grapes and cantaloupe.



How to Identify Food Marketing Slogans

eating smart

By Cara Rosenbloom, RD

Do you read labels when you shop for food? Some people scan the Nutrition Facts, while others look on the front for information. But did you know that while some on-package claims are regulated, others are buzzwords used for marketing? Here's what you need to know.

The government strictly regulates on-package messaging, including the ingredients list and the Nutrition Facts panel. It also oversees rules for nutrient content claims about the amount of fat, fiber, vitamins and minerals in food. So if you see phrases, such as **low in fat**, **high in fiber** or **source of vitamin C**, you can trust the accuracy of these statements.

The government also allows certain authorized health claims, which state that an ingredient may reduce the risk of a disease or condition. For example, there are authorized claims linking calcium with osteoporosis and soluble fiber with heart disease.



You can also look for the USDA Organic logo, which verifies that ingredients were grown or raised using specific organic farming methods. Being caught using the logo on products that don't qualify can result in a fine of up to \$11,000 for each violation.

The government doesn't define words, such as **real**, **natural** and **superfood**, so any product may bear those words on its food packages. They don't carry much weight since they are unregulated, so it's **buyer beware**. Other unregulated words include:

Artisanal Clean Free-range Pasture-raised
Fresh Grass-fed Multigrain Local

There's no telling what these terms refer to on food packages, so don't make food choices based on these words alone.

EASY recipe

Best-Ever Fresh Salsa (*pico de gallo*)

- | | |
|---|---|
| 3 large ripe tomatoes, seeded and chopped | 1 serrano chili or jalapeño pepper, seeded and chopped (to taste, remove white ribs to reduce heat) |
| 3 tablespoons chopped white onion | 2 tablespoons lime juice |
| 1 clove garlic, minced | ¼ tsp salt |
| ¼ cup finely chopped cilantro | |

In a medium serving bowl, combine all ingredients and stir.

Taste and add more salt if needed. **Refrigerate** at least 30 minutes to allow flavors to blend. **Serve** with whole-grain corn tortillas.

Note: If raw onion and garlic are too strong for you, add chopped onion and garlic to a bowl of cold water and refrigerate overnight (flavors will mellow). **Drain**, and proceed with recipe.



Makes 4 servings. Per serving (without tortillas):

38 calories | 2g protein | 0g total fat | 0g saturated fat | 0g mono fat | 0g poly fat | 8g carbohydrate | 1g sugar | 2g fiber | 156mg sodium

Stay in Touch

Keep those questions and suggestions coming!

Phone: 800-871-9525

Fax: 205-437-3084

Email: PBeditor@ebix.com

Website: personalbest.com

Executive Editor: Susan Cottman • Advisers: Patricia C. Buchsel, RN, MSN, FAAN; Jamie Lynn Byram, MBA, AFC, MS; Eric Endlich, PhD; Mary P. Hollins, MS, JD, CSHM; Kenneth Holtyn, MS; Reed Humphrey, PhD; Gary B. Kushner, SPHR, CBP; Diane McReynolds, Executive Editor Emeritus; Zorba Paster, MD; Charles Stuart Platkin, PhD; Cara Rosenbloom, RD; Elizabeth Smoots, MD, FAAFP; Margaret Spencer, MD • Editor: Aimie Miller • Designer: Heather Burke

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Personal Best® Two Perimeter Park South, Suite 160 East, Birmingham, AL 35243 • 800-871-9525 • fax 205-437-3084.

EXPERT advice — Eric Endlich, PhD

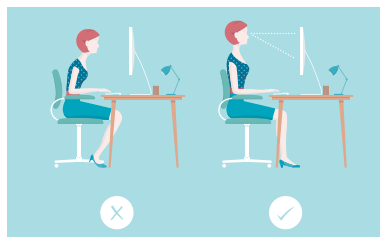
Q: How to help children develop a positive body image?

A: Body image is how we view our physical selves. Family, peers and the media can harm our self-image — and our well-being — as early as preschool. Concerned? Promote positive body image with these steps:

- » Avoid negative comments about your (or someone else's) body.
- » Focus on health and all the great things a body can do.
- » Put children on a diet when it's recommended by their pediatrician.
- » Challenge the perfect body myth and explain that media images are often altered.
- » Explain that normal bodies come in all shapes and sizes.
- » Make physical activity fun.
- » Help children choose friends who value personality, not physical appearance.
- » Teach kids to respect their bodies through good food, exercise and rest.



Improve Your Office Ergonomics



Ergonomics is the scientific study of how work affects the body.

Observing proper ergonomics can help prevent musculoskeletal disorders. To practice smart ergonomics in the office:

Acquire the right equipment for the job, including a desk, chair, keyboard and other office equipment if you are able to do so.

Adjust your work area to be ergonomically correct: OSHA provides ergonomic computer workstations and other eTools at osha.gov/SLTC/etools/computerworkstations/index.html.

Use an external monitor, keyboard and mouse if you'll be spending long periods on your laptop.

Take frequent brief breaks if you are sitting or standing for long periods (with your employer's OK).

Watch your posture. Ongoing poor posture also contributes to musculoskeletal disorders.

Joys of Hiking

Taking a hike can deliver some seriously healthy benefits for your mind and body.

Hiking outdoors away from the hustle of daily living and technology can bring a sense of peace in the fresh air and ever-changing scenes of nature. It also offers a powerful cardio workout that can:

- Lower heart disease risk.
- Strengthen leg, hip, back and core muscles.
- Boost bone density.
- Aid weight control.
- Help reduce stress, anxiety and depression.



For starters, choose short local hikes on stable trails to help improve your balance and stability.

Then head for some hills — even small ones can provide intense exercise for improving heart rate and burning calories.

Hikers recommend hiking with a buddy or group who can help you navigate and assist if you get hurt. Take snacks and a flashlight with extra batteries in case you get lost.

Before you go, study a trail map and follow marked paths and trails. And check the weather — don't risk hiking if the forecast is stormy. Dress and pack suitably for your time outdoors. Don't forget sunscreen and water. Take a personal locator beacon or a satellite messenger.

Learn more at americanhiking.org/hiking-resources/.