

# It's Quitting Time for SITTING

**The human body is designed to move.** Yet, many Americans spend at least half their waking time sitting — in cars, on sofas and in front of phones, TVs and computers. Sitting too much is now a recognized health hazard.

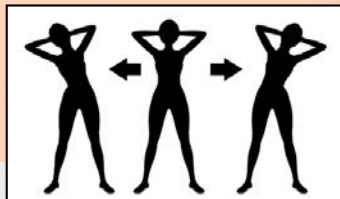
**What's too much?** Sitting for 6 or more hours a day increases your risk of premature death by 19%, compared with people who sit fewer than 3 hours, according to research by the American Cancer Society last year. The 21-year study followed more than 127,000 people who had no major chronic diseases when they joined the group; during the study (1993-2014) nearly 49,000 died.

**Those reporting the most leisure time sitting** had higher risks of death from numerous medical conditions, including cancer, heart disease, stroke, diabetes; kidney, lung, liver and digestive diseases; Parkinson's disease; Alzheimer's disease; nervous disorders; and musculoskeletal disorders.

**The hunched position we assume while sitting** at a desk or driving for long periods constricts the muscles, causing tension, fatigue and pain. To decrease the daily discomfort and long-term health risks of inactivity, loosen up: Take frequent, short movement breaks throughout your day.

**Make a habit of standing up as often as possible** — as you read, watch TV or talk or text on your phone, or to walk around. Learn to fit in simple core stretches at your desk. Here's an example from ACE Fitness:

- 1 Stand upright, fingers clasped behind your head; relax your neck.
- 2 Turn your head toward your left elbow.
- 3 Lean your upper body to the right; no bending forward or backward.
- 4 Hold for 30 seconds. Repeat on the opposite side.



## SAFETY Corner

# Road Construction Readiness

**Take 10 precautions to stay safe in the zone.**

**Highway work zones are hazardous** for motorists who drive through signs, barrels, and lane changes; for workers who build, repair, and maintain roads and bridges; and for emergency responders, cleanup, utility, and demolition personnel. Follow these safety precautions:



- 1 **Stay alert,** minimize distractions, and be patient.
- 2 **Dedicate your full attention to the roadway.** Avoid changing the radio station, using a mobile phone, eating, or other distractions that can affect your concentration.
- 3 **Keep headlights on.**
- 4 **Pay attention to the road.** Heed signs and watch brake lights on vehicles ahead. Keep an eye on traffic around you, and be prepared to react.
- 5 **Be mindful of merging.** Merge well before you reach the lane closure. And remember that traffic patterns can change daily.
- 6 **Don't tailgate.** Follow other vehicles at a safe distance.
- 7 **Obey the posted speed limit.** Workers may be present just feet away. Also be aware that fines may be doubled for moving traffic violations in work zones. Be prepared to slow down further, depending on conditions.
- 8 **Change lanes safely.** Change lanes only where pavement markings indicate and only when traffic conditions permit.
- 9 **Follow instructions from flaggers.**
- 10 **Expect the unexpected.** Workers, work vehicles, or equipment may enter your lane without warning. Also, other vehicles may slow, stop, or change lanes unexpectedly.

“Take care of yourself, be healthy, and always believe you can be successful in anything you truly want. — *Alessandra Ambrosio*”

# Indulge in Time for YOU

If life-work balance seems elusive, maybe you're trying too hard.

**Tightly scheduling your work week can produce stress — but making room for unplanned leisure helps relieve stress.**

**Give yourself time to recharge and even improve mental health.**

You'll likely boost creativity, too, according to INSEAD business school professor Manfred Kets De Vries.

## Five me-time tips:

- 1 Indulge in what rejuvenates.** Whether it's a hot bath, meditation or riding a bike, don't feel guilty when you aren't busy.
- 2 Go for a walk.** Walking is great exercise, but just taking a leisurely stroll can boost your mood, according to American Psychological Association research.
- 3 Relax about family time.** Be spontaneous and in the moment instead of always relying on formal plans for family activities. Cook a meal, visit a local park or play a game together.
- 4 Connect with nature.** Take time to watch clouds, stars and birds in flight. Connecting with sights and sounds of nature increases the sense of well-being, according to University of California research.
- 5 Spend time with your pet.** Relaxing with your pet can lower stress hormone levels. Pennsylvania State psychologists found simply being around a dog dampens stress responses.



# Don't Shrug Off Shoulder Pain

**Your shoulder joint is the most mobile joint in your body.** It's composed of several bones: clavicle (collarbone), scapula (shoulder blade) and humerus (upper arm bone) — all anchored by muscles, ligaments and tendons forming the rotator cuff, and moving it up and down and side to side. No wonder it's subject to many injuries and ailments, especially as we age.

**Common causes of shoulder pain include:** rotator cuff tendinitis, arthritis, torn cartilage, torn rotator cuff, a pinched nerve in the neck or shoulder, dislocation of the shoulder out of its socket and frozen shoulder (a common cause of pain and stiffness in people in their 40s, 50s and 60s). If you injure your shoulder, you may feel serious pain and lose the ability to move freely.

## See your health care provider promptly if you have:

- Shoulder pain due to injury.
- Intense or ongoing shoulder pain.
- Inability to use your shoulder or raise your arm.
- Sudden swelling or stiffness.
- The arm or hand is weak or numb.

**If your health care provider prescribes it, physical therapy is effective for recovering shoulder strength and health.**

## Practical tips to reduce shoulder pain and injury:

- Stay fit and use good posture.
- Warm up before exercise, sports or other activities.
- Lift weights the right way; don't lift too much.
- Follow the rules for safe lifting.
- Don't strain to reach overhead or behind you.
- Avoid stressful upper body activity if you have shoulder weakness.



# Vaccinations at Every Age

**You never outgrow your need for protection against disease.** Routine immunizations are essential for everyone. And vaccines aren't just for kids. Adults also need them to prevent some illnesses, such as the flu.

**Vaccination's** immediate benefit is individual immunity — it provides long-term protection against serious, often life-threatening diseases.

**Because of vaccination, smallpox no longer exists in the U.S., and polio may soon be gone worldwide.** But beyond our borders some diseases are still common, and travelers can be exposed to or bring these diseases into the U.S.



For normal-risk adults, the CDC recommends the following immunizations. People at increased risk may need earlier or more frequent screenings based on your health care provider's advice.

Hepatitis A	2 or 3 doses if at risk
Hepatitis B	2 or 3 doses if at risk
Human papilloma virus (HPV)	2 or 3 doses (depending on age at first vaccination)
Influenza	1 dose every year
Measles/mumps/rubella	1 or 2 doses if at risk
Meningococcal meningitis	1 or more doses if at risk, as advised
Pneumococcal PCV13	1 dose
Pneumococcal PPSV23	1 or 2 doses as advised
Tetanus/diphtheria/pertussis	Tdap 1 dose; Td booster every 10 years
Varicella (chickenpox)	2 doses if at risk
Zoster (shingles)	2 doses at 50 or older

# Growing Teens into Healthy Adults



By Cara Rosenbloom, RD

**Convincing teens to eat well, exercise and get enough sleep is not always easy**, especially when parents are competing with junk food advertising and binge-worthy shows that keep kids on the sofa for hours. And there's still peer pressure to deal with.

**Here are 5 tips to help you positively influence your teen's lifestyle choices as they navigate puberty and growth spurts:**

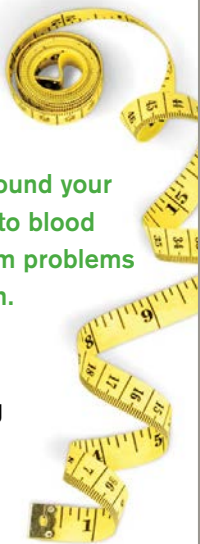
- 1. Trust them to know their appetite.** They should eat when they are hungry and stop when full. Don't berate them for wanting seconds, or for eating more 1 day than the next — that's normal as they grow.
- 2. Be a role model.** Your teens learn by example. They will mirror your food choices and your commentary on your own body. Eat well and be positive about what you love about yourself. Don't make negative comments about your shape — or theirs.
- 3. Teach moderation.** Teens are independent and make many of their own food choices. That often means fast food, sugary beverages, salty snacks and candy. That's okay sometimes. Explain it in terms they can understand, such as the 80/20 idea: Eat well 80% of the time, and enjoy treats 20% of the time.
- 4. Sleep matters.** How tall your child will be is mostly determined by genetics, but factors such as eating well, getting enough sleep and being active also matter. Human growth hormone is mostly released while a child is asleep, so encourage a normal bedtime.
- 5. Make healthy choices easy.** Keep nutritious grab-and-go snacks on hand for busy teens. Include nuts, fruit, hummus, yogurt, whole-grain crackers, cheese and ready-to-eat vegetables.



**Remember: If teens learn healthy habits at home, they will know how to care for themselves as they blossom into young adults.**

**Excess fat around your middle is linked to blood sugar metabolism problems and inflammation.**

To measure your waist, exhale and wrap a measuring tape around your bare abdomen above your hipbone. This is your **waist circumference**. A man's waist larger than 40 inches and a non-pregnant woman's waist measuring more than 35 inches may indicate risk for high blood pressure, type 2 diabetes and heart disease, according to the CDC. Learn more at [cdc.gov/healthyweight/assessing/index.html](http://cdc.gov/healthyweight/assessing/index.html).



## TIP of the MONTH

### Lighten UP

**Sugary drinks and alcohol-based beverages are abundant in the warm months.** The trouble is that they easily pack extra calories and added sugars into the diet. Water is a better choice, and it doesn't need to be boring. Try carbonated water, and add flavor with mint leaves, a wedge of citrus, cinnamon sticks, fresh fruit or cucumber slices. Or brew herbal tea and refrigerate for a refreshing cold drink.



### BBQ Greek Flatbreads

### EASY recipe

- 1 tbsp extra-virgin olive oil
- 2 medium sweet onions, cut in half and sliced thinly
- 4 whole-grain flatbreads or pita
- 2 ripe tomatoes, diced
- 2 tbsp Kalamata olives, pitted and sliced
- ½ cup feta cheese, crumbled
- 2 tbsp freshly chopped mint or oregano

**Preheat** barbecue to medium. **Pour** olive oil onto 12-inch piece of aluminum foil. **Add** onions to foil and fold over sides to form a closed pouch. **Grill** 15 minutes until onions are browned. **Place** flatbreads on a barbecue-safe baking sheet. **Top** with onions, tomatoes, olives and feta cheese. **Grill** on sheet pan 5 minutes until cheese softens. **Top** with mint or oregano; slice and serve warm.



**Makes 4 servings. Per serving:**

226 calories | 13g protein | 10g total fat | 3g saturated fat | 4g mono fat | 3g poly fat | 25g carbohydrate | 4g sugar | 10g fiber | 421mg sodium

## Stay in Touch

Keep those questions and suggestions coming!

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## EXPERT advice — Eric Endlich, PhD

### Q: What is reverse SAD?

**A:** Fall and winter sometimes trigger a type of depression called seasonal affective disorder (SAD). But a few people experience reverse (summer) SAD in the spring or summer with insomnia, reduced appetite, weight loss, anxiety or agitation.

Sunlight influences our biological clocks, serotonin levels, and melatonin production, which in turn impact mood and sleep. Heat and humidity may also contribute to summer SAD. Risk factors include family history of the disorder, past depression or anxiety and living near the equator.

Some people don't know that they have this little-known condition and may receive other diagnoses. Sufferers improve with antidepressants or summer trips to cooler climates (without air conditioning).

Though typically mild, the condition can worsen, leading to:

- Social withdrawal.
- School or work problems.
- Substance abuse.
- Eating disorders.
- Suicidal thoughts or behavior.



Professional treatment can reduce SAD symptoms and improve functioning.

## Smart Online Habits



### Posting an office lunch photo on social media is harmless, right?

Not really. Your workplace may have specific rules about posting online.

- ❖ **LEARN** your employer's social media policies and adhere to them.
- ❖ **CHECK** your privacy settings on your social networks.
- ❖ **ASK** people if they want their photos to appear online before posting and tagging them.
- ❖ **USE** strong passwords and change them often. Don't use the same password for multiple accounts.
- ❖ **WATCH** what you post online — it will stay there.
- ❖ **DON'T** click on links or open files unless you know they are from a trusted source. Even then, check verbally with the trusted source before clicking on it if you weren't expecting the file or document.
- ❖ **DON'T** assume a Wi-Fi hotspot is secure. Most are not, and other people using the network can see what you see and send. If you use an unsecured network or a site that's only encrypted on its sign-in page, you are opening up yourself, and your personal data, to potential hackers.
- ❖ **SIGN** out of accounts after you are finished.



## Is exercise okay after a heart attack?

Even a brisk walk can frighten heart attack survivors. But researchers found regular exercise after a heart attack lowers the risk of death. The key, with your health care provider's approval, is to commit to regular exercise. Search for **cardiac rehabilitation** at [heart.org](http://heart.org) to learn more.