



INSIDE-OUT WELLNESS

A HEALTH AND WELLNESS NEWSLETTER FOR HOLY NAME PROVINCE

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WELCOME TO SEPTEMBER – ‘HEALTHY AGING MONTH’

“Healthy Aging Month is designed to focus national attention on the positive aspects of growing older and to promote personal responsibility for one’s health, be it physically, socially, mentally or financially,” according to HealthyAging.net.

Healthy aging is for all age groups. The earlier you make healthy choices in your life, the sooner it becomes a natural part of your daily routine, rather than feeling like a “task” or a major change that you must make. Staying active, eating whole foods including whole grains, fruits, vegetables, nuts, drinking plenty of water, enjoying a social activity such as alcohol in moderation, limiting fast foods and preservatives and getting enough rest will all add up to better health and the advantage of enjoying life to your fullest at all ages.

Maintaining good health over each decade, starting in our 20s, is important

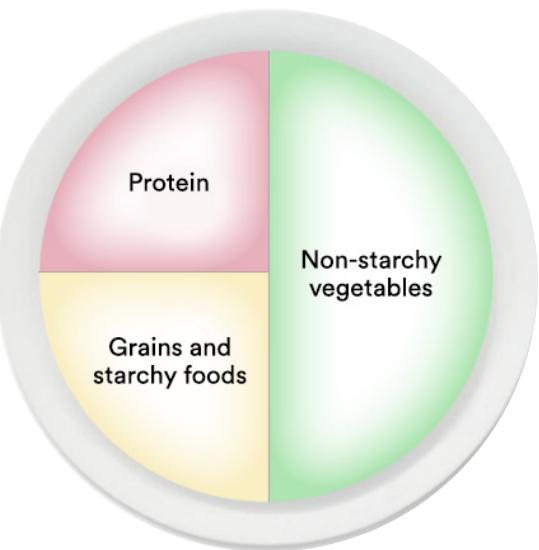
to decrease the chances of chronic health concerns and pain as our bodies move through these decades. But we can start this healthy lifestyle during any decade. Realistically due to life events, vocations, genetics and personal choices, we are not always able to maintain good health – or an “ideal” health for our age. But if we can get on track and try to consistently make healthy choices, there can be room for the indulgences that may come along, with less of a negative impact.

What is considered good health? “Health is not just absence of disease but a state of overall well-being,” according to the World Health Organization, which defined health in 1948 with a phrase that is still used today. “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” Visit <http://bit.ly/DefineHealth> for more information.

DIABETIC? TAKE CONTROL OF YOUR DIET

August's *Inside-Out Wellness* newsletter included a "Healthy Eating Plate." In response to questions from friars and because American Diabetes Month is coming in November, this portion plate suggested by the American Diabetes Association using its "Create Your Plate" tool. This plate is different from last month's Healthy Eating Plate due to the impact food choices have on diabetes. The following link provides more details on food choices: <http://bit.ly/CreateYourPlateDiabetes>.

As you can see, the right half of this plate is all non-starchy vegetables. Another good reason to check out your local farms, markets and healthy produce at your local store! www.localharvest.org



GET MOVING AND EARN REWARDS WITH UNITED HEALTHCARE'S RALLY

As September moves along and its cooler days begin, it can be a more comfortable time for outdoor activities. One great activity is walking, which benefits your mind and body in many ways and can be done even in a limited area. One way to encourage walking is by using a pedometer to count your steps each day, which can motivate you to increase your daily steps and promote more walking. Learn about five surprising benefits of walking in this Harvard article: <http://bit.ly/5WalkingBenefits>



United Healthcare has a program called RALLY, which is free, online and offers you a personal guide for weight loss, better sleep, nutrition and more. It also offers a rewards program for participation with earned "coins" toward purchasing items from its online store, as well as gift cards to local stores. To register, visit www.myuhc.com. You will need the insurance member number on your UHC insurance card when you sign up.

SUICIDE PREVENTION AWARENESS

September is also National Suicide Prevention Awareness Month. Sept. 9 to the 15 is a dedicated National Suicide Prevention week, with Sept. 10 designated as World Suicide Prevention Day.

Currently, suicide ranks as the second leading cause of death for ages 10 to 29 globally, though sadly all age groups struggle with suicide and can be affected by suicide.

If you or someone you know is suicidal, get help.

National Suicide Prevention Lifeline

Ph: 800-273-8255

<https://suicidepreventionlifeline.org>

American Foundation for Suicide Prevention

<https://afsp.org/take-action/>

International Association for Suicide Prevention

www.iasp.info/wspd2018/

THE CHEATER'S CORNER: A HEALTHIER PIZZA

Pizza is a favorite snack or meal for many. It is convenient, delicious and versatile. However, pizza can also deliver high fat, carbs and sodium depending on the portions and ingredients used in making it. Store bought frozen pizza can be high in sodium. Pizza from a pizzeria can be healthier if fresh ingredients are used, but it may still have the high fat and high sodium. For example, one slice of a generic thin crust cheese pizza with vegetables has the following nutritional facts (see Nutrition Facts chart at right).

There are frozen and fresh crusts that can be a tasty alternative. One choice is using a cauliflower crust, which depending on the ingredients can be carb-free or have lower carbs than other pizza crusts. Cauliflower crust may not sound appealing to some, but there are frozen crusts that taste good with little to no taste of cauliflower and have a great crispy crust! Add low fat cheese, lots of veggies, chicken or fish and a low sugar sauce – or no sauce – and you have a delicious, healthy, build-your-own pizza! Learn more about the best low-fat cheeses: <http://bit.ly/LowFatCheeses>.



Nutrition Facts

Serving size	1 piece (1/8 of 12" diameter)
Amount per serving	
Calories 202	Calories from Fat 73
	% Daily Values*
Total Fat 8.11g	12%
Saturated Fat 3.37g	17%
Polyunsaturated Fat 0.921g	
Monounsaturated Fat 3.336g	
Cholesterol 11mg	4%
Sodium 502mg	21%
Potassium 200mg	
Total Carbohydrate 23.99g	8%
Dietary Fiber 1.7g	7%
Sugars 2.51g	
Protein 8.59g	
Vitamin A 5%	Vitamin C 17%
Calcium 17%	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

TRY THESE CAULIFLOWER CRUSTS...

Caulipower Pizza Crust

Trader Joe's Cauliflower Crust

... OR THIS HEALTHIER PIZZA CRUST.

Pastorelli Pizza Crust

LOOKING AHEAD...



In mid-September, the Office of Health and Wellness will be participating in “Stepping into Health.” If you are interested in using a pedometer (there are many including free apps, clip-ons) and counting your increasing steps towards improved wellness, you can contact Amy Stewart-Wilmarth, HNP Health and Wellness Director, for questions and support. For example, 15 to 20 minutes of walking is equal to about 2,000 steps which equals about 1 mile which burns calories and improves well-being. It is recommended to always check with your physician before starting exercise.

Combining steps with a “portion plate” example at meals will improve your wellness at a safe pace almost effortlessly!

In November, a user-friendly diabetes guide will be available from Health and Wellness. It will have general information about diabetes and its effects on our body, lists of low carb and low sugar foods, low sugar fruits and non-starchy vegetables, links for recipes and local resources for support, education, and dietary consultations.

Consuming less sugar and carbohydrates is healthier for all of us and can be even more complex for someone with diabetes.

QUESTIONS AND SUGGESTIONS WELCOME!

Contact Amy Stewart-Wilmarth, HNP Health and Wellness Director,
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