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# WELLNESS INSIDER

"Keeping Your Workforce Happy and Healthy"

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"The journey of a thousand miles begins with a single step."

Lao Tzu

## TAKE A HIKE – National Take A Hike Day

There are more than 60,000 miles of trails across the nation. Walking, meandering, sojourning, whatever you want to call it, there is nothing like getting outdoors and burning calories while appreciating nature's beauty.

**Celebrate National Take a Hike Day, November 17th**, and any day, by enjoying a nice stroll in the woods. Hiking can be simple – no heavy pack or rugged mountain required. Enjoy the mental and physical benefits of hiking right in your neighborhood or visit a park or trail. Inhale the crisp fall air, grab your friends and family, and set a course for the trail nearest you. You choose the location, path, terrain, and decide your own pace.

### PLAN AHEAD AND PREPARE THESE ESSENTIALS:

- 1. Appropriate footwear.** Think about tracking, support, and protection when selecting well-fitting shoes or boots.
- 2. Map and compass.** Phones and GPS units are handy, but if going into the backcountry, consider carrying a paper map and compass.
- 3. Water.** As a guideline, plan for half a liter of water per hour.
- 4. Food.** Pack calorie-dense foods to help fuel your hike and carry an extra portion in case you are out longer than expected.
- 5. Sun Protection.** Sunscreen, sunglasses and sun protective clothing should be used in every season regardless of temperature or cloud cover.

INSPIRE  
TO MOVE

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## HEALTHY Holiday Eating

Healthy holiday eating is no different than any other time of the year as each day brings a new opportunity to make good choices.

**Whether it's a holiday, special occasion, vacation, or simply Tuesday, these tips can set up a realistic, long-term approach to healthy eating:**

### AVOID EXTREMES OF SEVERE RESTRICTION OR MINDLESS OVEREATING

Take the middle ground by expecting to eat more than usual at social events, rather than beating yourself up afterwards.

### FEED YOUR HUNGER

Fill up on whole, unprocessed foods that are high in protein and fiber to feel fuller for a longer period of time.

### USE A SMALL PLATE

Be picky and select those foods you enjoy most or that may only be available certain times of year.

### LIGHTEN LIBATIONS

Alcohol lowers your inhibitions about what you eat while consuming extra calories.

## HUNGER FILLING Foods

Hunger is a feeling that starts for many after only a few hours without eating and is generally unpleasant. What you eat can determine how full you feel, as foods affect sensations of fullness differently. Empower yourself to make the best nutritional choices for you and your family.

### WHAT MAKES A FOOD FILLING?

#### HIGH IN PROTEIN

Protein is the most filling macronutrient.

#### HIGH IN FIBER

Fiber provides bulk and keeps you feeling fuller longer.

#### HIGH IN VOLUME

Some foods contain a lot of water, which helps you feel full.

#### LOW IN ENERGY DENSITY

Foods that are low in calories for their weight typically contain a lot of water and fiber and are low in fat.

Whole, unprocessed foods that are high in protein and fiber will generally leave you feeling full for a longer period of time.

Some of the most filling foods include boiled potatoes, oatmeal, eggs, fish, and Greek yogurt.

“One cannot think well, love well and sleep well if one has not dined well.”

*Virginia Woolf*



RECIPE OF THE MONTH



NOURISHING YOU

## Squash Hash Browns

½ spaghetti squash, baked • Chopped chives  
½ tsp garlic powder • 1 egg • Salt and pepper to taste

Squeeze squash strings to remove excess moisture.

Mix in the garlic, chives, egg, and salt and pepper.

Cook in a lightly greased skillet over medium heat until golden brown.

## Clues From YOUR FEET

The health of your feet may be the last thing on your mind, but daily care is the best way to keep standing on your own two feet.

The average person will walk the equivalent of twice around the world in a lifetime.

### TIPS FOR HELPING TO MAINTAIN HEALTHY FEET AND PREVENT COMPLICATIONS:

- Inspect your feet regularly and pay attention to changes in color, texture, or appearance.
- Wash and dry your feet well between the toes.
- Use lotions or creams to hydrate the skin.
- Buy and wear shoes that fit well and feel most comfortable.
- Trim toenails straight across and gently smooth any sharp edges with a nail file.
- Choose feet-friendly activities like walking, riding a bike or swimming.



## DARK DAYS - Fall Time Change

Light and darkness are the most important timing cues for alertness and sleepiness in the human body. These tips can help minimize the impact of sleep disruptions caused by ending daylight savings time when the clocks fall back one hour.

- **Gradually adjust your sleep and wake times.** Shift your bedtime 15-20 minutes earlier each night before and after the time change.
- **Avoid alcohol, nicotine, caffeine, and heavy foods** at night, which can stimulate your body and disrupt your sleep.
- **Turn it off before you tuck in.** The light from the TV and our devices signals our brain to be alert, sending the wrong message at night. Power it off to power yourself down.
- **Move more.** Physical activity improves sleep quality and increases sleep duration. Exercise reduces stress and helps trigger sleepiness later.
- **Get comfy.** We tend to sleep better in cool, dark, and quiet environments. It's important to have a comfortable mattress and pillow.

Alcohol may make you feel sleepy but don't be fooled. The quality of sleep when tired from alcohol is very poor quality and not the restful sleep you need.



# SMOKE OR SAVE \$

When you smoke, it is not just damaging your lungs, tobacco can damage almost every part of your body. Also considering that the national average cost of a pack of cigarettes is \$7.14, smoking also can damage your finances. The good news is within minutes of smoking a last cigarette, the body begins to recover as financial savings increase.

AFTER QUITTING	HOW YOUR BODY RECOVERS	HOW SAVINGS INCREASE
20 minutes	Your heart rate and blood pressure drop.	
A few days	The carbon monoxide level in blood drops to normal.	Over \$14 considering most smokers go through a pack a day.
2 weeks to 3 months	Circulation improves and lung function increases.	\$99 to \$800
1-12 months	Coughing and shortness of breath decrease. Lung structures start to regain normal function and clean lungs.	Between \$1,380 and \$2,540 annually.
1 to 2 years	Risk of heart attack drops dramatically.	\$2,540 - \$5,080
5-10 years	Risk of cancers of the mouth, throat, and voice box is cut in half. Stroke risk decreases.	\$12,700 - \$24,400
10 years	Risk of lung cancer is about half that of a person who is still smoking. Risk of cancer of the bladder, esophagus, and kidney decreases.	\$24,400

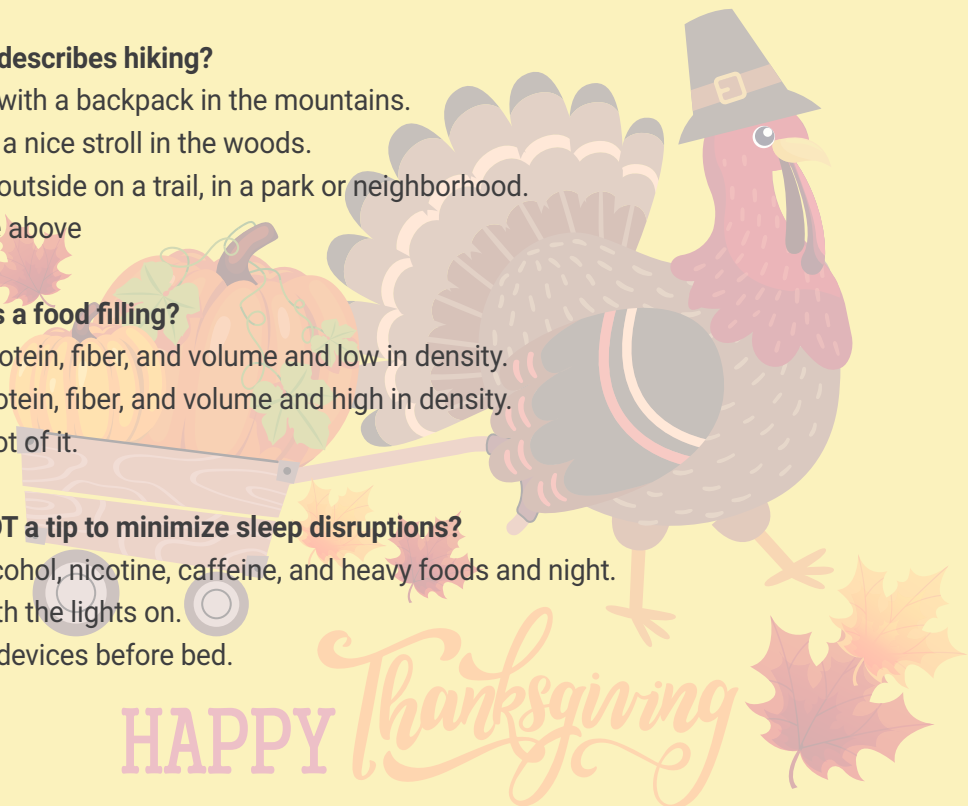


“All the suffering, stress, and addiction comes from not realizing you already are what you are looking for.” *Jon Kabat-Zinn*



# ANSWERS

- 1. Which best describes hiking?**
  - a. Walking with a backpack in the mountains.
  - b. Enjoying a nice stroll in the woods.
  - c. Walking outside on a trail, in a park or neighborhood.
  - d. All of the above
- 2. What makes a food filling?**
  - a. High in protein, fiber, and volume and low in density.
  - b. Low in protein, fiber, and volume and high in density.
  - c. Eating a lot of it.
- 3. Which is NOT a tip to minimize sleep disruptions?**
  - a. Avoid alcohol, nicotine, caffeine, and heavy foods and night.
  - b. Sleep with the lights on.
  - c. Turn off devices before bed.



The information in this publication is meant to complement the advice of your health care providers, not replace it. Before making any major changes in your medications, diet or exercise, talk to your doctor.

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ANSWERS: 1. D 2. A 3. B