



Fred C. Church
INSURANCE

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WELLNESS INSIDER

"Keeping Your Workforce Happy and Healthy"

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POWER Hour

How can one hour change your life? Make the most of your 24-hour day by prioritizing the things that are important to you. If you want to feel happier, sleep better and live healthier, schedule an hour a day, most days of the week, to move your body, boost energy and improve your mood.

Rising demands make it tempting to skimp on a fitness routine. It's not easy at first to stop multi-tasking the day away; time seems to be an infinite resource, but energy is different. Dedicating 50-60 minutes a day to physical activity can help manage and replenish your energy. Exercise burns off negative energy so you can relax easier at the end of the day, leading to more restful sleep at night, allowing you to wake up feeling better every day.

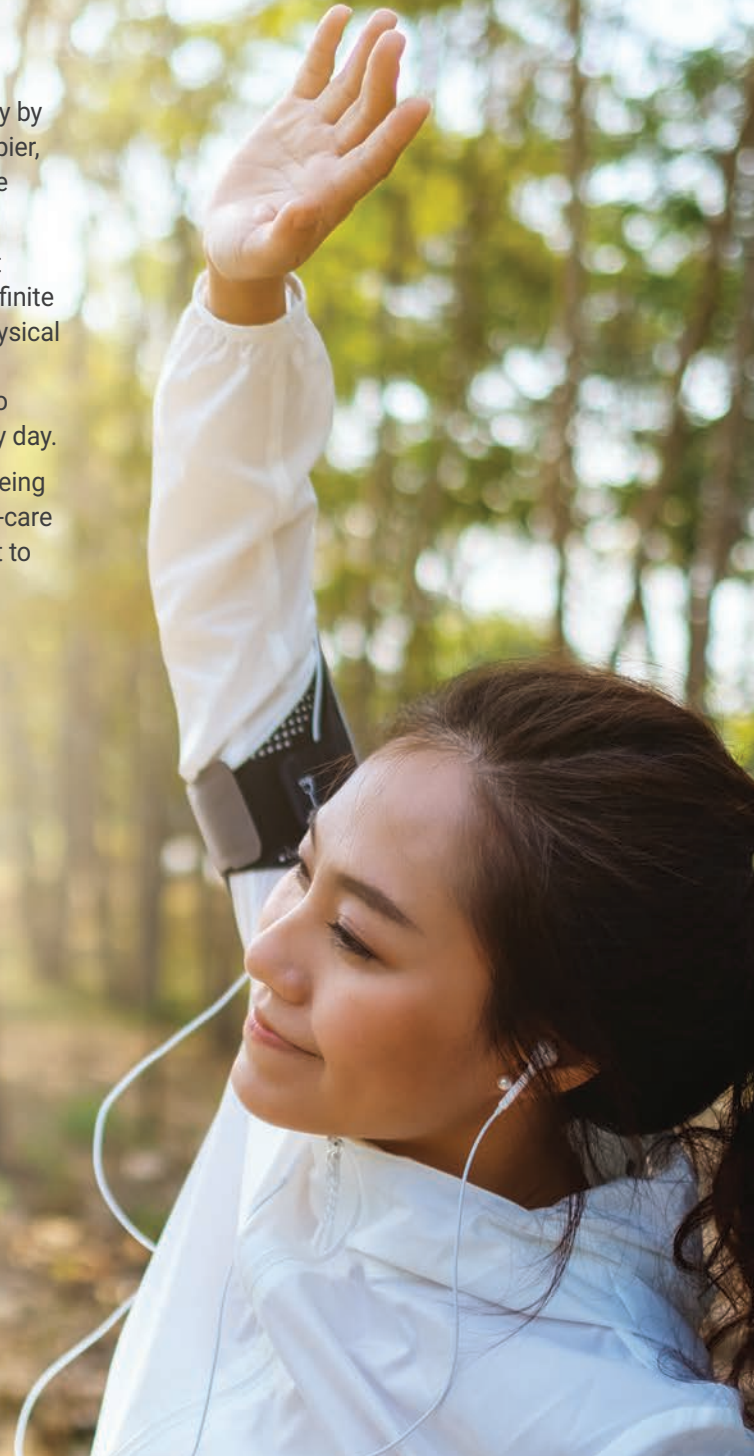
Don't let time dictate your agenda. Choose an hour a day to prioritize being active, and if you don't feel like it, lean into the decision to practice self-care and take the action to "do it anyway." It won't take long before you start to feel better.

STRUCTURE A TRADITIONAL ONE-HOUR WORKOUT WITH:

- 5-minute warm up
- Cardiovascular exercise: 20 minutes
- Strength training: 20 minutes
- Flexibility and core exercises: 10 minutes
- 5-minute cool down

"Everything, in the end, comes down to timing. One second, one minute, one hour could make all the difference."

Sarah Dessen



INSPIRE TO MOVE

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The FOUNTAIN OF YOUTH

In almost every civilization, there are legends connected to water, including tales of a mythical spring which allegedly restores the youth of anyone who drinks or bathes in its magical waters. This reverence for water is based on the universal truth of water's power and necessity in supporting life on this planet.

Our bodies depend on water to survive. Approximately 60-70 percent of the human body is made up of water. Proper hydration is essential to survival, and without it, life simply would not exist.

Different people need different amounts of water to stay hydrated. A reasonable goal for most people to stay hydrated is 8-10, 8-ounce glasses of water each day, but individual needs may vary.



"If there is magic on this planet, it is contained in water." *Loren Eisely*

ANTI-AGING Foods

Beautiful skin comes from within. It may surprise you that despite all the expensive spa treatments, creams and serums available, beautiful skin starts with what we eat. Even more valuable than what shows on the outside, these anti-aging foods can help our general inner-health status and physical aging.

Vibrant foods that are loaded with the richest natural sources of essential nutrients, vitamins, antioxidants, healthy fats, and water nourish a healthy glow from the inside.



VIBRANT FOOD	FLOURISHING INNER HEALTH	HOW IT SHOWS OUTSIDE
WATERCRESS	Delivers minerals to the cells	Helps reduce fine lines and wrinkles
RED BELL PEPPER	Good for collagen production	May protect skin from the sun
PAPAYA	Fights free radical damage	May delay signs of aging
BLUEBERRIES	Prevents collagen loss	Protects skin from damage
BROCCOLI	Preserves memory and bone health	Gives skin strength and elasticity
SPINACH	Oxygenates the entire body	Promotes smooth skin and shiny hair
NUTS	Repairs tissue and retains moisture	Contributes to glowing skin
AVOCADO	Blocks toxins	Sheds dead skin leaving smooth skin
SWEET POTATO	Promotes skin cell turnover	Contributes to soft, youthful looking skin
POMEGRANATE SEEDS	Reduces inflammation	Slows the signs of aging

RECIPE OF THE MONTH



Spinach & Artichoke Pasta

- 8 ounce whole-wheat rotini • 1 tablespoon olive oil • 2 teaspoons garlic powder
- ¼ teaspoon ground pepper • 1 red bell pepper, chopped • 1 cup grape tomatoes
- 1 (5 ounce) package of baby spinach, roughly chopped
- 1 (14 ounce) can artichoke hearts, rinsed and chopped
- 4 ounces nut-based cream cheese, cut into chunks
- ½ cup grated Parmesan cheese • ¾ cup reduced-fat milk

Cook pasta according to package directions and drain. Add oil to large saucepan over medium heat and cook bell pepper until soft. Add spinach and 1 tablespoon water, stir occasionally, until spinach is wilted and transfer to a small bowl. Add cream cheese and milk to the pan and whisk until melted. Add Parmesan, garlic powder, and pepper, whisking until thickened and bubbling. Stir the red pepper, grape tomatoes, and drained spinach into the sauce, along with artichokes and pasta. Cook until warmed through.

NOURISHING YOU

Evening ROUTINE

It's not uncommon for professionals to catch up on paperwork or respond to emails long after 5:00 pm, but freeing up after-work hours is just as important as workday breaks. Taking nights, weekends and vacations to disconnect from the demands of the job during off-hours leads to greater life satisfaction and less exhaustion.

Just as sleeping in on weekends isn't a cure for chronic sleep deprivation, taking a one-week vacation once a year, won't counteract the effects of an overscheduled workday overflowing into personal time. A productive day starts the night before. An end of the day routine allows you to switch from a business mindset and wind down from your workday in a healthy way, instead of falling into habits like binge watching TV, eating, drinking, or checking emails at night.

A FEW SUGGESTIONS TO TRANSITION OUT OF WORK MODE ARE TO:

Pour a cup of decaffeinated herbal tea. Adding a little honey or apple cider vinegar.

Go for a walk. Preferably outside in nature and with a furry companion.

Read a book. Fiction is better to help relax your mind.

Take a hot bath. The perfect place to read a fiction book.

Turn on soothing music. Also helpful for bath time.

Reflect on the day with a gratitude journal. A simple practice to focus on the good of your day.

Whatever calm down ritual you create for yourself, remember that you are rewriting each day with a happy ending.

“The evening is the best part of the day. You’ve done your day’s work. Now you can put your feet up and enjoy it.”

Kazuo Ishiguro



RECHARGE Yourself

Eating lunch at your desk, replying to emails or chats while on a zoom call, or simply powering through the day tackling items on a to-do list can do more harm than good. Taking a break to detach from work, both during work hours and off-work hours, helps restore energy and prevent burnout.

MAXIMIZE THE BENEFITS OF YOUR BREAKS BY DETERMINING:

FREQUENCY OF BREAKS. Find your own rhythm and stick to it, but many productivity experts suggest working in stretches of 50-90 minutes depending on how much concentration is needed.

DURATION OF BREAKS. A 15-20 minute break offers the brain time to disengage and refresh, but isn't so long that focus is lost or momentum derailed.

ACTIVITIES YOU ENGAGE IN FOR A BREAK. Anything but work is a helpful break, but moving your body and shifting your attention away from screens is best.

Physical and mental disengagement makes you more productive in any task. For people who work in jobs that require intense focus for extended periods of time, breaks that involve exercise and spending time in natural settings are good options.

MICROBREAK ACTIVITIES TO RECHARGE

- Stand up and stretch
- Take a walk
- Drink some water
- Step outside

**HEALTH
HARMONY**

NEST Egg

Whether saving for a rainy day or retirement, money in the bank offers financial security, but building a nest egg takes time and work. Setting aside part of your income for the future is easier said than done. Strategies to build your savings may involve paying down loans and avoiding additional debt. Times of high inflation and rising interest increase concerns about financial stability.

HERE ARE A FEW DO'S AND DON'TS TO HELP NAVIGATE SAVING DURING A PERIOD OF ECONOMIC DECLINE:

DO ✓	DON'T X
Revisit your savings goals.	Take on extra debt due to large, unnecessary purchases.
Try to cut or negotiate expenses where you can.	Accumulate high interest debt.
Stay motivated.	Lose sight of long-term financial goals.



“A man who both spends and saves money is the happiest man, because he has both enjoyments.” *Samuel Johnson*



ANSWERS: 1. A 2. B 3. C

- 1. How can one hour change your life?**
 - a. By prioritizing things that are important to you like exercise.
 - b. Sleeping in an extra hour.
 - c. Skimping on a fitness routine.
- 2. Which best explains the fountain of youth?**
 - a. It is nothing more than a made up story.
 - b. Myth based on the universal truth of water’s necessity to support life.
 - c. Created to make people afraid of water.
- 3. The best activities to engage in for a break are:**
 - a. Eating lunch at your desk.
 - b. A long nap in the breakroom.
 - c. Anything that moves your body and shifts your attention away from work.

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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