

# WEEKEND HEALTH TIPS



Jeri L Dreikosen, RN, BSN, CWWPM  
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September 11, 2015



## Beyond Olive Oil: Which Fats Are Best for You? *Consumer Reports on*

*Health, Aug., 2015*

Alongside canola & olive oil on food-market shelves you may spot an array of newer oils & cooking fats. Some are said to have special health benefits. But do they?

**Coconut Oil:** More than 90% of its fat is saturated (butter is just more than 60% saturated fat). CR's take: Small studies suggest that coconut oil's fats may be less unhealthy than other saturated fats, but that's uncertain.

Swapping it for butter, canola, or olive oil won't benefit health. But a small amount on sautéed vegetables probably won't hurt.

**Avocado Oil:** Avocado oil, which has a nutritional profile similar to olive oil's can be a heart-healthy choice in salad dressings & for grilling, sautéing, & searing. But don't expect huge health advantages. CR's take: Yes, avocados contain antioxidants, but, a balanced diet already provides sufficient antioxidants. One drawback to avocado oil is its cost, around \$20 for a 16.9 oz. bottle.

**Walnut Oil:** Unrefined walnut oil has become widely used as a replacement for olive oil in salad dressings because of its nutty flavor. It's low in saturated fat & high in unsaturated fat. CR's take: If you like walnut oil, swap it for olive oil in dressings or in place of vegetable oil in breads & muffins. But there's no unique fatty-acid composition that would make it better than some of the more common vegetable oils.

**Ghee:** Ghee, is made by simmering butter, then skimming off the milk solids. People who are lactose-intolerant can usually digest ghee easily. But ghee, a form of butter, is high in saturated fat. CR's take: There really is no health advantage to using ghee. So spread a bit on toast or melt a teaspoon on vegetables, but don't go overboard.

**Bottom Line:** A healthy diet must include fat to help with vitamin absorption & brain function. Where people can get into trouble healthwise is by eating too much fat, especially too much of the wrong kinds. U.S. dietary guidelines for adults say fat should account for 20-35% of total daily calories and only 10% should come from saturated fat. For a person on a 2000 calorie per day diet, that's about 22 grams daily, the amount in about 2 tablespoons of coconut oil or a little more than 2.5 tablespoons of ghee.

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## Removing Mercury Fillings *Consumer Reports on Health, Sept., 2015*

Mercury can damage your brain & kidneys, and poses other risks, especially to children. But the Environmental Protection Agency and the Food & Drug Administration concluded that the amount found in dental fillings isn't enough to harm adults or children ages 6 and older. You get exposed to more mercury by removing fillings than if you just left them in. Drilling to remove fillings can weaken your teeth, which might lead to more expensive dental work.

**Bottom line:** It's fine to have a filling removed because it's loose or before other dental work but there's no reason to have an existing filling removed just to avoid the mercury.



## Get Moving: Why am I so sore? *HopeHealth Letter, Aug., 2015*

Do you ever wake up sore the day after working out-particularly if you're doing something that your body hasn't done recently or ever at all? Delayed onset muscle soreness (DOMS) usually begins 12-24 hours after the exercise & peaks anywhere from 24-72 hours following the physical activity.

During exercise, microscopic damage can occur to muscle fibers. DOMS is a side effect of the fiber-repair process. Although you can use ice packs, massage, and oral painkillers to reduce soreness & other symptoms, time is what's needed to heal muscles themselves.

You may prevent DOMS by:

- \*Easing into new exercise slowly.
- \*Give your muscles time to get used to the new stress placed on them.
- \*Let your muscles rest & recover for a day or two after any new exercise program.

## Did You Know?



*Eat this! Not that!*

The best way to measure the intensity of your physical activity is by using the 'talk' test. If you can carry on a conversation without any challenge, it is usually classified as low intensity. If you can carry on a conversation, but need to stop speaking here or there, then it is moderate; if you can only talk in short sentences, then it is vigorous.  
*Tufts Health & Nutrition Letter, July, 2015*

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According to Jessica Matthews, a senior health & fitness expert for the American Council on Exercise, "Sweating is simply the process your body uses to maintain its normal temperature-not the gauge of a "good" workout. Some people perspire heavily even during very light physical activity, and some barely sweat during intense exercise. Neither is necessarily cause for alarm."

Save 100 calories by choosing a whole-grain English muffin instead of a large bagel.

Your core is made of all the muscles that connect the upper & lower body, including those of the stomach, lower back, hips and buttocks. These muscles are essential for supporting the spine, aiding good posture, and enabling you to perform almost every movement. By strengthening your core muscles, you will be on the fast track to a flatter stomach while improving the effectiveness of any exercise you do. The plank is a perfect exercise to strengthen and tighten your core.



## Relieving Stress... Tip of the week... *Elizabeth Scott, M.S. Stress Management*

Positive psychology is a branch of psychology that studies personal resilience, the factors that make us happy and fulfilled, and, basically, what makes life worth living. This field has brought promising research that can point us in the direction of where we should spend our time if we want to be happy, build resilience, and better manage stress. Research on the importance of savoring life is clear: it's not just a fun idea, it can bring real benefits. Those who savor their experiences are better able to attach meaning to them, recognize the silver linings among the dark clouds, and enjoy these silver linings to the fullest. Surrounding yourself with a supportive network of friends can make a significant impact on how you react to the stress you encounter, enabling you to function at your best and bounce back more quickly. So enjoy your friendships and take time to smell the roses!



## Wellness Calendar:

**September** Get your wellness points in-Deadline is October 31, 2015! SASD Fitness classes begin. Wellness Committee meets Sept 14.

Beat the Pack begins with the Sept 13<sup>th</sup> Packer/Bear game. Each morning after the game, I will email the required minutes that week and the link for you and your spouse to record your weekly minutes. Spouses will have their own separate link.

**October** Commit to be Fit returns! Have you been putting off something related to your physical, nutritional, spiritual, financial health? Sign a commitment, complete it by Feb 1, 2016 and earn 25 points!



**Employee Recipe of the Month**(Submit your healthy recipe each week & if yours is chosen you will receive a \$5 Farmer's Market gift certificate).

**Employee Health Tip of the Month**(Submit your healthy tips each week & if yours is chosen you will receive a \$5 Farmer's Market gift certificate).

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**Nikki's Boot Camp**- FREE...Mondays 4:30-5:30 in Room 116 at South beginning Sept 14th! For intermediate exercisers & those eager beginners that need a challenge to their already established exercise routine. You will be learning exercises that improve your cardiovascular endurance & tone all major muscle groups, all with no equipment necessary. This class will be a great compliment to your workout! To register contact Nikki Hiebing at 547-4210, ext 118 or [nhiebing@interrahealth.com](mailto:nhiebing@interrahealth.com)



Zumba

ins are also welcome (\$3.00/class)!

**Join the Zumba Party at Jackson School--IN THE GYM** Tuesdays beginning September 22(this is a NEW start date) from 4:30-5:30 with instructor Penny Willems. \$20 for 10 classes (no 3<sup>rd</sup> Tuesday class-\$2/class)-payable to Penny the first night of class. Drop-



**FREE YOGA** at South on Tuesdays beginning Sept 15th! 4:30-5:30. Please sign up with Nikki Hiebing at [nhiebing@interrahealth.com](mailto:nhiebing@interrahealth.com) or call 547-4210, Ext. 118.



**FREE Strength & Conditioning Class** at Horace Mann Fitness Center on Wednesdays beginning Sept 16<sup>th</sup>! 4:30-5:30. Please sign up with Nikki Hiebing at [nhiebing@interrahealth.com](mailto:nhiebing@interrahealth.com) or call 547-4210, Ext. 118.



**News from the Rec Dept!** Fall classes have started. Don't forget the SASD discount: Attend 75% of this session of your Rec. Dept class, have the instructor sign a voucher and you'll receive \$25 off your next class!! (Plus a \$2 EAP discount).

*"How old would you be if you didn't know how old you were?" --Satchel Paige*

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