

Providing your wellness committee with updates and relevant health information!

# Wellness Works Coordinator's Bulletin

February 2018

## Highlights from this Month's Bulletin:



### Breakfast

Important for so many reasons.

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### Frostbite

Tips to prevent it and what to do until you can get help.

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### Let Food Be Your Medicine

Why we should pay attention to what we eat.

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### Abby is Fed Up!

A movie that takes a very open and honest look at what is happening with our food

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## Save the Date!

**Annual Wellness Conference—Tuesday, April 24, 2018 at the Harraseeket Inn, Freeport, Maine.**

Mark your calendar...we are in the process of planning the 30th Annual Wellness Conference! The conference will be held on Tuesday, April 24, 2018 at the Harraseeket Inn, in Freeport, Maine. We are still in the planning phase. Registration will be coming your way in a few weeks.

## Share with Us!

Please take a moment to share your wellness successes for 2017. What programs did your committee put forth that you are particularly proud of? What were some struggles that you faced and what creative ways did you find to overcome them? What are some struggles that you are still facing that you need our assistance with? By you sharing with us, we can share with other Wellness Committees who may be looking for that next great idea! Please feel free to share photos too. To share, please email: [acharles@memun.org](mailto:acharles@memun.org).  
*Thank you!*

# Breakfast!



For ages now, we have all heard that breakfast is the number one ingredient in the recipe for an energized, productive day. But missing that morning meal may also be contributing to fattening up your waistline and harming your arteries. A solid body of science affirms that people who eat breakfast regularly are leaner than those that don't and much less apt to develop insulin resistance. Both breakfast skippers and light breakfast eaters (those who ate 5-20% of daily calories at breakfast) are more likely to have signs of cardio-metabolic risk, such as bigger waistlines, more body fat, higher blood pressure, higher blood lipids and higher blood glucose.

Here are a few more reasons to never skip breakfast:

## **Breakfast Benefit #1: It can protect the health of your heart and arteries.**

- A recent study in the American Journal of Clinical Nutrition (February 2005) found that healthy women who skipped breakfast had higher cholesterol levels and more insulin resistance than those who ate breakfast. Both elevated cholesterol and insulin resistance are known risk factors for the development of cardiovascular disease. Additionally, many traditional breakfast foods including fruit and high fiber cereals provide a synergistic package of heart-healthy ingredients including fiber, antioxidants, B-vitamins and minerals.

## **Breakfast Benefit #2: It can boost your brain power.**

- After an overnight fast, your brain's only source of fuel—namely glucose—is at an all-time low. Unfortunately, the brain has no storage capacity for glucose and is 100% dependent on what the blood can provide. Skipping breakfast is a major brain drain and eating the right breakfast (see page 4) provides your brain with an immediate and steady source of fuel for optimal cerebral performance.

## **Breakfast Benefit #3: It can boost your nutrient intake.**

- Breakfast provides a delicious and easy opportunity to take in the 42 or so essential nutrients your body needs a constant daily supply of. Let's face it, there are a finite number of opportunities in the day to get the nutrients you need and if you skip breakfast, you have automatically decreased your chances of succeeding by about 1/3. For the average American, breakfast is typically the healthiest and most nutrient dense meal they eat—providing a double bonus.

## **Breakfast Benefit #4: It can help you lose weight.**

- Eating breakfast enhances weight loss through many mechanisms including: boosting metabolism, boosting energy, and thus calorie-burning, diminishing hunger (people that skip breakfast eat more throughout the rest of the day) and lowering insulin levels (elevated insulin levels are associated with a sluggish metabolism). To take full advantage of this wonderful benefit, include the right breakfast foods as outlined on page 4.

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## Be Smart, It's that Time of Year for Frostbite

Frostbite is the body's way of trying to preserve heat by shutting down circulation to an extremity, unfortunately, you might not even know if you are on your way to having frostbite because of the numbness. Frostbite requires immediate treatment in a medical facility. Here are tips on how to prevent it and what to do until you can get help.

Wear several layers of loose-fitting, lightweight, warm clothing. Trapped air between the layers will insulate you. Remove layers to avoid sweating and subsequent chill. Outer garments should be tightly woven, water repellent (not waterproof—it doesn't breathe and traps moisture), and hooded. Wear a hat because half of your body heat can be lost through your head. Cover your mouth to protect your lungs from extreme cold. Mittens, snug at the wrist, are better than gloves.



Insulate your feet with insulated waterproof boots that fit properly, snug, but not too tight. Wool socks are best because wool is the only fiber that keeps you warm even when it is wet. Beware of doubling up on socks. It may actually make your feet colder by making your shoes too tight by cutting off circulation.

Be aware of frostbite signs. Symptoms of frostbite progress from an initial feeling of coldness to stinging, burning, and throbbing sensations followed by numbness. Any tissue that remains numb for more than a few minutes may become frostbitten. Frostbitten tissue looks white and feels firm to the touch. If you notice these signs, seek medical attention immediately for frostbite treatment.

**For more information on staying safe during the cold months during work or play, contact Danielle at [dyale@memun.org](mailto:dyale@memun.org) to schedule "Winter Workouts."**

References: [www.prevention.com](http://www.prevention.com)



There are many reasons why we should pay attention to what we eat. The processed, low-variety foods many of us consume regularly may be convenient and tasty, but they compromise our health. We especially need to pay attention to what we eat when we are sick so we can give our bodies the nutrients it needs to heal. If you want to be even more deliberate in improving health, perhaps address a chronic disease or condition, a functional medicine approach can yield great benefits.

Overall, seeing your food as medicine helps you make better decisions about what and how to eat in order to make the best decisions to your own well-being. The role of food is to maintain your health, prevent diseases, allows your body to function and gives your cells necessary information it needs to function. For example, by removing added and manmade sugars from your diet, you can minimize and or eliminate arthritic and joint pain along with many other ailments. Look at the food you are eating and see if it is really the best choice for you and your body.

**For more information on this topic, contact Danielle at [dyale@memun.org](mailto:dyale@memun.org) to schedule, "Food is thy medicine and medicine is thy food."**

Reference: [www.takingcharge.csh.umn.edu](http://www.takingcharge.csh.umn.edu)



## February is American Heart Month

Learn more about the *American Heart Association's* efforts to reduce death caused by heart disease and stroke at [Heart.org](http://Heart.org). Also learn about cardiovascular conditions, ECC and CPR, donating, heart disease information for healthcare professionals, caregivers, and educators and healthy living.



## Abby is Fed Up!

Looking for something to watch on a cold winter's night? I know, sitting on the sofa and watching a movie is not really something you hear Wellness folks tell you to



do very often, but I recently watched an eye-opening documentary called “Fed Up.” I checked it out at my local library for no cost, but am sure you can find it on streaming sites as well. I realized about half way through that I had already seen it, but it still grabbed my attention and made me even more furious about food choices!

**Here is the gist of the movie...direct from the back of the DVD.**

***Narrated by Katie Couric, Fed Up blows the lid off everything we thought we knew about food and exercise, revealing a 30-year campaign by the food industry—aided by the U.S. government—to mislead and confuse the American public. Exposing the hidden truths contributing to one of the largest health epidemics in history, the film follows a group of families battling to lead healthier lives—and reveals why the conventional wisdom of “exercise and eat right” is not ringing true for millions of people struggling with diabetes, childhood obesity and other serious conditions. Including captivating interviews with the country’s leading experts, this vital information could change the way we eat forever.***

I know...this sounds like a conspiracy theory movie to some, but it really is a very open and honest look at what is happening with our food. Visit [www.fedupmovie.com](http://www.fedupmovie.com) for more information and some interesting education and challenge opportunities.

## Breakfast!

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Building a Healthy Breakfast – always include something from each of the following 3 categories:

1. A healthy protein package. Consider any of the following: nuts/nut butters, soy milk, low-fat milk, low-fat yogurt, reduced fat cheeses, smoked or canned salmon, omega-3 eggs, low-fat cottage cheese, high protein cereals, protein powders (for smoothies).
2. Fresh produce. Fruits, especially brightly colored varieties like berries, citrus, red grapes, cantaloupe, kiwi and mango are a natural breakfast fit. But don't forget that fresh spinach, bell peppers, onions and tomatoes are a delicious addition to any egg/omelet dish.
3. Whole grains. High fiber cereals and oatmeal are my top-rated whole grain foods. Additional healthy choices include 100% whole grain bagels, English muffins, toast, waffles, and granola bars.

**Want some quick and easy breakfast meals that you can take on the go? Contact Abby DiPasquale to schedule the “Mason Jar Breakfast” class at your worksite. You can reach her at [adipasquale@memun.org](mailto:adipasquale@memun.org)**

Source: Dr. Ann Kluz, 2017



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