



Coordinators' Bulletin

November 2019

Providing your wellness committee with updates and relevant health information!



Eat for your MIND

When you hear the word diet, you might think only of weight loss. But a lifestyle diet can bring even greater benefits. One option that belongs on your radar is the MIND diet created by researchers at Rush University in Chicago. MIND stands for Mediterranean-DASH Intervention for Neurodegenerative Delay. It's a hybrid of those two heart-healthy diets, both of which reduce the risk of high blood pressure, diabetes, heart attack and stroke. In initial studies,

the MIND diet offered a huge additional benefit -- lowering the risk of Alzheimer's disease by up to 53% in participants who stuck to it rigorously and by about 35% in those who only did so moderately well. The key is to start now, no matter your age, because it seems like the longer you follow it, the lower your risk of developing Alzheimer's.

Do Eat:

- Green leafy vegetables or vegetables
- Nuts
- Blueberries or strawberries
- Beans
- Whole grains
- Fish
- Poultry
- Olive oil
- Wine

Do Limit:

- Red meat
- Butter and stick margarine to less than a tablespoon a day
- Cheese, pastries, sweets, fried or fast food to one serving in total per week

The MIND diet isn't complicated. Each day have at least three servings of whole grains, a salad and one other vegetable along with a glass of wine. On most days, make nuts your snack. Have beans every other day, poultry and berries at least twice a week, and fish at least once a week. Equally important is what not to eat. Keep solid fat under one tablespoon a day. Once a week it's OK to choose one indulgence -- cheese or a pastry or a fried or fast food.

For more information on Alzheimer's and the MIND diet, consider scheduling the Alzheimer's 101 class with Anne Charles, you can reach her at acharles@memun.org.

Get Into The Habit Of Packing Your Lunch



How often do you just grab whatever's available when you're hungry, even relying on a vending machine to supply your midday meal? Reinvigorate your lunch, save money and eat healthier with the following packing tips:

- Pick foods from a range of food groups to maximize your energy. Choose fruits; vegetables; low-fat milk, yogurt or cheese; whole-grain bread, cereal, pasta or brown rice; and lean meat, chicken, fish, eggs or beans for your lunches.
- Think beyond the typical sandwich and chips. Stuff whole-grain pita bread with sliced chicken, cucumbers, red onion, low-fat feta cheese and a dash of light dressing. Make kebabs with cut-up fruits and pair with low-fat yogurt as a dip. Replace peanut-butter sandwiches with another nut or seed spread like sunflower-seed butter.
- No microwave? No problem. Keep hot foods hot with an insulated vacuum container such as a thermos. Fill with hot stew, chili, vegetable soup or leftovers for a satisfying meal on a cold day.
- Have easy brown-bag options handy. Pair low-fat cheese sticks and smoked turkey slices with whole-grain crackers, crunchy raw vegetables and a handful of grapes, or try whole-grain pasta salad made with chicken, vegetables and shredded Parmesan cheese with low-fat pudding and a crisp apple. Another option: Layer hummus, sliced tomatoes and reduced-fat sharp cheddar cheese over whole-grain bread for a taste-tempting sandwich. Add a handful of baked potato chips and a fresh pear for a satisfying meal.
- Revive leftovers. Don't let food from the day before go to waste, turn it into a tasty lunch! Pasta dishes can be enhanced with vegetables, such as a serving of

broccoli or a handful of baby spinach. Bring salads to life by adding your favorite raw veggies or protein, such as a boiled egg, chicken or tofu.

Packing lunches can be challenging if you aren't already in the habit. Look within yourself to find barriers to success and plan solutions that work for you and save money while you're at it!

Reference: www.mayoclinic.org



In-climate Weather Reminder

Snow, sleet, freezing rain - *OH JOY!*

It is that time of year when the weather becomes super unpredictable and dangerous. Just a reminder that our staff travels from far and wide to get to your worksites and sometimes we just can't make it. While we do our best to get to you, we operate under a "safe and sane" policy – so if we don't feel it is safe or sane to get to you based on the weather in our area, we may need to reschedule. Please ensure we have your correct contact information should we need to contact you early in the morning or the night before your class. Our goal is to provide you with the best possible programs, but we also want to get there and back in one piece! We appreciate your understanding that the weather varies from place to place and what is happening in one area may not be happening in another. Enjoy the fun of winter in Maine!!!!



Prevent Type 2 Diabetes for Life

A new research study has some exciting news for people with type 2 diabetes -- you don't need to lose a ton of weight to make a difference in your health. In fact, they found that losing just 10% of your body weight during the first five years you have the disease can lead to remission of type 2 diabetes. That weight loss would be 18 pounds for someone who weighs 180 pounds. It doesn't matter what diet helps you lose the weight. And it doesn't matter how slow or how quickly those pounds come off!

According to the study author Dr. Hajira Dambha-Miller, even small amounts of weight loss can help you achieve remission. Extreme dieting and exercising are not necessary. She added that **by losing weight and keeping it off, you can essentially cure type 2 diabetes!**

Source: Health Day News, October 2019

Based on this news (and our tremendous success with our program), now would be a good time to think about scheduling **the Prevent T2 program** offered by Wellness Works. This year-long program can be tailored to fit the needs of your employees to identify ways to reduce their risk for type 2 diabetes, lose weight and create healthy lifestyles.

If you would like to know more about how this program can work at your worksite, contact Abby at adipasquale@memun.org.

How To Overcome An Exercise Setback



Have you have hit a wall with your exercise plan? Don't worry, plateaus and lapses are normal.

Recommit to your goals with these strategies.

Has it been a while since the scale moved in the right direction? Is motivation waning? Whether you've hit a plateau or started slipping back into old habits, it's never too late to get back on course. The key is to stay positive and don't be hard on yourself. Simply be curious about your choices, and use your experiences as learning opportunities for the future. Don't give up — use these tips to get back on track.

- Review your food and activity records to make sure you haven't let yourself backtrack with larger portions or less exercise.
- Reduce your daily calorie intake by 200 calories, unless this puts you in a range that's too low for good health.
- Gradually increase your daily exercise time by 15 to 30 minutes. If possible, also increase the intensity.
- Focus on three- to four-week trends in weight loss instead of daily changes.

- Reassess your program and goals. If it's too much to decrease calories or increase activity, it's better to be satisfied with the weight you have lost than to throw in the towel and regain it.

A lapse occurs when you revert to your old behaviors temporarily. If several lapses have occurred in a short time, it's tempting to think your weight-loss plan is too challenging. Not to worry; a lapse is just a short-term bump in the road. Following these tips will help you regain ground:

- Don't let negative thoughts take over. Mistakes happen, and each day is a chance to start anew.
- Take another small step. Changing your life doesn't happen all at once. Keep in mind that changing behaviors in small ways can add up to a big difference in your life.
- Ask for and accept support. Accepting support from other people isn't a sign of weakness, nor does it mean that you're failing. Get support from others when you have difficult days.
- Plan your strategy. Clearly identify the problem, and then create a list of possible solutions. If one solution doesn't work, try another until you find one that does.
- Work out your frustration with exercise. Keep it upbeat and even fun — don't use physical activity as a punishment.
- Recommit to your goals.

Although lapses can be disappointing, they can also teach you a lot. Perhaps your goals are unrealistic or certain strategies don't work. Most importantly, realize that all hope isn't lost when you lapse. Just recharge your motivation, recommit to your program and return to healthy behaviors.



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You are receiving this email because you are a Coordinator or Co-Coordinator of your employer's Wellness Group.