



NEWS

The Latest Word from Wellness

Campbell County Health

WELLNESS

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Can you believe that summer is nearly over!

Summer is my favorite time of the year—fruits and veggies are abundant, BBQ smells fill the air, the sun is shining, we're rocking the shorts and shades, softball is being played and everyone gets outside. I love it and all the memories made! I hope you are enjoying the summer love as much as I am, and that this newsletter finds you in great spirits and better health.



As we move forward through these fun months, I hope you are able to take advantage of every opportunity to enjoy your longer days. Spend precious time with your family, unplug and put away the electronics. This edition of our newsletter has some

great tips to take the tech out of your life.

Soak up the sun this summer—just not too much! But if you did, read on and you'll find home remedies to help soothe your skin. I've included tips for you as you eat on the go while headed out on the road and a great recipe to share with family and friends, hot off the grill.

As always, you will find featured articles—Ask the Health Coach, Work It! and Know Your Numbers. This edition covers the topics of body weight exercises, cholesterol and tobacco addiction.

To your health,

Rachel Wilde, PBT, CPT, MA, Health Coach

Healthy eating tips when eating at a Quick Shop

We all know when we walk into a gas station that we are treading on dangerous ground. It's like our eyes and noses are assaulted by the sights and smells of candy, doughnuts, sweet drinks, hot dogs, melted "cheese" and chips. You try to slap some sense into yourself, but it's too late. Your stomach is convinced that it NEEDS that chocolate cream pie and an iced coffee drink to go.

These treats are hard enough to avoid when you are traveling for fun, but what if traveling is a part of your day, for 40 hours each week? The temptation can be hard to resist for shift workers and those who spend their work week on the road. If you are one of the many in our community who struggles with quick shop cuisine being a regular part of your diet—read on. You will find tips to help you eat better on the go!

Prepare and plan ahead. The best part of this step is it will help save you money! Be kind to your wallet and purchase traveling

snacks at the grocery store. The typical cost of a candy bar can be between .89 up to \$1.60 or more at the gas station. At Walmart, you can purchase a six-count, full size Milky Way package for \$4.27. This small example saves you a buck or more. Just think if you applied this to all your other on-the-go foods! Better yet, when traveling, pack a cooler from home with wraps, veggies, fruits and other healthy options such as nuts instead of the typical gas station fare.

Mentally prepare yourself. If you have to purchase foods at a gas station, plan your attack. Have your mind made up before you go in about what you will purchase. Go directly to those items and don't give in to impulse purchases. You will save money and useless calories.

Make smart food swaps! If you know what to look for, there are plenty of food options that are good or even better choices in the gas station. Here are a few

of my suggestions:

- To satisfy a need to crunch, try pistachios or almonds. They are full of omega-three fatty acids and heart healthy. Choose shelled nuts, instead of unshelled to help you slow down and enjoy the flavor! And, avoid versions that are sweetened or have extra salt.
- Need protein? Jerky is a good answer. It's packed with protein and is generally low in calories. The protein will also satisfy your hunger, but beware of the sodium as some brands of jerky contain a lot!
- Is sugar calling your name? Opt for fruit instead of a candy bar. Fresh fruit such as bananas are usually available in your local convenience store and are a better choice than candy because of the fiber content. The fiber slows the body's reaction to sugar helping prevent a sugar rollercoaster.

Read more at www.cchwyo.org/QS.

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Have an interesting story idea, question or comment? Give Rachel a call at 307.688.8051 or email rachel.wilde@cchwyo.org.

Know Your Numbers: THE GOOD & THE BAD ABOUT CHOLESTEROL

Often when we think about cholesterol, we think of not so great things like heart disease, obesity and poor health. Cholesterol is a waxy substance our body produces naturally that is actually not bad. It's present in the walls of every cell in the body including the brain, heart, nerves, muscles, skin and more. In short, your body needs cholesterol as part of a vital body system that helps our body's metabolism, to create our cells and hormones, vitamin D and enzymes for digestion.

Cholesterol can come from two sources:

- the liver, which stores glycogen for energy, metabolizes fat, carbohydrates and proteins and helps to detoxify the body and clear excess cholesterol from our systems by producing bile that is eliminated in the process of digestion
- and, the foods we eat.

Although cholesterol by itself is not bad, too much cholesterol can increase the risk of cardiovascular disease and stroke. It can build up in the arteries and over time can cause less blood and vital oxygen to travel to the heart. When you have your blood cholesterol tested, here are a few pointers in understanding your numbers:

- **Total Cholesterol:** Total cholesterol is calculated by adding HDL, LDL and 20% of your triglycerides as a composite number. Generally, total cholesterol should be below 200. However, this number can be confusing to interpret because there are both “bad” and “good” cholesterol levels

that should be considered.

- **LDL:** LDL is known as the “bad” cholesterol and is attributed to fatty buildups in arteries, increased plaque and increased risk of heart attack, stroke and other artery diseases. Ideally LDL levels should be below 130, but should be evaluated by a physician if you have a family history of heart disease or you yourself have experienced heart problems.
- **HDL:** HDL is known as the “good” cholesterol. The higher the levels, the better. The job of HDL cholesterol is to “clean” the blood and help remove the LDL cholesterol from circulation. It is believed that healthy levels of HDL help to protect the body from heart attack and stroke. Ideally this number should be above 50. Levels below 40 are considered a risk factor for increased heart health issues.
- **Triglycerides:** Triglycerides are a type of fat that our body uses for energy. Normal levels of triglycerides vary depending on sex and age although normal levels are generally less than 150. Many people who have heart disease also have high triglyceride levels and high levels are also associated with incidence of diabetes and metabolic syndrome. Our genetics can also play a role in our triglyceride levels.

As a general rule to improve your cholesterol levels, live a moderately active lifestyle, maintain a healthy weight, eat wisely—avoiding processed and fatty foods, choose “healthy fats” such as avocados, nuts and olive oils, limit alcohol intake, and quit smoking.

Unplug from technology for your health

Some of the most precious part of life are moments. Glossy photos are now a thing of the past, replaced by digital images, tucked away on USB's and smart phones. Now, we use Instagram and Snapchat to document all the happy and even sad occasions in our lives. Even Facebook has an app that reminds us what we were doing “On This Day”.

Sure, it's nice to re-live those electronic depictions of our lives, but wouldn't you rather be making real memories with friends and family, rather than being captivated by your social media with “friends” you wouldn't acknowledge on the street?

Technology of today is designed to fascinate you and really can't give you the same sensations as real experiences such as the smells of a brand new baby or your grandfather's cologne. A tablet won't allow you the perception of wind running through your hair while walking your dog in a park or playing on the beach. There is no phone smart enough to make your mouth water with the taste of fresh cherries and birthday cake. A computer can't give you the warm

hug of a friend or a kiss from your child.

Use the following tips I've collected to help you unplug from the chains of the internet and electronic world we spend so much of our lives in, and really, truly live this adventure called life.

1. **Limit your connections.** Technology is ever present in our lives, so remove temptations that keep you attached to internet. Delete apps such as Facebook or other social media that constantly send you notifications that capture your attention. Change the settings on your email or other accounts so that they aren't sent directly to your phone. Put your phone away—out of sight, out of mind (especially in the car!).
2. **Designate “NO Phone Zones.”** Create family limitations on times that electronics can be used. While growing up, talking and even answering the phone during dinner was unacceptable at my house. Dinner, family occasions, holidays and yes even funerals are times meant for creating memories and not for texting or snapping.
3. **Avoid screen time at bed time.** Research has shown that electronic devices can disrupt sleep patterns. Avoiding the use of electronics late

in the evening gives your body and brain time to unwind after a day full of digital stimulation. Look through family photo albums. Read a book with actual pages. Better yet, read a book as a family and allow everyone to use their imagination muscles.

4. **Plan activities that don't require electricity.** Go camping or hiking where there is no phone service. Play in water or walk to the park to play. Bake cookies or use cookbooks with your kids. Do crafts or make home-made play dough. Build a project in your yard. Go sledding and skating in the winter time. Leave your tablets and phones behind and make moments worth remembering.

5. **Try an electronic detox.** If the idea of leaving your internet connections behind makes you uncomfortable, this may be more important than you think. One strategy to try is to remove one device (such as a phone) or app (like games or social media) at a time and don't use it for a period of time—start with a week. You will find stepping away from your phone is rewarding as you reconnect with friends and family in person and gain fresh perspective on the treasure that is life.

Ask the Health Coach: THE 411 ON TOBACCO

I recently had a client ask me, “Why is using tobacco so addictive, and what are the chemicals in my cigarettes that cause the addiction?”

I honestly had a difficult time completely answering his question, which is what piqued my interest in writing this article. As a health coach, I often work with clients trying to quit tobacco, and through their experiences I’ve seen how complicated quitting can be. To answer my client, this is some of what I’ve learned.

Addiction is defined as “the state of being enslaved to a habit or practice, or to something that is psychologically or physically habit-forming to such an extent that its cessation causes severe trauma.” I find that often my clients who are trying to quit do feel like they are a slave to their habit and that it drives many of the decisions they make through their day, influencing more than just their tobacco use. Normal activities such as eating, sleeping and socializing are all influenced by tobacco use.

Most tobacco users know about Nicotine, the primary addictive agent in tobacco. Nicotine is naturally found in tobacco and when ingested, works with chemicals in the brain that elevate mood. It works similarly to other addictive drugs causing a surge in dopamine and adrenaline the brain’s “be happy drug,” also causing a small surge in heart rate and blood pressure. Nicotine is easily absorbed by the body and works quickly. Adversely, it also wears



off quickly, causing the user to feel uncomfortable and want more.

Complicating tobacco dependence, most tobacco users start using tobacco as adolescents, (most commonly between the ages of 11 and 13). This is a critical stage for forming lifestyles, social practices and habits that stick with us well into adulthood. According to many studies, the younger a tobacco user starts, the more likely they are to

be addicted to nicotine and the more difficult it will be to quit. The National Survey on Drug Use and Health found that 90% of all adult smokers began using tobacco before leaving their teens.

The National Institute on Drug Abuse studied adolescent rats to simulate the addiction of teens to tobacco. Acetaldehyde, a chemical found in tobacco, increases nicotine’s addictive properties specifically in adolescent animals but not adults. This may help to explain why tobacco use as a teen is especially dangerous and addictive. Interestingly, acetaldehyde is also produced during alcohol metabolism and is believed to contribute to alcohol withdrawal symptoms, such as hangovers.

If you want help quitting tobacco use, your CCH Health Coach has resources for you, such as the Wyoming Quit Tobacco Program, www.quitwyo.org. Your CCH Health Coach can also help you create a plan and reinforce new, healthy behaviors to help you stay quit. To read a more about tobacco, please visit www.cchwyo.org/tobacco.

Beef, Okra and Potato Kebobs

HEALTH, WWW.HEALTH.COM

INGREDIENTS

- 8 fingerling potatoes, each cut in half lengthwise
- 2 tablespoons chopped fresh parsley
- 1 1/2 tablespoons prepared horseradish
- 1 1/2 tablespoons whole-grain Dijon mustard
- 1 tablespoon Worcestershire sauce
- 1 1/2 teaspoons sugar
- 2 teaspoons olive oil
- 1/4 teaspoon freshly ground black pepper
- 1/2 teaspoon salt, divided
- 1 cup (1-inch-square) cut red bell pepper
- 16 small okra pods
- 8 shallots, peeled and halved
- 1 pound boneless sirloin steak, trimmed and cut into 1-inch cubes
- 1 medium yellow squash, halved lengthwise and cut into 1/2-inch slices (about 2 cups)
- Cooking spray

PREPARATION

1. Place potatoes in a saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 15 minutes or until tender; drain. Cool.
2. Combine parsley and the next 6 ingredients (through black pepper) in a large bowl, stirring well; stir in 1/4 teaspoon salt. Add potatoes, bell pepper, okra, shallots, beef, and squash; toss well to coat. Cover and chill 1 hour.
3. Prepare grill.
4. Thread vegetables and beef alternately onto each of 8 (10-inch) skewers.

Sprinkle kebabs evenly with remaining 1/4 teaspoon salt. Place kebabs on grill rack coated with cooking spray; grill 10 minutes or until desired degree of doneness, turning occasionally.



From the Health Coach: SUNBURN HOME REMEDIES

Did you accidentally soak in too much sun while having fun outside recently? Don't worry. Try these home remedies to soothe your skin.

- Place a cool compress or cloth on the sunburned skin for immediate sunburn relief. Chilled lotions and cloths can help, or even frozen packages of veggies.
- Rehydrate burned skin by drinking extra fluids, especially water. This helps the skin to heal more quickly. Eat fluid filled foods like watermelon while recovering.
- Take a cool shower or bath. Lavender,

chamomile, baking soda and oatmeal can all be added to help soothe the skin as well. If you have apple cider or white vinegar, they can also be used to calm toasted skin.

- Use aloe vera to cool sun scorched skin—you can even use the salve directly from your house plant. Vitamin E oil can also be applied to help decrease skin inflammation from sunburn.
- Yogurt and milk can be applied to skin after a too much fun in the sun. The protein found in these foods creates a film that alleviates sunburn pain and itch.
- Use cucumbers as an analgesic. Chill

cucumbers and then mash or blend to create a paste. The paste can be applied to faces and other areas while skin is healing from sunburn.

- Brew black tea. After it's cooled, use a cloth to apply it to the skin. It's believed that tea can help to draw heat from the skin. Tea bags can also be applied to sunburnt eyelids to help calm the skin.

And one last tip: Stay in the shade following a sunburn and let your skin heal. If you do have to be outside, try to find shade, and don't forget your sunblock!

Work It! TRY THESE BODY WEIGHT EXERCISES TO MASTER YOUR BODY

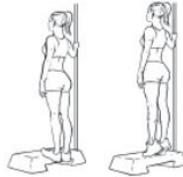
Bodyweight Squats



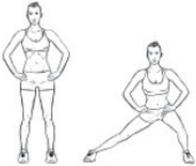
Bodyweight Walking Lunges



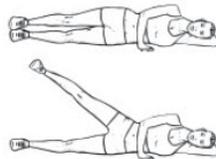
Bodyweight Calf Raises



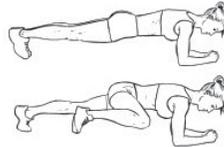
Bodyweight Side Steps / Lateral Lunges



Lying Side Leg Lifts / Lateral Raises, Hip Abductors / Adductors



Plank Knee to Elbow



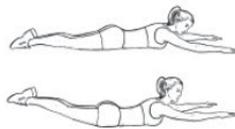
Push-ups / Pushups



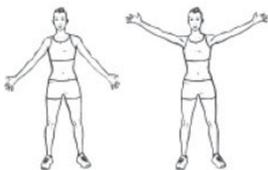
Chair / Bench Tricep Dips



Supermans / Extended Arms & Legs Lifts



Standing Arm Circles



Crab Walks



Plank to Push-Up / Pushups / Walking Plank Up-Downs



Note: Campbell County Health suggests that you talk to your doctor before you start an exercise program.

I preach it over and over to my clients that it's essential that each of us is the master of our own bodies. We must be able to manage the day-to-day physical demands of our bodies. What better way to work on that this summer than by training with body weight exercises!

These warm months are especially prime for working on body weight exercises because realistically, most people don't want to be cooped up in a hot stuffy gym. These exercises can be done anywhere!

Below you will find a variety of upper and lower body exercises that can be done with only your body as resistance. I suggest doing these exercises every other day, or every third day in three to five sets of 10-20 repetitions. You can group the exercises together—i.e. upper body Monday, lower body exercises Tuesday etc.—or do them all at once. If you have questions about proper form or technique, please ask your health coach for guidance!

SNIP ITS: GET YOUR HUGS IN!

"We need four hugs a day for survival. We need eight hugs a day for maintenance. We need 12 hugs a day for growth."

~ Virginia Satir, Psychotherapist

Have Questions? Contact your City of Gillette Health Coaches!

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