



# NEWS

## The Latest Word from Wellness

Campbell County Health

WELLNESS

FEBRUARY 2017

## Here's to an Excellent 2017!

Every year, starting in November through January, I find myself bombarded by advertisements and commercials, magazines articles and cookbooks that are aimed at making the year at hand, “the best ever!”

Change what you eat, change what you do, change how you live and it’s guaranteed that you will have your “best health ever!” Dr. Oz said it will work!

Try this diet, follow this plan, spend your money or time on this product and surely you will “look your best ever!” It worked for Chuck Norris... Go to this gym, eat this food, drink this supplement. You will be “your happiest ever!” Even Oprah Winfrey is on the bandwagon this year.

I think it’s a bit overwhelming to be compelled to be THE BEST. I’m pretty sure it isn’t in my genes to be No. 1—I’m just not as awesome as Bob Harper or Jillian Michaels.

So, this brings me to my point. Why does this year have to be THE BEST? Can’t it be great or even good? What a tremendous



goal to attain! And really, is that even realistic? If you are working with a CCH Health Coach, they just might ask you about that.

So let’s get real. This year, I’m hoping that you are able to choose a piece or two of your life you can improve upon, something small that will help you have a better year than last year without killing yourself to be the best! Because, really, I think you are all pretty great already!

In this newsletter, you will find ideas and tips that will indeed help you have a better year. You will find suggestions on how to build yourself a health team, and change doctors gracefully if you need to. You’ll find guidelines on using supplements and as always, exercise and nutrition tips.

Vince Lombardi said, “Perfection is not attainable, but if we chase perfection we can catch excellence.” With the right approach, 2017 might just be excellent!

*Rachel Wilde, PBT, CPT, MA  
Health Coach*

## Know Your Numbers: Vitamin D

Most people know vitamin D as the sunshine vitamin, since regular sunlight exposure is the best way to replenish the body’s reserves. Vitamin D is a fat-soluble vitamin that is linked to the immune system—helping to fight off infections. It also aids in bone formation and muscle function, including heart and circulation health. Vitamin D promotes healthy respiratory systems including your lungs and airway and a deficiency has been linked to health problems like asthma. Vitamin D is also believed to help with brain development, and even is thought to have anti-cancer effects!

This important vitamin is tough to come by, especially in the northern hemisphere

because we need sun exposure to create it within our bodies. Generally, vitamin D isn’t sourced well from foods. Seniors and those with darker skin have a more difficult time processing vitamin D and getting it into their system. Infants who are breastfeeding, pregnant women and obese people are at risk for low vitamin D. Lifestyle can also be a factor in a vitamin D deficiency. So, if you work indoors, do shift work, or keep your skin covered by clothing or even sunscreen most the time, you may not have enough sun exposure to promote a healthy level of vitamin D. You can learn more about the importance of Vitamin D at [www.cchwyo.org/VitD](http://www.cchwyo.org/VitD).

Campbell County Health Wellness offers Vitamin D screenings, Monday-Friday from 6-11 am at 1901 Energy Court, Suite 125, located behind Wendy’s and Common Cents.

This screening is a simple blood test and costs only \$35. Your results can be faxed quickly to your physician and are mailed directly to your home in just a few days as well. Walk-ins are welcome or request an appointment online at [www.cchwyo.org/screen](http://www.cchwyo.org/screen).



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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](mailto:rachel.wilde@cchwyo.org).*

# There Is No “I” in Team, Or Is There?

What is the value of a team? Some may say it depends on the sport. There are many factors:

- How big is the playing field?
- How do you score or defend?
- How many positions are played?

Let's take football and use it as our example. If a team is short a kicker, there is no way to make a field goal. Every opportunity to score a field goal for three points or the extra point after a touchdown would be lost. If the team is missing linemen, they won't have enough able bodies to successfully protect the quarterback, running backs or receivers. Without a running back or a receiver, the quarterback has no one to throw to, or to run with the ball for the touchdown. And without a quarterback, there is no game. It's worth pointing out: this is only the offense; the defense, is also vital to the game!

It's obvious to me that each player in football has a crucial role in the success of their team. Now play along with me while I translate that to focus on your health. Each and every one of my clients wants to be healthy, feel well and look great. Without a team, this goal can become very difficult for them to achieve.

Just as in football, we can't win the game by ourselves. We need professionals to cover our blind side, run the defense, make the interception, catch the “hail Mary,” and carry us to the end zone. Do you have your linemen, receivers and kickers all lined up? Are you scouting ahead and do you know who your next draft picks will be?

Whether you live with a health condition such as diabetes or asthma, or are simply working to maintain your health status, it's important to have a complete team to help you successfully manage your health. Each adult should have a primary care physician they can consult for an annual check-up, and refer to a specialist when needed. Regular visits with the dentist and eye doctor are also vital to our general health and can assist in the early detection of serious health conditions. For those with a chronic or acute health condition, their team needs to expand beyond basic care to meet their medical and emotional needs. You can find a list of doctors at [www.cchwyo.org/findadoc](http://www.cchwyo.org/findadoc).

If you need help building your health team, remember that Campbell County Health's Health Coaches are great cheerleaders. We can help you kick off a new season, tackle smart strategies in your playbook and take back your game.



## Win This Goodie Bag!

Complete the Wellness Health Specialist Quiz about the specialists at CCH by March 1, 2017 and you will be entered into a prize drawing for this Nike bag full of healthy goodies!

Enter today at

[www.cchwyo.org/HSQ](http://www.cchwyo.org/HSQ)

# Prescription for Change

*A fresh pair of eyes can often find problems.*

*~ Michael K. Simpson*

Sometimes a fresh pair of eyes is desired when you aren't satisfied with your physician or their office.

The reasons patients might want to change doctors varies. It could be caused by the cost of services, switching insurance or moving. *U.S. News & World Report* has even chimed in with their article, 9 Signs You Should Fire Your Doctor. Their offense list includes not meshing with your doctor, promptness problems, a doctor who doesn't share results or reasoning for treatment, not feeling heard, office staff struggles, unwillingness to coordinate with other doctors or specialties, difficulties reaching the doctor and even rude behaviors.

If you think it's time to switch doctors, check out these three tips to help the process go smoothly:

## 1. FILL OUT THE APPROPRIATE PAPERWORK.

Explaining to your health care provider why you are leaving their practice is unnecessary, although many offices have a form for you to complete. This form may ask for information explaining why you have chosen to leave the practice. Although it may be uncomfortable, the information you share about switching may allow the provider to make crucial changes in their office that could benefit other patients. If you wish to have records sent to another practice or want records for yourself, HIPPA regulations require you to complete a form. Calling ahead to the office so the staff has time to gather your paper or electronic records is an appreciated courtesy. If you are moving, it's smart to make arrangements to pick up your records as soon as possible.

**2. RESEARCH NEW DOCTORS.** Make sure that your new doctor will fulfill your needs. Ask for references before you schedule an appointment. Check and see if they accept your insurance, research their billing practices and expectations for payment. Be sure that they are affiliated with a hospital that also accepts your insurance. Learn about appointment availability (specialists are sometimes months out), prescription filling policies and how the office prefers you communicate when you have questions or concerns outside your appointments.

## 3. MOST IMPORTANTLY, MAKE SURE THE NEW DOCTOR YOU CHOOSE IS ACCEPTING PATIENTS.

Switching doctors is sometimes necessary if you haven't been receiving the care you want. A physician with a fresh perspective could be the medicine you need. Keep in mind, you can transfer care without burning bridges or creating hard feelings. Doctors are people just like you—sometimes personalities, schedules and needs don't match.

Read more about this at [www.cchwyo.org/switchdoc](http://www.cchwyo.org/switchdoc).

# Ask the Health Coach: FOUR TIPS TO HELP YOU CHOOSE THE RIGHT SUPPLEMENT FOR YOU

Clients often ask their health coach about dietary supplementation. Often these questions stem from the desire to improve some facet of their health, such as sports performance, sexual performance or, most commonly, weight loss. The conversation sounds like this: “Hey, I was thinking about taking Product X... It worked great for my friend Sally, she lost 15 pounds in a week!”

These questions can be tricky to address for a number of reasons. The health coaches at Campbell County Health Wellness all have some dietary knowledge, but not all are registered dietitians (RD). We may know just a little or nothing whatsoever about the particular supplements we are asked about.

That said, your health coaches would like to share these four guidelines to follow to help you decide whether or not you should be using supplements, and how to wisely choose the ones you use.

## 1. BE AWARE OF CONSEQUENCES.

Always refer to your doctor or pharmacist before you try a supplement. Also, inform your doctor and pharmacist if you are taking any over-the-counter supplements. Just as some foods can react adversely with certain medications—like grapefruit with some cholesterol medications—supplements can also be contraindicated with medications you take. “Natural” does

not necessarily mean safe.

## 2. DO YOUR RESEARCH.

There are reputable websites such as [www.consumerlab.com](http://www.consumerlab.com) to learn about the supplements you are considering. Dietary supplements fall into many categories. Some of the most common ones are vitamins and minerals, or herbal supplements. Everyone is familiar with Vitamin C, and you may have heard of fiber or peppermint, but you may not think of them as a supplement. Most importantly, be sure to completely read any instructions or warnings on the packaging of supplements before you use them.

## 3. EVALUATE PRODUCT CLAIMS CAREFULLY.

Supplements are marketed for profit. Many claims made through advertising and supplement packaging are vague and “endorsed” as safe, or natural. If it sounds too good to be true, it likely is. It can be helpful to use sites such as [www.consumerreports.org](http://www.consumerreports.org) to research an over-the-counter product for safety.

## 4. SUPPLEMENTS ARE REQUIRED TO MEET LOWER STANDARDS.

Over-the-counter products are less regulated by the U.S. Food and Drug Administration (FDA) than prescribed medications. They

are required to meet less strict advertising standards and do not have to provide the same safety and ingredient information that is required with medical prescriptions. Over-the-counter supplements are often part of drug recalls and the FDA tracks claims of injury and fraud with these products. The FDA also has the ability to fine companies who make false claims or cause injury, and lawsuits are common. For example, in 2008 the manufacturer of Airborne supplements was involved in a class-action lawsuit, resulting in a \$23.3 million settlement for false advertising.

Your safety and wellbeing are the highest priority of your CCH health coaches. Please remember that the information we share with you can only be within the scope of our practice, meaning only within the realm of our knowledge and licensure.

Although we may not always be able to answer your questions about a supplement, we are happy to research with you, weed through dubious claims and give you the tools to evaluate the safety and your need to use a supplement.

We are beside you to help you manage your health successfully!

You can find more information about supplements at [www.cchwyo.org/supp](http://www.cchwyo.org/supp).

## Seared Tilapia with Cucumber Pineapple Relish

FROM THE FOOD EDITORS AT WOMEN'S DAY MAGAZINE • PREP TIME: 15 MIN. TOTAL COOK TIME: 20 MIN.

### INGREDIENTS

- 1 c. long-grain white rice
- 2 tbsp. fresh lime juice
- 1 tbsp. grated ginger
- 2 tsp. honey
- 2 tbsp. olive oil
- Kosher salt and pepper
- 2 scallions
- 1 jalapeño pepper
- ½ small pineapple
- 1 small English cucumber
- 4 6- oz. tilapia fillets

### YIELD

4 Servings

### NUTRITION FACTS

Calories: 382

Fat: 9g

Saturated Fat: 1g

Cholesterol: 77mg

Sodium: 207mg

Carbohydrates: 51g

Dietary Fiber: 1g

Protein: 40g

### COOKING INSTRUCTIONS

Cook the rice according to package directions.

Meanwhile, in a large bowl, whisk together the lime juice, ginger, honey, 2 Tbsp oil and ¼ tsp each salt and pepper. Toss with the scallions, jalapeño, pineapple and cucumber.

Heat the remaining tsp oil in a large nonstick skillet over medium heat. Season the tilapia with ¼ tsp each salt and pepper and cook until golden brown and cooked through, 1 to 3 minutes per side. Serve the fish with the rice and relish.



FEBRUARY IS

# American Heart Month!



Taking great care of your heart (and the rest of your body) begins in the kitchen. Smart strategies to protect your heart health while cooking include avoiding saturated and trans-fats, including omega rich fats instead. To learn some quick

tips, check out 25 Heart Healthy Cooking Tips from *Eat Right*, [www.eatright.org](http://www.eatright.org), that you can try today!

Check out more information on keeping your heart healthy below.

## HEART HEALTHY EXERCISE



Often CCH Health Coaches are asked what exercise is the best and although the answer varies somewhat based on needs and wants, it always comes back to getting your heart pumping. Every day our hearts beat over 100,000 times. You would think that would be enough in and of itself, but your heart needs to be challenged to thrive.

To keep your heart in tip-top shape (along with the rest of your body) a blend of strength, cardio and stretching is recommended. All activity can help to reduce blood pressure, improve cholesterol and burn extra calories. Specific kinds of activity are better for accomplishing different goals, such as:

- **Aerobic Exercise** helps the body to use insulin better, makes your heart and bones strong, improves circulation and reduces the risk of heart disease by lowering blood pressure, blood sugar and improving cholesterol.
- **Strength Training** makes the body more sensitive to insulin and can lower blood glucose. It also helps to build strong muscles and bones, reducing the risk of osteoporosis and bone fractures. And the more muscle you have, the more calories you burn, even when you're resting!
- **Stretching** is the final piece in the fitness puzzle as gentle stretching can reduce pain and risk of injury, improves circulation and can even reduce stress.

At least 30 minutes of daily activity is recommended, five times a week. Any combination of activity will help you to improve the function of your heart! If you have specific goals, the majority of your effort should be geared to that goal. For example, if you would like to increase your strength, you should focus on lifting weights and cardio could include walking hills, rather than a flat road.

PS: For more information about intensity, check out an article on Exercise Intensity at [www.cchwyo.org/EI](http://www.cchwyo.org/EI).

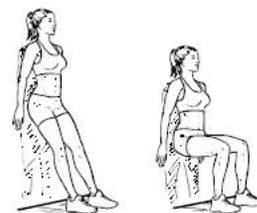
**WORK IT!** This heart healthy circuit will help you tone your body, including the largest muscle group (your glutes, aka butt) while increasing your cardio and core strength. Do this circuit anywhere, home, hotel—no weights needed! Begin by doing 1-2 rounds of each exercise for 1 minute of work with 1 minute of rest between each exercise. Eventually work up to 5 rounds with 60 seconds of work and 30 seconds of rest between each exercise, for a grand total of about 42 minutes.

### Butt's N Guts

Step Up with Knee Raises



Wall Sit / Squats / Chair



Crab Walks



Inchworms / Walkouts



Standing Cross-body Crunches



Bodyweight Side Steps / Lateral Lunges



Have Questions? Contact your City of Gillette Health Coaches!

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