



Spring is a time for renewal!

*Jean-Jacques Rousseau said,
"patience is bitter, but it's fruit is sweet."*

Such a true comment if you live in Wyoming. Spring rolls in with fresh air, green grass, an extra hour of daylight—along with extreme allergies and 90 MPH winds—and I always gain new hope! Spring is truly a time of renewal. Baby animals are running around, flowers start to bloom and life just seems more positive. I haven't decided if it's really the change of the season or if it's just me catching a bit more sunshine; but either way, May is just a happy month for me!

I often see this new found glimmer of hope in my health coaching clients as well. They seem to feel ready to take on new challenges, they're typically excited for warmer weather so that they can get out and grill more and the abundance of fruits and



veggies that are available makes everyone happy, too! My clients get outside more with their families and they start to move more—whether it's through spring sports like softball or just doing some yard work.

I wonder sometimes if we were able to enjoy the outdoors more, playing and yard working, spending time on the grill and eating all the seasonal foods we adore without frostbite if the world would be a better place. Deep thoughts! I do know that if we made the most of all the opportunities we have (during the sizzling or freezing months of the year) we would definitely be in better spirits, and we would enjoy better health.

Here is wishing you a wonderful spring, full of the joys of new things, fresh air and improved health. I hope it brings to you the same joy and excitement I feel!

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

From the Health Coach: **GIZMOS AND GADGETS**

One of the biggest trends in the fitness industry these days is high tech gadgets that can help you to improve your health, fitness and performance through tracking activity, nutrition and more. In addition to tools like fitness watches, you can purchase smart shirts and bands that monitor muscle activity, velocity, force and even GPS pieces that tell you how hard, far and fast you are working.

One thing to consider is checking out the pre-installed apps on your cell phone that will help you track your health. Samsung's is called S-Health and Apple offers Health App. These often interact with a myriad of apps to use that are free or can be purchased at a low cost that can also help with tracking or planning improved health. Fitness bands like the Fitbit have gained in popularity over the past several years.

Many of these bands interact with apps like My Fitness Pal and do a great job reminding us to get up and move, drink more water and monitoring exercise intensity. If the freebie apps aren't enough for you and you are ready to upgrade to a specific piece of equipment like a fitness watch, cnet rates the top wearable fitness trackers of 2017.

Apps and wearables (on our wrists) are really just the beginning for health tracking. There are already smart shirts and sleeves that can be purchased to monitor muscle force and velocity (the MLB and NFL recently approved the use of two wearables to monitor a pitchers workload/heart rate and a tracking system for football players as well) and companies like Underarmor are starting to offer trackers built into our shoes.

It will be exciting to see the advances of



technology as the devices and tools we already have evolve into bigger pieces of our health care. For the time being, we always have built in tools of our own to use.

If you would like to read the full Gizmos and Gadgets article, visit www.cchwyo.org/fitapps.

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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.

Is Life Getting You Down?

Depression or stress is often a tremendous barrier for my clients to successfully manage change. There is a large misconception that depression is a sign of weakness or lack of character, when it's really a medical condition. And, like cancer, it can progress and get worse with time if left untreated. There are many types of depressions that can be treated and approached differently—either with lifestyle changes or with a qualified mental health professional who can help to guide the right treatment regimen with or without medications.

WHAT ARE THE TYPES OF DEPRESSION?

- **Situational depression** is often brought on by a specific, stressful life event, such as a divorce, loss of a job or a death in the family.
- **Major depression** is characterized by feeling down or depressed most of the time, most days of the week. Persistent depression is similar to major depression, but lingers on, for two years or more.
- **Bipolar disorder**, also known as manic depression, is associated with periods of depression or lows alongside periods of manic or high moods and energy.
- **Seasonal depression (SAD)** typically affects people over the winter months with deep depressions and subsides with the sunshine months.
- **Postpartum depression** can be experienced by women in the weeks and months following childbirth. Premenstrual Dysphoric Disorder (PMDD) is also experienced by women and relates to the hormone cycles women have due to menstruation.
- **Psychotic depression** is a less common type of depression that includes hallucinations, delusions and paranoia.
- **Atypical depression** is a type of depression that includes a specific pattern of depressive symptoms.

SIGNS OF DEPRESSION MIGHT INCLUDE:

- loss of interest or pleasure in your normal activities
- weight loss or gains, or a change in appetite
- difficulties with sleep (either too much or not enough)
- feelings of restlessness or lethargy and fatigue
- mental fog and difficulty concentrating or making decisions
- feelings of worthlessness or guilt
- low self-esteem
- mood swings
- hopelessness or thoughts of suicide

WHEN TO SEEK HELP

If you are feeling overwhelmed, depressed, or unable to do the things you once enjoyed, it may be time to assess your emotional health with a mental health provider—as a qualified mental health professional can help guide you through the right treatment regimen for you. CCH Behavioral Health Services has a full staff of therapists and counselors for adults and adolescents, intensive outpatient and inpatient programs for substance abuse and much more—a complete list of services is available at www.cchwyo.org/BHS. There are other mental health providers in our community that your doctor or healthcare provider can refer you to as well.

If a crisis is mounting, or you are having thoughts of suicide, please do not hesitate to talk to someone who can help at the numbers below:

- Call the National Suicide Prevention Lifeline at 1.800.273.TALK (8255)
- Text “ENERGY” to 741-741
- CCH Behavioral Health Services Crisis Line at 307.688.5050
- If you or someone you know is in immediate danger because of thoughts of suicide call 911 NOW.

For more information about depression, visit www.cchwyo.org/dep.

Know Your Numbers WAIST CIRCUMFERENCE

At CCH Wellness, staff do thousands of screenings each year that allow our clients to better assess their overall health. We tackle a variety of measurements including blood



pressure, weight, cholesterol and hearing so that each of our patients has a variety of methods to measure their health status and risks. One of the newest methods of quantifying this is through a waist girth measurement.

Some of you have asked, “why is waist circumference important?” For Wellness health coaches, this measurement is a reliable way to assess your risk for type two diabetes, heart disease, high blood pressure and even high cholesterol. The data collected from this measurement aligns very well with an unpleasant stereotype. (We’re sure that you know that beer bellies or food babies are not healthy.)

Simply stated: If you carry extra weight around your mid-section, rather than your hips, you are at a higher risk of health complications like type 2 diabetes. I often tell my clients that all our important organs are located in the center of our bodies and truly there isn’t much important going on around your booty, unless you are Kim Kardashian. Your important organs like your liver, kidneys, lungs and heart are adversely affected by excess body fat.

A healthy measurement for a women’s waist is less than 35 inches and less than 40 inches for a man.

According to WebMD, to measure your waist girth:

- Start at the top of your hip bone and bring the tape measure all the way around level with your belly button.

- Make sure it's not too tight and that it's straight.
- Don't hold your breath while measuring.

I suggest that you have a friend take the measurement for you, so that you can ensure the tape is straight and not twisted—and try not to suck in your belly.

Check out a short Howcast video that instructs you how to take an accurate waist circumference measurement at www.cchwyo.org/wc.

A CCH Wellness health coach will be happy to take a waist measurement for you and explain your risks associated with your measurement—they can also help you to take steps to successfully change your waist circumference if needed.

Ask the Health Coach: HOW A PHARMACIST CAN HELP YOU BETTER MANAGE YOUR HEALTH

Bob, a client, recently had a change in his insurance and the medication he had been taking for many years suddenly became very expensive. The pharmacist caught the change and was able to fill the medication for the client prior to the insurance changes taking effect. This quick thinking gave Bob time to work with his physician to find a new medication.

Did you know that pharmacists often offer a wide range of services such as medication management, medication compliance, immunization administration and more. In addition to keeping us safe while using medications, they can work alongside your doctor to help you find the best and most affordable medication to treat your health condition. They are able to answer questions for you about how to best take your medications, the side effects to watch for and also the interactions your medication can have with over the counter supplements you may take, along with the foods you may eat. Don't forget that your pharmacist is a tremendous (FREE) resource for you to better your health. Next time you fill a prescription, here are a few questions you should ask your pharmacist:

1. Is there a generic version I can take?

Generic medications generally have the same chemical composition as the name brand product and work just as effectively.

Occasionally, there are subtle differences in the medication, such as the capsule that is used which can cause minute differences in how the medication works. Generally, a generic medication will cost less and often have the same effect. Ask your pharmacist and save a few (or more) bucks!

2. What side effects should I be aware of?

Your prescriptions should come with printed information about the medication you are taking. Sometimes, these printed directions and warnings can be difficult to decipher. Ask your pharmacist about the most common side effects or the big ones that you specifically should watch for.

3. Are there any special instructions?

Medications often should be taken at specific intervals—so does that mean breakfast and dinner, or every 12 hours? Be sure to ask what to do if you miss a dose. If you already take other medications, you may need to adjust how you are taking them, alongside your new medication. Some medications should be taken on an empty stomach while others are better consumed with foods. There may even be foods you should avoid while taking your medicine. Your pharmacist is the best resource to ask—they can help you to effectively take your medications.

4. Can I take my medications with my vitamins or supplements?

If you take vitamins or supplements, you should have a good talk with your pharmacist. Many over-the-counter (OTC) products can have an interaction with medication, or can either increase or decrease the effectiveness of your prescriptions. For example, many weight loss products should not be taken with asthma medications. Foods can also interact with medications—bananas and lisinopril (a common blood pressure medication) should not be taken together.

5. How should I store my medications?

Medicines often need some tender loving care—they may need to be stored in the dark, refrigerator or at room temperature. Not storing them properly can change the effectiveness of them, their taste and more. Be sure to ask your pharmacist about the best way to care for your medications. They can also direct you how to dispose of them properly.

A pharmacist should be your first stop when taking a new medication or reviewing what you already take. The next time you visit with your pharmacist, make sure that you bring your list of questions, and let them know if you have any allergies, take other medications or have any dietary restrictions. The best way for your pharmacist to assist you is to keep them well informed!

Learn more at www.cchwyo.org/pharm.

Chicken Tacos with Mango-Avocado Salsa

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INGREDIENTS

- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1/2 teaspoon onion powder
- 1/4 teaspoon ground red pepper
- 3/4 teaspoon salt, divided
- 4 (6-ounce) skinless, boneless chicken breast halves
- 1 1/2 teaspoons olive oil
- 1/2 cup diced peeled mango
- 1/2 cup diced peeled avocado
- 1/2 cup chopped tomato
- 1/3 cup chopped onion
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 tablespoon minced jalapeno pepper
- 4 (8-inch) brown rice tortillas (such as Food for Life)

HOW TO MAKE IT

Heat a nonstick skillet over medium-high heat. Combine first 4 ingredients; stir in 1/2 teaspoon salt. Rub over chicken. Add oil to pan; swirl to coat. Add chicken; cook 4 minutes on each side or until done. Remove chicken from pan; let stand 5 minutes. Cut into 1/4-inch-thick slices.

While chicken cooks, combine mango and next 6 ingredients; stir in remaining 1/4 teaspoon salt.

Warm tortillas; top evenly with chicken and salsa.



Quick Tips: CHOOSE SUNSCREEN WISELY

Warm weather is just around the corner, and this means time outside in the sun, which also brings an increased risk for sunburns and skin cancer. Check out these three tips on what to look for when selecting a sunscreen for you.

1. KNOW YOUR NUMBERS. The general recommendation for sunscreen is to wear a Sun Protection Factor (SPF) of at least 15 or greater, year-round. According to the Skin Cancer Foundation: “SPF 15 filters out approximately 93 percent of all incoming UVB rays. SPF 30 keeps out 97 percent and SPF 50 keeps out 98 percent. They may seem like negligible differences, but if you are light-sensitive, or have a history of skin cancer, those extra percentages will make a difference.”

2. LOOK FOR A BROAD-SPECTRUM SUNSCREEN, which will offer protection from UVA rays that cause wrinkles of the



the sun.

• *Consider wearing protective clothing* and UV-blocking sunglasses. Hats help protect your face and head, and check into clothing that has sun protection built in. Learn more at www.cchwyo.org/sun.

skin and UVB rays that contribute to skin cancer.

3. CONSIDER THE ACTIVITIES you will be doing while in the sun. For example, if you plan to be in water or playing sports, be sure to purchase water-proof sunblock.

A FEW OTHER TIPS:

• *Re-apply sunscreen every two hours* you are in the sun, or directly after swimming, as the sunblock may have worn off and also consider other ways to protect yourself from

Spring into fitness from home

Working out from home can be a challenge—having the right equipment takes time and money to collect. There are always distractions like the TV, or the dishes that can keep you glued to the couch instead of up and moving. Also, finding activity that you enjoy can be tough!

As a personal trainer, I feel it's really important to find some type of activity that you like—pick something that motivates you and also prompts you to be the master of your own body. That means being capable of doing the things you want to do, (like sports) but also things you need to do (like housework).

There are incredible free resources that you can use with MILLIONS of videos to watch and do from home that can be a gateway to increased activity. I have selected several resources for you to try, and I've eliminated some of the searching for legitimate resources for you, too. Below you will find a workout that sounds tough (boot camp sounds so intimidating, but is always modifiable) and you will also find several workout series from various companies that produce safe, reputable videos that anyone can do from home!

If you are ready to start activity, be sure you first visit with your doctor to ensure you are healthy enough to work out on your own. If you'd like some guidance creating a workout for yourself, see your health coach. We can do something as simple as help you search YouTube for appropriate exercises for you, or point you in the direction of other resources to help you include more activity in your life!

Check out a total body boot camp video at www.cchwyo.org/fitfmhome.

Below you will find a list to several companies that are featured on YouTube, but also offer their own services:

• POPSUGAR

Fitness is a company that you can utilize either through subscription or on platforms such as Facebook and YouTube. You will find lifestyle, exercise and nutrition videos that inspire and move you!



• A second option is *GymRa*, which is also a



company that you can subscribe to, or you can use via YouTube. They offer mainly fitness videos that demonstrate a variety of activity for the beginner to the advanced exerciser.

• A third option is *HASfit*, which offers more than 1,000 videos and workouts that anyone can do, anywhere, from five minutes to 45 minutes and more. They also offer 60-90-day workout plans. In addition to all this, they offer nutritional help too! These videos can also be accessed via YouTube.



• And finally check out *Fitness Blender*, which offers free, full-length fitness videos via YouTube! They also have workout calendars and trackers to help you measure progress.



Note: you can find links to these services at www.cchwyo.org/fitfmhome

Have Questions? Contact your City of Gillette Health Coaches!

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