



NOVEMBER

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Well NEWS

A Monthly Insight into Health and Wellness



Spread Joy, not Germs this Holiday Season

The last thing that any of us want this holiday season is to get sick and miss out on all of the festivities. Here are some tips to ensure that you stay healthy!

Get immunized: Immunization is the single most effective means of preventing influenza. The good news? It's not too late to be immunized. But remember, it takes up to two weeks after receiving the influenza vaccine to be protected against influenza.

Cover your cough: Cover your nose and mouth with a tissue when sneezing or coughing. If you don't have a tissue, cough or sneeze into your arm, not into your hands. Throw away tissues after wiping your nose or covering a cough.

Clean your hands: Using soap and warm water, wash your hands thoroughly and often, including after coughing, sneezing, using tissues or the washroom. Keep your hands and fingers away from your eyes, nose and mouth. Alcohol-based hand rub or sanitizer can also be helpful if hands are not visibly soiled.

Stay home if you are sick: Individuals experiencing symptoms of illness, including fever, cough, diarrhea and/or vomiting, should stay home from work, school, daycare or any social function. If you, or anyone in your household, is experiencing illness, refrain from visiting family and friends in hospitals, care facilities or senior centers.

Mind your food prep: If you are ill, do not prepare food for anyone until fully recovered. As always, safe food handling practices are essential for serving festive - and safe - holiday feasts.

Around the house: Keep household surfaces clean, regularly using a household cleaner (follow directions on the product label). Think creatively when hosting gatherings: put a bow on a hand sanitizer pump and leave it out for guests to use; offer pre-wrapped candies or snacks instead of bowls of loose candies or snacks. Always thank others for declining invites due to illness.

Year-round: In addition to the above, keep your immune system in good health by covering the basics: get enough rest, try to eat a balanced diet including at least five servings of fruit and vegetables each day, and exercise regularly. Finally, if you drink alcohol, do so in moderation and do not ever drink and drive.

Exercise

OF THE MONTH

Half-Kneeling Rows

Grab a dumbbell or two, so the total weight equals at least 10 pounds. Come down on all fours with the weight under one hand, and extend the opposite-side leg straight back with the toe tucked.

Pick up the weight and pull your elbow back, tight into your side; you should feel like you're pulling from your shoulders, but not twisting in your torso.

Lower the weight down without touching the ground; do 12 total reps then switch sides.

Make sure to keep your core tight and your spine straight through the entire exercise.



American Diabetes Month

In 2012, 9.3% of the population had diabetes. Diabetes is a problem with your body that causes blood glucose (sugar) levels to rise higher than normal, also called hypoglycemia.

Type 2 diabetes is the most common form of diabetes. With Type 2 diabetes, the body does not use insulin properly. The body becomes insulin resistant. At first, your pancreas makes extra insulin to make up for it. But, over time it isn't able to keep up and can't make enough insulin to keep your blood glucose at normal levels.

There are three main things that can be done to get and stay healthy and prevent Type 2 Diabetes:

- Choose healthy foods
- Make healthy meals
- Be active 30 minutes a day

Although this list is small, it can be overwhelming knowing where to start. It is even harder if you have a lot of changes that you want to make. Rest assured that just a few small changes can have a significant impact on your weight and your health.

Follow these steps to make a change to get and stay healthy!

1. Accept that you have habits that you need to change, and make these changes important to you.
2. Determine what you are willing and able to change.

For each goal think about...

How long will you try to reach this goal? Keep it short.

Is it easy to do in your regular daily life? Keep it realistic.

Is it limited in scope? Be specific.

How often will you do this?

3. Set 1 to 3 goals at a time, write them down, and put them in a place you will see them often as an ongoing reminder.
4. See if you succeeded and really look at why you did or didn't make it.
5. If you succeeded at reaching your goal, make sure and practice it faithfully until it becomes a way of life.
6. Repeat this cycle again with some new goals. Slowly, goal by goal, over time you'll be on the road to preventing, delaying or managing your Type 2 Diabetes.



For more information and resources, contact the American Diabetes Association at www.diabetes.org or 1-800-342-2383.

Newsletter Quiz



1. What is the first tip that you will implement to help you stay healthy this year?
2. What are the three main things that can be done to stay healthy and prevent Type 2 Diabetes?

To earn your Wellness Incentive Points, e-mail your response to Katie@wellworksinc.com by November 30, 2014.