

# Alliance

## Handshake

### January 2015

All of us at Alliance Home Health Care, Inc. and Alliance Personal Care, Inc. want to wish each of you and your loved ones a healthy, [Pick the date from the calendar, 1 word 1] happy, safe 2015!

As each generation grows older, individuals believe they are healthier than the previous generation. However, baby boomers – those born between 1946 and 1964 - are unable to make this claim. Compared to the generation before them at the same stage in their lives, 19% fewer have excellent health, 40% more have high blood pressure, and 11% more are obese. *JAMA Internal Medicine, February 2013.*

Because it is that time of year when many of us are making resolutions to live a healthier lifestyle, we thought it would be appropriate to dedicate this issue of our newsletter to some tips on doing just that. Specifically, we will provide tips to fitness, mental attitude and health, and of course – diet and exercise.

-William Van Ry, Owner & CEO

***A healthy attitude is contagious but don't wait to catch it from others.  
Be a carrier.***

...

It is very important to exercise the mind as well as the body. With each edition of our newsletter, we will include a memory word game for you to complete.

### Word Game

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Last issues word: **BROODING**

bind	born	rood	grid
bingo	boron	odor	gobo
bird	brig	ding	good
boding	bring	dingo	goon
bond	brio	doing	grid
bong	brood	dong	grin
bongo	rind	donor	grind
booing	ring	door	groin
boon	robin	drib	indoor
boor	robing	boring	iron
rondo			

The average is 26 words. Did you meet or beat this standard?

Can you find 40 words within this issue's word **HOVERING**?

## **A POSITIVE ATTITUDE**

Start the new year out with a more positive attitude. We can identify many examples of the effects of a positive mental attitude on health. For example, Lance Armstrong and other cancer survivors have given us their stories about how they kept a positive attitude to battle their cancer. A study of individuals who were HIV-positive found that one of the strong predictors of a healthy outcome was a positive mental attitude.

In general, people who stay positive have a higher chance of survival and recovery. Being optimistic and positive may help you overcome many trials in life, be they physical, mental, or emotional.

**Tip:** If you are feeling down, try reflecting on better times. Remember a proud moment or a special achievement in your life to boost your feeling of self-worth and give you a more positive mental attitude.

## **A QUICK WALK ANYONE?**

Exercise improves your mood and helps to increase your overall health awareness. Walking 30 minutes a day 5 days a week or 60 minutes a day 3 days a week can improve mild to moderate depression.

**Tip:** Walking becomes less of a chore when you have your “eye on the prize”. Stay focused on a specific target ahead and the distance will feel shorter and you will walk faster toward it.

We now know that inactivity puts those of us over 60 years of age at risk for disability. After studying 2,000 inactive adults researchers found the risk of disability dramatically increases for each additional hour spent sitting at a computer or on the couch watching TV. *Journal of Physical Activity & Health, February 2014.* **Tip:** Get up and move!

Medical specialists estimate that 80% of the most common diseases are linked to obesity and an inactive lifestyle. These diseases include heart and blood vessel disease, high blood pressure, diabetes, and cancer. Regular physical activity lowers the risk of developing breast, colorectal, and cervical cancers as well. *National Center for Tumor Diseases, March 2013*

***Exercising on an empty stomach may not be such a bad idea. Cyclists who trained without eating beforehand burned more fat than those who ate before training.***

***Journal of the American Academy of Sports Medicine, April 2010***

### **WANT MORE FLEXIBILITY?**

Stretching is an exercise designed to increase your body's range of motion. The American Council on Exercise reports that flexibility training can improve your posture, provide freedom of movement, increase mental and physical relaxation, and lower your risk of injury. So what are you waiting for? **Tip: Start stretching!**

### **WATCH YOUR STEP**

Losing your balance can certainly make you fall and yes, the consequences of falling are tremendous – hip fracture, head trauma, and more. But many of us don't necessarily fall when we lose our balance. Instead, we end up with sprains and strains that put a damper on everything from walking to playing sports.

**Tip:** If you regularly feel unsteady on your feet or feel off balance, talk with your doctor about it. He or she may want to give you some exercises for a quick and painless way to improve your balance or prescribe other ways of dealing with it.

Incidentally, when exercising, the force centered on your ankle can be more than 7 times your body weight. This may be part of the reason 23,000 people in the United States sprain their ankle every day, resulting in 1.6 million doctor visits a year. The cost of treating ankle sprains,

including the cost of missing work, is more than \$1.1 billion a year. Ankle sprains can lead to disability so ***please, watch your step!***

### **EAT HEALTHY FOODS**

Perhaps you would like to start your new year off by eating more healthy foods and dropping a few unwanted pounds.

Consider these interesting and helpful

#### **Tips:**

- **CHEW YOUR FOOD**

Almonds are a great source of healthy fats and extra energy. However, how well almonds are chewed can make a difference in how much nutrition is absorbed by the body. The more you chew, the more your body can use.

- **AVOCADO PLEASE**

People who eat half of a fresh avocado with lunch were 40% less hungry three hours later and 28% less hungry five hours later. Most of the fat content in avocado is the type of fat that can reduce levels of bad cholesterol.

- **BEANS!**

People who eat beans have a healthier diet overall, lower body weight, and a reduced risk of obesity.

- **APPLES PROTECT AGAINST DISEASE AND WEIGHT GAIN**

According to the latest research (*Food Chemistry, September 2014*) the bioactive compounds in apples affect good gut bacteria which boost immunity and aid in weight maintenance. Granny Smith apples were found to have the most beneficial effect on the friendly gut bacteria.

- **NO MORE THAN 2-3 CUPS PER DAY**

**Tip:** Healthy adults should limit

caffeine to no more than 2-3 cups of coffee per day and pregnant women to no more than half that amount. People with anxiety, insomnia, heart problem, or loss of urinary control may even need to eliminate caffeine consumption.

- **AIRPORT EATING**

The temptation to eat junk food while waiting to board a flight can be overwhelming. **Tip:** Try more healthy options such as nuts, nutrition bars, a cup of vegetable soup, or a fruit cup next time you are stuck in the airport.