

Family Exercise Advice

Regular exercise together with family can help keep you strong physically and emotionally, especially during challenging times. Summer season is a good time to focus on being more active, especially outdoors.

Children and teens (ages six to 17) need to get at least one hour of moderate-to vigorous-intensity physical activity every day, as recommended by the American Heart Association. Active children tend to have:



1. A healthy weight.
2. Strong heart, bones and muscles.
3. Good brain health and strong academic performance.
4. Positive mental health, confidence and self-esteem.
5. Less stress, anxiety and depression.

To find more family fitness time, plan and choose activities that fit your busy lifestyle. Try to set aside at least 30 minutes three times a week for family exercise after work or dinner. If 30 minutes isn't doable, try two 15-minute sessions, or whatever fits everyone's schedule. Keep it simple.

- Walk 15 to 30 minutes every possible day together.

- Walk your dog or a neighbor's.
- Bike or skateboard on safe routes.
- Plan exploratory hikes.
- Paddle a canoe or kayak to build muscle.
- Play catch, volleyball, tennis or pickle ball.
- Plan active vacations or weekend outings.
- Choose one family physical activity every weekend.
- Include home chores (rake leaves, wash the car, clean up the garden).

Note: Adults need at least 150 minutes of moderate-intensity activity a week, such as brisk walking. You can break it up into segments of any length; it's the total amount that counts.

Now, turn off the digital distractions and head outdoors.



Learn more at [cdc.gov/physicalactivity](https://www.cdc.gov/physicalactivity). And celebrate **Family Health and Fitness Day**.

“Self-esteem is as important to our well-being as legs are to a table. It is essential for physical and mental health and for happiness.” — Louise Hart

BEST bits



■ National Cancer Survivors Day is June 6. This is an annual worldwide recognition of those who have survived cancer, inspiring those recently diagnosed with cancer, gathering support for them and their families, and providing outreach through our communities. Celebrate that we now have a better chance of surviving cancer — between 1991 and 2017, cancer death rates in the U.S. declined by 29%. Learn more at [ncsd.org](https://www.ncsd.org).



■ June is Home Safety Month, sponsored by the Home Safety Council, and a good time for families to review safety precautions in and around their homes. The Council offers a broad variety of safety resources, including its Top Ten Tips on preventing the leading causes of injury in the home (falls, poisonings, burns, fires and choking). Learn more at [homesafetycouncil.org](https://www.homesafetycouncil.org).



■ Celebrate Cataract Awareness Month by learning more about this condition. As America's population ages, our rate of blindness increases due to cataracts — the leading cause of vision loss across the globe. Cataracts, while generally painless, blur the eye's lens, blocking or changing the passage of light into the eye. Risk factors include aging, excess UV light, type 1 and type 2 diabetes, inflammation, injury and smoking. Learn more at [preventblindness.org/cataract](https://www.preventblindness.org/cataract).

Note: Due to production lead time, this issue may not reflect the current COVID-19 situation in some or all regions of the U.S. For the most up-to-date pandemic information visit [coronavirus.gov](https://www.coronavirus.gov).

Guys: Checkup time?

Many men tend to put off medical care, according to the Cleveland Clinic MENTION It campaign that encourages men to seek proper care and work with their health care providers. The clinic's 2019 survey of nearly 1,200 men found that:

- 72% would rather do household chores than visit their care providers.
- 65% avoid getting care as long as possible even if they have symptoms or an injury.
- 20% tend to withhold health information from their providers.
- 37% had withheld information from their providers in the past, specifically because they weren't ready to deal with the potential diagnosis that might result, or because they thought the symptom would resolve itself.

In this survey, 61% said they'd be more likely to get their annual physical if seeing their provider was more convenient, with services such as virtual visits, scheduling appointments outside of work hours, and participating in local health screening events.

Men, take these practically painless steps toward better, easier care. Find a provider you can easily talk to, and together set a routine screening schedule. Don't shy away from reporting troubling symptoms. Also, if relevant, ask about quitting smoking, alcohol abuse or weight management.

Get prompt care for serious symptoms, including:

- Chest pain or pressure after physical exertion, stress or eating a meal.
- Chronic cough or breathing trouble.
- Unusual frequent urination.
- Blood in urine or stools.
- Unusual bowel or abdominal symptoms.
- Unusual weight loss.
- Ongoing depression or hopelessness.



Learn more during Men's Health Week, June 14 to 20, at [cdc.gov/healthequity/features/nmhw/index.html](https://www.cdc.gov/healthequity/features/nmhw/index.html).

Your Child's Wellness

As parents, you are vital to shaping your children's physical and mental well-being now and for years to come. Here's a quick guide to ensuring your child's well-being.

NUTRITION

Eat more:

- Fruits, vegetables and whole grains.
- Fat-free or low-fat milk, yogurt, cheese and fortified nondairy beverages.
- Protein-rich foods, including seafood, lean meats, poultry, eggs, legumes, nuts and seeds.

Limit processed food products with:

- Refined grains, saturated fats, butter, margarine, and sodium.
- Added sugars and sodium, found in pizzas, chips, crackers, sugar-sweetened drinks and desserts.
- Fast foods high in calories, saturated fat, refined grains and added sodium.

Note: These foods and beverages can be part of a healthy eating plan on a limited basis.



EXERCISE

- **For preschoolers**, try to ensure they get about three hours of physical activity spread throughout each day. Include a mix of light-, moderate- or vigorous-intensity activities.
- **For school-age children (ages six to 17)**, encourage at least one hour per day of moderate- to vigorous-intensity activities, such as bicycling, walking, rope jumping, playing basketball or soccer.

VACCINATIONS

Make sure your child is up to date. From babyhood through old age, vaccines are effective protection from serious diseases. What's more, by ensuring your child is vaccinated, you are not only protecting your youngster but helping stop the spread of diseases.

Smart Device Ergonomics

There are huge advantages to smart device technology, but it can also have a downside. Your smartphone and tablet give you flexibility about where and how you work, and help you manage your personal business, too.

But your posture and how you hold these devices can become a pain in the neck — and in other parts of your body, too. For example, holding your phone up to your ear for a long time can cause sore shoulders, elbows and neck.

Research into smart device ergonomics (the study of people in their working environment) shows you can help prevent physical stress from extended use of your tools with these strategies:

- Pay attention to how you are sitting. Keep your head in a neutral position as much as possible and consciously relax your elbows.
- Write fewer and shorter messages. For a long text, use your computer if possible, or use talk-to-text dictation software when you can.

- Instead of holding your phone to your ear for long conversations, use a Bluetooth headset or another device whenever possible.
- Use a cover which also doubles as a stand for your tablet, so you don't have to hold it.



- Take frequent breaks from your devices and stretch with this exercise from the American Physical Therapy Association: Fold your hands together; turn your palms away from your body as you stretch your arms over your head. Hold for ten seconds; repeat eight times. And stand up when using your devices to reduce long sitting spells.

Crash Course: Peer-to-Peer Payments

Peer-to-peer payments (P2P) let you transfer money by using an online or a mobile app. Peer-to-peer payment accounts are simple to set up. You create an account, select a username and password or pin, and link your bank account, debit card or credit card to the platform. To send or receive a payment, you share your username, email or phone number with whomever you want to pay or receive money from.

Making or receiving payments is quick and convenient; you don't need to carry cash or have exact change. Most P2P payment services are free, although some charge a low fee. Most allow users to hold money in their account with the system or transfer money to a bank account. Transfers to bank accounts can take one to three days to complete.

Before selecting a P2P payment service, check the type of fraud monitoring the system uses and research its customer support network's quality. Also, before sending money, make sure you've selected the right person or account. — Jamie Lynn Byram, PhD, AFC

TIP of the MONTH

Dietary Guidelines for 2020–2025

The new Dietary Guidelines for Americans 2020–2025 breaks down nutrition by one's life stage.

The guidelines emphasize the importance of nutrition at every age because it's never too early or too late to eat healthfully. The new recommendations include: not serving added sugar to children under age two; a reminder for pregnant women to eat low-mercury fish and seafood; and the importance for older adults to eat enough protein to help prevent the loss of lean muscle mass.

Smart Sipping

Sugar-sweetened beverages have become the single greatest source of calories and added sugars in the American diet. We consume lots of sugar-rich sodas, fruit drinks, iced tea and energy drinks, and that's problematic because overconsumption is linked to an increased risk of heart disease and type 2 diabetes.

How much sugar is too much? The American Heart Association recommends no more than six teaspoons of added sugars daily for women, and nine teaspoons for men. A regular 12-ounce soft drink contains eight teaspoons of added sugar, so even one sweet drink per day is too much. Treat these beverages like candy and have one occasionally, but don't make them your daily drink of choice.



Sip smarter: Choose water most often. If you crave flavor, jazz it up by adding a squeeze of citrus (e.g., lemon, lime, orange), mint leaves, sliced cucumber, berries, fresh ginger or a cinnamon stick. Enjoy the color and fragrance.

Since coffee and tea are each 99% water, they are also good choices — just be aware of how much sugar you add and how much caffeine you consume. Try not to exceed 400 mg caffeine per day. An eight-ounce cup of coffee has about 80 to 100 mg of caffeine, while a cup of green or black tea has 25 to 50 mg. Herbal tea and decaf coffee are caffeine-free choices.



Fruit juice comes with some cautions — even though juice is made from fruit, processing renders it devoid of fiber and high in sugar. Limit your daily fruit juice intake to four to six ounces, if you drink any at all. Vegetable juice is fine, as long as it's low in sodium and sugar.

Grilled Chicken Skewers with Peanut Dipping Sauce

EASY recipe

1½ lbs. boneless, skinless chicken breast cut into 1-inch cubes
½ tsp salt
¼ tsp garlic powder
1 tbsp extra-virgin olive oil

Sauce ingredients:
¼ cup peanut butter
1 tbsp sodium-reduced soy sauce
1 tbsp balsamic vinegar
1 lime, juiced
1 tbsp toasted sesame oil

Preheat grill to medium. **Toss** chicken with salt, garlic and oil. **Mix** well and refrigerate for 20 minutes. **Thread** chicken onto skewers, and grill 10-15 minutes, turning every few minutes, or until chicken reaches an internal temperature of 165°F.

Whisk together sauce ingredients; thin it with water to reach desired consistency.

Brush some peanut sauce over grilled chicken, and serve remaining sauce for dipping.



Makes 4 servings. Per serving: 288 calories | 33g protein | 15g total fat | 3g saturated fat | 6g mono fat | 5g poly fat | 6g carbohydrate | 2g sugar | 1g fiber | 477mg sodium

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EXPERT advice — Elizabeth Smoots, MD

Q: OTC sleep aids?

A: **Over-the-counter (OTC) sleep aids are popular choices for sleeping difficulties.** Here are the pros and cons of nonprescription drugs and dietary supplements commonly used as sleep aids.

Nonprescription drugs: Most OTC sleep aids contain an antihistamine such as doxylamine or diphenhydramine. These antihistamines are used mainly to treat allergies and colds, and they cause drowsiness as a side effect. The sedation can aid sleep. But drug tolerance can quickly develop, so the drugs don't work for the long term. Drowsiness can also lead to confusion, falls or problems driving or operating equipment.

Dietary supplements: Lavender, chamomile, valerian and melatonin are some of the options for sleep. Side effects may include nausea, dizziness, headache or sedation. Ask your health care provider or pharmacist to check for interactions with other medications you're taking. Before purchasing a dietary supplement, get your provider's okay, and research brands carefully using reputable sources such as consumerlab.com or usp.org.

Checklist: Is Your First Aid Kit First Rate?

What should you have in a first aid kit?

Use this handy Red Cross checklist to make sure you have the basics:

- Two absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages in assorted sizes
- One adhesive cloth tape
- Five antibiotic ointment packets
- Five antiseptic wipe packets
- Two packets of aspirin
- One emergency blanket
- One breathing barrier (with one-way valve)
- One instant cold compress
- Two pairs of nonlatex gloves (size: large)
- Two hydrocortisone ointment packets
- One bandage gauze roll (roller) bandage (3 inches wide)
- One roller bandage (4 inches wide)
- Five pads sterile gauze pads (3 x 3 inches)
- Five sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/ no glass)
- Two triangular bandages
- Tweezers
- Emergency first aid guide
- Epinephrine auto-injector



Note: Immediately replace items that you have used.



June is Migraine and Headache Awareness Month.

Forty million Americans suffer from chronic migraines, tension and other headaches, according to the National Headache Foundation. The NIH reports headaches are a major cause of missed work. While sudden and severe headaches warrant immediate medical care, don't ignore any frequent or chronic headaches. Talk to your health care provider about how to relieve and even prevent headaches with healthy lifestyle changes, and by avoiding triggers, as well as medication, if needed. Learn more at headaches.org.