

June 2017

Fill Up With Volumetrics

By Cara Rosenbloom, RD

If you've ever been on a weight-loss diet, you may have had these chief complaints: You always feel hungry, the diet is restrictive and the portions are too small. Enter **Volumetrics**. It's a weight-loss plan that allows you to enjoy a full plate of food, to ensure you feel satisfied after every meal.

How does it work? You fill up on foods that are high in water but low in calories, such as vegetables, soup broth and lean-protein foods. And there's still room for all other foods, too.

Volumetrics has 4 food categories:

- » **Category 1:** Unlimited foods, including non-starchy vegetables, fruit and broth-based soups.
- » **Category 2:** Reasonable portions of whole grains, lean-protein foods, beans and low fat dairy.
- » **Category 3:** Small portions of breads, desserts, cheese and high-fat meats.
- » **Category 4:** Sparingly served fried foods, cookies and fats.

Some foods contain more calories than others – a cup of French fries (category 4) has 160 calories, while a cup of watermelon (category 1) has 46 calories. Filling your plate with **large volumes of low-calorie foods** allows you to eat fewer calories in the same amount of food.



Give it a try:
Get started
with recipes for
high-volume
meals.

best bits

■ **Bicycling – what more could you want in a summer sport?** It offers transportation, scenery, group fun and, of course, exercise. Before you pedal, gear up for safety with these tips: Always wear a helmet, and observe the same traffic laws as motorists. Use extra care at intersections and avoid cycling at night. **Make sure you comply with your provincial or territorial bike safety laws.**

■ **Are you sitting down?** Stand instead as you wait for your dentist or a haircut. Surf your phone, take a meeting or watch TV on your feet. Or work at your laptop or do any other desk activity by creating a standing workstation. If you have low-back pain, the less you sit the better.

■ **Can exercise save your brain?** Studies show regular exercise may help preserve mental skills and memory as we age, and lower the risk of developing Alzheimer's. Exercising for 30 to 60 minutes 3 to 5 times a week helps improve blood flow to the brain and may increase protective brain chemicals. Seniors with early dementia showed significant mental improvements with regular aerobic exercise.

QuikQuiz™: CPR Refresher

True False

- 1. CPR guidelines are designed to provide emergency rescue for people in cardiac arrest.
- 2. The first sign of cardiac arrest is heavy breathing.
- 3. If you're a bystander untrained in CPR and suspect someone may be in cardiac arrest, you should first call 9-1-1 using the nearest phone before starting CPR.
- 4. You or another bystander can perform Hands-Only CPR (without breaths).

➔ Answers on page 4.

Are you familiar with the Canadian Red Cross' guidelines for cardiopulmonary resuscitation (CPR)? Test yourself on the basics.



Smart Moves Toolkit at
personalbest.com/extras/Canada17V6tools.

“Live life to the fullest, and focus on the positive.”

- Matt Cameron

Health Care Needs: Choosing Wisely Canada

Do you think you need an MRI for your knee or back pain? Do you need that antibiotic for a skin infection? Tests and procedures are costly, and sometimes they're unnecessary or harmful. So how do we know which medical tests or treatments are truly appropriate?

To help us, the Canadian Medical Association and the University of Toronto launched the **Choosing Wisely Canada** national campaign. This initiative helps patients and providers talk about unnecessary procedures, tests and treatments.

The program has identified many tests and procedures that have low value to many patients. They include:

- Pap smears for women before age 21, or for those who have had a hysterectomy for a non-cancer disease.
- Annual EKGs or any other cardiac screening for low-risk patients without symptoms.
- Bone density screening for osteoporosis in women and men before age 65 with no risk factors.
- Antibiotics for acute mild-to-moderate sinusitis unless symptoms last 7 or more days or worsen after initial improvement.
- Imaging for low-back pain within the first 6 weeks, unless red flags are present.



Discussing the services listed above with your provider will help save health care dollars while ensuring you get high-quality health care.

Learn more at choosingwiselycanada.org.

Travelling Abroad? Check Out Vaccines

You don't always need vaccines to travel abroad. Your risk of exposure to serious diseases when travelling outside Canada is generally low in developed countries.

Your risk increases significantly in developing regions, including most of Africa and Asia, and many parts of Central and South America. Primary reasons: lack of safe sanitation, water supply and food handling.

Important: Vaccines need time to work. For example, sometimes a series of shots is necessary, so get them at least 6 to 8 weeks before your trip for maximum benefit.

Some vaccines are required for certain destinations. For example: **yellow fever vaccine** if travelling to parts of South America or Africa, and **meningococcal vaccine** is required in parts of Saudi Arabia.

Make sure you've had childhood vaccinations and booster shots, including: diphtheria, tetanus and pertussis; hepatitis B; Haemophilus influenzae type b; measles, mumps and rubella; and poliomyelitis. Also get a **flu shot;** the influenza season is April to September in the Southern Hemisphere and is year-round at locations near the equator.

For country-specific travel alerts, health and vaccination information:

- >> Government of Canada:
travel.gc.ca/travelling/advisories
- >> World Health Organization:
who.int/ith/updates/20110427/en

GUYS: HOW'S YOUR HEALTH?

These steps can help you live long and well.

- ① **Sound sleep** can help you look and feel your best and do your job well. It's also critical to building your body's defences against infection, illness and heart disease.
- ② **For men,** having 5 or more drinks, per occasion, at least once a month during the past 12 months is heavy drinking, which can cause poor sleep, poor work, chronic health problems and premature aging.
- ③ **Don't ignore signs of depression:** ongoing worry, sadness and negative feelings that can lead to insomnia and alcohol abuse.
- ④ **Spending time** with family and friends can be as good for your well-being as maintaining a healthy weight or being tobacco-free.
- ⑤ **Guard your heart.** Keep your weight and blood pressure in check, and get at least 150 minutes of moderate-intensity exercise, such as brisk walking, each week. Get your provider's approval first if you're unaccustomed to exercise.
- ⑥ **Slather on sunscreen.** Use a minimum SPF 30 broad-spectrum sunscreen outdoors to help prevent skin cancer and face wrinkles.
- ⑦ **Strength training keeps your muscles strong.** It also helps manage or prevent many chronic health conditions, including arthritis and back pain. Get your provider's okay first if you have a chronic ailment.
- ⑧ **Add daily doses of fruits, vegetables and leafy greens.** They're packed with vitamins and minerals.
- ⑨ **Get routine medical and dental exams.** Maintain a strong relationship with your health care providers.



Cultivating Positivity



When you maintain a positive mindset, life seems easier. You get more done, feel more motivated, take setbacks in stride and have more energy and focus. Your positivity can also motivate others in the workplace – while being negative can have an opposite, toxic effect. To cultivate positivity and enjoy your life and work more, practice these 3 habits:

- 1. Rely on your own abilities to get you through the day**, rather than being at the mercy of your surroundings; don't rely on external sources for direction.
- 2. Learn to control your feelings.** You can't control what others do or what happens in life. You can, however, manage how you react. Choose consciously to react positively instead of getting angry or depressed.
- 3. Avoid negativity.** Whenever possible, avoid people who often complain or point out problems with no solution. Avoid reading and listening to negative news. Instead, be with people who make you feel happy and upbeat. Read or listen to something inspiring each day.

Staying positive takes work, but the results are worth the effort.

best bites

TIP OF THE MONTH: WEIGHT-LOSS DIETS

When choosing a weight-loss diet, consider how easy it will be to follow for the rest of your life. If it's so strict that you can't enjoy a restaurant meal, share family celebrations, or you have to cook all meals from scratch, it may be a losing plan. The best diet is one that you can stick to in the long run.



Summer Fruit Bonanza By Cara Rosenbloom, RD

Fresh, juicy fruits are the tastes of summer. Savour the best of the season by pairing fruit with your meals and snacks.



Pop some grapes and berries in the freezer – when blended, they're a makeshift ice cream. Grill pineapple and peaches on the barbecue, add berries to green salads, and make fun fruit kabobs for the kids. Buy from farmers' markets to see how wonderful fresh fruit tastes straight from the field.

Great taste isn't the only benefit of summer's bounty of berries and other delights. For example, studies show that eating fruit helps keep cholesterol and blood pressure in check – key to reducing the risk of heart disease. What's more, people who eat more fruits (and vegetables) are likely to have a lower risk of some other chronic diseases, such as type 2 diabetes and stroke.



How should you eat fruit? Whole fruit is best. Avoid juice. Fresh and frozen fruit are equally nutritious. Most Canadians don't eat enough fruit, so load up! For your health, get at least 350 grams (2 cups) of fruits every day. Add them to every meal and snack on them, too. They're low in fat, calories and sodium.

What about sugar? Fruit is fairly high in natural sugar – and nutritional value. For example, in a cup of apples you'll get 10 grams of sugar, but also fibre, vitamin C and antioxidants. In 237 ml (1 cup) of cola you get 23 grams of added sugar and nothing else. So the next time you crave a regular soft drink or a candy bar, grab some strawberries or peaches instead.

CHICKEN AND KALE CAESAR SALAD

EASY | RECIPE

From Personal Best®

- 1 bunch kale (about 8 cups), finely chopped
- 2 cups cooked chicken breast, cut into strips
- 2 tbsp flaked nutritional yeast
- 1 tbsp Parmesan cheese, grated
- 3 tbsp extra-virgin olive oil
- 3 tbsp lemon juice
- 1 tsp Dijon mustard
- Pinch salt

1. Add kale to a large serving bowl.
2. Top with cooked chicken.
3. In a jar with lid, combine nutritional yeast, Parmesan, olive oil, lemon juice, mustard and salt.
4. Shake to combine.
5. Add dressing to salad. Toss well and serve.



Makes 4 servings. Per serving:

281 calories | 25g protein | 14g total fat | 2g saturated fat | 9g mono fat | 3g poly fat
17g carbohydrate | 3g sugar | 6g fibre | 249mg sodium

Stay in Touch

Keep those questions and suggestions coming!

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Safety Corner: SPF 101

According to the Skin Cancer Foundation, sunscreens with at least SPF 30 or higher do a good job of protecting your skin from the sun's harmful rays as long as they are applied liberally and often. Just remember these basics:

- » Choose a broad-spectrum product that protects against UVA and UVB rays. Apply at least 30 ml (1 ounce or enough to fill a shot glass) of SPF 30 sunscreen 30 minutes before sun exposure.
- » Re-apply after 2 hours or immediately after swimming, sweating or toweling off.

Expert Advice

— Elizabeth Smoots, MD, FAAFP

Q: Minimize jet lag?

A: Travelling across multiple time zones may trigger jet lag. Common symptoms include fatigue, trouble sleeping, difficulty concentrating, mood changes and constipation or diarrhea. While jet lag is temporary, some travellers may require about 1 day to recover for every time zone you have crossed.

The symptoms usually abate once your sleep-wake cycle gets back in sync with your new locale. To minimize jet lag:

- **Adjust before leaving.** For a few days before departure, go to bed an hour earlier if you're travelling east. Go to bed an hour later if you're heading west.
- **Change to local time.** After arrival, schedule your meals and bedtime at the appropriate local times.
- **See the light.** Get exposure to sunlight in the morning if you have travelled east, or in the evening if you have travelled west. Walking while enjoying the sunlight will help even more.
- **What about melatonin?** This supplement is an accepted jet lag treatment, according to the Mayo Clinic. It can have side effects, so consult your health care provider before using.

QuikQuiz™: CPR Refresher — Continued from page 1.

ANSWERS

- 1. True** — Sudden cardiac arrest occurs when the heart suddenly stops (arrests), usually due to an electrical malfunction in the heart. CPR is also useful for heart attack or drowning when breathing or heartbeat has stopped.
- 2. False** — Usually the first signs are fainting and a lack of pulse. **Note:** Just before fainting, some people may have a racing heartbeat or feel dizzy. Other signs within an hour before cardiac arrest: chest pain, shortness of breath, nausea and vomiting.
- 3. True** — Place the phone on speaker so the emergency dispatcher can help. Then start CPR.
- 4. True** — To perform Hands-Only CPR, push hard and fast in the center of the chest to the rate of 100 to 120 compressions per minute.

About 90% of people in cardiac arrest die. Survival depends on immediate CPR and other actions starting with bystanders. Hands-Only CPR is as effective as CPR with hands and breaths.

