



WELCOA'S spark16

IGNITE YOUR BEST YOU.

FEATURING
16 GREAT WAYS TO...
TRAVEL HAPPY,
HEALTHY & SAFE
THIS SUMMER

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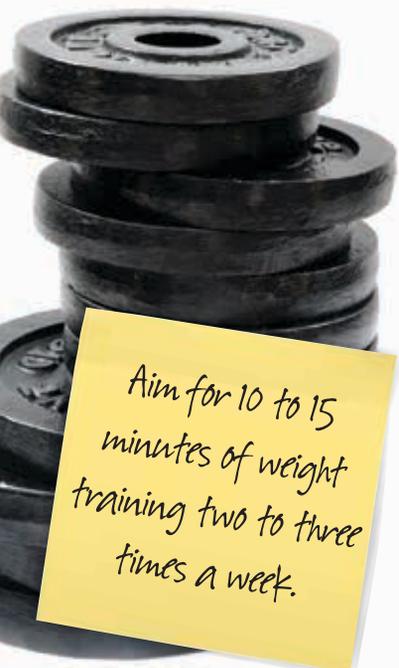
A MONTHLY HEALTHLETTER FROM THE WELLNESS COUNCIL OF AMERICA

Don't Skip The Weights

A word to the wise: If you're skipping the weight room or resistance training you're missing out on an important part of fitness.

Many adults mistakenly believe that weight training will make them "bulky", but the exact opposite is true. Strength training is extremely effective for weight loss, and regular resistance training can help you look sleek and firm.

Moreover, weight training has been shown to protect your body from the pain of arthritis, strengthen bones and even decrease the risk of type 2 diabetes.



Aim for 10 to 15 minutes of weight training two to three times a week.

Stressed? Tired? Feeling Blue? Hit The Gym!

We've all been there. It's been a long day and you simply feel low. You're too tired or stressed to even think about working out. But new research now gives us strong reasons to do it any way. A recent study conducted at the University of Colorado Boulder found that rats that were forced to exercise experienced the same reduction in anxiety levels after stress as those that ran voluntarily. And the same is likely true for us.

To be sure, aerobic activity is a proven way to improve your mood, and reduce anxiety and depression—and you'll experience those perks whether you feel like going to the gym or not. How so? The feel-good effects of physical activity are biological, meaning that even if you don't want to exercise, your mind and body will still benefit.

With the exception of being sick or having a medical condition that prevents you from activity, consider these additional benefits as extra motivation the next time you "just don't feel like working out".

The moment you begin exercising:

> Your lungs get stronger.

Aerobic exercise forces you to breathe faster and deeper, delivering extra oxygen to your muscles.

> **Your body begins fighting flab.** When you're physically active, your body will use body fat for fuel.

> **Your body is better able to ward off infections.** Exercise elevates your level of a specific protein that helps bolster your immune system. Every bout of physical activity can help strengthen your immune function for about 24 hours.



MORE HEALTH TIPS INSIDE

This Month's Recipe:

Decadent Berry Crisp

This dessert from Dr. Ann Kulze leverages both the natural sweetness and disease-busting power in berries so you can indulge your sweet tooth with true decadence without compromising your health. It is simply sublime served warm with a scoop of vanilla ice cream.

Here's how you make this dessert:

FILLING:

6 cups frozen berries of choice

2 Tbsp molasses or granulated sugar

1 Tbsp lemon juice

1 tsp cinnamon

¼ tsp salt

¼ cup whole wheat flour

TOPPING:

⅔ cup whole wheat flour

⅓ cup old fashioned oats

¼ cup packed brown sugar

¼ cup molasses

¼ cup canola oil or melted coconut oil

⅓ cup chopped pecans or walnuts

½ cup shredded coconut (optional)

INSTRUCTIONS:

Preheat oven to 375° F. Gently toss berries and the remaining filling ingredients together in a medium bowl and mix well. Put the berry filling in an 8 inch square baking dish (2 quart) coated with pan spray. Combine the topping ingredients in a medium bowl and stir until well blended. Sprinkle the topping mixture over the fruit and bake at 375° F for 30–35 minutes or until the topping has browned and the fruit is bubbling. Serve warm with a scoop of vanilla ice cream or frozen yogurt.



Dr. Ann
Ann Kulze, M.D.

With formal training in nutrition and medicine, plus hands-on experience as a mother of four and family physician, Dr. Ann is a unique nutrition expert for the real world.

The whole food ingredients found in Dr. Ann's recipes are the right foods for health and vitality. Nutritional excellence naturally follows.

For more, visit DrAnnWellness.com.

SUPER FOOD OF THE MONTH: BERRIES FOR BRAIN HEALTH

They may be the most diminutive of all fruits, but berries' health-boosting, anti-aging credentials just got bigger! Past studies have shown that berries' potent one-two punch of antioxidant and anti-inflammatory power is especially protective for an aging brain and now scientists have identified yet another berry brain benefit. Reporting at the recent American Chemical Society Meeting, scientists determined that plant compounds in berries called polyphenols stimulate the brain's natural "garbage disposal" cells that remove toxic proteins that can build up as we age.



Sowing The Seed Of Fabulous Nutrition

You may have noticed the emergence of seeds in your local grocery store. Indeed, these nutritional powerhouses are seemingly everywhere—in beverages, energy bars, cereals, etc. And there's good reason. These tiny morsels provide several benefits. Here's a quick cheat sheet.

Pomegranate: These tiny red seeds are low-cal, but packed with antioxidants and vitamin C. Many grocers now offer frozen pomegranate seeds year-round. Simply scoop a teaspoon or two into your yogurt or spread on some toast for some extra zip.

Hemp: Hemp seeds offer a nutty, pine-like flavor and contain all 20 amino acids, making them a complete protein. Try sprinkling some into a smoothie after your workout for a protein boost.

Flax: Flax seeds provide cancer-preventing compounds called lignans as well as omega-3 fatty acids, which are thought to play an important role in reducing disease-causing inflammation throughout the body. Toss a teaspoon or two into your peanut butter sandwich or into your salad for an added nutritional punch.

Chia: Believe it or not, these seeds are a great source of calcium. They are also a great source of healthy omega-3 fats and fiber. Add a scoop to your eggs, oatmeal or even your soup for an earthy-tasting flavor.

Pumpkin: Not only do pumpkin seeds offer a great source of protein for an energy boost, but they're also a delicious snack! Many stores offer packaged and seasoned pumpkin seeds. You can also roast your own. Simply sprinkle on some chili powder and sea salt for a savory treat!

Did You Know?

Hemp seeds provide high quality "complete" protein that is gentle on your bones, your digestive system and the environment. Additionally, hemp seeds are one of the most nutritionally complete foods on the planet. Aside from a whopping dose of protein and fiber, ground hemp seeds provide all the essential fatty acids, including a big hit of omega-3s along with B vitamins, vitamins D and E, and a comprehensive package of minerals. Be sure to select 100% ground hemp seeds—you want the full package of nutritional excellence the seeds provide.



If you are looking for a quick & healthy snack, eat more seeds!

WELCOA'S **spark16...** Tips
HEALTHY



To find farmer's markets across the country, check out www.localharvest.org/farmers-markets

Check It Out!
The CDC offers an interactive page to guide you on what types of health precautions you should take based on your health conditions and where you're going.
<http://wwwnc.cdc.gov/travel/destinations/list>



1 Sign up for STEP. The U.S. Department of State offers the Smart Traveler Enrollment Program (STEP). Here, you can register your travel itinerary with U.S. officials. The embassy or consulate in the destination you're visiting can track you in the event of a true emergency. Visit <http://travel.state.gov/content/passports/english/go/step.html>.

2 Forgo the rental car and walk. Get yourself and your family moving! Whenever feasible, walk to your destination. It's a great way to take in the sights and get in your daily physical activity.

3 Don't pet stray animals. Follow this advice especially if you're in a foreign country. That adorable stray puppy may be carrying rabies and other nasty infections.

4 Scan and save your travel documents. This way you'll have a digital record of important documents like your passport or travel insurance.

5 Pack your own snacks for a road trip or plane ride. This will keep you from gorging on convenience foods or vending machines. Homemade granola, popcorn, chopped raw vegetables, hummus, apples and pears make great travel snacks.



6 Check your mobile coverage. Depending on your destination, you may not get the coverage you need or it may end up costing you a pretty penny. Call your mobile carrier to get information about whether you'll have service while on vacation and how much it's going to cost.

7 Remember that if you can't do it at home you likely can't do it on vacation. Be cognizant of your physical limits. If you don't know how to ride a motorcycle or swim, don't try it for the first time on vacation.



For Safe, Happy & TRAVEL

8 Aim to eat one healthy meal a day. Vacations and binging on decadent foods go hand in hand. Balance your indulgences by committing to one healthy meal a day. Have oatmeal and fruit for breakfast or a mixed green salad for lunch.

9 Look twice (or 3 or 4 times) before you get up to leave. When you're travelling, you're probably carrying a lot of extra stuff. So, get into the habit of looking behind you to ensure you're not leaving anything behind.

10 Seek out a farmer's market as soon as you reach your destination. It's a great way to experience the local fare and pick up some fruits, vegetables, nuts, seeds, etc. that can serve as healthy snacks during your stay.

11 If you're travelling abroad or have a serious health condition, see your doctor before your trip. Your doc will ensure you have all the relevant vaccinations/immunizations for your destination, and can advise you as to what health precautions you should follow.

12 Separate your money. It sounds like a no-brainer, but many travelers forget this simple rule. Keep your credit cards in a separate place than your cash (i.e., one locked away in the hotel safe, and one in your wallet). That way if one is lost or stolen, you still have an alternative, emergency stash.

13 Spend at least an hour or two researching your destination. Be aware of safety concerns as well as of local customs and etiquette. Know the local number to call for emergencies.

14 Wash your hands whenever you arrive to a new destination. Whether it's at an airport, restaurant, museum, etc., it's good practice to wash your hands to prevent illnesses during travel.

15 Pack all your medications and a first aid kit. You're not on vacation from your health!

16 Take a pic of everything you've packed. Lay out everything you're going to pack and take a photo of it. If your bags go missing, at least you can detail exactly what was in them and get reimbursed appropriately.



Cool Tool!

The handy app TripIt® collates your itineraries, reservations, maps, frequent flyer numbers and other travel information you need into one place. Visit www.tripit.com



Remember to talk with your doctor if you have any concerns about your health.

The Doc Is In— Almost EV

Quick Tips

- > **Give your regular doc a call first.** As more urgent care facilities have entered the marketplace, more and more doctor's offices have introduced extended hours and nurse's lines to accommodate ailments during off-hours. So, try giving your doc a call first. If you can get a hold of your doc, but he/she still can't get you in, tell them you're going to seek treatment at another care facility. At the least, they can hopefully refer you to a clinic or advise you to seek emergency care if they feel that's safer considering your specific situation.
- > **Ask for a copy of your chart.** At the end of an urgent care or retail clinic visit, ask the provider or receptionist to send your regular doctor your chart. Or, ask if you can have a copy of the treatment you received and send it to your doc yourself. This way, your doc will have a record of the treatment and can follow up accordingly, if necessary.

What You Need To Know About Urgent Care Clinics, Retail Clinics & The ER

It can indeed be frightening when a sudden illness or injury strikes, and your regular doctor is not available. In the past, you had two primary options when an illness or injury occurred during off hours: treat the condition at home or visit the emergency room. Now, however, we are fortunately equipped with a few more options.

Lately, you may have noticed the emergence of retail care clinics (i.e., medical clinics that adjoin the pharmacy of local grocery stores, drug stores or large retailers) and urgent care clinics (UCCs). Thousands of retail clinics and UCCs have opened across the country over the past few years. This number is expected to double in the next few years to come.

UCCs and retail clinics can be an option for non-emergency health situations where you prefer to be seen by a professional. They are often open every day until 8 or 9 p.m. and you don't need an appointment. Of course, there are some key differences and considerations to keep in mind with these care providers. Take note of the following.

Urgent Care Clinics

Urgent care clinics are a convenient option when your regular physician is on vacation or unable to offer a timely appointment. Or, when illness strikes outside of regular office hours, urgent care offers an alternative to waiting for hours in a hospital emergency room when a condition is not life threatening.

UCCs are usually staffed by family physicians and internists, meaning that they can pretty much treat anything your regular doctor can, including things like ear infections, urinary tract infections and sprains. However, with UCCs, you won't have access to specialists like neurologists or cardiologists or a full array of diagnostic testing.

Keep in mind that UCCs do not and should not replace your primary care physician.



Don't use UCCs or retail clinics for chronic conditions. Don't treat these clinics as you would your regular doctor. Your regular doc should know your health history and can provide the best care for you in the long-term.

Everywhere!

Retail Care Clinics

Retail care clinics in drug stores or large grocers are usually staffed by nurse practitioners or physician assistants, and the scope of care is usually limited to non-urgent, very straightforward issues like the common cold, flu or earaches. These clinics can also administer vaccinations.

Emergency Room

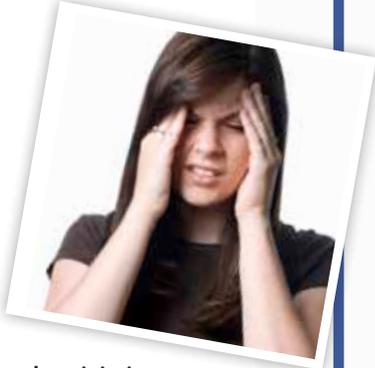
The emergency room treats life-threatening situations like heart trouble or serious conditions like broken bones or severe trauma. If you are experiencing anything serious or life threatening, or aren't sure, stay on the side of caution and go to the ER. Yes, it's more expensive (on average, \$570 a visit), but you will receive the best, most comprehensive care, and it could ultimately save your life.



What's An Emergency?

Don't go to a UCC or retail care clinic if you have heart troubles or any other complex or dangerous condition. Doing so could cost you valuable time in getting the attention you need.

Here are just a few of the conditions that are considered medical emergencies. Seek emergency care if you are experiencing:



- + Persistent chest pain, especially if it radiates to your arm or jaw or is accompanied by sweating, vomiting or shortness of breath
- + Persistent shortness of breath or wheezing
- + Loss of balance or fainting
- + Difficulty speaking, altered mental status or confusion
- + Loss of vision
- + Head and eye injuries
- + Broken bones or dislocated joints
- + Deep cuts that require stitches
- + Severe flu or cold symptoms
- + High fevers or fevers with rash
- + Bleeding that won't stop or a large open wound
- + Serious burns

In every issue you'll find 16 ridiculously simple ways to stay healthy!

IN THIS ISSUE

- » How To Feel Better When You're Stressed
- » Tiny Nutritional Superstars That Pack A Punch
- » What To Bring On That Plane Ride Or Road Trip
- » Should You Go To The ER Or The Urgent Care Clinic Down The Street?



I DID YOU KNOW?

20 **24** hours

THE NUMBER OF AMINO ACIDS IN HEMPS SEEDS—MAKING THIS TINY FOOD A COMPLETE PROTEIN.

EVERY BOUT OF PHYSICAL ACTIVITY CAN HELP STRENGTHEN YOUR IMMUNE FUNCTION FOR ABOUT 24 HOURS.

10 TO 15 MINUTES OF WEIGHT TRAINING IS AN IDEAL GOAL TO ACHIEVE TWICE A WEEK.

STOP The Excuses!

Legitimate excuses to not regularly exercise are really few and far between. Here are the common excuses you may often hear (or hear yourself saying) and the reality behind them.

I don't have time. You should aim to get at least 30 minutes of activity a day. It's not a huge commitment. Exercise while you watch TV. If you don't have a long stretch of time, you could break up your workout into shorter sessions. Some activity is better than none.

My kids are always with me. Have them exercise with you. Play tag, basketball, catch—that all counts. Stuck at your kid's practice? Walk around the track or building until it's over.

I'm too tired. Exercising actually gives you more energy. Your body makes feel-good hormones and you get circulation going.

I don't like going to the gym, it's boring. You don't have to go to the gym to get a workout in. Find something you like and stick to it.

What's In A Number?

15

MINUTES

The amount of time it takes to scan and save critical documents like your passport, ID, credit cards, etc.

COUNTLESS HOURS, AGONY, STRESS...

YOU NAME IT!

If you don't take the time to scan and save, and you lose this information you will certainly pay the price in numerous ways. Scan and save it!