



## Stand Up For Better Health

**The evidence is overwhelming; sitting too much can be bad for your health.** Researchers have demonstrated that too much sitting is linked with cancer, type 2 diabetes and heart disease. Standing more: relieves pressure on the spine, lower back, buttocks and legs; improves energy levels, ability to think, work performance, circulation and bone density; and burns 50 more calories per hour than sitting.

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## Dementia: What You Need to Know

**Dementia is the loss of mental abilities severe enough to interfere with your daily life.** The symptoms include language difficulty, loss of recent memory and poor judgment. It generally takes hold after age 80.

**Alzheimer's disease (AD) accounts for 60% to 80% of dementia cases,** and can strike as early as age 45. It is caused by progressive nerve damage to the brain that leads to memory loss, impaired thinking and verbal communication, as well as personality changes. A person who is suspected of having AD may live for 2 to 20 years with the condition. Alzheimer's can only be diagnosed after death by autopsy.

**What is our best hope of preventing AD?** Short of effective medicines to come, scientists recommend we focus on related factors we have some control over: cardiovascular health, diabetes, obesity and exercise. Best defenses:

- Protect your brain as you do your heart.
- Start watching your blood sugar to prevent or control type 2 diabetes.
- Ask your health care provider for a healthy weight-loss program. Excess fat at the waistline may damage the brain.

August is Immunization Awareness Month.



## Preteens, Teens and Vaccines

**Four vaccines are recommended for preteens and teens,** and most states require them before school starts in the fall.

1. **Tdap vaccine** is needed at age 11 or 12 for protection against tetanus, diphtheria and pertussis (whooping cough).
2. **Meningococcal vaccine** protects against some of the bacteria that can cause life-threatening meningococcal disease, including sepsis and meningitis. Start at age 11 or 12, with a booster at age 16.
3. **Human papillomavirus (HPV) vaccines** help protect girls and boys from HPV infection and cancers caused by HPV. Start and finish the series when kids are 11 or 12.
4. **Flu vaccine** helps guard against influenza strains in circulation. Though not always completely effective, it's still our best protection against flu viruses. Get vaccinated every year, starting at 6 months of age and older.

**No. 1 reason to immunize:** Prevent epidemics of severe diseases around the globe and eventually eradicate them. Because of vaccination programs, smallpox no longer exists in the U.S., and polio may be gone worldwide in the next decade.

**Failure to have children vaccinated** can result in a resurgence of some diseases, most recently measles and whooping cough.

*Keep your kids growing strong and safely immunized, on schedule.*



*“Do not let what you cannot do interfere with what you can do.”  
– John Wooden*

# Power Snacks

By Cara Rosenbloom, RD

**We like to snack.** Snack sales constituted 40% of the \$370 billion packaged food market in the U.S. in 2014, according to Euromonitor International. What we eat when we snack can make a difference in our health.

**For example, waiting for hours between meals can wreak havoc on energy and blood sugar levels.** Healthy between-meal snacks can help power you through a busy afternoon.

**But don't confuse snacks with unhealthy treats.** Snacks are powerful combinations of whole foods, such as:

- Banana with peanut butter.
- Carrots and hummus.
- Plain Greek yogurt with strawberries.
- Cheese and whole-grain crackers.
- Oat, nut and fruit granola bars.

**Unhealthy treats – including pastries, candy and chips – are high in fat, sugar or salt, but provide no nutrients to nourish or replenish the body.** Eat in small portions, as an occasional post-meal dessert. Here's how to snack well:

1. **Include protein:** Nuts, seeds, eggs, yogurt, cheese and beans are excellent ingredients for keeping you feeling full.
2. **Add vegetables or fruit:** Fruits and vegetables at snack time can help you get much-needed daily servings.
3. **Don't rely on sugar:** Candy provides a quick jolt of energy and a subsequent crash, leaving you craving more sugar.
4. **Control portions:** Snacks should be about 200 calories. Serve an individual portion instead of eating out of a large box or bag of food.
5. **Keep it handy:** Stash healthy, portable snacks nearby to reduce cravings for treats.



## Stand Up For Better Health >> *Continued from the other side.*

**Here are a few tips to improve your ability to stand more.**

- >> Try to stand for at least 1 to 2 minutes for every 15 minutes of sitting. This doesn't mean you have to stop working – figure out ways to incorporate standing more while you work.
- >> Set reminders or prompts using your phone, computer or watch. Or you can use cues – for example, stand every time you get an email.
- >> Find out what work you prefer doing while standing (e.g., phone calls, clearing out your inbox and routine desk work).
- >> Stand up and move whenever you drink water.
- >> Stand up and walk during phone conversations.
- >> Walk to coworkers instead of emailing or calling them.
- >> While standing, don't just stand still; make sure to move around (e.g., pace).
- >> While treadmill or standing desks may not be practical at work, they are worth exploring for home use.

## QuikQuiz™: Periodic Checkups

Do you know what to expect when you see your health care provider for a routine checkup? Test your knowledge:

1.  True  False The primary purpose of a periodic checkup with your health care provider is preventive care.
2.  True  False A periodic checkup does not include lab tests such as blood chemistry and urinalysis.
3.  True  False Your provider should offer lifestyle counseling at every visit, either before or during a health problem.



### ANSWERS:

1. **True** – Today's providers focus on disease prevention at every office visit to help you maintain and improve your health. The frequency of your checkup generally depends on your age and gender and whether or not you're using prescription medications. Young adults may have few health issues and seldom see a provider unless they become injured or sick. By age 40, you should see your provider every 1 to 3 years to identify any problems as health risks increase with age.
2. **False** – Lab tests are not standard requirements of a checkup, but your provider may order them based on your personal health profile. For example, if you have a family history of diabetes, a blood sugar test might be part of your exam. Any exam should include checking your blood pressure and heart rate, scheduling cancer screenings, or updating your immunizations, if necessary.
3. **True** – A proven effective intervention by your provider is discussing your lifestyle and well-being as they affect your health, either before or during a problem. **Examples:** smoking cessation, weight loss, depression, stress or pre-pregnancy advice.



Smart Moves toolkit is at [www.personalbest.com/extras/16V8tools](http://www.personalbest.com/extras/16V8tools).

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