

## RESULTS FOR LIFE

Monthly tips and topics for a healthier lifestyle

### Healthy Holidays

Holidays are a time of cheer, joy and celebration with friends and family. Holidays can also be a stressful time and keeping up with your healthy routine can be a challenge. This newsletter includes tips for staying healthy during the holiday season.

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#### Building Your Resilience

Unless you are cloaked in bubble wrap (emotionally speaking), there's a good chance that at some point, you've felt knocked down by tough times. Did you get back up? Congratulations! Not everyone does. What influences our ability to bounce back from the jabs and uppers of life? Is it possible to be better and stronger because of it?

Thankfully, the answer is yes. It's called *resilience*; the innate capacity to adjust and cope in the face of challenges, and we all have it. But like a muscle that weakens with lack of use, strengthening our mental resilience requires work. Before yours is called into action, consider these **Ten Ways to Build Resilience** from the **American Psychological Association (APA)**.

#### Fit Tip of the Month

#### Outsmart the Holidays with Exercise



With all the hustle and bustle of the holiday season, it's challenging to stay on top of our workout routines. However, exercise keeps us energized and less stressed through it all! Try these tips to stay active during the holiday season.

#### Plan Ahead - especially if you are traveling:

- Look for nearby walking/running/ cross country/snowshoeing trails or skating rinks
- Book a hotel with exercise facilities
- If staying with family, see if they have exercise equipment or know of nearby gyms
- Talk to family in advance to have built in walks & activities or sign up for a holiday themed family walk or run

#### Be Prepared – especially when you must squeeze a workout in:

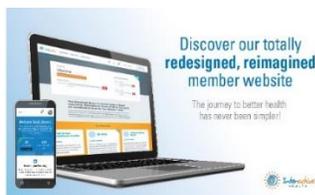
- Plan a 10 min routine with 10 exercises performed for 1 minute each- squats, lunges,

1. **Make connections.** Providing and accepting help and support from your social network (close family members, friends, faith-based or civic clubs) can strengthen resilience while reclaiming hope.
2. **Avoid seeing crises as impossible problems.** In stressful situations, consider your go-to response: Is a more positive outcome possible?
3. **Accept that change is a part of living.** Accepting circumstances that cannot be changed often makes room to act upon circumstances that are within our control.
4. **Move toward your goals.** Enjoy self-earned “wins” by developing a few realistic goals and moving towards them with small but steady steps.
5. **Take decisive actions.** Some adverse situations require action while others do not. In either case, respond decisively and with purpose, rather than detaching and relying upon “wishful thinking.”
6. **Look for opportunities for self-discovery.** Following tragedies and hardship, many people report a heightened appreciation for life. When the dust settles, take time to ask yourself “What is really important to me?”
7. **Nurture a positive view of yourself.** To boost confidence long-term, tap into your problem-solving abilities and learn to trust your instincts.
8. **Keep things in perspective.** A stressful situation will not last forever and you are likely not the only one growing through one. Is there someone who needs empathy right now (more than you)?
9. **Maintain a hopeful outlook.** Optimism enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.
10. **Take care of yourself.** Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

**Tara Miller, RDN**  
Registered Dietitian Nutritionist

Resources: [American Psychological Association](#)

## Have you seen your new wellness website?



We've taken the online wellness experience to a whole new level. Tap into a concierge-like web experience that will assist you on your journey to better health. Fresh, modern and easy-to-use, the website includes interactive guides, pin-able content, personalized action steps and much more!

Log on today at [www.myinteractivehealth.com](http://www.myinteractivehealth.com) (or at your company-provided web link) to see more.

push-ups, jumping jacks, crunches, etc. that you can do right in your bedroom

- Bring resistance bands – they are easy to pack & can be used for quick strength exercises
- If you have a laptop, bring a workout DVD or stream workouts online

### Use Every Opportunity – be creative:

- Keep your running shoes on and walk/run as much as possible - at the mall, use the stairs, walk the dog- take advantage of down time
- Set up family games of football, tag, hide & seek, skiing, snowshoeing, snowball fights
- Offer to help with the housework or shovel snow
- If everyone is watching TV, get on the floor for some sit-ups or pushups
- Fill up water bottles or use soup cans for an upper body workout

Resources: [Time.com](#);

[VeryWellFit](#)

**Suzanne Toon MS, CPT**  
Health Coach

**Always consult your physician before beginning this or any exercise program. For more exercises or ideas, visit [www.myinteractivehealth.com](http://www.myinteractivehealth.com).**

## Preventive Focus Vitamin D

Vitamin D is a fat-soluble vitamin that is naturally present in very few foods, added to others, and available as a dietary supplement. It is also produced from the sun hitting our skin. Vitamin D has many important roles in the body, including calcium absorption for bone health, modulation of cell growth, neuromuscular and immune function, and reduction of inflammation.

There has been considerable discussion regarding the appropriate levels of Vitamin D in the blood. Vitamin D deficiency has been defined by the Institute of Medicine and Endocrine Society as a level of serum 25-OH Vitamin D less than 20 ng/mL. Serum levels greater than 20 mg/mL or greater than or equal to 50 nmol/L are generally considered adequate for bone and overall health in healthy individuals.

Very few foods naturally contain Vitamin D- salmon, tuna, and mackerel among those few. Fortified foods, including milk and cereal, provide most of the Vitamin D in American diets, making it difficult to achieve adequate serum Vitamin D levels through food alone. Therefore, supplementation is typically necessary. There are two forms of Vitamin D, commonly referred to as D2 and D3, and our body activates each type differently. A Vitamin D2 supplement can be prescribed by your doctor and Vitamin D3 is available over the counter. The Recommended Daily Allowance (RDA) for Vitamin for adults is 600 International Units (IU) Vitamin D3/day. There is research indicating larger amounts than this may be needed to achieve optimal serum levels. It is important to have your health care provider check your Vitamin D levels yearly and recommend supplementation as appropriate.

**Amy Sadowski, RDN, CD**

**Resources:** [National Institute of Health](#); [National Institute of Health](#)



## Psychology of Happiness

Our mental outlook of life's moments determines our mood, behavior, and ultimately how satisfied we are with our life. This presentation will discuss the psychology of happiness as well as provide tips on how to incorporate proven strategies to boost positive emotion.

**Date:** Thursday, December 20, 2018

**Time:** 12:00pm - 12:45pm Central

[Register Now](#)

After registering you will receive a confirmation email containing information about joining the webinar.

A recorded version of the webinar will be available for viewing within seven business days on the [Interactive Health](#) member website.

## Recipe of the Month

### Kale Salad with Roasted Butternut squash and Pomegranate Seeds

Looking for a tasty and healthy side dish for your family, friend, or office holiday party? Look no further than this delicious kale salad. Kale is a dark green leafy vegetable loaded with vitamins and minerals. The additional of butternut squash and pomegranate seed provide a hint of sweetness and a punch of nutrition.

#### Ingredients

- 2 ½ pounds peeled, seeded, cubed butternut squash
- ¼ cup of olive oil, divided
- Sea salt or kosher salt
- Freshly ground pepper
- 1/2 cup of raw pumpkin seeds or pecan halves
- 1 ½ tablespoons of Dijon mustard
- 1 ½ tablespoons balsamic vinegar
- 1 teaspoon of honey or agave
- 1 ½ pounds of kale, washed, dried, thick stems removed, and thinly slices
- 1 cup pomegranate seeds



#### Directions

- Pre-heat oven to 425 degrees Fahrenheit. Toss the cubed butternut squash with salt, pepper and 1 tbsp of olive oil. Place butternut squash on a baking sheet lined with parchment paper. Roast squash for 20 minutes, then stir squash around and continue baking for an additional 20-30 minute or until the squash is browned and fork tender. Set aside.
- While the squash is roasting, heat 1 tsp of olive oil in nonstick skillet over medium heat. Add pumpkin seeds or pecans and stir continuously until slightly browned for about 2 minutes. Set aside
- Make dressing by whisking together, remaining olive oil, balsamic vinegar, Dijon mustard, honey, salt and pepper.
- An hour before serving, toss the kale with the dressing in a salad bowl and let sit. Mix well. Before serving, add the butternut squash, pumpkin seeds and pomegranate seeds to the kale salad. Toss well and serve.

#### Nutritional Information Per Serving (Serves 8)

Calories: 220

Total Fat: 12 grams

Saturated Fat: 2 grams

Cholesterol: 0 milligrams

Protein: 7 grams

Total Carbohydrates: 29 grams

Dietary Fiber: 7 grams

Sugars: 11 grams

Sodium: 225 milligrams

**Recipe from: Erica Lokshin, MS, RDN, LDN  
Registered Dietitian/Health Coach**

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## Active Insights

If you haven't visited lately, here's what you've missed:

Stay up to date with client, member, personal, and policy insights at [Active Insights](#)

[Member Health Problems Weren't Just the Holiday Blues](#)

"During the holiday season, Interactive Health Member Jeffrey was feeling lethargic and weak. The busiest time of year usually had him feeling under the weather one way or another and he figured it would pass before the New Year. After his health evaluation suggested that his fatigue may have more serious implications, he was strongly encouraged to see his doctor as soon as possible. From his appointment, he was sent to the emergency room where he was diagnosed with a bleeding ulcer and a hiatal hernia. Because he was able to receive the life-saving care he needed as a result of his initial health evaluation, Jeffrey now encourages others to undergo their own testing whenever possible."

Interactive Health provides comprehensive wellness programs to individuals across the nation. Our worksite wellness program is designed to engage you in the management of your health through early detection and identification of risk factors. Our goal is to *measure, motivate and reward* you as you begin a journey on the pathway to better health. We create a personalized pathway that is unique to your health status. Our program provides you with the specific tools and resources you need to achieve your personal health goal.