

RESULTS FOR LIFE

Monthly tips and topics for a healthier lifestyle

Family Health

Many of us are constantly juggling our work/life responsibilities. Some weeks can get so busy, that we don't feel like we have the time to do everything we want, especially to carve out quality time with family. Family health is an essential part of life. This newsletter includes tips for keeping your family healthy and learning how to spend quality time with family on a consistent basis.

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Digital Toxicity

Technology, computers, laptops, mobile devices, and television have become an essential part of life. Most of us can't go even a few minutes without checking our email or a social media site. According to a study recently released by Deloitte, Americans collectively check their smartphone about eight billion times per day! According to the Statistic Brain Research Institute, the average time spent watching Television in the US is five hours per day. Children watch approximately 1480 minutes of television per week. The question is, how much technology is too much?

Do your devices take you away from other tasks, activities, or time with family and friends? Do you watch TV instead of going for a walk? Do you watch 1-2 more episodes of show instead of getting another hour of sleep? Do you answer texts and post on social media instead of talking to the person you are sharing a meal with? What about just feeling too reliant on your mobile devices: Do you get anxious if your battery is running low? How many times a day do you check your phone, even when

Fit Tip of the Month

Family Exercise



Exercising as a family is a great way to spend quality time together while getting healthier at the same time! Getting fit as a family does not have to be time-consuming or difficult. With just a little bit of planning, family exercise can be easy and fun! Here are seven ideas for your family to get fit:

1. **Exercise during commercial breaks** - when watching TV together, try running in place, push-ups, sit-ups, squats or jumping jacks during the commercial breaks.
2. **Make an Exercise Video** - create your own family exercise video where your kids are the stars. Everyone will get exercise while creating the video.
3. **Just Dance** - turn on some fun music and rock out together as a family.
4. **Go the Extra Step** - park farther away when running errands with the kids, walk or bike to places when feasible, encourage yourself and your family to take the stairs wherever you are.

there are no alerts? Is your phone the first thing you look at in the morning and the last thing you look at before you go to sleep?

If you answered yes to most of the questions above, you may want to take some time to reflect on your use of technology. Of course, we need technology, it's part of our professional and personal lives, but the goal is to find a healthy balance.

Steps to find a healthy balance:

1. At work, keep your smart phone off your desk to avoid distractions
2. Set "device free" times throughout the day
3. Create a family rule that no devices are allowed at meal time
4. As parents, set boundaries for your children for technology time including TV, video games, and devices
5. Use your e-books for the daytime and save print books for nighttime reading
6. Get outside and enjoy nature at least once per day. Reconnect with the world around you.
7. When dining with friends or socializing with others, keep your phone in your bag or back pocket.
8. Reflect on your use of technology and identify time wasters. Then, come up with a plan for what you would rather do during that time. For example, if you do stay up watching TV before bed, and you would rather gain an extra hour of sleep, set a bed-time or a TV cut off time for the night.
9. Take time to schedule activities with family and friends that don't include technology. You can go for family walk, go on a hike with your spouse, take a painting class with a friend, or pick up a new hobby like playing an instrument or learning a new skill.
10. Remember, the first step is the hardest. As you become less dependent on your devices, you will realize that you have more time to do things you enjoy and spend more quality time with the people you love.

Resources: Time.com Statistic Brain Research Institute AdventistHealth.org

Erica Lokshin, MS, RDN, LDN– Registered Dietitian/Health Coach

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 (or at your company-provided web link) to see more.

5. **Create Time for Family Exercise Every Day** - take family walks after dinner and use that time to talk about your day. Play a family game of football or basketball.
6. **Blend Technology with Play** - many electronic games offer the chance to move while playing like dancing, boxing, tennis or bowling.
7. **Family Olympics** - create your own Family Olympics or obstacle course - go to your local track or town pool and have races while your family goes for the gold.

All it takes is a little initiative and creativity to build a mindset of lifetime fitness and a positive association with being healthy!

Resources: PBS.org

**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.

Preventive Focus Cancer Screenings

Getting screening tests regularly may find cancers early when treatment is likely to work best.

The main goals of cancer screenings are to:

- Reduce the number of people who develop the disease
- Reduce the number of people who die from the disease, or eliminate deaths from cancer altogether

There are various kinds of screening tests. Screening tests include the following: Physical exam and history, Laboratory tests, Imaging procedures and Genetic tests.

Types of screening tests:

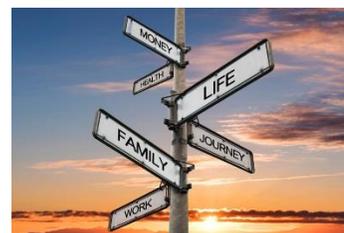
- **Breast cancer screenings may include:** Mammography, Clinical breast examination, or Breast self-examination.
- **Cervical cancer screening may include:** Human papillomavirus (HPV) testing and/or Pap test.
- **Colorectal cancer may include:** Colonoscopy, Sigmoidoscopy, Fecal occult blood test (FOBT), Double contrast barium enema or Stool DNA tests.
- **Prostate cancer screening may include:** Digital rectal examination (DRE) and/or Prostate-specific antigen (PSA) test.
- **Skin cancer screening may include:** Complete skin examination, Skin self-examination or Dermoscopy.

Many organizations provide guidelines on cancer screening tests. Sometimes these guidelines suggest different things. Recommendations vary on:

- Which type of cancer people should be screened for
- Which tests should be used to screen for a cancer
- What age screening should begin and end
- The recommendation frequency of screening tests
- What happens if the screening shows positive results

Talk with your doctor about your personal risk of developing cancer. You and your doctor can decide on an appropriate screening schedule based on your age and personal and family medical history.

Britt E. Guerrero, ARNP, WHNP-C, NP-C – Nurse Practitioner, Immediate Intervention Coordinator



Creating a Positive Work/Life Balance

Work/Life balance means something different for everyone. However, one thing everyone can agree on is that when you have balance, your work and life are more enjoyable. This presentation will discuss ways to achieve the right balance for you.

Date: Thursday, October 18, 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

Cauliflower Pizza

Looking for a fun and healthy treat for you and your family! Cauliflower pizza is a healthy alternative to pizza. What a great way to not only save calories, but to sneak in an extra vegetable! Have fun with the toppings.

Ingredients

- 1 cauliflower head, roughly chopped
- Cooking spray
- 2 teaspoons olive oil, divided.
- ½ cup pre-sliced cremini mushrooms
- ½ cup sliced red bell pepper
- ½ cup thinly sliced fresh basil, divided
- ¼ teaspoon freshly ground black pepper, divided
- salt to taste
- 3 garlic cloves, minced
- 2 ounces shredded part-skim mozzarella cheese, divided
- 2 large egg whites
- ½ ounce grated Parmesan cheese
- ½ cup thinly sliced seeded tomatoes
- ⅔ cup fresh baby spinach



Directions

1. Preheat oven to 375°.
2. Place half of cauliflower in a food processor; pulse 10 to 15 times or until finely chopped (like rice). Transfer cauliflower to a baking sheet lined with parchment paper. Repeat procedure with remaining cauliflower. Coat cauliflower with cooking spray. Bake at 375° for 25 minutes, stirring once. Cool.
3. Increase oven temp to 450°.
4. Heat a large skillet over medium-high heat. Add 1 teaspoon oil to pan; swirl to coat. Add mushrooms and bell pepper; sauté 5 minutes or until tender. Set aside.
5. Place cauliflower in a clean kitchen towel. Squeeze until very dry. Combine cauliflower, remaining 1 teaspoon oil, ¼ cup basil, ⅛ teaspoon black pepper, salt, garlic, 1.5 ounces mozzarella cheese, egg whites, and Parmesan cheese in a bowl. Press cauliflower mixture into 2 (8-inch) circles on a baking sheet lined with parchment paper. Coat crusts with cooking spray.
6. Bake crusts at 450° for 22 minutes or until browned. Remove pan from oven; top crusts evenly with mushroom mixture, tomatoes, spinach, remaining ¼ cup basil, remaining ⅛ teaspoon black pepper, and remaining mozzarella cheese. Bake an additional 7 minutes or until cheese melts.

Nutritional Information Per Serving (Serves 2)

Calories: 276

Total Fat: 12 grams

Saturated Fat: 5 grams

Cholesterol: 20 milligrams

Protein: 22 grams

Total Carbohydrates: 25 grams

Dietary Fiber: 7 grams

Sugars: 8 grams

Sodium: 456 milligrams

Recipe from: <http://www.cookinglight.com/microsites/cauliflower-pizza-crust-recipe/>

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.

[Client invests in onsite wellness and participation soars](#)

“Getting employees to participate in a manufacturing environment can be difficult. To meet this challenge, several engagement strategies were implemented. For example, wellness tables showcasing a variety of monthly health topics were set up in locations where employees congregate socially and the frequency of communicating monthly activities via TV, newsletter and email increased.”

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.

