

LIVE WELL WORK WELL

January 2020

 MORETON & COMPANY

Don't Fall Into This New Year's Resolution Trap

Historically, one of the top New Year's resolutions is to lose weight. Unfortunately, many people look to fad diets and weight loss products to achieve their goals quickly. While fad diets may prove effective initially, research shows that many people don't find long-term success with these types of diets.

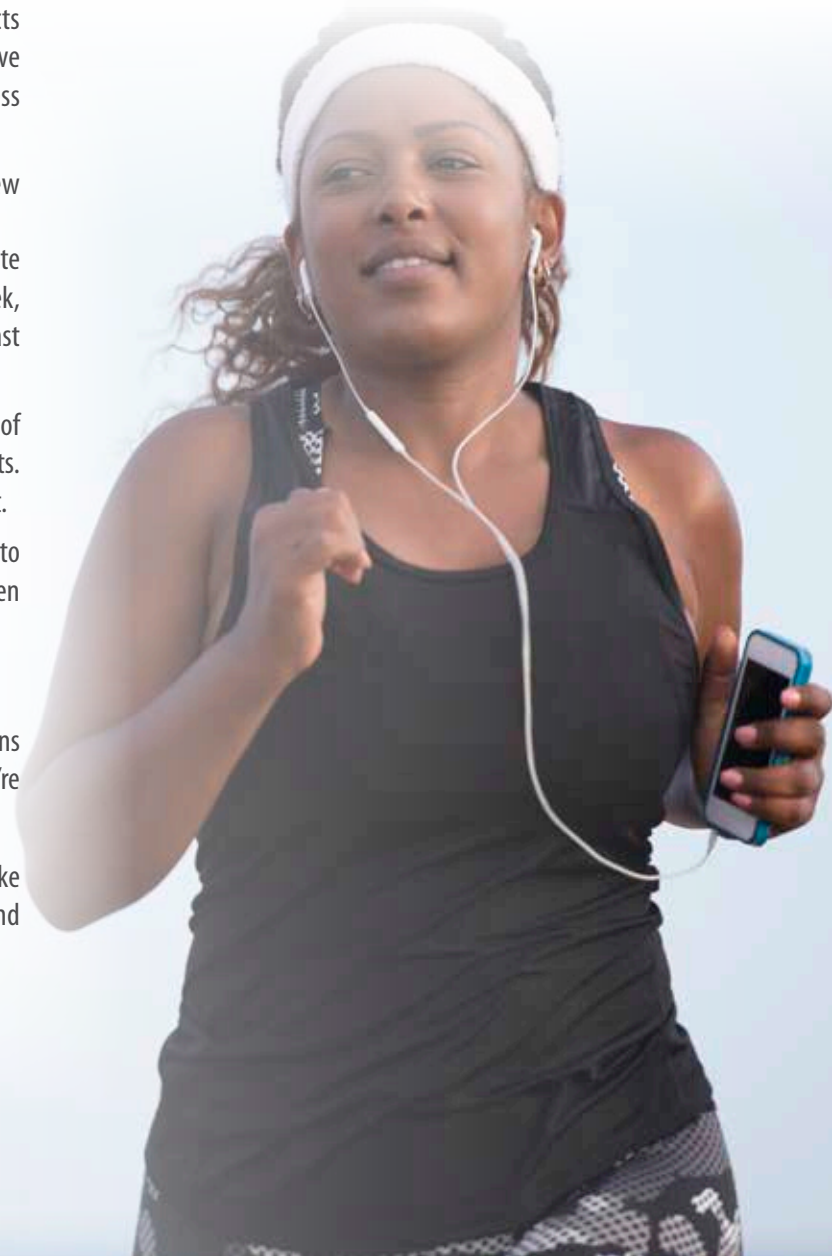
Instead, set a goal to lead a healthier lifestyle. Common lifestyle New Year's resolutions include the following:

- **Exercise regularly:** Aim to get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, and to do strength training exercises of major muscle groups at least twice a week.
- **Maintain a well-balanced, healthy diet:** Try to eat a variety of fruits, vegetables, whole grains, protein-rich foods and healthy fats. Make it a goal to incorporate more fruits and veggies into your diet.
- **Increase the amount of sleep you get:** One of the best ways to become healthier is to get enough sleep. Try to get at least seven hours of sleep, the expert-recommended amount, per night.

Set Yourself Up for Success

According to U.S. News & World Report, 80% of New Year's resolutions fail. That's why it's so important to set yourself up for success when you're choosing a resolution.

Regardless of what you choose as your New Year's resolution, make sure it is a SMART goal (Specific, Measurable, Attainable, Realistic, and Timely) to increase the odds that you will stick to it.



Everything You Need to Know About Blood Donation

Blood is needed for many reasons, including during emergencies and for people with cancer, blood disorders, sickle cell anemia, and other illnesses. However, blood can only come from a volunteer donor—meaning donating blood can be the difference between life and death.

In general, to donate blood, you must be healthy, at least 17 years old, weigh at least 110 pounds and not have donated blood in the past 56 days. Depending on state law, 16-year-olds may be able to donate with parental consent.

Is donating blood safe? Absolutely. The needles and bags used to collect the blood are sterile, only used once and then discarded.

Should I give blood now or wait until I am called? If you want to donate, don't wait. Eligible donors are encouraged to donate as often as possible. To schedule an appointment, call 1-800-RED-CROSS.

How long does it take to donate? Donating blood takes about an hour and 15 minutes.

How much blood is taken - will it make me weak? You will only lose approximately one pint of blood. The vast majority of donors do not feel any different after their donation.

How can I ensure a pleasant donation experience?

To ensure a positive experience, try the following tips:

- Get a good night's sleep before donating.
- Eat a good breakfast or lunch before you donate.
- Make sure you have adequate iron levels by eating iron-rich foods such as clams, spinach, beef, and poultry.
- Wear a shirt with short sleeves or sleeves that can easily be pushed over the elbow.
- Drink plenty of fluids beforehand, but avoid caffeine.
- Make sure to eat and drink something at the facility and continue drinking non-alcoholic fluids over the next 24 to 48 hours.
- Avoid heavy lifting or strenuous exercise for the remainder of the day.

By donating a pint of blood, you can help up to three people in need. Use the tips above to ensure a positive blood donation experience.

Dramatic Health Benefits Following Air Pollution Reduction

Reductions in air pollution yielded fast and dramatic impacts on health outcomes, as well as decreases in all-cause morbidity, according to findings in "Health Benefits of Air Pollution Reduction," new research published in the American Thoracic Society's journal, *Annals of the American Thoracic Society*.

The study by the Environmental Committee of the Forum of International Respiratory Societies (FIRS) reviewed interventions that have reduced air pollution at its source. It looked for outcomes and time to achieve those outcomes in several settings, finding that the improvements in health were striking. Starting at week one of a ban on smoking in Ireland, for example, there was a 13% drop in all-cause mortality, a 26% reduction in ischemic heart disease, a 32% reduction in stroke, and a 38% reduction in chronic obstructive pulmonary disease (COPD). Interestingly, the greatest benefits in that case occurred among non-smokers.

In the United States, a 13-month closure of a steel mill in Utah resulted in reducing hospitalizations for pneumonia, pleurisy, bronchitis, and asthma by half. School absenteeism decreased by 40%, and daily mortality fell by 16% for every 100 $\mu\text{g}/\text{m}^3$ PM10 (a pollutant) decrease.

"We knew there were benefits from pollution control, but the magnitude and relatively short time duration to accomplish them were impressive," said lead author of the report, Dean Schraufnagel, MD, ATSF. "Our findings indicate almost immediate and substantial effects on health outcomes followed reduced exposure to air pollution. It's critical that governments adopt and enforce WHO guidelines for air pollution immediately."

American Thoracic Society. "Dramatic health benefits following air pollution reduction." ScienceDaily. www.sciencedaily.com/releases/2019/12/191206173634.htm (accessed December 17, 2019).

Have You Found Meaning in Life? Answer Determines Health and Well-Being

Over the last three decades, meaning in life has emerged as an important question in medical research, especially in the context of an aging population. A recent study by researchers at University of California San Diego School of Medicine found that the presence of and search for meaning in life are important for health and well-being, though the relationships differ in adults younger and older than age 60.

"Many think about the meaning and purpose in life from a philosophical perspective, but meaning in life is associated with better health, wellness and perhaps longevity," said senior author Dilip V. Jeste, MD, senior associate dean for the Center of Healthy Aging and Distinguished Professor of Psychiatry and Neurosciences at UC San Diego School of Medicine. "Those with meaning in life are happier and healthier than those without it."

The study, publishing online in the December 10, 2019 edition of the *Journal of Clinical Psychiatry*, found the presence of meaning in life is associated with better physical and mental well-being, while the search for meaning in life may be associated with worse mental well-being and cognitive functioning. "When you find more meaning in life, you become more contented, whereas if you don't have purpose in life and are searching for it unsuccessfully, you will feel much more stressed out," said Jeste.

Jeste said next research steps include looking at other areas, such as wisdom, loneliness, and compassion, and how these impact meaning in life. "We also want to examine if some biomarkers of stress and aging are associated with searching and finding the meaning in life."



January Recipe Mexican Chicken Soup

- 3 pounds chicken pieces (skin removed)
- 2 C tomatoes (chopped)
- 1 clove garlic (minced)
- ½ C onion (chopped)
- ¼ C mild canned chilies (diced)
- 2 C canned pinto or garbanzo beans (drained)



Place chicken pieces in a large saucepan and add enough water to cover. Cook until tender, about 25 minutes. Remove chicken pieces from the broth. Add tomatoes, garlic, onion and chilies. Remove chicken meat from the bones and return meat to broth. Add beans, salt, and pepper to taste. Simmer for about 15 minutes.

Yield: 6 servings. Each serving provides: Total calories 390, total fat 14 g, Protein 49 g, Carbohydrate 16 g, Dietary fiber 5 g, Saturated fat 4 g, Sodium 460 mg, Total sugars 2 g.

This is for informational purposes only and is not intended as medical advice. For further information, please consult a medical professional.

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