

HEALTHY *You!*

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October 2022

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FALL INTO FITNESS

Autumn has arrived, and with it comes the opportunity for seasonal activities that get you and your family outside and moving. Spending time outdoors can also boost your mental health and relieve stress. Here are some fun ways for the whole family to get active outside:

- Farms are bursting with the fall harvest — apple, pear, and pumpkin picking will get you outdoors and moving.
- Hike to view the autumn leaves, or ramble through a corn maze to reach your daily step goal.
- A pick-up game of touch football or soccer is a great way to get your workout in and engage in some friendly competition.
- Planning Halloween costumes with kids and mapping out the trick-or-treat route delivers a double jackpot: encouraging creativity and boosting physical activity through a heart healthy walk.

Source:
[mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness/art-20047624](https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness/art-20047624)





HARVEST TIME

Say hello to autumn's bounty! Apples, pears, squash, pumpkins, and kale — the list of tasty and healthy fall fruits and veggies is nearly endless. When shopping for your fall produce, follow these tips to ensure optimal taste and freshness from your fruits and veggies:

- Choose firm, blemish-free fruits and vegetables that are grown locally.
- Store apples and greens in the refrigerator.
- Potatoes, squashes, and pumpkins can be stored at room temperature or in a cool, dry place.
- Fruits that need ripening, like pears, should be left out, but refrigerated when they reach the desired texture.
- Be sure to wash the produce thoroughly before consuming it to avoid bacteria.
- If veggies are passing their prime and beginning to wilt, toss them in a soup or stew.
- If fruit is overripe, simmer it into a compote or jam with a bit of water and honey, and swirl it over oatmeal or yogurt.

Sources:
countryliving.com/food-drinks/g33668350/fall-fruits-vegetables/
heart.org/en/healthy-living/healthy-eating/add-color/fruits-and-vegetables-serving-sizes

HALLOWEEN CANDY *IT'S NOT THAT SCARY!*

While Halloween is supposed to be a fun holiday, it can also be stressful for some. "Did I buy enough candy? I'm trying to watch my weight, what if I'm tempted to eat the supply? How will I monitor my kids' sugar intake? What about the cost?" If you're feeling overwhelmed by Halloween festivities, here are some tips to help relieve your stress:

- With regard to supply, check with friends and neighbors, consider the likely traffic, look at what you have done in the past, and adjust accordingly.
- If you are worried about temptation, come up with some alternative no-calorie treats. Enjoy a meditation, a walk, a bubble bath, a guilty pleasure TV show, or a magazine.
- Buy yourself some good-quality, organic dark chocolate and indulge in one spectacular square as a treat instead of a whole bar of sugar-filled candy.
- Allow kids to enjoy one or two pieces of candy a day after a meal or as a special snack. Forbidding access can backfire and encourage sneaking and overindulgence.
- When shopping for candy, keep an eye on sales, coupons, and promotions. Sometimes, later is better. As Halloween approaches, there may be extra discounts and deals.

Pumpkin Peanut Butter Oatmeal

1 cup water

1/2 cup rolled oats

1/4 cup canned pumpkin (unsweetened)

1 tablespoon peanut butter

Sprinkle of cinnamon

Honey or maple syrup to taste

In a small saucepan, boil the water. Add the oats and cook for about four minutes until nearly done. Add the pumpkin, peanut butter, and cinnamon. Stir well, and cook for another minute or so until blended. Remove it from the heat, pour it into a serving bowl, and add honey or syrup to taste.
Enjoy!

DON'T BE *SPOOKED* BY THE DENTIST

If you're afraid to go to the dentist, you are not alone! Over one-third of the population has a fear of the dentist. Don't let your fear interfere with good oral health. When people avoid regular dental care, they may suffer from tooth decay (cavities), gum disease, and tooth loss. The good news is that there are ways to manage this fear and avoid the symptoms associated with poor oral health.

Annual check-ups and cleanings are critical to maintaining proper dental health. If you experience dental fear, try the following five strategies to help overcome your anxiety:

- 1. Speak up.** Talk with your dental professional about your fear, and give them the opportunity to address your concerns.
- 2. Knowledge is power.** Uncertainty is often a key source of anxiety. Request a detailed explanation of what is going to occur at the appointment, so you can mentally prepare.
- 3. Create an escape hatch.** Devise a signal, such as a raised hand, to indicate a need for a break during your treatment.
- 4. Check out.** Plug in your ear buds, and let your favorite tunes muffle the sound of the equipment.
- 5. Discuss other options.** If these techniques do not work and the fear is unmanageable, discuss options for sedation or anti-anxiety medication with your medical professional.

Sources:

[cdc.gov/oralhealth/conditions/index.html](https://www.cdc.gov/oralhealth/conditions/index.html)

health.clevelandclinic.org/nervous-about-going-to-the-dentist-try-these-tips-to-ease-dental-anxiety/

[ncbi.nlm.nih.gov/pmc/articles/PMC5586885/#:~:text=Dental%20anxiety%2C%20or%20dental%20fear,extreme%20dental%20fear%20%5B1%5D.](https://pubmed.ncbi.nlm.nih.gov/pmc/articles/PMC5586885/#:~:text=Dental%20anxiety%2C%20or%20dental%20fear,extreme%20dental%20fear%20%5B1%5D.)



COZY UP

As the seasons change, the shorter days and drop in temperature can impact your biological clock, sleep patterns, mood, appetite, and energy levels. To stay mentally, physically, and emotionally healthy all year round, it's essential to engage in self-care.

If the change of seasons has you feeling blue, try these tips to boost your mood:

- **Seek the sunlight.** Daylight can help you feel better. Spend time outside by going for a walk or a bike ride.
- **Find your autumn chill.** Enjoy treats like scented candles, a super soft throw blanket, a good book, a fall art project, or a classic movie.
- **Stir the pot.** Cook up a warming soup or stew featuring some delicious fall produce.
- **Pull your team together.** Plan regular gatherings with friends and family to avoid isolation. Organize monthly potlucks or hikes, meet for coffee, or join a book, movie, or other type of club.
- **Get out.** Visit museums, libraries, historical sites, and other attractions.
- **Seek professional help.** If you continue to feel sad or depressed, you may be suffering from Seasonal Affective Disorder (SAD), a type of depression that fluctuates through the year. Talk with your doctor about treatment options.

STAY HEALTHY ALL YEAR ROUND



People may avoid going to the doctor, even if they're sick or in pain, out of fear of a bad diagnosis. The uncertainty can also be stressful, and ignoring your symptoms may allow the problem to grow.

Early detection delivers the best chance for successful treatment, so don't delay — make an appointment today to discuss your health concerns with a doctor. Even if you're not sick, it's important to visit your doctor for regular checkups and to stay up to date with critical preventive health screenings.

In addition to seeing your doctor regularly, here are four tips for maintaining overall good health:

1. Eat plant-based or lean protein meals, and avoid processed foods.
2. Get plenty of exercise.
3. Stay connected to family and friends.
4. Avoid tobacco and alcohol.

Sources:

health.gov/myhealthfinder/doctor-visits/screening-tests/get-screened
[who.int/activities/promoting-cancer-early-diagnosis#:~:text=Early%20diagnosis%20of%20cancer%20focuses,and%20higher%20costs%20of%20care.](https://www.who.int/activities/promoting-cancer-early-diagnosis#:~:text=Early%20diagnosis%20of%20cancer%20focuses,and%20higher%20costs%20of%20care.)

MONTHLY QUIZ

1. Which of the following is a good way to keep fit during the fall?

- A. Hiking
- B. Playing pick-up games of soccer and football
- C. Taking walks to farms and other outdoor attractions
- D. All of the above

2. Which of the following should you do with your fall produce?

- A. Buy locally farmed fruits and veggies whenever possible.
- B. Avoid washing your produce.
- C. Choose overripe and bruised produce.
- D. Refrigerate potatoes and pears.

3. True or false: Exercising regularly and getting regular checkups are important ways to help maintain overall good health.

- A. True
- B. False

1. D, 2. A, 3. A

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