



Five Ways to Live Healthier, Longer

Researchers asked, “What are the best predictors of reaching old age and still feeling good?” When they looked at healthy men who reached the age of

90 or older, they found 5 predictors of a long, healthy life.

They are, in order of importance:

1. **Don't smoke.** This is the most important factor.
2. **Maintain a healthy blood sugar level** with good diet, a healthy weight, and physical activity.
3. **Maintain a healthy weight** with good diet and physical activity.
4. **Get regular exercise.**
5. **Maintain a healthy blood pressure.**

Successful aging includes common-sense behaviors you can choose now – regardless of your age. Healthy lifestyle habits today will result in good health tomorrow, and can greatly increase your odds of enjoying good health through 90 years of life and longer.

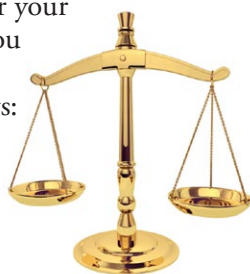
Archives of Internal Medicine.
Feb. 11, 2008.

Exercise Boosts Metabolism for Weight Control

Regular physical activity is important for your overall health and fitness. It also helps you control body weight by increasing the calories you expend each day in two ways:

1. As you exercise you burn 4-10 times as many calories per minute as when sitting quietly, watching TV or working on the computer. That's a huge difference.

Here are some examples: Walking 4 mph burns 5 times the calories per



Calories consumed must be balanced by calories used.

minute as sitting; biking burns 7 times the calories; and jogging burns at least 10 times the calories as sitting.

2. Exercise also builds muscle which results in you burning more calories all day long, even at rest. For weight loss, aim for 30-60 minutes of physical activity daily.

Centers for Disease Control and Prevention. 2008.

Find out the calories expended in common physical activities, compiled by the Centers for Disease Control and Prevention: www.cdc.gov/nccdphp/dnpa/spotlights/calories_per_hour_table.htm

Television Viewing: A New Health Risk Factor

A new study in the American College of Sports Medicine journal gives evidence that sedentary time – involving prolonged sitting and absence of whole-body movement – is an independent risk factor for health problems. Even though all of the people in the study were physically active for at least 30 minutes a day, long periods of inactivity still resulted in *increased*:

- Abdominal fat
- Systolic blood pressure
- Blood glucose levels
- Blood triglyceride levels (women only)
- Blood HDL levels (women only)

Apparently, long periods of inactivity can result in poorer health and

increased risk for serious health problems even if you have a regular exercise program. Excess screen time (e.g., TV viewing or computer entertainment) can replace time normally spent in moderate activities such as household chores, gardening, playing with the kids, and other light-intensity activities. All these activities contribute to better health.

If you just have to watch a favorite, lengthy movie or football game, here is a way to beat the system: Bring your stationary bicycle or treadmill to the TV, and put in some active miles while watching. The goal is to avoid long periods of sitting, which is a health hazard.

Medicine and Science in Sports and Exercise. 2008.



Protect Yourself from Mosquito Bites

Mosquitoes may bring more than just annoying stings. Certain mosquitoes can carry viruses, such as West Nile. Most people bitten will not get sick, according to experts. But some will develop symptoms such as a sudden onset of fever, headache, and body aches. Occasionally, someone infected may also be sensitive to light and have pain behind the eyes. The good news is that most people who develop symptoms will recover. And, avoiding mosquitoes doesn't mean that you have to stay inside. Read how to protect yourself at: wellsources.info/wn/mosquito.pdf

What Is IBS?

Commonly, people with irritable bowel syndrome (IBS) experience stomach cramps, gas, bloating, and changes in bowel habits. Some people with IBS experience constipation. Others have diarrhea. Some experience both.

IBS symptoms are worsened by:

- Large meals
- Bloating from gas in the colon
- Medicines
- Wheat, rye, barley, chocolate, milk products, or alcohol
- Drinks with caffeine, such as coffee, tea, or colas

Read more about IBS: <http://digestive.niddk.nih.gov/ddiseases/pubs/ibs>

- Stress, conflict, or emotional upsets
- Female reproductive hormones

Some people experience relief with stress-reduction techniques, counseling and support, getting adequate sleep, and making changes to reduce stressful situations.

Simple changes in diet can improve or stop the symptoms for many people with IBS. Use a food journal to write down what foods seem to bring on IBS symptoms, then cut down on those foods. For example, if milk causes your symptoms to flare up, try substituting yogurt. Eating smaller meals might also ease IBS symptoms.



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Your doctor may suggest you increase your fiber – either by eating high-fiber foods (e.g., whole grains, fruits, and vegetables) or by taking over-the-counter fiber supplements. He or she might also prescribe laxatives for constipation, medicines to decrease diarrhea, medications to reduce intestinal spasms, antidepressants, or medications that relax muscles in the bladder and intestines.

National Institutes of Health. 2008.

Reduce the Risk of Lymphoma

Non-Hodgkin lymphoma (NHL) is the fifth most common cancer in the United States. The cause of NHL is not well understood, but studies have shown that eating more fruits and vegetables is linked to lower risk.

Flavonoids, found in certain fruits and vegetables, are strong antioxidants that have been shown to protect against cancer. In a recent study, people who ate the greatest amount of flavonoids had only half the risk of NHL compared to those who ate the least amount. While further research is still needed, the evidence continues to mount that *one of the best ways to prevent cancer is to eat more fruits and vegetables.*

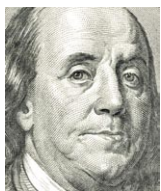
Eating more of these common foods can have positively

and significantly impact your health. As a reminder, we have no data showing that taking flavonoids in supplement form has any protective benefit against NHL. The benefit is there only when the whole fruit is eaten. You lose the flavonoid advantage if you don't eat the fruit skin – for example, you peel an apple, eat apple sauce, or drink apple juice.

American Journal of Clinical Nutrition. 2008.

Examples of foods rich in flavonoids:

- Citrus, such as oranges, grapefruit, and tangerines
- Soy foods, such as soybeans, tofu, and soymilk
- Berries and apples
- Nuts
- Red grapes
- Onions, leeks, tomatoes, and leafy vegetables
- Cocoa or dark chocolate



Prevention Is Better than Treatment

Benjamin Franklin was right – an ounce of prevention is worth a pound of cure.

Chronic diseases, which account for 75% of healthcare expenses, are largely caused by lifestyle choices. For example:

- Most strokes are linked to high blood pressure and inactivity. The Framingham Heart Study showed that two-thirds of early strokes would be prevented if people would exercise enough to develop a high level of fitness.

- 70-80% of all heart attacks are caused by inactivity, poor diet, smoking, and high blood pressure.
- 70-90% of all type 2 diabetes is caused by obesity, inactivity, poor diet, and smoking.
- The American Cancer Society points out that at least two-thirds of all cancers are preventable by weight management, not smoking, healthy eating, physical activity, not drinking alcohol or limiting intake, and getting regular preventive exams.

Journal of the American Medical Association. May 28, 2008.

ASK THE DOCTOR *Wellness*

Q: I want to start walking for fitness – but I don't know where to start. Can you help me?

A: Walking is the most popular form of exercise for most people. It's easy, gentle on the body, doesn't require special skills, and provides excellent health benefits when done briskly and regularly. Go to wellsourc.info/wn/ask-walk.pdf to read the entire answer from Don Hall, DrPH.

Health Challenge™: "Eat a Healthy Lunch" available at: <http://wellsourc.info/wn/hc-lunch.pdf>. Eat a healthy lunch every day – which includes drinking water or 100% fruit or vegetable juice in place of soft drinks or other sugary drinks.