In Good Health
For the health and wellness of our members

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Telemedicine Services – 24/7 CALL-A-DOC

PHP has great resources for members to receive around-the-clock care. When illness strikes or you are out of town, 24/7 CALL-A-DOC provides access to licensed U.S.-based doctors anytime at your convenience. They are just a call or click away. This service is for non-emergency issues when you can’t get to your regular family doctor. And, to help you avoid crowded medical offices, for now you can access this service at no cost.

Common conditions that can be treated with 24/7 CALL-A-DOC:

- Cold and flu symptoms
- Urinary tract infections
- Allergies and sinus problems
- Respiratory infections
- Ear infections
- Acne
- Skin rashes
- Pink eye

PHP members: Go to phnpi.com and click on Wellness Tools > 24/7 CALL-A-DOC for more information or to 247calladoc.com to register for a visit. Care is there when you need it for better health in 2020!

PHP in the Community

Feature: The PHP Foundation

The PHP Foundation is dedicated to building healthier communities by addressing the health and wellness needs of low-income, high risk individuals in the neighborhoods we serve. Foundation grants are awarded to organizations that demonstrate programming which supports this mission.

The PHP Foundation recently announced our 2020 Grant Recipients. We awarded $700,000 to 22 organizations this year.

- Brightpoint
- Cancer Services of Northeast Indiana
- Community Transportation Network
- Fort Wayne Rescue Mission
- GiveHear
- Headwaters Counseling
- Healthier Moms and Babies
- Heart City Health (Elkhart, IN)
- Junior Achievement of Northeast Indiana
- LOGAN Community Resources (South Bend, IN)
- Lutheran Agency for Missions to Burmese (LAMB)
- Maple City Health Care Center (Goshen, IN)
- Matthew 25 Health and Dental Clinic
- McMillen Health
- Neighborhood Health Clinics
- Positive Resource Connection
- RiverBend Cancer Services (South Bend, IN)
- St. Martin’s Healthcare Services (Garrett, IN)
- Super Shot, Inc.
- Turnstone Center for Children and Adults with Disabilities
- Unfailing Love Clinic (Decatur, IN)
- United Way of Allen County

Congratulations to these organizations, and thank you for contribution to making Northern Indiana a great place to live and work!
Foods that can boost your immunity should be high on everyone’s shopping list these days. Foods with empty calories may be tempting to consume when stressed, but choosing foods that are nutritious and tasty instead makes more sense when everyday shopping may not be possible. A plant-based diet is good for immunity, so creating meals that feature vegetables and fruits is a great idea. In fact, foods that contain Vitamin C, found in many fruits and vegetables, are important immunity boosters.

**Vitamin C benefits:**
- May reduce risk of getting the common cold
- Maintains skin and tissue health
- Strengthens bones and teeth
- Encourages the production of white blood cells, which help protect the body against infection

Your body doesn’t produce or store Vitamin C, so your daily intake of nutrients must contain it. The Recommended Dietary Allowance (RDA) for men is 90 mg and 75 mg for women. The good thing is that it is easy to obtain from your daily diet.

The foods that contain these are usually fruits and vegetables and are best eaten raw or cooked with only small amounts of liquid so that they retain their important immune-boosting nutrients.

**Foods rich in vitamin C include:**
- Broccoli
- Cantaloupe
- Cauliflower
- Kale and spinach
- Kiwi, orange, grapefruit and lemon
- Papaya
- Red, green or yellow pepper
- Sweet potato
- Strawberries and other berries
- Tomatoes

To create some quick-grab snacks with immunity boosters of Vitamin C, try slices of bell peppers with a yogurt-based dip, or dip your orange slices and berries in yogurt. Make Kale “chips” and season with your favorite seasoning mix instead of just salt. Also, create smoothies with your favorite veggies and fruit. Try different combinations to find what you like best.

**Vitamin C Immune Booster Smoothie**

**INGREDIENTS**
- 1/2 cup fresh pineapple
- 1/2 cup fresh strawberries, stemmed and diced
- 1/2 orange, peeled and cut into segments
- 1 large carrot, cut into 1/4 inch chunks
- Juice of 1/2 lemon
- 1/2 cup almond milk
- Handful of ice

**INSTRUCTIONS:** Put all the ingredients into a blender and pulse until smooth. Enjoy!

Source: *Mountain Mama Cooks*
Stressed out? Worried? Need to make a decision? There are many common feelings that can keep you awake at night. But to deal with them, you might just need a good night’s sleep! Getting enough sleep helps to reduce stress and improve your memory.

**Benefits of getting adequate sleep:** To be healthy, you should aim for 7-8 hours of sleep per night. Sleep is important for your physical health. Cells produce more protein when you sleep, promoting your body’s immune system: protecting the body from infectious disease, injury or the day’s exposure to pollution, and environmental chemicals. Getting enough sleep can also help you lose weight. Sleep balances many of the natural hormones that control appetite and cravings.

**Risks associated with lack of sleep:** Not getting enough sleep is associated with high blood pressure and increased cholesterol levels, both risks for heart disease and stroke. Lack of sleep is also associated with an increase in inflammation, another risk for heart disease. Additionally, the risk of diabetes increases by 40% when individuals don’t get enough sleep. Getting enough sleep can also help keep you safe, reducing the likelihood of auto accidents. Approximately 71,000 injuries and 1500 fatalities are attributed to drivers who have fallen asleep at the wheel.

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Tips for better sleep: (continued from previous page)

- Those who get regular exercise report a better night’s rest. Even adding a 10-minute walk to your daily routine may help.

- Get sunshine. Exposure to sunlight during the day helps raise your melatonin levels naturally so that they drop in the evening, helping you adapt to a healthy sleep cycle.

- Keep it Cool. Keep the bedroom thermostat on the cooler side, ideally between 65 and 72 degrees. As your body temperature drops, your body’s metabolic activity will slow down making you feel sleepy.

- Remove distractions. An hour before bedtime, dim the lights and avoid watching television or using electronics. Especially avoid watching news, or looking at news sources that may carry news of distressing current events. The sooner you disconnect, the sooner your mind will quiet down. Blue light emitted from electronics can also throw off your sleep cycle.

- Resolve/Manage worries. Try to resolve your worries before bedtime. Try jotting down whatever is on your mind so that you can address the worry tomorrow AFTER you’ve had a good night of sleep.

- Limit daytime naps. Long daytime naps can interfere in your nighttime sleep. Limit your naps to 30 minutes and try to avoid taking naps late in the day.

- Read a book in bed. Reading a relaxing book for as little as six minutes before bed helps ease tension accumulated during the day and take your mind off that ongoing to-do list.

- Avoid eating before sleep. Eating too close to bedtime keeps the digestive system busy overnight and prevents the body from getting restorative rest.

- Avoid caffeine before sleep. Caffeine blocks sleep-inducing chemicals in the brain and increases adrenaline production. Coffee, tea, or soda late in the day will have you tossing and turning and overconsumption of caffeine, in general, can make it difficult to stick to a healthy sleep routine.

- Avoid alcohol before sleep. While a glass of red wine may help you relax, alcohol diminishes the quality of your sleep. Consuming alcohol before bed increases your chances of waking up during the night and reduces the time spent in REM sleep, your most restorative phase.

If you often have trouble sleeping, then you should contact your doctor. Identifying and treating underlying causes of sleeplessness can help you to get the sleep that you need to stay healthy. Sleep is as important to your health as diet and exercise. Improve your sleep habits with a plan that improves your overall health.
Did you know that 40% of food in America goes to waste, with approximately 50% of all produce thrown away?

This equates to almost 400 pounds of food per year per person that is wasted. The 72 billion pounds of food that goes to landfills makes food the most common contributor to the waste in American landfills. As a result, wasted food generates as much greenhouse gas as 37 million cars.

If you reduce your food waste:

- You will save money spent on food.
- You will help the environment by not contributing to the methane gas produced by rotting food waste that is in landfills as well as the pollution created by the producing and transporting of food.
- You will be able to donate unconsumed, but still edible foods to those in your community who are in need.

To reduce food waste:

- Keep track of meals that your family enjoys and keep that list handy so that you can create menus and shopping lists with those items that you know will be consumed.
- When you shop, buy only the items that you need for the week. Pay attention to amounts needed for the recipes chosen for the week.
- Check your refrigerator, freezer, and cupboards before shopping to see what might need to be used soon, and to make sure that you don’t already have what you need on hand for a specific meal. Create a challenge for yourself to use food that you already have on hand.
- Remember that buying in bulk is only economical if you will consume all the item that you’ve purchased.
- Keep serving sizes in mind when you select foods at the grocery.
- Buy fruits and vegetables by the piece, not by the package unless you are absolutely sure you will use all of it.
- Check with your produce manager to see if half heads of items such as lettuce, cabbage or other types of produce are available, especially if you are cooking for one or two and don’t need the whole item. If you find that you have produce that is past its prime it may still be fine to create soups or broths. Freeze produce that is about to spoil so that you can create vegetable stock at a later date.
- Buy smaller cuts of meat or ask the butcher to cut roasts or chicken into pieces that are big enough for only one meal. Divide larger cuts yourself and freeze for later use, or plan multiple meals using several servings from a single cut of meat.
- Divide leftovers into meal-sized portions and freeze for convenient meals later or package for a quick lunch prep. Cook casseroles, stews and soups that can be divided for freezing and used later.
- Save your leftovers and create new meals. There are cookbooks and websites dedicated to recipes made from leftovers!

Cutting back on your food waste can be good for your budget, good for your community, and good for the environment. Mindful purchasing of food items can also benefit your health by making you aware of appropriate portion sizes and consumption practices in your home.
Understanding Food Labels

Understanding food labels is another good way to help avoid excessive food waste. A large amount of food waste, $29 billion worth of food, is thrown away because consumers misunderstand the food labels:

A "Best if Used By/Before" date indicates when a product will be of best flavor or quality. It is not a purchase or safety date.

A "Sell-By" date tells the store how long to display the product for sale for inventory management. It is not a safety date.

A “Use-By” date is the last date recommended for the use of the product while at peak quality. It is not a safety date except for when used on infant formula.

Fitness Myth: No Pain, No Gain

“No Pain, No Gain” was a common phrase used in the gym for many decades. Unfortunately, this attitude is more likely to get you a hospital bill than to attain your fitness goals. This is not to say that there isn’t reward in pushing past comfort zones or gaining the confidence to go for something “hard.” Discomfort can be a good thing, but discomfort is very different from pain. Pain during a workout could indicate poor form, which could cause an injury.

It is imperative to listen to your body and recognize when you are challenging yourself rather than when you are pushing your body too hard. Our intuition is usually a good place to start. If you feel something is beyond uncomfortable and instead painful, stop and talk to an educated resource such as a certified personal trainer, your physician, or a physical therapist.

Take some time to learn the warning signs of medical emergencies such as a heart attack, stroke, or heat exhaustion and be well aware of your own medical history and risks. A general rule of thumb is to stop exercise if you feel sharp, acute pain. Pushing through the pain will only intensify risk of injury and severity of injury.
Meditation is becoming a commonly used method to bring physical and mental health benefits to people of all ages. Reduce stress and develop concentration and self-awareness through adopting a regular meditative practice. There are many types of meditation, but most have four elements in common:

- A quiet location with as few distractions as possible.
- A specific, comfortable posture (sitting, lying down, walking, or in other positions).
- A focus of attention (a specially chosen word or set of words, an object, or the sensations of the breath).
- An open attitude (letting distractions come and go naturally without judging them).

Give this practice a try with our 2nd Quarter Health Challenge: Master Meditation.
Log in to phpni.com, click Wellness Tools > Get PHP Fit! then select the Master Meditation button to learn more!