

Results for Life

Monthly tips and topics for a healthier lifestyle



Strategies for Stress Reduction Success



Stress is a typical part of life. We all have it and it is ever changing. While some stress is needed and even normal, too much of it can affect your quality of life. How do you know when you have too much stress? If you're experiencing any of the following symptoms, your stress level may be getting out of hand.

- Anxiety
- Panic attacks
- Increased alcohol intake
- Depression
- Overeating
- Trouble sleeping

While none of us will ever eliminate all the stress in our lives, we can strive to manage our stressors more effectively. One of the biggest stressors is feeling that you simply don't have enough hours in the day. Finding time for everything can be challenging. Work is necessary; and taking care of our families and homes cannot be put off. All these commitments can make life feel hurried and off balance. It is important to find the balance. We all want balance, but most of us are unsure where to begin.

The first step is to make a decision to make a change. Once you've found the motivation to make some changes for the better, you're well on your way! Your personal life is important and deserves as much attention as your life at work does.

Fit Tip of the Month

Exercise Makes Your Psyche Fit



Regular exercisers will tell you they feel better. It might be because neurotransmitters in the brain (chemicals that mediate moods and emotions) are stimulated during exercise. Scientific evidence is still being collected to completely support this notion, but what we do know is:

- Exercise decreases anxiety - studies have shown a decrease in electrical activity of tensed muscles with exercise. People are often less jittery and hyperactive after an exercise session.
- Exercise relaxes you - one exercise session generates 90 to 120 minutes of relaxation response.
- Exercise makes you feel better about yourself - positive self-worth contributes to stress relief.
- Exercise might make you eat better - people who exercise regularly tend to eat more nutritious food, and good nutrition helps your body manage stress better.

Suzanne Toon
MS Exercise Physiologist



Consider the following four tips to keep the scales from tipping too far in either direction.

1. Build downtime into your schedule

If times at the gym or family sit-down dinners are what you crave, look at the week ahead and mark the time on your calendar. Treat these appointments with yourself and your loved ones as “must-dos.” Schedule lunch breaks outside of the office to enjoy some fresh air on a stroll or meet a friend for a quick lunch date.

2. Drop activities that eat away your free time or leave you with no energy

Look at your weekly or monthly calendar and decide if there are any commitments that aren’t necessary. If there is an event you can comfortably skip or something you have agreed to do with hesitation, consider eliminating it to give yourself more time to do what relaxes you.

We often waste time by getting lured into activities at work that add no value to our day. For example, spending too much time at work with a colleague who is always venting or gossiping; or using up time on the web, social media sites or personal calls can decrease your efficiency at work and create more stress. By changing some of these habits you may find that you can leave work earlier, thereby giving you more free time.

3. Re-think your errands

Look at how you handle errands and consider if you are making the most of your time. Some errands may be able to be combined into one trip or responsibilities could be shared with someone else. If there are errands you simply don’t have time for or that cause excessive stress, consider alternate ways of completing them. For example, if mowing the lawn is something you simply don’t have time for, perhaps there is a neighbor or lawn service to handle this chore. Maybe nightly stops at the grocery store and pharmacy have you frustrated. Could you combine these trips on one night each week or ask a family member to help you out? Don’t assume you have no options until you’ve explored the situation more fully.



Strategies for Stress Success

Learn basic stress management techniques including relaxation exercises and various techniques to incorporate into your day to reduce the negative effects of stress. Tips will be given to help employees transform stress into power by recognizing their unique strengths and weaknesses

Date: July 26, 2012
Time: 12:00 CST-1:00 CST

[Register Now](#)

Recipe of the Month



Grilled Peaches with Angel Food Cake

Fresh, juicy peaches are a healthy addition to sweet and savory recipes alike. One medium peach contains 2 grams of digestive health-promoting fiber. Peaches are also a good source of Vitamin C (promotes immunity and skin health) and Vitamin A (important for vision health).

The flesh and skin of peaches contain significant antioxidants, which reduce the effects of aging and deter chronic diseases. Antioxidants may also help

4. Get moving

It's hard to make time for exercise when you have a jam-packed schedule, but experts say that it may ultimately help you get more done by boosting your energy level and ability to concentrate. Enlist loved ones to become more active too. Try joining a friend for a new and exciting exercise class. Suggest a weekly bicycle ride with the family. Consider alternative forms of exercise, rather than going to a gym, that will make the best use of your time.

Consider the stress in your life and the way that you react to it. Reframe your response to these stressful situations for a more positive outcome. Tackle one item at a time and keep your sights focused on one thing.

If you find that your stress is too much to handle, you may want to see a health expert such as your doctor or a counselor. Also, contact your human resources department to determine if you have an Employee Assistance Program (EAP). If an EAP program is part of your employer benefits, the services typically are free for a defined period and are confidential.

Margaret Wawrzyniak, MS RD CD

Resources:

MedlinePlus:

<http://www.nlm.nih.gov/medlineplus/ency/article/001942.htm>

Helpguide:

http://www.helpguide.org/mental/stress_management_relief_coping.htm

Medicine Net:

http://www.medicinenet.com/stress_management_techniques/article.htm

Interactive Health Solutions:

www.interactivehs.com

ward off cancer and reduce body inflammation.

Select peaches that yield to gentle pressure when ripe and have blemish-free, fuzzy, firm skin. Store unripe peaches in a paper bag to ripen. When ripe, store at room temperature and eat within a few days.

Nothing says summer like biting into a juicy peach. Grilling peaches is a simple way to enjoy them as a dessert, a perfect ending to a backyard BBQ. In this recipe, peaches soften and caramelize over a moderate fire before melding with a red fruit sauce and toasted slices of angel food cake.

Makes 6 servings

1 10-12 oz. bag of frozen berries (or 2 cups of your favorite fruit, cut up)
2-4 tablespoons sugar
1 tablespoon water or lemon juice
1 teaspoon cornstarch
6 ripe but firm medium peaches, peeled and halved
6 slices angel food cake (1 inch thick)

1. To make fruit sauce, add frozen berries (or your favorite fruits) to a medium microwave safe bowl. Add sugar depending on how sweet you like the sauce, cornstarch, water or lemon juice, and cover with a lid or plastic wrap. Microwave on medium high until the berries or fruit are soft and begin to break down. Depending on your microwave, it will take about 5 minutes on high.
2. Preheat grill to medium. Oil the grill rack. This can be done safely by adding vegetable oil a folded paper towel, holding it with tongs, and rubbing it over the grill rack.
3. Brush peaches lightly with 2 tablespoons of the fruit sauce, reserving the rest. Transfer the peaches and cake slices to the grill. Grill the cake over indirect heat or the coolest part of the grill until lightly toasted, about 1 minute per side. Grill the peaches over direct heat until softened and browned in spots, 3 to 5 minutes per side. In the last minute of grilling, brush the peaches with 2 tablespoons more of the fruit sauce.

Member Spotlight

The screenshot shows the member website interface. At the top, it says "ihS The Science of Wellness" and "Welcome, John | My Account | Log Off". Below the navigation bar, there's a section for "IHI Pending" with a message about lab results. The main section displays "My IHI Score: 55" as of 3/11/2010 12:10 AM. A table lists various health metrics with their current values and target scores:

Metric	Current Value	Score
Blood Pressure-Systolic	102	19
Blood Pressure-Diastolic	65	19
LDL Cholesterol	160	-5
Glucose	102	6
Triglycerides	103	-5
Tobacco Use	40	40
My IHI Goal	22	

Below the table are sections for "Conditions", "My Results", and "Health Assessments". To the right of the metrics is a large image of a person in a yoga pose with arms raised against a sunset background. Below the image is a welcome message: "Welcome! Explore our new look and features. We've completely redesigned our member website with exciting new features and tools to help you take active control over your health. Think of it as your personal resource to make informed decisions that can lead to a healthier lifestyle. It's a new day for you and a new beginning for us!"

4. Arrange 1 cake slice and 2 peach halves on each dessert plate and drizzle with the remaining sauce. Serve hot or at room temperature.

Nutrition information per serving

Calories: 212
 Fat: 0.5 grams
 Saturated Fat: 0 grams
 Cholesterol: 0 milligrams
 Carbohydrates: 50 grams
 Protein: 4 grams
 Fiber: 3 grams
 Sodium: 200 milligrams

Cheryl Bell MS RD CDE

Our member website received several enhancements in June, including new features to help you live a healthier life. We will feature a new website enhancement within our newsletter each month.

This month's spotlight – the Interactive Health Index (IHI)

Everyone who participates in an Interactive Health Solutions health evaluation receives an Interactive Health Index (IHI) score. The IHI is your personalized health score based on your biometric screening results and your medical questionnaire. It gives you an indication of your risk level related to cardiovascular disease and diabetes. Your score is based upon five risk factors that are controllable by lifestyle. Simply put, your actions can and do make an impact on your risk level! The lower your IHI, the lower your risk level.

With the member website enhancements, your IHI score and your goal for your next health evaluation are now prominently displayed on your personal home page, making it easy to reference each time you login. To help you reach your goal, we also added a resource page for each section of the IHI. Simply click on any of the IHI sections and then click the Resources tab. You will find a wealth of tools and knowledge to guide you on your journey to improved health.

Check your IHI score and goal now by logging in to the member website at www.interactivehs.com

About Interactive Health Solutions

Interactive Health Solutions 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 will create a personalized pathway that is unique to your health status. Our program will provide you with the specific tools and resources you need to achieve your personal health goal.



www.interactivehs.com

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