

P.E.P. Talk

Better Health Through Improved Planning, Environment and Programs

One in three American adults has prediabetes. Lower your risk by adopting a healthier lifestyle.



November

Lung Cancer Awareness Month

American Diabetes Month

National Healthy Skin Month



Health /Wellness

Hydrate!

The health industry is always telling us to stay hydrated and drink more water. One of the reasons is that 6-8 cups of water a day can help with bladder health. It is normal to “go” 4-8 times a day and even 2 times through the night, according to the Urology Care Foundation. Too much caffeine and chocolate can upset your bladder, and smoking is a major cause of bladder cancer. Your bladder, on average, can hold about 16 ounces (2 cups) of urine. Spicy or acidic foods may also upset your bladder.



Mind/Body

Keep it Clean!

What is the largest organ in our body? It is your skin and it also happens to be the fastest-growing organ. Our skin is important as it keeps us warm when it is cold out and keeps us cool when it is hot outside. It also protects us from outside invasions of germs. Taking care of your skin can be fairly easy: keep it clean, protect it from the sun and take care of it when it is injured. If you are not sure about anything skin-related, see your primary-care physician or a dermatologist.



“Nothing is impossible; the word itself says ‘I’m possible.’”
-Audrey Hepburn


ConnectCare3®

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Practically Speaking

How hard is to be healthy? Do an online search for healthy and you may get up to 1,680,000,000 results. That's a lot of information about health. And if I saw it on the internet, it must be true, right? We all have had an experience with the internet that made us scratch our heads and wonder how anyone could believe this stuff.

The same holds true with health information. Use reputable resources when researching health information and consider using a health coach. Being healthy seems like it should be simple, but what works for one person may not work for the next. Overcoming years of bad habits requires work. A Health Coach can help you develop strategies for overcoming the obstacles that inhibit your success.

It may not be just a matter of making better food choices. Occasionally, you may need to look into why you continue to make unhealthy choices. Understanding the reasons why is helpful, as are journaling or logging your food. These two areas are often overlooked by many — except those who tend to be the most successful people when it comes to weight loss.

Mark, Wellness Director
and Certified Health Coach

**Nutrition****Conquer Your Cravings!**

Sugar can be addictive. Eating sugar activates the reward system in your brain, much like many other addictive habits such as alcohol and nicotine do. Too much sugar can spike your dopamine levels and leaves you wanting even more sugar. You get a temporary high



from the sugar and then, of course, the crash comes. So in short, the more you eat, the more you crave. Many people should cap their sugar intake to 25 grams a day — about 6 teaspoons. Look at the labels and realize that 4 grams of sugar equals 1 teaspoon.

**Active****Listen to your Body!**

Being active and exercising can be a challenge if you have Chronic Obstructive Pulmonary Disease (COPD). COPD refers to a group of lung diseases that block airflow and can make breathing very difficult. Some of the signs of COPD are increased breathlessness, wheezing, tightness in your chest and coughing. Early screenings can help identify the disease before major loss of lung function occurs.

Environmental factors like fumes and pollutants as well as genetics can play a role. Smoking and even second-hand smoke can be factors, too.

