



wellnews



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ASK THE EXPERT

*Your Questions Answered
by Health Professionals*

How do I take care of my eyes as I age?

by Kathleen Connelly, BA, Certified Personal Trainer, and Health Coach

Every organ is important to care for as we age, especially the eyes. The National Institute on Aging recommends the following to care for and protect your eyes.

- Protect eyes from sunlight by wearing a wide-brim hat and sunglasses that block UV radiation from the sun
- Maintain normal blood pressure, less than or equal to 120/80
- Reduce eye strain, if you work at a computer or have to focus on one thing for a long time, take a break every 20 minutes and look at something that is about 20 feet away for 20 seconds
- Stay active, make smart food choices, and maintain a healthy weight
- Do not smoke
- If you are diabetic, keep your A1c within normal limits below 5.7%

For more information on eye care, visit nia.nih.gov/health/aging-and-your-eyes

What screenings should a man in his 40s do?

by Chris Garrity, MS, ACE Certified Personal Trainer

Like a car, men need routine maintenance for optimal health. Below are some screenings to catch and possibly prevent certain diseases.



- **Physical Exam** See your health care provider at least every two years for checkups to assess your overall health and review family history.
- **Blood Pressure** This should be measured once every two - five years. Less than or equal to 120/80 is ideal.
- **Cholesterol** Healthy adults should get their cholesterol checked every 4 to 6 years. If there is a risk of heart disease in the family, get your cholesterol checked more often.
- **Diabetes** Get your blood sugar checked every 3 years to help prevent diabetes.
- **Colorectal Cancer** Screening is recommended beginning at age 45 via a colonoscopy every 10 years.
- **Dental Exam** Visit your dentist every 6 months to help catch signs of oral cancer.
- **Eye Exam** An optometrist can identify eye conditions such as glaucoma or the need for glasses. Get an optical screening every 2 years.



FITNESS

Proper Foot Care

by Dani Jones, Certified Personal Trainer, Health Coach

Foot health is important for everyone. Our feet are one of our most important body parts. Unfortunately, they can be taken for granted until there is a problem. There are basic things we can do to keep our foundations, a.k.a. our feet, happy and healthy.

First, keep feet clean and wear clean, dry socks daily. Our feet sweat and can hold in unwanted moisture. This can move the socks around and that leads to irritation and possible infection. When cleaning feet, use lukewarm water with a soft washcloth and gentle soap. This is also a great time to check for blisters, cuts, or cracked skin. Use a mirror to help see the bottoms of the feet. Moisturize feet at night to keep the skin healthy. Along with cleaning them daily, keep your toenails trimmed regularly. Be careful not to cut the toenail too short, and if there are problems, a podiatrist can assist with nail care. Never ignore a problem, especially if you are diabetic.



Second, appropriate footwear is key to preventing injury. Shoes that fit properly ensure safety while walking and reduce the risk of possible infection from blisters and other irritations. It's important to find the best support for your feet, because this will affect your knees, hips and back. If you need an activity-specific shoe, a physical therapist can help check that the shoe fits properly, and can recommend some inserts for additional support, if needed. Shoes used in day-to-day wear should be changed for new ones every 8-12 months, depending on wear and tear. Shoes used for exercise activities might require a replacement much sooner. If more care is needed, look into talking to a professional.

Here is a place to start:

eCommunity.com/services/orthopedics-joint-spine/foot-ankle-care



PURPLE SLAW

¼ cup sesame oil
 2 tbsp apple cider vinegar
 1½ tbsp reduced-sodium soy sauce
 1½ tbsp honey
 1 tsp dried ginger
 (or 1 tbsp fresh ginger, peeled and grated)
 1 clove garlic, grated
 ¼ tsp salt
 4 cups shredded purple cabbage
 1 large carrot, cut small or shredded
 ½ daikon radish, cut small or shredded
 4 tbsp cilantro, chopped (divided)
 4 tbsp scallions, chopped (divided)
 1 tbsp toasted sesame seeds

DIRECTIONS:

1. Whisk together the oil, vinegar, soy sauce, honey, ginger, garlic and salt in a large bowl.
2. Add cabbage, carrot, daikon and 3 tbsp each cilantro and scallions.
3. Toss all together.
4. Refrigerate 1-2 hours to allow flavors to develop.
5. Serve with sesame seeds and remaining cilantro and scallions.

Nutritional Information — Per Serving
 Makes 8 servings (¾ cup each)
 Calories 96, Carbohydrate 6g, Protein 1g,
 Fat 4g, Sodium 210mg, Fiber 1g

Recipe adapted from EatingWell.com

NUTRITION Superfood Highlights

by Robin Stahl, RDN

The term ‘superfood’ is not a medical term. It has been used as a marketing tool to influence nutrition advice. According to the Merriam-Webster Dictionary, a superfood is “a food that is rich in compounds considered beneficial to a person’s health”.

A superfood, in this Registered Dietitian’s opinion, is any unprocessed or minimally processed fruit, vegetable, nut, seed, legume or whole grain. A variety of foods in our weekly meal rotation is extremely important for overall best nutrient intake. No one food or small set of foods in a list of ‘superfoods’ gives us all we need.

Let’s take a look at the categories of foods that contain superb nutrition:

Fruits and vegetables that sport intense color (think red, orange, yellow, green, purple), have antioxidants that are irreplaceable, and are not found in a vitamin pill. Seek a rainbow at the grocery store.

Whole grains are not colorful, so are they still super? Absolutely! Unique phytochemicals, are found in abundance in whole, intact grains. Examples include barley, oats, farro and quinoa.

Legumes / dry beans (cooked) are high in soluble fiber and potassium, low in sodium. They are a great source of plant protein and are inexpensive as well as easy to incorporate into many recipes.

Nuts and seeds are on the superfood list due to the healthy fats, fiber, protein and micronutrients they contain. Walnuts, flax seeds, chia seeds and hemp seeds are examples. The oils from these foods predictably contain high levels of nutrients.

Fatty fish such as salmon, sardines and herring are also superfoods as the essential omega 3 fatty acids contained are not manufactured by the body and play a role in preventing many diseases.

Consider how you can add just one additional ‘superfood’ to your menu this week.



by Katie Thorne, Health Coach

Art therapy in an informal way could be something such as painting pottery or canvas at a local store. Or it could be creating a sculpture out of old dishes, or simply doodling your feelings in a notebook. Creating art on your own can be therapeutic, rewarding, and relaxing.

