



wellnews



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ASK THE EXPERT

*Your Questions Answered
by Health Professionals*

What type of sunscreen is best to use for skin protection?

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

Protecting our biggest organ, our skin, is extremely important! Here are tips to help you pick a safe and effective sunscreen.

- The American Cancer Society recommends a sunscreen with an SPF of at least 15, while the American Academy of Dermatology suggests 30.
- Pick a sunscreen that is broad spectrum, meaning it protects against UVA and UVB rays. Also look at the ingredient list and avoid cancer causing chemicals like Benzene.
- Higher SPF products will not offer proportionally higher protection, it is more important to use an adequate amount of sunscreen and reapply often. According to the Cleveland Clinic, sunscreen should be applied 30 minutes prior to being out in the sun and reapplied every 2 hours or after swimming or sweating.



For more information, visit: health.clevelandclinic.org/how-to-choose-the-best-sunscreen-for-your-skin/

Do you have a wellness app recommendation?

by Tara Canada, ACSM Certified Exercise Physiologist, Intrinsic Coach®



My favorite app – Nike Training Club (NTC) – offers the ultimate in workout variety. It's perfect for at-home exercisers or anyone ready to up the challenge of their fitness program. As a trainer, this is the app I recommend most often. Here's why I love it:

Name your workout: Choose from countless workout options. You'll find favorites like yoga, strength, cardio and mobility, in addition to some specialty workouts (early pregnancy, postpartum, basketball or running training, etc.).

Time is of the essence: Whether you have 5 minutes or 60 minutes to devote to your daily exercise, you'll find lots of options to fit your timeframe.

Make it count: NTC produces high-quality, well-balanced workouts, making it possible to hit your fitness goals with training sessions that fit into your day.



FITNESS

Active Living Over 60 Years

by Alicia Robbins, Health Coach

An active lifestyle is more than just getting your daily steps in. It includes doing activities that are meaningful to you and benefit your mind, spirit, and body. Staying active will help maintain your well-being and independence as you age.

Older adults with an active lifestyle:

- Are less likely to develop certain diseases including dementia, heart disease, and stroke.
- Have increased happiness, life satisfaction, and a sense of purpose.
- Are happier and less depressed when participating in activities such as volunteering in their communities or being physically active.
- Have improved thinking abilities by participating in activities that are mentally stimulating or involve physical activity, such as music or dance, can help have a positive effect on memory.

Activities to consider

- Gardening or yard work
- Participating in an exercise class
- Take dance lessons
- Volunteer or join a club/league
- Walk or bike around the neighborhood or a nature trail
- Go swimming or take a water class





TUNA PESTO PASTA

This homemade, creamy tuna pesto pasta recipe is an easy 20-minute meal. This versatile dish can be served hot or cold.

2 cups fresh basil, packed
 ¼ cup chopped walnuts
 3 cloves garlic
 Juice from 1 lemon
 3 tbsp nutritional yeast
 ½ tsp salt
 2 tbsp olive oil
 2 tbsp water
 1 cup cherry tomatoes, halved
 12 oz box pasta of your choice
 2 cans of chunk light tuna, drained
 and mashed with a fork

DIRECTIONS:

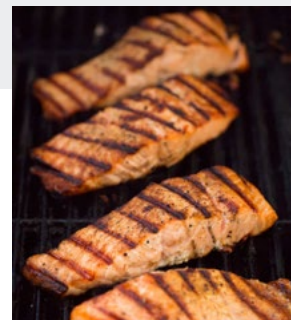
1. Cook the pasta according to package directions, then drain and set aside.
2. Combine the basil, walnuts, garlic, lemon juice, nutritional yeast, salt, olive oil, mayo, and water in a food processor. Pulse a few times until almost smooth.
3. Add the cooked pasta, tomatoes, tuna, and creamy pesto to a large bowl. Toss to combine. Serve and enjoy (hot OR cold!)

Adapted from MarysWholeLife.com

NUTRITION

Choosing Safer Seafood

by Jessica Robertson, MA, RD, CD



Eat more fish. That's what the U.S. Dietary Guidelines recommend, and I would agree because seafood is a delicious way to eat lean, filling protein; and because it's a backbone of the Mediterranean diet.

You get a healthy dose of omega-3 fats when you choose cold water varieties like salmon, tuna, trout, and sardines, which has been shown to decrease the risk of cardiovascular disease and Alzheimer's – and may boost your mood too. The current recommendation is to consume 12-18 ounces, or 2-3 servings, of lower-mercury seafood per week for optimal health benefits.

There can be a risk of mercury poisoning from eating seafood. Your best bet for limiting mercury is to eat lower on the food chain. Avoid larger, older fish such as shark, tilefish, king mackerel, Blue fin and ahi tuna, or swordfish. You can check out SeafoodWatch.org for their recommendations for "best choice", "good alternatives", and "avoid" for your area.

The other risk is for the environment. Many of the fish we enjoy are in trouble due to destructive fishing and farming practices. When you choose to buy sustainable seafood, you drive suppliers to source environmentally responsible products which drive improvements throughout the industry. Your choices have an impact on the health of the ocean. The Monterey Bay Aquarium Seafood Watch program helps consumers choose seafood that's fished or farmed in ways that support a healthy ocean. Again, check out SeafoodWatch.org for responsible seafood choices in your area.

A few tips to include more seafood in your diet:

- Designate one day of the week. Setting a designated day such as "Seafood Saturday" can make it easier to reach the recommend 2 servings per week.
- Choose frozen. Frozen seafood is as nutritious and healthy as fresh, and often sold in single-serve packages for convenience.
- Reach for canned seafood. Canned salmon, chunk light tuna, or sardines are quick and affordable options you can have on hand at all times.



STRESS AND MINDFULNESS

Emotional Intelligence

by Carla Ficorilli, MS

Humans are social beings, we're wired for connection. Positive relationships and meaningful connections can make our lives more enriching.

Enter emotional intelligence, EI, (or EQ for "emotional quotient") — the ability to manage our own emotions as well as recognize, understand and influence the emotions of others. Emotions are fundamental; they're vital to social interactions. The ability to express and control emotions is essential, but so is the ability to understand, interpret, and respond to the emotions of others.

Some experts suggest that emotional intelligence is more important than IQ for success in life.

The Four Main Components of EI

1. Self-Awareness — This is the cornerstone of emotional intelligence; it's the ability to identify and understand your own emotions and the impact those emotions have on others. All other components of EI depend on this self-awareness.

2. Self-Regulation — Once we're aware of our emotions, we can manage them and keep the disruptive emotions and impulses under control. When a highly charged emotional event happens, take some time before responding. Example: pause and take a deep breath. This helps us remain calm and think before we speak or act.

3. Social Awareness — This is our ability to understand the emotions of others. A key factor is empathy: being able to identify with how other people are feeling. This allows people to consider the many different factors that contribute to their emotions.

4. Social Skills — Influence, conflict management, teamwork, and the ability to inspire others, make it possible to build and maintain healthy relationships in all parts of your life. Social skills are what separate a great manager from a good one.

Some people are born with EQ, but it's possible to develop or strengthen it. The bottom line: You're the one who gets to control your emotions, so they don't control you.



Laid Back Picnic

Featured Playlist

tinyurl.com/tv48mcju

Spotify playlist by BGREGS INDY

Get information from your health coach through social media!

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