

STAY Healthy weekly

Issue: OCT 1 2022

EVERYDAY HEALTH



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Drug Basics.. All Doped Up!

OPIOIDS HEROIN FENTANYL COCAINE METHAMPHETAMINE POLYDRUG USE

A drug is any substance that can change how a person's body and mind work. CDC's Division of Overdose Prevention provides data on use and overdoses involving a variety of drugs, such as prescription opioids, heroin, fentanyl, cocaine, methamphetamine, and marijuana.

Prescription opioids can be used to treat moderate-to-severe pain and are often prescribed following surgery or injury, or for health conditions such as cancer. In recent years, there has been a dramatic increase in the acceptance and use of prescription opioids for the treatment of chronic, non-cancer pain, such as back pain or osteoarthritis, despite serious risks and the lack of evidence about their long-term effectiveness.

When the Prescription Becomes the Problem:

- More than 191 million opioid prescriptions were dispensed to American patients in 2017—with wide variation across states.
- There is a wide variation of opioid prescription rates across states. Health care providers in the highest prescribing state, Alabama, wrote almost three times as many of these prescriptions per person as those in the lowest prescribing state, Hawaii.
- Studies suggest that regional variation in use of prescription opioids cannot be explained by the underlying health status of the population. The most common drugs involved in prescription opioid overdose deaths include:
 - Methadone
 - Oxycodone (such as OxyContin®)
 - Hydrocodone (such as Vicodin®)



To reverse this epidemic, we need to improve the way we treat pain. We must prevent abuse, addiction, and overdose before they start.

Addiction and Overdose

Anyone who takes prescription opioids can become addicted to them. In fact, as many as one in four patients receiving long-term opioid therapy in a primary care setting struggles with opioid addiction. Once addicted, it can be hard to stop. In 2016, more than 11.5 million Americans reported misusing prescription opioids in the past year.

Taking too many prescription opioids can stop a person's breathing—leading to death.

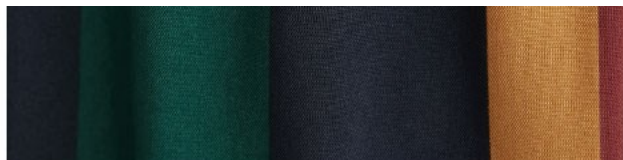
Prescription opioid overdose deaths also often involve benzodiazepines. Benzodiazepines are central nervous system depressants used to sedate, induce sleep, prevent seizures, and relieve anxiety. Examples include alprazolam (Xanax®), diazepam (Valium®), and lorazepam (Ativan®). Avoid taking

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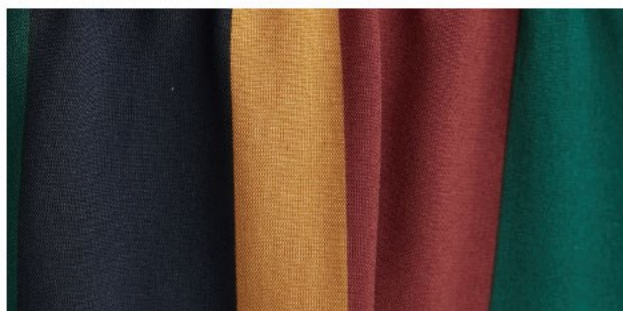
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A Mindful S.N.A.C.K.

The next time you're feeling stressed out, overwhelmed, or unsure, reach for a moment of calm awareness: a mindfulness SNACK. Here's how to do it:

S

Stop

Just stop whatever you're doing. (Stopping, by definition, requires us to begin again. We can always begin again.)

N

Notice

What is happening within and around you?

A

Accept

This is a tricky one. Whatever it is you're struggling with (time, kids, sleepiness, frustration) acknowledge it for what it is, without judgment.

C

Curious

Ground yourself with questions about your experience and environment: What am I feeling? What do I need right now?

K

Kindness

Respond to yourself and others (mistakes and all) with kindness and observe how that helps things get back on track.

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benzodiazepines while taking prescription opioids whenever possible.

Side Effects

In addition to the serious risks of addiction, abuse, and overdose, the use of prescription opioids can have a number of side effects, even when taken as directed:

- Tolerance—meaning you might need to take more of the medication for the same pain relief
- Physical dependence—meaning you have symptoms of withdrawal when the medication is stopped
- Increased sensitivity to pain
- Constipation
- Nausea, vomiting, and dry mouth
- Sleepiness and dizziness
- Confusion
- Depression
- Low levels of testosterone that can result in lower sex drive, energy, and strength
- Itching and sweating



Over 19% of all opioid overdose deaths in 2020 involved heroin¹. Not only are people using heroin, but they are also using multiple other substances, including cocaine and prescription opioids. Nearly all people who use heroin also use at least one other drug.

However, from 2019 to 2020, the heroin-involved overdose death rate decreased by nearly 7%. Factors that may contribute to the decrease in heroin-involved deaths include fewer people initiating heroin use, shifts from a heroin-based market to a fentanyl-based market, increased treatment provision for people using heroin, and expansion of naloxone access.



How is heroin harmful?

- Heroin is an illegal, highly addictive opioid drug.
- A heroin overdose can cause slow and shallow breathing, coma, and death.
- People often use heroin along with other drugs or alcohol. This practice is especially dangerous because it increases the risk of overdose.

- Heroin is typically injected but is also smoked and snorted. When people inject heroin, they are at risk of serious, long-term viral infections such as HIV, Hepatitis C, and Hepatitis B, as well as bacterial infections of the skin, bloodstream, and heart

What is fentanyl?

Pharmaceutical fentanyl is a synthetic opioid, approved for treating severe pain, typically advanced cancer pain. It is 50 to 100 times more potent than morphine. It is prescribed in the form of transdermal patches or lozenges and can be diverted for misuse and abuse in the United States.



However, most recent cases of fentanyl-related harm, overdose, and death in the U.S. are linked to illegally made fentanyl. It is sold through illegal drug markets for its heroin-like effect. It is often mixed with heroin and/or cocaine as a combination product—with or without the user's knowledge—to increase its euphoric effects.

Deaths involving illicitly manufactured fentanyl are on the rise

Rates of overdose deaths involving synthetic opioids other than methadone, which includes fentanyl and fentanyl analogs, increased over 56% from 2019 to 2020. The number of overdose deaths involving synthetic opioids in 2020 was more than 18 times the number in 2013. More than 56,000 people died from overdoses involving synthetic opioids in 2020. The latest provisional drug overdose death counts through June 2021 suggest an acceleration of overdose deaths during the COVID-19 pandemic.

What can be done?

The increase in overdose deaths highlights the need to ensure people most at risk of overdose can access care, as well as the need to expand prevention and response activities. CDC issued a [Health Alert Network Advisory](#) to medical and public health professionals, first responders, harm reduction organizations, and other community partners recommending the following actions as appropriate based on local needs and characteristics: >>>

Body Type	Breakfast 8 am	Lunch 12 am	Dinner 4 pm
RECTANGLE	Salad with tomatoes, cucumbers, and dressing	Two slices of peach and a slice of kiwi	Salad with chicken, tomatoes, and dressing
PEAR	Salad with tomatoes, cucumbers, and dressing	Salad with chicken, tomatoes, and dressing	Salad with chicken, tomatoes, and dressing
APPLE	Salad with tomatoes, cucumbers, and dressing	Salad with chicken, tomatoes, and dressing	Salad with chicken, tomatoes, and dressing
HOURLASS	Salad with tomatoes, cucumbers, and dressing	Salad with chicken, tomatoes, and dressing	Salad with chicken, tomatoes, and dressing
INVERTED TRIANGLE	Salad with tomatoes, cucumbers, and dressing	Salad with chicken, tomatoes, and dressing	Salad with chicken, tomatoes, and dressing

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- Expand distribution and use of naloxone and overdose prevention education
- Expand awareness about and access to and availability of treatment for substance use disorders
- Intervene early with individuals at highest risk for overdose
- Improve detection of overdose outbreaks to facilitate more effective response

Cocaine Is Involved in Nearly 1 in 5 Overdose Deaths

Cocaine is a type of stimulant that was involved in nearly 1 in 5 overdose deaths in 2019. Over 5 million Americans reported current cocaine use in 2020, which is almost 2% of the population.



Cocaine-involved overdose death rates in the United States decreased from 2006-2012 but began increasing again in 2012. From 2018-2019, drug overdose deaths involving cocaine increased by nearly 9%, with almost 16,000 Americans dying in 2019 from an overdose involving cocaine. Non-Hispanic black persons experienced the highest death rate for overdoses involving cocaine in 2019.

Cocaine addiction is associated with the following potential risks:

- *Overdose and possible death:* 5,000 cocaine overdose deaths were reported in 2013.
- *Contraction of an infectious disease, such as HIV, hepatitis B, or hepatitis C:* About 3 million injection drug users lived with HIV in 2010 worldwide while 7.4 million suffered from hepatitis C. In addition, 2.3 million battled hepatitis B, according to UNODC.
- *Increased mental illness symptoms:* Mood disorders may be present in those addicted to cocaine between 10 and 40 percent of the time.
- *Long-term health problems:* These include cardiovascular, respiratory, gastrointestinal, and neurovascular complications, resulting in possible heart disease, heart attack, hypertension, organ failure, respiratory distress, stroke, disrupted sleep patterns, unhealthy weight loss, and seizures.
- *Cognitive defects:* Memory, reaction time, and attention may be permanently impaired by addiction to cocaine. Someone addicted to cocaine may experience a shrinkage of grey brain matter and premature aging.

Short-Term Side Effects of Cocaine:

Use Effects of cocaine are almost immediate and can last from a few minutes to an hour long. Short-term side effects of cocaine use may include:

- Feelings of euphoria, alertness, restlessness and/or energy
- Decreased need for food or sleep
- More talkative
- Dilated pupils
- Increased heart rate, blood pressure, and elevated temperature
- Anxiety, panic, paranoia, tremors and potentially erratic to violent behaviors
- Abdominal pain and nausea

Long-Term Side Effects of Cocaine Use

- Cardiovascular damage: Blood clots, heart attacks, stroke, angina, increased blood pressure, arrhythmia
- Sinus and/or oral damage: septal perforations or holes, collapse of nose structure, breathing problems, palatal perforations
- Respiratory problems: Black sputum, cough, wheezing, pain
- Brain damage and neurological issues: mini-strokes, seizures, cerebral atrophy (brain shrinking), inflammation, high fever, changes to mood (irritability, anxiety, depression) tremors, muscle weakness, and changes to ability to make decisions, solve problems, understand information, learn, and memorize.
- Coma

Millions of Adults Reported Using Methamphetamine

Methamphetamine is a highly addictive central nervous system stimulant. It is also categorized as a psychostimulant. Methamphetamine is commonly referred to as meth, ice, speed, and crystal, among many other terms.⁴ In addition to risking becoming addicted to methamphetamine, people who use methamphetamine long-term may experience a range of negative health outcomes, including damage to the heart and brain, anxiety, confusion, insomnia, mood disturbances, and violent behavior. In recent years, methamphetamine-involved overdoses have been increasing in the United States across many demographic groups. [Continued>>>>](#)



In 2020, 2.5 million Americans aged 12 or older reported having used methamphetamine in the past year. From 2015-2018, an estimated 1.6 million U.S. adults aged ≥ 18 years, on average, reported past-year methamphetamine use. Among adults who used methamphetamine during this time:

- 53% met diagnostic criteria for methamphetamine use disorder. Less than 1 in 3 of those with methamphetamine use disorder received substance use treatment in the past year.
- 3% reported injecting methamphetamine in the past year.
- Co-occurring substance use and mental illness were common.

Identifying characteristics associated with past-year methamphetamine use provides insights into populations to prioritize for prevention and response efforts. Adults with limited income, those on Medicaid, people who are uninsured, those with lower education status, males, middle-aged adults, and people who live in rural areas are at increased risk for methamphetamine use.⁸ These data show the importance of recovery support services, such as vocational training and placement, and linkage to social service providers.

Nearly 85% of overdose deaths involved illicitly manufactured fentanyl's, heroin, cocaine, or methamphetamine (alone or in combination) during January–June 2019. Over 50% of psychostimulant-related overdose deaths involved opioids in 2018.

How does methamphetamine affect the brain?

Methamphetamine increases the amount of the natural chemical dopamine in the brain. Dopamine is involved in body movement, motivation, and reinforcement of rewarding behaviors. The drug's ability to rapidly release high levels of dopamine in reward areas of the brain strongly reinforces drug-taking behavior, making the user want to repeat the experience.

Short-Term Effects

Taking even small amounts of methamphetamine can result in many of the same health effects as

those of other stimulants, such as cocaine or amphetamines. These include:

- **increased wakefulness and physical activity**
- **decreased appetite**
- **faster breathing**
- **rapid and/or irregular heartbeat**
- **increased blood pressure and body temperature**

What are other health effects of methamphetamine?

Long-Term Effects

People who inject methamphetamine are at increased risk of contracting infectious diseases such as HIV and hepatitis B and C. These diseases are transmitted through contact with blood or other bodily fluids that can remain on drug equipment. Methamphetamine use can also alter judgment and decision-making leading to risky behaviors, such as unprotected sex, which also increases risk for infection.



Methamphetamine use may worsen the progression of HIV/AIDS and its consequences. Studies indicate that HIV causes more injury to nerve cells and more cognitive problems in people who use methamphetamine than it does in people who have HIV and don't use the drug. Cognitive problems are those involved with thinking, understanding, learning, and remembering.

Long-term methamphetamine use has many other negative consequences, including:

- extreme weight loss
- addiction
- severe dental problems
- intense itching, leading to skin sores from scratching
- anxiety
- changes in brain structure and function
- confusion
- memory loss
- sleeping problems
- violent behavior
- *paranoia*—extreme and unreasonable distrust of others
- *hallucinations*—sensations and images that seem real though they aren't.
- In addition, continued methamphetamine use causes changes in the brain's dopamine system that are associated with reduced coordination

and impaired verbal learning. In studies of people who used methamphetamine over the long term, severe changes also affected areas of the brain involved with emotion and memory.² This may explain many of the emotional and cognitive problems seen in those who use methamphetamine.

Although some of these brain changes may reverse after being off the drug for a year or more, other changes may not recover even after a long period of time. A recent study even suggests that people who once used methamphetamine have an increased the risk of developing Parkinson's disease, a disorder of the nerves that affects movement.

Are there health effects from exposure to secondhand methamphetamine smoke?

Researchers don't yet know whether people breathing in secondhand methamphetamine smoke can get high or have other health effects. What they do know is that people can test positive for methamphetamine after exposure to secondhand smoke. More research is needed in this area.

Can a person overdose on methamphetamine?

Yes, a person can overdose on methamphetamine. An overdose occurs when the person uses too much of a drug and has a toxic reaction that results in serious, harmful symptoms or death.

In 2017, about 15 percent of all drug overdose deaths involved the methamphetamine category, and 50 percent of those deaths also involved an opioid, with half of those cases related to the synthetic opioid fentanyl. (CDC Wonder Multiple Causes of Death on Meth RR.) It is important to note that cheap, dangerous synthetic opioids are sometimes added to street methamphetamine without the user knowing

How can a methamphetamine overdose be treated?

Because methamphetamine overdose often leads to a stroke, heart attack, or organ problems, first responders and emergency room doctors try to treat the overdose by treating these conditions, with the intent of:

- restoring blood flow to the affected part of the brain (stroke)
- restoring blood flow to the heart (heart attack)
- treating the organ problems

Is methamphetamine addictive?

Yes, methamphetamine is highly addictive. When people stop taking it, withdrawal symptoms can include:

- **anxiety**
- **fatigue**
- **severe depression**
- **psychosis**
- **intense drug cravings**

How is methamphetamine addiction treated?

While research is underway, there are currently no government-approved medications to treat methamphetamine addiction. The good news is that methamphetamine misuse can be prevented and addiction to the drug can be treated with behavioral therapies. The most effective treatments for methamphetamine addiction so far are behavioral therapies, such as:

- cognitive-behavioral therapy, which helps patients recognize, avoid, and cope with the situations likely to trigger drug use.
- motivational incentives, which uses vouchers or small cash rewards to encourage patients to remain drug-free

Research also continues toward development of medicines and other new treatments for methamphetamine use, including vaccines, and noninvasive stimulation of the brain using magnetic fields. People can and do recover from methamphetamine addiction if they have ready access to effective treatments that address the multitude of medical and personal problems resulting from long-term use. **Content By SHW Research/CDC /C Miller MD**





Physical Activity and Nutrition

Research indicates that staying physically active can help prevent or delay certain diseases, including some cancers, heart disease, and diabetes, and also relieve depression and improve mood. Inactivity often accompanies advancing age, but it doesn't have to. Check with your local churches or synagogues, senior centers, and shopping malls for exercise and walking programs. Like exercise, your eating habits are often not good if you live and eat alone. It's important for successful aging to eat foods rich in nutrients and avoid the empty calories in candy and sweets.

Overweight and Obesity

Being overweight or obese increases your chances of dying from hypertension, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea, respiratory problems, dyslipidemia, and endometrial, breast, prostate, and colon cancers. In-depth guides and practical advice about obesity are available from the National Heart Lung and Blood Institute of the National Institutes of Health.

Tobacco

Tobacco is the single greatest preventable cause of illness and premature death in the U.S. Tobacco use is now called "Tobacco dependence disease." The Centers for Disease Control and Prevention (CDC) says that smokers who try to quit are more successful when they have the support of their physician.

Substance Abuse

Substance abuse usually means drugs and alcohol. These are two areas we don't often associate with seniors, but seniors, like young people, may self-medicate using legal and illegal drugs and alcohol, which can lead to serious health consequences. In addition, seniors may deliberately or unknowingly mix medications and use alcohol. Because of our stereotypes about senior citizens, many medical people fail to ask seniors about possible substance abuse.

HIV/AIDS

Between 11 and 15% of U.S. AIDS cases occur in seniors over

age 50. Between 1991 and 1996, AIDS in adults over 50 rose more than twice as fast as in younger adults. Seniors are unlikely to use condoms, have immune systems that naturally weaken with age, and HIV symptoms (fatigue, weight loss, dementia, skin rashes, swollen lymph nodes) are similar to symptoms that can accompany old age. Again, stereotypes about aging in terms of sexual activity and drug use keep this problem largely unrecognized. That's why seniors are not well represented in research, clinical drug trials, prevention programs and efforts at intervention.

Mental Health

Dementia is not part of aging. Dementia can be caused by disease, reactions to medications, vision and hearing problems, infections, nutritional imbalances, diabetes, and renal failure. There are many forms of dementia (including Alzheimer's Disease) and some can be temporary. With accurate diagnosis comes management and help. The most common late-in-life mental health condition is depression. If left untreated, depression in the elderly can lead to suicide. Here's a surprising fact: The rate of suicide is higher for elderly white men than for any other age group, including adolescents.

Injury and Violence

Among seniors, falls are the leading cause of injuries, hospital admissions for trauma, and deaths due to injury. One in every three seniors (age 65 and older) will fall each year. Strategies to reduce injury include exercises to improve balance and strength and medication review. Home modifications can help reduce injury. Home security is needed to prevent intrusion. Home-based fire prevention devices should be in place and easy to use. People aged 65 and older are twice as likely to die in a home fire as the general population.

Environmental Quality

Even though pollution affects all of us, government studies have indicated that low-income, racial and ethnic minorities are more likely to live in areas where they face environmental risks. Compared to the general population, a higher proportion of the elderly is living just over the poverty threshold.

Immunization

Influenza and pneumonia are among the top 10 causes of death for older adults. Emphasis on Influenza vaccination for seniors has helped. Pneumonia remains one of the most serious infections, especially among women and the very old.

Access to Health Care

Seniors frequently don't monitor their health as seriously as


they should. While a shortage of geriatricians has been noted nationwide, URMH has one of the largest groups of geriatricians and geriatric specialists of any medical community in the country. Your access to health care is as close as URMH, offering a

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How To Get Back Into Working Out After a Long Break

Remember when working out seemed as much a part of your schedule as eating breakfast, clocking in for work, or brushing your teeth? A day just didn't seem complete without some sort of fitness activity.

Then, the sweat-dripping sessions somehow stopped. Perhaps a new job, extra family responsibilities, or a suddenly jam-packed calendar stole your workout time.

Whatever the reason, you went from very active to very inactive ... and now you're feeling bleh.

The good news? Getting back in a workout groove is definitely doable, says athletic trainer Jason Cruickshank, ATC, CSCS. All it takes is a little planning, some patience, and a dash of desire.

So, let's get to it.

Ease into a new exercise program

Anyone who's returning to working out should plan to take it slowly at the beginning, says Cruickshank. Don't expect to start where you left off. (This is especially true if you were a higher-performing athlete.)

Trying to lift too much weight right away, for instance, can put undue stress on muscles and tendons that haven't been used in a while. Ditto for immediately heading out on long runs or even forcing your body into a tough stretch.

"Think of the time and work it took to get to your previous fitness level," says Cruickshank. "You're not being fair to yourself if you think you'll jump back in at the same spot."

If you push too hard too fast, you risk getting sidelined with an injury — which isn't a good start to a new exercise regimen. So, start at a lower intensity to determine your fitness level. Then,

look to rebuild your endurance and retrain your muscles.

How to mentally prepare for exercise

If you've worked out before, you know this truth: Putting your muscles to the test can leave you a little sore. A good sore, but sore.

Restarting a fitness routine may amplify that feeling a bit. Once-simple workouts may seem a bit more challenging than you remember at first. But that's just part of the process. "Don't get frustrated," advises Cruickshank. "Be patient. The more you do it, the easier it will get."

Another thing to watch out for? Wounded pride. As you dial back workouts during a fitness restart, try not to dwell on what you used to do. Instead, focus on making incremental improvements as you work back into your routine.

"Looking forward is more productive than looking back," notes Cruickshank.

Workout restart tips

Whatever your choice of workout may be — whether it's lifting, running, cycling, swimming or some other activity — some basic advice applies when you're restarting a routine.

For starters, get the all-clear from a physician, says Cruickshank.

"We always recommend checking with either your primary care physician or a physician who's monitoring you, to make sure that your cardiovascular levels and blood panels are OK," he adds. "Once you're certified as healthy, you are safe to start into some training."

Six other top tips include:

Take it slow. Yes, this has already been mentioned — but it honestly can't be emphasized enough. Overdoing a fitness activity when you begin a routine can lead to injury and set you back. Start simple and up your workouts as you get stronger.

Focus on form. Proper form is key to getting the most out of any exercise. Restarting a routine is a great time to concentrate on doing an exercise correctly to build muscle memory.

Mix it up. An ideal workout routine blends cardio and strength training. Adding variety to your new routine can help keep your workouts fresh while targeting multiple areas of your body.

Stretch a lot. Stretching increases flexibility and range of motion, which can help your muscles work more effectively and lessen your chance of injury. (Learn about static and dynamic stretching from a sports medicine physician.)

Don't forget to rest. Give your muscles time to recover with a post-workout recovery plan that will get you ready to crush



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your next workout. It'll also help you avoid overuse injuries such as tendinitis.

Get some gear. If it's been a really long break since you worked out, you may need some equipment. (New shoes for runners, as an example.) Plus, everyone feels better in a new outfit, right?

How to stay consistent with working out

Now that you've restarted a workout routine, let's talk about how to keep it going. "The most effective and long-lasting fitness programs are ones you enjoy that fit within your lifestyle," says Cruickshank.

Build exercise into your life by:

Making it social. Everyone loves hanging out with friends, right? Exercising with a buddy adds an extra bit of enjoyment to your workout. Plus, it can motivate you to do your workout on days when you might otherwise think of ditching it.

Dedicating time to it. Schedule workouts on your planning calendar, just like you do for anything else important. Maintaining consistency with your workout times will make you more likely to keep the routine.

Doing what you like. Establish a workout routine that brings you joy. If you're having fun, after all, you're more likely to continue what you're doing. (On the flip side, don't waste time on exercises that make you miserable. Find something else.)

Using fitness trackers. There's something oddly addicting about setting goals and tracking your progress. Various apps can help keep you on a healthy path.



And as long as we're on the topic of fitness targets, the U.S. Centers for Disease Control and Prevention (CDC) offers some within its suggested mix of aerobic and strength training for optimal health.

The CDC recommends weekly goals of 150 minutes of moderate-intensity aerobic activity (such as brisk walking) or 75 minutes of vigorous-intensity aerobic workouts (such as running). Pair that with strength-training activities such as lifting, using resistance bands, or even yard work.

Content Provided by Fitness4Life/ B Taylor

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How Often You Should Exercise

Regular exercise is part of a healthy lifestyle. But you might be wondering how much exercise you need in a given week to get the most benefits.

According to the American College of Sports Medicine (ACSM), the ideal workout regimen balances cardiovascular work and strength training. Their guidelines recommend 150 minutes of moderate-intensity aerobic physical activity each week or vigorous-intensity aerobic activity for a minimum of 20 minutes three days a week. Additionally, you should do strength training twice a week.

What this means in practice depends on your age. For example, the American Heart Association defines moderate-intensity physical activity as an activity that increases your heart rate to 50% to 70% of its maximum rate, while vigorous physical activity is about 70% to 85% of the maximum rate. But your ideal target heart rate changes as you age. Twenty-year-olds have a higher target (100-170 beats per minute) than 50-year-olds (85-145 beats per minute). That means less-intense exercise can still make a big impact the older you get.

As you age, strength training also becomes more important for bone health. “You lose muscle mass as you get older,” says orthopedic surgeon Anne Marie Chicorelli, DO. “And it’s important to recognize that. People ask me all the time, ‘Well, I walk every day. Isn’t that enough?’ and I will respond, ‘That’s great for your cardiovascular health, but it doesn’t do as much for your strength.’ Strength training, weight training, and jogging are impact activities that increase your bone health and decrease your risk for fractures. And make sure to talk to your primary care provider before initiating an exercise program.”

These impact activities also help you improve your balance — specifically, proprioception balance, or “knowing where you are

in place in space and time,” says Dr. Chicorelli. “Improving proprioception goes hand-in-hand with strengthening to prevent falls.”

What counts as exercise?

Because working out is about moving your body, many activities count as exercise. “Gardening, dancing, any type of cleaning in your house, mowing the lawn, raking leaves, shoveling your snow — those are all exercise,” says Dr. Chicorelli. “Doing the laundry is also exercise because it’s lifting heavy weights.”

Strength training is also easily incorporated into your daily life. “Resistance bands, cans of corn or soup — anything that you can grip that increases your resistance is helpful,” notes Dr. Chicorelli. “That can be anything from pushing a chair while you’re doing something to lifting your child. If you’re a parent, you can incorporate your child into your activities. Doing sit-ups with your child as a weight — or any exercise where your child serves as resistance — can increase strength and be good for bonding with your child.”

As with movement, you can also build strength training into everyday activities you’re already doing. “If you’re washing the dishes, you can stand on one leg for 30 seconds and then switch off and stand on the other one,” suggests Dr. Chicorelli. “That helps improve your balance. And we know that balance is so important as we get older.”

She adds that flexibility is another important component of exercise. In other words, sign up for that yoga or Pilates class. “Yoga incorporates flexibility and stretching,” says Dr. Chicorelli. “As we get older, that’s important to keep our joints supple.”

Luckily, there isn’t much that doesn’t count as exercise. “If you think you’re exerting yourself, or if it feels like exercise — then, yes, you’re probably doing something to raise your heart rate,” says Dr. Chicorelli. “And that still is exercise.”

Making small changes to your daily activities can even count. Perhaps you’re parking a little bit farther away to go to the grocery store or taking the stairs instead of using the elevator. “Those are ways you can incorporate healthy activities into your life without it being labeled as exercise,” she notes. “But they’re still good for your overall health.”

How to put together a workout plan

Working out looks different for everybody and depends on your exercise history. In fact, Dr. Chicorelli says determining the best workout plan involves first establishing a baseline look at your previous physical activity. An exercise plan for someone who maybe took a few months off from the gym will look different from a plan for somebody who’s never worked out regularly.

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You also need to take your goals and expectations for the workout plan into consideration. For example, you might be looking to lose weight or gain muscle mass, or increase the distance you can run. “Based on those results, you also need to look at any chronic health problems or other conditions you might have,” says Dr. Chicorelli.

Why is it important to exercise frequently?

Exercising frequently is important because it helps you build up strength, as well as strengthens specific areas of your body, including your bones and heart. “Better cardiovascular health helps lower your blood pressure and decreases inflammation,” says Dr. Chicorelli. “Strengthening your bones also helps with osteoporosis.”

Working out brings cognitive benefits and boosts your brain health, too. “We forget that the brain is a muscle and that when we’re exercising it’s good for our brain,” Dr. Chicorelli explains. “For example, we know that people that exercise live longer and have less risk of developing dementia.”

How to get the most out of your workout

Sometimes, if you’re having a really busy week, you might only be able to do 10 minutes of exercise a day rather than your normal workouts of 30 minutes a day multiple times a week. That’s perfectly OK, says Dr. Chicorelli — just increase your intensity.

“Researchers have done studies that say it’s sometimes even better if you’re able to do higher-intensity workouts for short periods of time. If you were to jog three times a day for 7 to 10 minutes, you get more overall health benefits from it versus walking for 30 minutes.”

Dr. Chicorelli says she’s a “huge believer” in the FITT principle, which stands for frequency, intensity, time, and training. Viewing exercise through this principle can help you optimize your health. In fact, keeping these parameters in mind when you exercise can help guide you to more effective workouts.

Still, you might have questions as to how often you should focus on specific muscle groups, including legs, chest, abs, and biceps. “Generally, it’s better to target one muscle group at a time,” advises Dr. Chicorelli. “So each session, you’re supposed to do one major group.”

That’s not a hard-and-fast rule, however. “Be patient and do



what you feel comfortable doing,” Dr. Chicorelli adds. “If you’re gardening, you’re going to be working on all your muscle groups. It still exercises.”

No matter what you choose to do, just make sure not to overdo it. “If you do too much, you’re going to get sore and you might get discouraged,” cautions Dr. Chicorelli. “I tell my patients, ‘Be the turtle, not the hare. Slow and steady wins the race. Don’t go too fast into anything.’ Build up a good foundation so you’re less likely to get injured while staying motivated.”

Perception also helps you stay motivated while exercising. Rather than telling yourself, you’re trying to lose weight, you can frame workouts as you’re trying to be healthier.

“I look at exercise as health,” says Dr. Chicorelli. “Exercise can feel like an overwhelming obstacle. If you view it as general health and healthy activities, it’s easier for you to incorporate it into your lifestyle. Exercise often makes you feel like you need to put on a gym shirt or running shoes. Small changes in your daily activities can lead to positive health outcomes.”

And, above all, never discount the power of positive thinking.

“When you say ‘I’m losing weight,’ ‘losing’ is a negative word,” says Dr. Chicorelli. “That’s in contrast with positive statements like, ‘I’m trying to eat healthier or ‘I’m trying to improve my health.’ If you look at these things as a positive, your outlook — and what things you need to do to achieve your goals — are also positive.” **Content by Fitness Pros— M Douglas 2022**

What's Your Brain Type?

TAKE THE QUIZ



20 Simple Ways To Bring Positive Energy into Life Right Now

By Denise Hill

Denise shares about psychology and communication tips on Lifehack.

Staying positive can be tough. Positivity can start to wain when you are bombarded with a succession of negativity, failures, disappointment and heartbreak.

Every challenge you face withdraws from your energy, resilience and a little bit of your faith. Once your positive energy is depleted, pessimism slowly begins to creep in and take hold.

Positive thinking is a mental and emotional state of mind that focuses on the good and expects positive outcomes.

Developing and maintaining positive energy involves more than merely thinking happy thoughts. It is the anticipation of good (i.e. happiness, health and success) and it is the belief that all things — situations, obstacles and difficulties — will work out favorably in the end.

Optimism does not involve ignoring negativity. It is the acknowledgement of the negative but then choosing to focus on the positive. At its root, it is simply the belief that despite the current circumstances, things will work out favorable in the end. A positive mind comes from a heart full of faith. If you want to stay positive when facing challenges and negative situations, here are 20 things you can do to help revive your positive energy:

1. Enjoy Nature

Research shows that revelling in the great outdoors promotes human health. Spending time in serene natural environments has been scientifically proven to lower stress levels, improve working memory and provide a sense of rejuvenation.

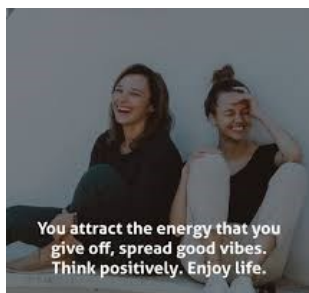
2. Perform Random Acts of Kindness

Finding ways to put a smile on the face of others affects you just as much as it affects them. It takes the focus off of you and your problems, and allows you to be a positive force in the lives of others.

Doing good for others makes you feel good. It lifts your mood, improves self esteem and self-worth. It also serves as a small distraction from your current challenges.

3. Develop an Attitude of Gratitude

Noticing and appreciating the positives in our lives is a great way to lift your spirits and provide yourself a mental boost.[2]



Start to practice gratitude by being thankful for the simple things in life. Check out this article for 60 Things To Be Thankful For In Life

4. Take a Mental Break

Exhaustion is the silent killer of positivity. Learn to take breaks when things get overwhelming. Do something that gives your mind a break from whatever challenge you are facing—and that could just mean taking a nap.

5. Laugh

Laughter truly is the best medicine for most of what ails us. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress.

6. Hang Around with Positive People

Research suggests that stress is contagious[— and the more you surround yourself with it, the more likely you are to let it affect your thoughts. In the same way that stress and negativity are contagious, so is happiness.



"You are the average of the five people you spend the most time with." The bottom line here is our behavior and thought patterns mirror those we hang around. Choose carefully who you allow into your circle.

7. Look for the Silver Lining Immediately

Trying to force optimistic thinking amidst emotional turmoil or a bit shocked usually don't work that well. Training yourself to look for the lesson and find the bright spot not only eases the burden a little, it also slowly begins to transform your entire thought process.

8. Breathe Deeply

Breathing exercises help expel toxic air from your body and refills your body and more importantly—your brain with fresh air. It clears your mind and allows you to regain mental clarity. One moment of clarity at the right time can change everything.

Try these 5 Breathing Exercises for Anxiety (Simple and Calm Anxiety Quickly).

9. Remind Yourself Not to Dwell on Negativity

Avoid dwelling on downers. Downers bring you down! Focusing on negatives isn't just unpleasant, it also makes you less effective in tackling other tasks you face. Negativity produces more negativity. Bad things happen—try not to replay them over and over and fixate on un-pleasantries. Play positive scenes in your mind instead.

Getting this free Worksheet For An Instant Motivation Boost can help too. You will find the little things you

can do right now to stop dwelling on negativity. Grab your free worksheet here.

10. Engage in Positive Self-Talk

Talk to yourself. Tell yourself things are going to turn-around and will work out in the end.

Say it out loud. Speaking what you believe out loud reinforces and strengthens the message. You say it and hear it simultaneously.

Here is a step-by-step guide to help yourself engage in positive self-talk: [How To Stop Negative Self-Talk From Ruining Your Life](#)

11. Talk It out with a Friend

Find a positive friend (or small group of friends) or confidant to talk to. Talking helps you hear the problem, admit and discuss your feelings and it gives you another set of eyes and ears working on the problem. You may find that brainstorming with another person or even a group will help you come up with new ideas to help you resolve the issue.

It also reassures you that someone has your back and that emotional support makes a difference. Think of it as a low-budget therapy.

12. Take a Walk

Scientists have found that one of the best ways to chase the blues away is by going for a walk.^[10] A brisk walk calms you down by sparking nerve cells in the brain that relax the senses.

13. Engage in Rigorous Exercise

Getting sweaty is not just good for your heart—it's good for your head too!

Research on anxiety, depression and exercise shows that the psychological and physical benefits of exercise helps reduce anxiety and elevates your mood. When you engage in vigorous physical activity, the "feel good" brain chemicals (neurotransmitters, endorphins and endocannabinoids) are released that ease feelings of negativity. It distracts you from your issues, and it physically relaxes you.

Find yourself too busy to do exercises? Here are [5 Ways to Find Time for Exercise](#)

14. Sleep

Proper rest is a critical part of maintaining a positive attitude. Studies have shown that even partial sleep deprivation has a significant effect on your mental state.

Researchers from University of Pennsylvania discovered that subjects who were limited to less than 5 hours of sleep a night for one week felt significantly more stressed, angry, sad, and mentally exhausted. It's hard to maintain a positive mindset under those conditions. Get some sleep!

15. Journal

Journaling is a great way to deal with overwhelming emotions. It provides a healthy outlet in which you can express yourself and manage your emotions and overall mental health.

Keeping a journal can help you identify and track the causes of negative thinking and develop a mitigation plan.

Here's how to get started with writing a journal: [Why You Should Keep A Journal And How To Get Started](#)

16. Play Hooky

Taking the occasional break from the daily grind is fun, freeing and necessary.

Figure out what makes you feel alive and happy and do that. Whether it's watching Netflix in your pj.'s all day or if it's kayaking down a river—the goal is to have fun—whatever that means to you.

17. Treat Yourself

Rewarding yourself with "me time" and celebrating who you are as a person is vital to sustaining a positive outlook.

Find small, meaningful and healthy ways to indulge yourself from time to time. Here are some nice ideas for you: [30 Self Care Habits for a Strong and Healthy Mind, Body and Spirit](#)

18. Move Through Your Day Mindfully

Worry and dwelling on pervasively stressful thoughts with are optimism assassins. Living mindfully involves consciously deciding to be fully present in each moment.

When you throw all of your attention, energy and resources on the now, you don't have the space for negative thoughts or worrying.

Here's a quick technique on how to practice mindfulness:

19. Take Care of Yourself Spiritually

Paying attention to and investing in yourself spiritually is something most people neglect.

You watch what you eat, workout, try to get enough sleep and do all the things you should to keep your body and mind fit and functioning. But part of maintaining good mental health and a positive state of mind is soul care.

Take time to feed your soul and keep the mind-body-spirit connection strong by engaging in spirit enhancing, contemplative activities such as meditation, prayer, reading spiritual materials and/or attending religious services.

20. Celebrate Small Wins

Who doesn't love a good celebration? Celebrating small victories is one of the quickest ways to give negativity the boot.

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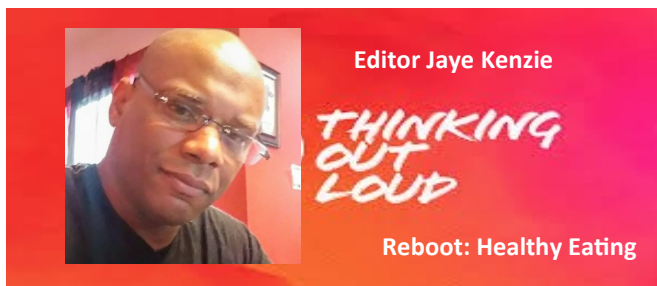


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Editor Jaye Kenzie

THINKING
OUT
LOUD

Reboot: Healthy Eating

Hello,

Don't Miss An Issue
SUBSCRIBE TODAY!

Good Morning, Afternoon or Goodnight depending where you're at in this world.

Lately I've been fighting whether or not to go full Vegan. I've been a healthy eater every since I was a teenager. I believe that eating in moderation is the key to balancing my diet. I'm not going to lie I occasionally still do eat some meats but the majority of my diet is seafood and veggies. Today at 53 years of age I feel healthy and great so I don't know why I need to go full vegan. **(If it isn't broke don't fix it.. right?)..lol** ,But anyway if you're looking to change up you eating habits for better health here's what I suggest you try for starters :

Eat more fruits and vegetables

- Fruits and vegetables contain many vitamins and minerals your body needs, like:
- Fiber, which eases constipation and aids in digestion.
- Magnesium, which supports bone health.
- Potassium, which helps maintain healthy blood pressure.
- Vitamin A, which protects against infection and keeps skin and eyes healthy.
- Vitamin C, which aids in iron absorption and keeps your skin and gums healthy.
- Eating fruits and vegetables can reduce your risk of disease. A large 2018 review found a diet rich in fruits and vegetables reduces markers of inflammation, which is associated with chronic health conditions, like heart disease, cancer, and diabetes.
- The recommended amount of fruits and vegetables you need each day varies

based on age, sex, and physical activity. Here is how many servings you should be eating according to the U.S. Department of Agriculture (USDA):

- For most fruits, a serving size is based on one whole fruit, like one peach, for instance, says Amanda Miller, a registered dietitian from Chicago who specializes in weight loss and medical nutrition therapy. Medium bananas are usually considered two fruit servings and a serving of vegetables is about ½ cup to one cup.

Choose whole grains

Whole grains include the entire kernel of wheat. Each part of the grain contains important nutrients like:

Bran, the outer layer which contains fiber and B vitamins

Endosperm, the inner layer which contains carbohydrates and protein

Germ, the core which contains B vitamins, healthy fats, and vitamin E

White or refined grains undergo a process that removes the bran and germ, resulting in a finer texture and improved shelf life, but a loss of fiber and B vitamins, Miller says. Refined grains still contain carbohydrates and protein, but whole grains contain more fiber and micronutrients and offer more health benefits.

A 2020 analysis of randomized controlled trials found consuming whole grains instead of refined grains can improve total cholesterol and lower the risk of cardiovascular disease.

Most people should aim for at least half of the grains they consume a day to be whole grains, Miller says.

The general recommendation is between three and eight ounce-equivalents a day, depending on your age and activity level.

Examples of whole grains include:

Whole grain bread

Whole grain pasta

Brown rice

Quinoa

Oats



Limit processed foods

Processed foods have been changed from their original form and cooked, packaged, canned, or frozen. Fortifying and preserving these foods can also change their nutritional composition and as a result, heavily processed foods are usually high in calories and low in nutrients.

Examples of heavily processed foods include:

Chips

Cookies

Candy

Cakes

Cured meats, like deli meat

Hot dogs

Frozen meals made with refined grains and sodium or sugar-rich sauces

Salt, sugar, and preservatives are usually added to processed foods, which can have negative effects on your health, like an increased risk of heart disease, says Alana Kessler, a registered dietitian and nutrition consultant based in New York City.

Two large 2019 European studies found an association between ultra-processed foods, like sugary cereals and baked goods, and cardiovascular disease. Additionally, the World Health Organization classifies processed meats as a carcinogen — a substance capable of causing cancer. Research also links processed meats to diabetes and cardiovascular diseases.

To cut down on health risks, Kessler suggests swapping out processed foods for healthier alternatives, like:

Sparkling water or tea instead of soda

Plain oatmeal or yogurt instead of sugary cereal

Plain popcorn instead of chips

Packaged foods are technically processed foods, but that doesn't mean you need to cut them out entirely, Kessler says. Some packaged foods like frozen fruit and vegetables ensure nutritional quality and can make eating well easier and more convenient.

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Practice portion control

Portion control is when you eat the recommended serving

sizes of foods throughout the day.

Eating incorrect portion sizes can negatively impact weight, metabolism, hormone balance, and energy, Miller says.

Practicing portion control requires mindfulness about what you are eating and how much, Miller says. Understanding serving sizes can also help you structure a healthy plate consisting of half fruit and vegetables, a quarter protein-rich food, and a quarter whole grains.

Miller suggests these tips for understanding serving sizes and practicing portion control:

Look at the food label to know how much one serving is. Remember some foods like pasta and rice puff up when they're cooked. The label will tell you if the serving size is for cooked or uncooked portions.

Try pre-portioning your food into a small bowl or plate to keep yourself from overeating right out of the bag or tub. "If you ever spoon out ice cream from the tub, chances are you consume way more than the suggested serving size," Miller says. "Free-spooning from the tub could lead to consuming two to three times the suggested serving size."

Pay attention to high-calorie foods. Nuts for example are very nutritious and have healthy fat, but they are also high in calories. Most nut labels will suggest about a one to two-ounce serving — which is about 30 almonds.

Be careful with beverages, specifically loaded coffee and teas, Miller says. All the syrup, sugar, flavorings, foam, and cream add fat, sugar, and calories to your drink. If you are craving such a drink, opt for the smallest size available.

Eat more healthy fats

Fat is an essential part of a healthy diet, Kessler says. These nutrients help the body maintain metabolism and store energy. But not all types of fat are the same, and some can cause negative health effects.

Saturated fat is typically solid at room temperature and includes foods like coconut oil, full-fat dairy, and fatty pieces of meat. Saturated fat can raise levels of blood lipids or cholesterol, which could increase the risk of heart disease, Kessler says, so saturated fat should be consumed in moderation. The American Heart Association recommends limiting your intake of saturated fat to

less than 6% of your daily calories.

Unsaturated fat is typically liquid at room temperature. Examples of unsaturated fat include nuts, avocados, olive oil, and fatty fish like salmon. Unsaturated fat can have a positive effect on your heart health. A large 2009 study found participants who replaced 5% of their dietary intake of saturated fats with unsaturated fats were less likely to experience coronary heart disease. The American Academy of Nutrition and Dietetics recommends unsaturated fats make up 20% to 35% of total calories.

Trans fat used to be found in fried and processed foods, like frozen pizza, French fries, and donuts but has since been phased out per FDA regulations. Trans fat offers no nutritional value and can increase your risk of chronic conditions, like heart disease.

Omega-3 fatty acids, a type of unsaturated fat, are another essential component of a healthy diet. These are found in fish, flaxseed, and plant oils like canola oil. Omega-3's help make up the components of cells and support your heart and immune system.

Experts at the National Institutes of Health have not set overall omega-3 daily intake recommendations, but they do recommend adult males get 1.6 grams and adult females get 1.1 grams of ALA a day — a type of omega-3 fatty acid primarily found in plant oils.

Create a plan

An eating plan can help set you up for success. It can include the recommended amount of fruits, vegetables, protein, and grains, how they will be prepared, and when they will be eaten, Kessler says. Some ways to create a healthy eating plan include:

Meal prep. Decide what meals you will eat when and prep by chopping veggies and portioning out servings. Having ready-to-go foods can help you avoid snacking and choosing unhealthy alternatives.

Use the MyPlate diagram to plan meals. This can offer you a visual of how to create a healthy plate with ½ fruits and vegetables, ¼ protein, and ¼ grains.

Adjust your environment. Make sure your fridge and pantry are stocked with healthy options, and limit the amount

of processed food in your home. This can help you reach for something healthy when you are bracing a snack.

Healthy eating plans will vary by individual and the right plan for you depends on your overall health, lifestyle, age and level of activity. If you need help creating an eating plan, reach out to your doctor or a registered dietitian.



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