

RESULTS FOR LIFE

Monthly tips and topics for a healthier lifestyle

Family Health

How often do we put other people's needs in front of our own? Whether it's our children, our parents, our spouses or our friend, it's important to remember to take care of ourselves. Don't forget to take the time to recharge your batteries. This month's newsletter provides important reminders for taking care of the caregiver and using preventive techniques to stay healthy.

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Caring for the Caregiver

Many individuals find themselves caring for children and adolescents as well as tending to the needs of an elderly parent, spouse or sibling with a serious health condition. No matter your caregiving situation, there are always at least two people to take care of: the individual that has the health condition and you, the caregiver. Everyone has daily responsibilities, but the responsibilities and activities of caregivers takes "busy" to a whole new level!

Caring for yourself is important, and when you are in a caregiving role, self-care is vitally important. If you are ill, the person you are caring for will suffer. Also, the stress and strain of caring for someone puts you at an increased risk of developing your own serious health conditions. Caring for yourself can take many forms, and some examples include making physical activity and eating a nutritious diet a daily priority, engaging in pleasurable healthy hobbies, or seeking the help of a licensed clinical therapist to work through stress and strain of caregiving.

If you're a caregiver, spend some time thinking about what barriers are standing in your way to self-care. Is it that you feel selfish or guilty taking time away to care for

Fit Tip of the Month

Walk-tober



Are you ready to start walking but don't know where to begin? You can walk anywhere, so all you need is motivation, a good pair of shoes, and comfortable clothing. If you're new to walking, start with slow, short sessions and build up gradually.

[Here](#) is a sample six-week beginner program from the American Heart Association. It starts with 5-10 minute walks and builds up to 30+ minutes in six weeks. Warm up and cool down times are included in the minutes. Be sure to stretch after your walks!

Suzanne Toon MS, CPT
Health Coach

Resources: [American Heart Association](#)

Always consult your physician before beginning this or any exercise program. For more exercises or ideas, visit www.myinteractivehealth.com.

yourself? If so, please know and remember that keeping yourself in good physical and emotional shape will benefit everyone. Is there too much to do and not enough time in the day to care for yourself? If so, finding ways to delegate certain responsibilities can make a huge difference in your energy level and time availability.

Finally, an important part of caregiver self-care is to make sure you are aware of and working through the grief process. Initially, you may experience feelings of grief related to the change in relationship dynamics and mourning the loss of the life you experienced prior to your new caregiving role. As the person you are caregiving for advances in their illness, the grief process will continue. Support is available to help you through this process through your local religious community, a professional counselor, as well as condition specific association and awareness groups (i.e., Alzheimer's Association, American Cancer Society, etc).

Colleen Fairbanks, PhD
Health Psychologist

Resources: [Interactive Health](#), [AARP](#), [Family Caregiver Alliance](#)

Have you seen your new wellness website?



We've taken the online wellness experience to a whole new level. Tap into a concierge-like web experience that will assist you on your journey to better health. Fresh, modern and easy-to-use, the website includes interactive guides, pin-able content, personalized action steps and much more!

Log on today at www.myinteractivehealth.com (or at your company-provided web link) to see more.

Preventive Focus Flu Vaccine

Receiving a flu vaccine is the best way to reduce the chances of coming down with seasonal flu and spreading it to others. It is recommended that everyone six months and older receive a flu shot each year to protect themselves from the flu. It is optimal to receive the vaccine prior to the end of October, but receiving it later in the season can still provide protective benefits. It takes your body approximately two weeks to develop protection against the flu after vaccination.

It's a common myth that you can develop the flu from the flu vaccine. Extensive research has shown that flu vaccines are among the safest medical products in use. Common symptoms such as soreness, redness, and/or swelling at the shot site, fever, and/or muscle ached may occur after receiving the vaccine. Side effects are often mild and short-lived. Remember, these are side effects, NOT the flu.

Reasons for Getting a Flu Vaccine

- The vaccine helps prevent getting sick from flu
- If you do get sick, it may make your illness milder
- When more people get vaccinated, it decreases the spread of flu throughout a community

Janet Kirchen, RN

Immediate Intervention Team

Resources: [Centers for Disease Control](#); [US Dept of Health and Human Services](#)



Healthy Happy Family

Strengthen your parenting skills and reinforce the importance of family traditions. This webinar will discuss topics related to making positive health behaviors routine for all family members and practical ways to incorporate healthy habits at home.

Date: Thursday, Oct. 19th, 2017

Time: 12:00pm - 12:45pm (Central)

[Register Now](#)

After registering you will receive a confirmation email containing information about joining the webinar.

A recorded version of the webinar will be available for viewing within seven business days on the [Interactive Health](#) member website.

Recipe of the Month

Disguise Veggies for Your Kids

Zucchini Pizzas



Get the kids involved in making a healthy, veggie packed “pizza.” This recipe uses zucchini rounds for the crust, but you can try any kind of squash. Let the kids pick out the zucchini at the store, add extra vegetables, and sprinkle the cheese on top.

Ingredients

- 3 medium zucchinis, sliced thick
- ¼ cup pizza or pasta sauce (no sugar added)
- ½ cup shredded mozzarella cheese (2% variety)
- 1/3 cup mushrooms, green pepper, or spinach

Directions

1. Preheat oven to 400 degrees.
2. Place zucchini evenly on a baking sheet and bake 5 minutes.
3. Remove pan from oven and top with sauce, mozzarella, and toppings. Bake until cheese is melted (about 10 minutes).

Nutritional Information Per Serving (Makes 4 servings)

Calories: 125
 Total Fat: 6 g
 Cholesterol: 0 mg
 Protein: 9 g
 Total Carbohydrates: 10 g
 Dietary Fiber: 3 g
 Sugars: 0 g
 Sodium: 150 mg

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Wellness Works Hub

Stay up to date with the latest wellness news and trends with [Wellness Works Hub](#).

If you haven't visited lately, here's what you've missed:

[Study: Clustering 'Health-Related Behaviors' Helps Prevent Chronic Disease](#)

Five key health-related behaviors for chronic disease prevention are never smoking, getting regular physical activity, consuming no alcohol or only moderate amounts, maintaining a normal body weight, and obtaining daily sufficient sleep.

Among US adults, 81.6% were current nonsmokers, 63.9% obtained 7 hours or more sleep per day, 63.1% reported moderate or no alcohol consumption, 50.4% met physical activity recommendations, and 32.5% had a normal BMI.”

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

