



BEST bits

|| **Five healthy lifestyle tips from the Mayo Clinic:** ❶ Set realistic goals (e.g., walking at least 3 times a week or eating 4 daily servings of vegetables). ❷ Replace processed food with whole foods (e.g., fruits, vegetables, whole grains). ❸ Avoid screen time while eating because it may increase your consumption. ❹ Eat out less. ❺ Get active every day: Clean house, ride a bike or stretch your muscles.



June 27 is HIV Testing Day, a reminder to get tested for

HIV (human immunodeficiency virus), which causes AIDS. In the U.S., 1 in 7 people living with HIV don't have symptoms and don't know they have it. HIV is spread through bodily fluids, unprotected sex, sharing needles; getting infected blood through transfusion (rare in the U.S.); or breastfeeding, pregnancy or childbirth if the mother has HIV.

|| **Power up your golf swing** by strengthening back, shoulder and neck muscles for a balanced, effective swing. Year-round cardio conditioning helps build all-day stamina come golf season. Always stretch before teeing off to loosen tight upper body muscles. Golf can be a strenuous sport. To stay injury-free and on course, consider strength-training advice from a golf pro.

Get in the Swim

Water exercise offers special rewards. First, no matter what the activity involves, doing it in chest-deep water takes added effort. And low-impact aqua workouts can leave you feeling calm and invigorated, not tired or achy.

Fitness benefits? Even the simplest pool exercise — walking forward and backward in waist-high water — can improve balance and flexibility and train your core muscles, all with help from the water's resistance. Aqua aerobic routines will help you reduce body fat, lose weight and strengthen your cardiovascular health.

Pool classes offer a variety of exercise options. In addition to lap swimming, you can switch to shallow or deep-water activities that provide vigorous muscle workouts, especially by keeping your full range of motion under water.

Just starting or have limited mobility? Choose an introductory class and work with the instructor to identify your fitness goals and to learn proper form. If you don't swim well, find a class that offers routines in the shallow end of the pool, such as water walking. As your strength grows, you can increase your pace for enhanced fitness.

Check with your health care provider first if you have chronic health problems (e.g., heart issues, arthritis, backache, injury and obesity), or you're pregnant.



June 8 is Family Health and Fitness Day,

an annual event sponsored by the National Recreation and Park Association. It's a great reminder that family fun, such as biking, swimming and fitness programs at local parks and community centers, can build health. Check out nearby parks for activities your family can enjoy together. Learn more at nrpa.org/events/family-fitness-day/.



Your body hears everything your mind says. — Naomi Judd

Cancer Screening Guide for Guys

Busy men tend to put off checkups, especially if they feel fine. But that can be a serious mistake when it comes to health.

Men's Health Month in June is an opportunity to learn more about the prevention, detection and treatment of diseases affecting men. Learning more can be lifesaving — especially when it comes to protection from cancer.



Case in point: Prostate cancer is the most common type of malignancy in men (besides skin cancer) and it's the second leading cause of cancer deaths in American men after lung cancer. But there's good news from the American Cancer Society (ACS): The 5-year survival rate for non-spreading prostate cancer is nearly 100%.

Prostate exams: Do men need regular prostate cancer screening if they have no symptoms or elevated risk for prostate cancer? The ACS advises all men to talk with their health care providers about prostate screening based on age and personal risks, if they're in the following groups:

Men age 40 and at highest risk for the disease because they have more than 1 first-degree relative (a father or brother) who had prostate cancer at an early age.

Men age 45 and at elevated risk due to being African American and/or having a father, brother or son diagnosed with the disease at younger than 65.

Men age 50, at average risk for prostate cancer and who are expected to live at least another decade.



June is Men's Health Month.



The ACS emphasizes health status and age because prostate cancer usually grows slowly and, if a man is seriously ill and not expected to live for another 10 years, cancer screening and treatment may not be indicated.

Prostate cancer screening involves a prostate-specific antigen (PSA) blood test and often a digital rectal exam. If no cancer is found, future screenings may be scheduled depending on the results of the PSA test. For example, a PSA of less than 2.5 ng/mL typically is repeated every 2 years, while a higher PSA level should be tested yearly, according to the ACS.

What other cancer screenings do men need?

Colorectal cancer is highly preventable with regular exams, such as a colonoscopy or fecal DNA test, to find and remove pre-cancerous polyps. The ACS recommends men begin colorectal screening at age 45 or earlier if they have risks, such as a family history of colorectal cancer.

Talk to your provider about other cancer screenings, including skin cancer checks. Lung cancer screening for smokers and others at high risk increases the chances of effective treatment. Inform your provider immediately if you have lung-related symptoms, including a persistent cough, rust-colored sputum and pain with deep breaths.



QUIKQuiz:™ Adult ADHD



Attention-deficit/hyperactivity disorder (ADHD) occurs in about 8% of children and can continue into adulthood. Typical symptoms include frequent hyperactivity, impulsiveness and inability to focus. Test your knowledge:

- 1 T or F:** The exact cause of ADHD is unclear.
- 2 T or F:** ADHD is a fairly new disorder.
- 3 T or F:** In adults with ADHD, symptoms often increase.
- 4 T or F:** Diagnosis in adults is difficult.
- 5 T or F:** Risk of ADHD may increase if you have blood relatives with ADHD.

Answers

- 1 True** — Research suggests it may involve irregularities with the central nervous system during a child's development.
- 2 False** — ADHD symptoms were first published in *The Lancet* in 1902.
- 3 False** — Adults tend to have fewer symptoms as they age, but ADHD can still interfere with daily functioning. Signs include uncontrolled impulses, such as impatience and frequent mood swings.
- 4 True** — Many adults have untreated ADHD because its symptoms are similar to those caused by other mental health conditions, such as anxiety.
- 5 True** — Other risks include: premature birth, brain injury, and the child's mother smoking, using alcohol or having extreme stress during pregnancy.

Worried about your symptoms? Seek a health care provider who has training and experience in testing and caring for adult ADHD. Learn more at add.org/adhd-test/.



Overwhelmed at Home?

If you come home from work and face what feels like a mountain of household, relationship and child responsibilities, you aren't alone. A Pew Research Center survey found working parents especially feel rushed, tired and stressed in all facets of home life.

Although finding a work-life balance is the subject of countless articles and books, there's no magic formula. However, the following stress-busting and attitude-changing tips can help you feel less overwhelmed and more able to enjoy your life after work.

Exercise regularly. Enlist a child, a partner or your dog for a 20- to 30-minute walk after work to unwind. You'll boost your mood, energy and fitness.

Set realistic housekeeping goals. Nobody's home is perfect. Decide what absolutely must be done and what can wait.

Discuss household chores with your family. Work together to clearly and fairly distribute home responsibilities with your partner. Teach your kids to pitch in where possible.

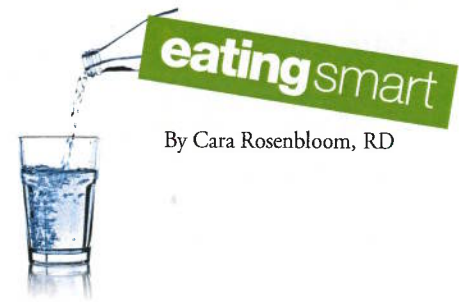
Don't overdo it. If you're overscheduled with extra community or social activities, learn to say no when you need to.

TIP of the MONTH

Don't Let Cravings Sabotage Your Health

Are your cravings messing with your health goals? One solution for cravings is to distract yourself and focus on something else. Try going for a walk, making herbal tea, talking to a friend or taking a shower. Many people find that drinking water is a good solution.

All About Food Cravings



By Cara Rosenbloom, RD

Do you often long for salty potato chips or sweet chocolate? People tend to crave non-nutritious foods that are high in salt, sugar or fat (or a combination).

Can cravings be explained? Some researchers have hypothesized that we want foods that contain nutrients our bodies lack, but science has not fully supported this. Instead, cravings are likely the result of a blend of factors, including:

- ✓ **High stress.**
- ✓ **Lack of sleep**, which can affect hormone levels.
- ✓ **Forbidding** oneself from eating certain foods.
- ✓ **Associations**, such as craving popcorn during a movie.
- ✓ **Hormonal** changes.
- ✓ **Emotions**, such as sadness, which may lead to emotional eating.
- ✓ **Thirst** or dehydration.



To combat cravings, start by eating meals that contain enough protein to make you feel full. Studies show that adequate protein (about 20 to 30 grams per meal) can decrease cravings by up to 60%. Also make sure to stay well hydrated by drinking water all day long.

If cravings pop up when you're sleep deprived or stressed, try incorporating better lifestyle habits, such as turning off devices an hour before bedtime.

Deprivation doesn't work for many people, who prefer to enjoy a small portion of what they crave. Does this sound like you? If so, enjoy your favorite food mindfully. That means you eat a reasonable portion to satisfy the craving, and savor every delicious bite with all of your senses.



Grilled Chicken and Herbed Corn Salad

EASY recipe

- 16 oz. boneless skinless chicken breasts
- 2 tbsp olive oil, *divided*
- ½ tsp salt
- ¼ tsp pepper
- 1 tsp dried basil
- 3 corn cobs, shucked
- 1 cup fresh basil, chopped
- ½ cup fresh mint, chopped
- ¼ cup grated Parmesan cheese
- 1 clove garlic, minced
- ¼ cup lemon juice



Preheat BBQ or grill to 450°F. **Put** chicken on a plate. **In** a small bowl, combine 1 tbsp olive oil with salt, pepper and dried basil. **Pour** over chicken. **Place** chicken on grill for 9-10 minutes, flipping halfway.

Cook until internal temperature is 165°F. **Discard** leftover oil that was used on chicken. **Grill** corn cobs for 5-8 minutes, turning occasionally. **In** a blender or food processor, blend remaining olive oil, fresh basil, mint, cheese, garlic and lemon juice until combined. **When** cool to the touch, cut kernels off corn. **Stir** kernels into herb mixture and serve it over chicken.

Makes 4 servings. Per serving:

258 calories | 25g protein | 12g total fat | 3g saturated fat | 7g mono fat
2g poly fat | 15g carbohydrate | 4g sugar | 3g fiber | 463mg sodium

Stay in Touch

Keep those questions and suggestions coming!

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Camping

CAUTIONS



SAFETY corner

Camping is a fun way to enjoy the great outdoors. But, before you go, read this helpful advice to stay safe:

Do your homework. Check to make sure your designated campsite allows camping and that it's monitored by park rangers or security. If you choose a public campground, make sure the site has security features such as nightly patrols, security cameras and security gates and fences. Also, watch the weather forecast to avoid potential problems.

Introduce yourself to your camping neighbors. They may be able to help in emergencies or inform you if someone tampers with your belongings.

Use your own security devices. If your RV or camper doesn't have a built-in security system, consider setting up motion lights to deter crime and critters. Pull down shades in campers and RVs to keep valuables concealed. Store food out of reach of wildlife. Use a bear-proof container to store food. Learn more at bearsmart.com/play/securing-food-garbage/.

Follow campfire and campground rules. Prepare for emergencies by keeping buckets of water and blankets (to stop, drop and roll) nearby. Put out your fire and don't go to sleep or leave the campfire when coals or embers are still hot. Learn more at nps.gov/articles/campfires.htm.

EXPERT advice Q: How can pet therapy help?

— Eric Endlich, PhD

A: More than a century ago, Florence Nightingale, the founder of modern nursing, noticed that chronically ill people felt better when interacting with animals. Since then, numerous studies have shown that pet therapy, also called animal-assisted therapy, can:

- ❖ Reduce boredom, loneliness, anxiety and depression.
- ❖ Help children overcome speech and emotional disorders.
- ❖ Improve literacy skills.
- ❖ Decrease pain, medication use and recovery time.
- ❖ Improve cardiac health.
- ❖ Increase focus.



Even people who have a neutral attitude toward animals can appreciate and benefit from their nonjudgmental presence. Caring for pets can also give people a sense of purpose. Dogs and cats are typical therapy animals, but animals of all kinds, such as turtles, fish, bearded dragons and even crickets, can also have positive effects. In contrast, plush toy animals do not appear to confer health benefits, although realistic robot dogs have shown some promise with dementia patients.