

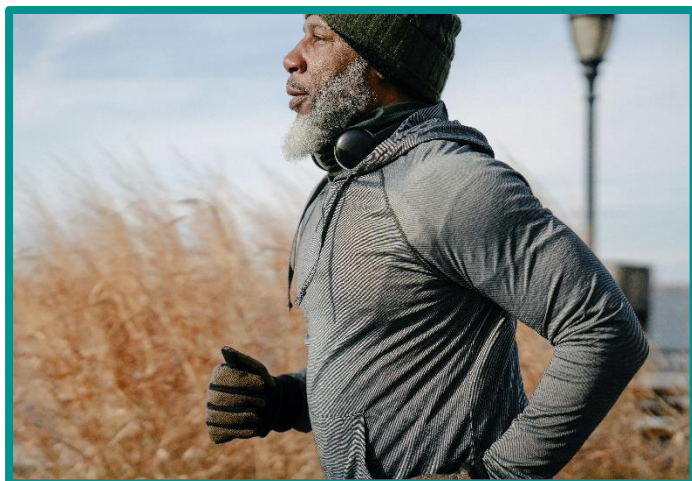
INSIDE THIS ISSUE

SEPTEMBER 2023

1 Healthy Aging

2 New Hobbies

3 Back to School Tips



HEALTH OBSERVANCE

Healthy Aging

Dawn Koch, Health Coach – Orthus Health

September is Healthy Aging Month. According to the National Institute of Health (NIH), aging increases the risk of chronic diseases such as heart disease, type 2 diabetes, arthritis, cancer, and dementia. The good news is that adopting and maintaining a few key behaviors can help older adults live longer, healthier lives. Healthy behaviors can help aging adults live more independently as well.

Six Tips for Healthy Aging According to the CDC:

Eat and Drink Healthy. A nutritious diet involving a variety of fresh fruits and vegetables, whole grains, healthy fats, and lean proteins also can help boost immunity and lower the risk of specific health problems such as heart disease, high blood pressure, obesity, type 2 diabetes, stroke, and some cancers.

Move More, Sit Less Throughout the Day. Exercise can help reduce stress and anxiety levels, improve balance and lower the risk of falls, enhance sleep, and decrease feelings of depression. Most importantly, people who exercise regularly not only live longer but also may live better — meaning they enjoy more years of life with less pain or disability.

Don't Use Tobacco. If you use tobacco, take steps to quit. It is never too late.

Get Regular Checkups. Checking in with doctors annually, and possibly more often, depending on overall health, may help reduce risk factors for diseases such as high blood pressure and cholesterol levels. Regular check-ups can also help catch concerns early and improve the chances for effective treatment.

Know Your Family History. Discuss recommended screenings and additional testing with your doctor that is recommended based on your family history.

Be Aware of Changes in Brain Health. Discuss any memory changes or concerns about your brain health with your doctor.

Source: [6 Tips for Healthy Aging | CDC](#)



WellBalance Health Corner

The Importance of New Hobbies

It is never too late in life to find a new hobby, in fact, there are benefits to it.

..... page 2



How to Keep Your Cool for Back to School

Set yourself up for success by following these tips for easing back into the business of the "back to school" season.

..... page 3



WelBalance

HEALTH TIP CORNER

Intellectual Wellbeing.

The Importance of New Hobbies

Emily Spencer – Wellworks for You

Sometimes, finding an hour of free time in our busy days can feel impossible. When you do find that hour or two, how do you spend it? The importance and benefits of hobbies cannot be overlooked, and while developing new hobbies can feel uncomfortable, it is worth the time and effort!

Three Benefits of Having Hobbies

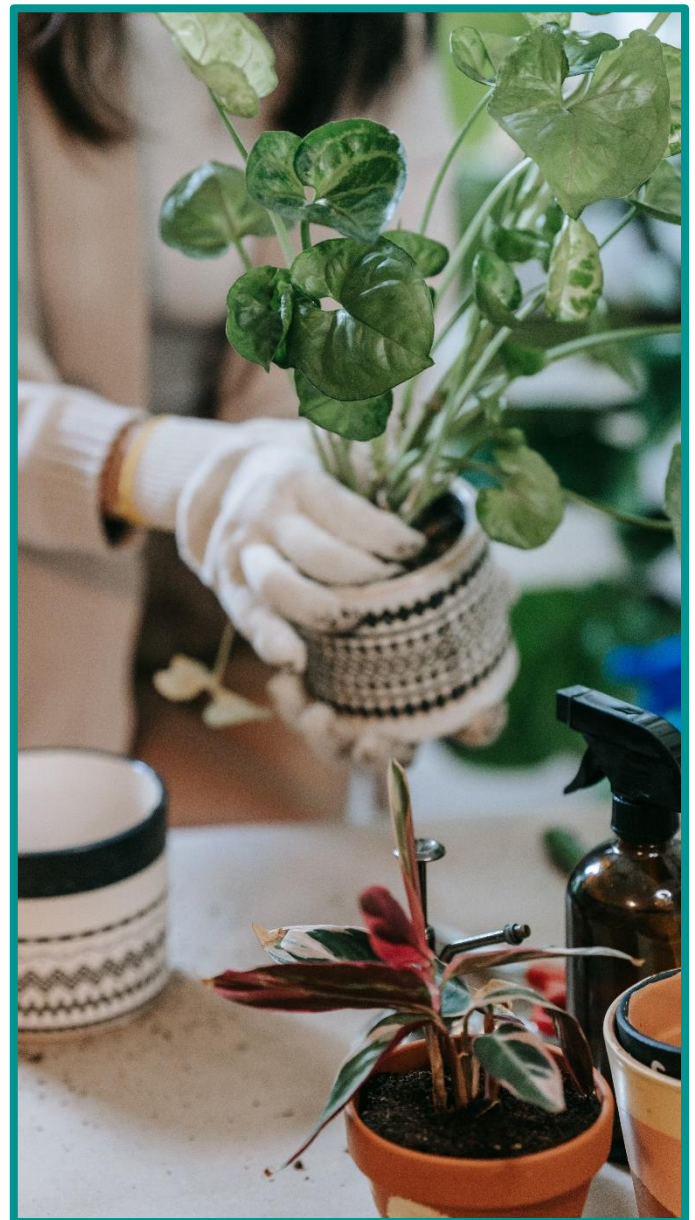
Hobbies help structure your time. We tend to allow tasks to take up the amount of time that is available. If the whole evening stretches in front of you, it can be tempting to stay online, answering a few more emails. But, if you had a book club or a tennis match to get to, you may complete those tasks more efficiently, freeing up that time for your hobbies.

Hobbies can foster new social connections and help build friendships. Many hobbies offer the chance to meet new people in our communities. Social connection is a crucial ingredient in a happy and meaningful life, and bonding over a shared interest or passion is a great way to ignite a new friendship.

Hobbies promote health and decrease stress. Hobbies keep us active, sometimes mentally, physically, and/or socially. Hobbies can also help grow our self-concept, reminding us that we are more than employees, parents, or spouses; we're also chess players, athletes, and artists! Diving into a hobby can distract you from a difficult day at work and provide a challenge and a chance to increase your self-confidence.

Five questions to ask yourself as you begin your search for a new hobby:

1. Do you enjoy competition?
2. Is there a particular skill that you would like to develop?
3. Are there activities that you enjoyed in childhood that you would like to revisit now?
4. How much time and money can you devote to a hobby?
5. With what types of people would you like to interact with through your hobby? Or would you prefer a solitary pursuit?



How to Keep Your Cool for Back to School

Kelsey Lindsay – Wellworks For You



It seems to never fail that as soon as August rolls around, it's an inevitable reminder that summer is over and busy schedules are upon us. Whether you are a student, working full time (or both), or a parent trying to juggle kids' busy schedules on top of your own, the "Back to School" time of the year can seem overwhelming. However, with proper planning and intent, this time of the year does not have to seem daunting.

Here are a few ways to help ease the stress of those overbooked busy schedules:

- Have a planner- whether it's a physical planner you can write in or one you can use on your computer or phone. To stay organized, it's essential to have a visual of your daily, weekly, and monthly schedule.
- Practice time management skills and know what to prioritize.
- Set aside at least 15 minutes each day for yourself doing something that makes you happy, whether reading a book, listening to a podcast, going for a walk, calling a friend or family member, etc.
- Make sure that your health is a priority- getting enough sleep, staying hydrated, exercising, and eating nutritious foods will help alleviate the stress of a busy schedule.
- Don't be afraid to say no- saying yes to all invites can lead to burnout. It's okay to prioritize your mental and emotional wellbeing.
- Incorporate stress management techniques that work for you- this can come in many forms, but a few examples are meditation, self-care, some physical movement, taking a break from electronics, getting out in nature, setting realistic goals, etc.,
- Create a morning and evening routine that you enjoy and look forward to.

FEATURED RECIPE

Mediterranean Roasted Vegetables



INGREDIENTS

- 2 Roma tomatoes *quartered and seeded*
- 2 zucchini 8 to 12 oz, *halved and sliced on a diagonal*
- 1 eggplant *about 12 oz, halved and sliced into semicircles*
- 1 yellow bell pepper *seeded and sliced into strips*
- 1 red onion *halved and sliced*
- 2 tbsp avocado oil
- 2 tsp dried Italian herbs
- Generous pinch of sea salt and black pepper
- 6 fresh basil leaves *sliced into thin ribbons, optional*

DIRECTIONS

1. Get ready. Preheat the oven to 400F. Line two large, rimmed baking sheets with parchment paper.
2. Load up the trays. Place half the veggies on one tray, half on the other. You can mix and match them if you want.
3. Spice it up. Drizzle half the oil onto each tray of veggies. Sprinkle half the salt, pepper, and Italian herbs onto each tray of veggies. Toss well with your hands and then spread the veggies out into a single layer. Don't overcrowd them.
4. Bake it. Roast for 20-30 minutes until the veggies are tender and the edges are golden brown.
5. Garnish. Sprinkle with the fresh basil and serve.

NUTRITION

Per Serving:

Calories: 87

Carbohydrates: 10g

Fat: 5g

Calcium: 26mg

Potassium: 463mg

Protein: 2g

Dietary Fiber: 3g

Saturated Fat: N/A

Magnesium: N/A

Sodium: 8mg