

Health and Wellness Review

Daily behavior choices greatly impact our health and how good we feel. Take this simple test and find out how you can improve your health, energy level and productivity!

Keep track of your responses and how close you are to the targets for these key health and wellness recommendations:

Opportunity

- 1) How often do you eat a breakfast that includes both a complex carbohydrate and protein?
 Always Usually (3-4 days) Occasionally (1-2 days) Never

RESPONSE:

By eating a nutritious breakfast every day (which includes both complex carbohydrates and protein), you increase your body's metabolism and stimulate your brainpower. Go for the goal of "always"! Studies show breakfast eaters have the mental edge when it comes to complex task and work performance.

- 2) How many servings (cups) of vegetables do you typically consume each day? (Examples: Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.)
 Less Than 2 1/2 More Than 2 1/2

RESPONSE:

The amount of vegetables you need to eat depends on your age, sex, and level of physical activity. It is recommended, however, that women between the ages of 19-50 years eat 2 ½ or more cups of vegetables per day, and men over age 19 eat 3 or more cups per day. Decrease those amounts by ½ cup if over age 50 years.

- 3) How many servings (cups) of fruit do you typically consume daily? (Examples: Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.)
 2 or more less than 2

RESPONSE:

The amount of fruit you need to eat depends on age, sex, and level of physical activity. It is recommended, however, that women between the ages

of 19-30 years eat 2 cups of fruit per day, and women 30 years and over eat 1 $\frac{1}{2}$ cups per day. Men age 19 years and over should eat 2 cups per day.

Research shows why fruits and vegetable matter:

- ◆ Healthy diets that are rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases.
- ◆ Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health.
- ◆ Most fruits and vegetables are naturally low in fat and calories and are filling.

- 4) How many times in your work day do you take time (e.g. 10 minutes) for personal recovery (for example, do deep breathing, stretch, or go for a short walk) to decompress and renew your energy?
- Every 90-120 minutes Once or twice Never

RESPONSE:

According to Jim Loehr, author of "The Corporate Athlete", scientists have found that not only do we sleep in cycles of 90 to 120 minutes but we also experience the same thing during the day. Called "ultradian rhythms", these cycles help account for the ebb and flow of our energy throughout the day. Somewhere between 90 and 120 minutes, the body begins to crave a period of rest and recovery. Loehr recommends renewing your energy with five to ten minute breaks of total disengagement from whatever you are doing. Sit still and meditate, get up from your desk and stretch, go for a walk. You'll return refreshed and ready to take on your next "to-do."

- 5) How many times a day do you eat?
- Once 3 full meals Five to six small feedings

RESPONSE:

By eating five to six small nutritious feedings a day, (this includes 3 portion-controlled meals and two low glycemic index snacks 2 hours prior to lunch and dinner, and mid-evening if you're going to be up late working or exercising), you are better able to keep your blood sugar stabilized, thus assuring a sustained source of energy throughout the day. You are less likely to experience the "food coma" that comes after eating a large, carbohydrate-filled meal.

- 6) How often do you feel sleepy?
- Almost every day 4+ days/wk 2-3 days/ wk Sometimes Never

RESPONSE:

The number of hours of quality sleep we need each day varies depending on our age and state of health. If we expect the sleep we do get to be beneficial, those hours must consist of quality sleep.

Adults need the least amount of sleep, and should feel lucky (as well as refreshed) if they can get around 8 or 8 $\frac{1}{2}$ hours of sleep each night. In some cultures, people reduce the number of hours they sleep during the nighttime by an hour or so and make up the difference by taking a midday nap. Either way, the sum still equals around 8 hours for adults.

If you are getting the suggested amount of sleep each night but still feel groggy or irritable or you cannot concentrate, there's a good chance you aren't getting enough high quality sleep for you.

7) How many days per week do you get 30 minutes of moderate to high intensity (aerobic/cardio) physical activity?

5 or more days a week Less than 5 days a week

RESPONSE:

According to the American College of Sports Medicine and the American Heart Association, to promote and maintain optimum health all adults need moderate-intensity aerobic physical activity for a minimum of 30 minutes, five or more days each week, OR vigorously intense cardio 20 minutes a day, three days a week. (Examples: walking at a moderate to brisk pace, dancing, push mowing, cycling, swimming, racket sports, softball, aerobics, etc.)

8) How many times per week do you do flexibility exercise?

7days/wk 5-6 days/wk 3-4 days/wk 1-2 days/wk none

RESPONSE:

The American College of Sports Medicine recommends that all adults should stretch every day.

Flexibility refers to how fully one's joints or limbs are able to move. Being flexible allows for easier movements and reduced pain in joints so that it is also easier to perform daily activities of independent living. By adding stretching to your daily physical activity plan, you can help keep your joints flexible which will help you move with more freedom and comfort.

- 9) How many times per week do you do strength building exercises? (examples: weight lifting, sit ups, push ups)
 7 days/wk 5-6 days/wk 3-4 days/wk 1-2 days/wk none

RESPONSE:

According to the American College of Sports Medicine and the American Heart Association, to promote and maintain health, healthy adults should do 8-10 strength training exercises, with 8-12 repetitions of each exercise two times a week.

- 10) Is chronic stress adversely affecting your health?
 Yes No

RESPONSE:

To keep stress, especially chronic stress, from damaging your health, it's important to be sure your body does not experience excessive states of this physiological arousal. There are two important ways to do this:

◆ **Learn Tension-Taming Techniques:**

Certain techniques can activate your body's relaxation response, putting your body in a calm state. These techniques, including meditation, yoga, deep breathing exercises, journaling and positive imagery, can be learned easily and practiced whenever you're experiencing excessive stress, helping you feel better relatively quickly.

◆ **Prevent Excess Stress:**

Some acute stress is unavoidable, but much of the episodic acute stress and chronic stress--the stress that damages our health--can be avoided or minimized with the use of organization techniques, time management, relationship skills and other healthy lifestyle choices.

What to do with the results of your quiz:

If you were on target for most of our questions, congratulations! You're already accomplishing many of the steps that will lead to a healthier, happier, and more productive life.

If your habits need some improvement and you are interested in learning more about living a healthy, more productive life, contact Lisa Daumeyer at 513-891-1622 or lisa_daumeyer@trihealth.com to learn more about TriHealth's Executive Health Program.