

HEALTH AWARENESS 10/2017: SOMETHING GOOD FOR YOUR HEALTH

ACTIVE: EVERY STEP COUNTS

We all know that physical activity helps us look and feel good. But it's even more important to recognize the impact exercise has on our overall health and wellbeing. According to the World Health Organization, regular physical activity:

- helps maintain and control weight
- keeps bones, muscles and joints strong
- increases lifespan and quality of life
- limits the risk of high blood pressure, heart disease, diabetes, stroke and certain cancers
- improves balance and coordination
- prevents falls
- reduces stress and anxiety

Exercise... anytime, anywhere...

For cardiovascular health, do exercises/activities that increase the function of the heart and lungs.



EATING SMART: GETTING STARTED

Small changes to your diet can make a **BIG** difference to your health. Here are some easy suggestions to help you kick-start a healthy eating plan:

- Carbohydrates are an essential part of a healthy diet, and they also provide many important nutrients. Make healthy carbohydrate choices.
 - Fill half your plate with fruits and vegetables.
 - Replace half of the grains in your diet with whole grains such as whole-wheat bread, quinoa...
- Choose a variety of lean protein foods
 - Plant sources: soy foods, dry beans or peas, and nuts
 - Animal sources: meat, poultry, seafood and eggs



- Cut back on saturated fats. Use oils in food preparation instead of solid fats; shifting from butter, margarine, shortening, lard, coconut oil to soy, canola, corn, olive, cottonseed, sunflower and peanut oil.

- Drink water instead of sugary drinks. Switch to fat-free or low-fat (1%) milk. You will get the calcium and other essential nutrients as whole milk, but fewer calories. Do not add extra salt to your diet, most of the salt we eat is already in the food.

THINK POSITIVE, FEEL POSITIVE

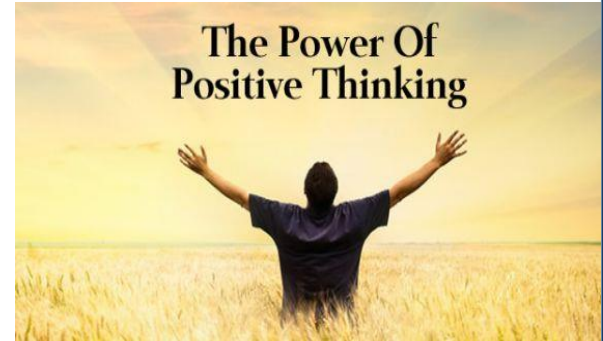
Positive thinking is a mental and emotional attitude that focuses on the bright side of life. Positive thinking helps with stress management and can even improve your health. It often starts with self-talk. Self-talk is the endless stream of unspoken thoughts that run through your head. These automatic thoughts can be positive or negative.

Health benefits of positive thinking:

- Increased life span
- Lower rates of depression
- Lower levels of distress
- Greater resistance to the common cold
- Better psychological and physical well-being
- Reduced risk of death from cardiovascular disease
- Better coping skills during hardships and times of stress

Turn negative thinking into positive thinking:

Start by following one simple rule: "Don't say anything to yourself that you wouldn't say to anyone else"



SCREEN FOR LIFE: PROTECTING YOUR SKIN

DID YOU KNOW?

The incidence of non-melanoma and melanoma skin cancers has been increasing over the past decades. Currently, between 2 and 3 million non-melanoma skin cancers and 132,000 melanoma skin cancers occur globally each year.

Your risk for developing melanoma doubles if you had more than five sunburns.

Regular daily use of SPF 15 or higher sunscreen reduces risk of melanoma by 50%.

Experts believe that four out of five cases of skin cancer could be prevented.

HOW CAN YOU PROTECT YOURSELF?



Do not burn. Avoid tanning and UV tanning booths.



Use broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher. Apply the sunscreen 15 minutes before going outside and reapply every two hours.



The sun's UV rays are the strongest between 10 a.m. and 4 p.m. To the extent possible, limit exposure to the sun during these hours.



Protect your skin from ground reflection (go skiing, do water sports or spend extended time on the beach).



Cover with clothing, including a broad-brimmed hat and UV-blocking sunglasses



Examine your skin head-to-toe every month. See your physician every year for professional skin exam.

Disclaimer: This information represents a summary of Marsh & Mercer's understanding regarding to health awareness based on some sources. This information is not binding and readers are advised to seek help from their specialist doctors.