

Personal Best

HOPE Health Letter®

MARCH 2024

Friendships Foster Good Health

Adult friendships create meaningful social connections. More than ever since COVID-19, we've seen firsthand the impacts of loneliness and social isolation on people. Staying connected through adult friendships can help us overcome any negative impact of aging.

In fact, research has shown that having close friends may help add years to your life. One study suggested that those with a larger social network had lower mortality at a ten-year follow-up than those with a smaller social network.

Specifically, adults with strong social connections were shown to have a reduced risk of significant health problems, including depression, high blood pressure and an unhealthy body mass index. And of course, companionship can also improve your self-confidence and reduce stress.

However, the 2021 American Perspectives Survey found that Americans report having fewer close friendships than they once did. The good news is that it's more about **quality** than **quantity**.

Maintaining friendships as a busy adult can be challenging at times. To connect well with other people, it helps to be yourself and be available to friends by making your relationships a priority. To nurture friendship, make time for those you care about. Be present by connecting regularly. Show up for your friends, especially when it could matter the most to them.

Be the friend you want to have, and lead with kindness and compassion. You can show your trust as a friend by sharing and asking for help when the time comes.

The **Smart Moves Toolkit**, including this issue's printable download, **Eating Plan for Life**, is at personalbest.com/extras/24V3tools.



BEST bits



|| **Save Your Vision Month in March is a reminder to take care of your vision.**

As life becomes more digital, staring at a screen for prolonged periods can cause eye strain. Schedule regular eye exams and take precautions to protect your eyes. A recent survey found that the average American spends at least seven hours a day using electronic devices; constant, unrelieved use can cause eye strain and dry eyes, as well as disturb our sleep patterns. **Practice the 20-20-20 rule:** After 20 minutes of staring at a screen, look away toward an object 20 feet away for 20 seconds.

|| **Severe weather doesn't end with winter.**

As we transition from snow and cold to sunshine and warmth, try to be prepared in advance for wild weather that may frequent your area, including tornadoes, heavy rain, lightning and damaging winds. When outdoors, wear layers of warm, wet-proof clothing. Learn more at weather.gov/ind/preparedness. To find weather and safety events in your state, check the NWS Weather and Water Preparedness Events Calendar at weather.gov/safety/events_calendar.

|| **Do you need 10,000 steps a day?** People younger than 60 should try to walk 8,000 to 10,000 steps a day to achieve maximum fitness benefits that support life expectancy and cardiovascular health. Fitness tracking devices often advise taking 10,000 steps a day, but taking far fewer can still be beneficial, according to the Harvard School of Public Health. If you're older than 60, you may achieve a healthy benefit between 6,000 and 8,000 steps.

Dietitian's Grocery List

March is  Nutrition Month.

By Cara Rosenbloom, RD

It's easier to prepare nutritious meals and snacks when you plan them in advance.

An important first step in planning is grocery shopping for the right ingredients and properly stocking your fridge, freezer and pantry.

Some people create a meal plan and know what they will cook each night. Others prefer to rely on a well-stocked kitchen so they can prepare meals in a pinch. If you prefer the latter, this grocery list should keep you supplied for delicious last-minute meals.



TIP of the MONTH

Hyper-Palatable Foods

Many popular ultra-processed snacks were created by food companies once owned by tobacco conglomerates, which are well-known for creating addictive cigarettes. These companies added the perfect amount of salt, sugar or fat (the bliss point) to make foods hyper-palatable, so people would crave and eat more of them. A new study found that food products owned by tobacco companies between 1988 and 2001 were 80% more likely to contain hyper-palatable combinations of carbs and sodium compared to other foods. Think before you eat; keep in mind what's in the manufactured foods you consume. Have a single portion of your favorite snack and save the rest for another occasion, rather than overeating.



Pantry:

- Canned beans and lentils
- Canned fish
- Brown rice
- Assorted noodles: pasta, rice noodles, etc.
- Whole grains, such as quinoa and oats
- Nuts and seeds
- Peanut butter
- Canned tomatoes and tomato sauce
- Whole-grain crackers

Fridge:

- Milk or non-dairy alternative
- Eggs
- Greek yogurt

Cheese

- Salad greens: spinach, romaine, kale, etc.
- Vegetables: broccoli, carrots, sweet peppers, etc.
- Fruits: apples, berries, melons, etc.
- Condiments: mayonnaise, mustard, soy sauce, etc.

Freezer:

- Frozen vegetables, such as peas, broccoli and stir-fry mix
- Frozen fruit, such as peaches, mango and berries
- Chicken
- Fish and seafood, such as salmon and shrimp

Countertop:

- Bread, pita and tortillas
- Fruits and vegetables kept at room temperature: tomatoes, avocado, bananas, etc.

Dark cupboard:

- Onions
- Potatoes and sweet potatoes
- Garlic

Staples to have on hand:

- Extra-virgin olive oil or other cooking oils
- Vinegar (cider, rice, balsamic)
- Salt and pepper
- Favorite dried herbs and spices

You can mix and match the foods from this shopping list to make delicious meal combinations, such as:

- **Shrimp stir-fry:** Frozen stir-fry vegetables, shrimp, noodles.
- **Chicken dinner:** Chicken, broccoli, leafy greens, quinoa.
- **Pasta bake:** Pasta, tomato sauce, canned chickpeas, cheese.
- **Vegetable fried rice:** Eggs, brown rice, frozen peas, carrots.
- **PB and banana roll-ups:** Peanut butter, banana, tortilla or pita.



Egg and Vegetable Fried Rice

- | | |
|---|-------------------------------------|
| 2 tbsp extra-virgin olive oil, <i>divided</i> | 2 cloves garlic, minced |
| 6 eggs, whisked | 4 cups cooked and cooled brown rice |
| 2 medium carrots, peeled and diced | 3 green onions, thinly sliced |
| 1 onion, diced | 3 tbsp sodium-reduced soy sauce |
| 1 cup frozen shelled edamame | 1 tsp toasted sesame oil |
| 1 cup frozen peas | |



EASY recipe

Heat 1 tbsp olive oil in large pan over medium heat. **Add** egg, scramble until cooked and remove to a plate. **Add** remaining olive oil, then add carrots, onion, edamame, peas and garlic. **Sauté** 6-7 minutes until onion and carrots soften. **Add** cooked rice, green onions and soy sauce. **Stir** to combine and cook about 3 minutes to heat rice through. **Add** eggs and sesame oil. **Stir** to combine and serve warm.

Makes 4 servings. Per serving: 410 calories | 19g protein | 17g total fat | 4g saturated fat | 8g mono fat | 4g poly fat | 48g carbohydrate | 5g sugar (0g added sugar) | 6g fiber | 523mg sodium

Ready to Retire?



What is the No. 1 retirement challenge?

Aside from ensuring your financial security long-term, studies show the greatest concern retirees face is not being able to replace their social connections at work. Many find they miss the sense of identity and purpose that came with their jobs, the structure it gave their days, and the social aspect of having coworkers.

The effects of losing this support may include: a personal feeling of emptiness, lower self-confidence, trouble making decisions and struggling to gain a gratifying retirement life. Help Guide's Emotional Intelligence Toolkit offers basic suggestions to help you better cope and succeed during this emotional time.

First, give yourself time to adapt to and enjoy a slower pace. Then explore new meaningful activities that add joy and enrich your life.

Seek social support. You don't have to go this alone, and you're never too old to reach out to others who may be making similar adjustments; together, you may offer support and good humor.

Seek new part-time work or volunteer. Donating your time and effort to a purpose you care about can add meaning and a sense of accomplishment to your new life, as well as benefit others.

Nurture hobbies or personal interests — especially those you may have foregone for the sake of your career.

Have a pet. For animal lovers, pets — especially dogs and cats — can provide pleasure and purpose, ease stress and depression, and boost heart health.

And you can always learn something new. Maybe learn to play golf or a musical instrument.

To learn more, search for **adjusting to retirement** at helpguide.org.

Don't fall for FOMO.

Fear of missing out is a form of social anxiety. It's the perception (often inaccurate) fueled by social media that others are having more fun, are more popular, or are more successful than you. We're not all prone to FOMO, according to Washington State University (WSU) researchers studying FOMO. However, loneliness or low self-esteem can fuel it. To reduce or avoid FOMO, the WSU team advises self-compassion. Focus on the present, real moment. Use social media less or cut it off altogether for a while and lessen loneliness by engaging more with coworkers and real-life friends.



Daylight Saving Time and Your Health

Daylight saving time (DST) impacts your body's natural rhythms. And the result can be far more than feeling extra sleepy after setting your clock forward an hour on March 10. The reason? The shift in time disrupts the body's natural rhythms.

Proponents of DST assumed it would make better use of more daylight in spring and summer and more sunlight exposure would boost moods. But research shows DST is associated with psychological disturbances, weight gain, increases in heart attacks and strokes and even more car crashes.

Daylight saving time can affect your health because of how the time change impacts circadian rhythm: the body's natural 24-hour biological cycle, set by the timing and daily amount of bright light exposure. During DST, which lasts until early November, your body

gets less light in the morning and more light in the evening, which can disrupt your circadian rhythm

The American Academy of Sleep Medicine and other sleep experts advise eliminating DST, but they've been unsuccessful. However, these tips may help you fare better during daylight saving time:

- For one to two days leading up to the switch to DST, get outside in the morning. More natural morning light can help preserve your circadian rhythm.

- The night before DST begins, go to bed one hour earlier than normal to prepare. Avoid caffeine, alcohol and blue light exposure one to two hours before bedtime.
- Exercise in the morning can increase wakefulness. It helps reset your internal clock, too.



There's mixed news about colorectal cancer. The good news is regular



screenings and removal of precancerous polyps have lowered rates of colorectal cancer in older Americans. But unfortunately, more people age 45 and younger are being diagnosed with the disease. **Colorectal Cancer Awareness Month** in March is a reminder to contact your health care provider about screening options if you are age 45 or older. No matter your age, share your personal and family health history with your provider. You may need colorectal cancer screenings before age 45 or more frequently than normal if you have a family history of the disease.

body&mind

Q: What is social anxiety disorder?

A: People with social anxiety disorder, also known as social phobia, worry a great deal about being judged or humiliated in social situations. One of the most commonly diagnosed anxiety disorders, social anxiety disorder often develops during the teenage years and can interfere with developing relationships, working and attending school.

Symptoms may include:

- Worrying about upcoming social situations.
- Avoiding situations, such as parties, meetings, dates, eating around others, starting conversations, and using public restrooms.
- Fear of behaving awkwardly.
- Blushing, trembling, sweating or feeling nauseated or dizzy when around others.
- Expecting the worst in social interactions.
- Mentally rehashing social situations that have occurred.



Psychotherapy and medication can reduce symptoms and make it easier to engage socially. Therapy may involve relaxation techniques, challenging distorted thoughts and gradual exposure to social situations. Group therapy or support groups can help, too.

Stay Informed About Your Medications

By Elizabeth Smoots, MD

Information about prescription and over-the-counter medications changes over time. It's important to keep up with new warnings, side effects, interactions or recalls for the drugs you take. These tools can help you stay informed.

MedWatch: This service is published by FDA and provides safety alerts for FDA-regulated products, such as prescription and over-the-counter drugs, medical devices, cosmetics, food and beverages. To learn more, search for **MedWatch** at [fda.gov](https://www.fda.gov).

FDA safety checker: The FDA maintains a searchable database for drug recalls, market withdrawals and safety alerts. You can access it at [fda.gov/safety/recalls-market-withdrawals-safety-alerts](https://www.fda.gov/safety/recalls-market-withdrawals-safety-alerts).

MedlinePlus: The National Library of Medicine provides this service as part of the National Institutes of Health. You will find a wide range of information about medications, herbs and supplements at [medlineplus.gov](https://www.nlm.nih.gov).

Drugs.com: This site provides access to FDA updates and new drug approvals. It also has a pill identifier, a side effect checker and a checker for interactions with drugs, foods and diseases. Find it at [drugs.com](https://www.drugs.com).

Health professionals: Your health care provider and pharmacist are reliable sources of current information about medications.

Medication tip: It's important to avoid taking more than one medication with the same ingredient. For instance, many cold remedies contain acetaminophen. If you take more than one of these cold products, you may exceed the maximum recommended acetaminophen dose; this can lead to liver damage. Check the list of ingredients on the label for every medication you use.





More than 5.3 million Americans are living with brain injuries. Young people between the ages of 15 and 24, children under age five, and adults older than age 75 sustain the most brain injuries in the U.S. The Brain Injury Association of America is putting a spotlight during **Brain Injury Awareness Month** on the importance of preventing brain injuries where possible. It's also an opportunity to learn about brain injury survivors' individual experiences and to help find ways to improve their care. To learn more, go to biausa.org/brain-injury.

Q: Chest pains?

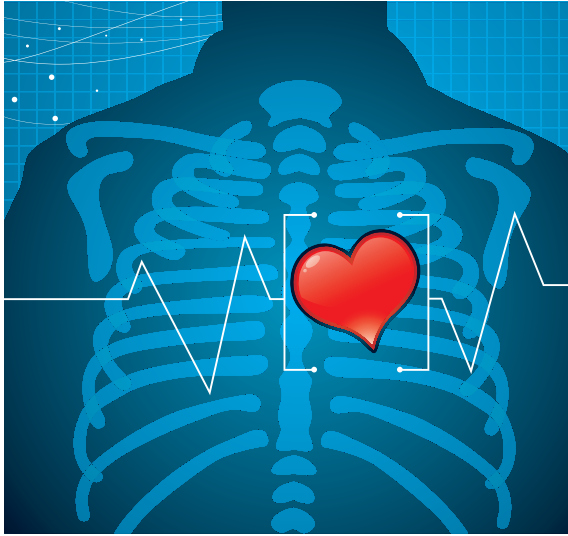
A: Chest pain can signify many different problems — some of them serious.

Since medical training is often needed to judge just how serious, always get new or unexplained chest pain checked out. Call 911 immediately, especially if chest discomfort or other symptoms last more than a couple of minutes or recur.

Heart attacks are an extremely serious cause of chest pain and the No. 1 killer of men and women in the U.S. Symptoms include chest pressure or burning, which may spread to the neck, jaw, back, shoulders or arms. Trouble breathing, sweating, nausea or dizziness can also occur.

Other common causes of chest discomfort: Chest pain that begins during physical exertion, meals or stress may be a sign of heart disease. In the lungs, sudden shortness of breath and chest pain may indicate blood clots while pleurisy manifests as sharp pains while deeply breathing or coughing. Sore muscles, inflamed cartilage, esophageal reflux and panic attacks are other sources of chest pain.

— Elizabeth Smoots, MD



Benefits of Weighted Gloves

Weighted gloves build strength and stamina and tone arms. Lifting dumbbells and working out with resistance machines aren't new, but using weighted gloves can be a more convenient and less complicated way to add weight training to your fitness quest.

Previously, mainly boxers have used heavy, weighted gloves when they work out with punching bags. Now anyone can choose from a wide variety of gloves with small weights at sporting goods stores and online.

Weighted gloves for exercise typically have pocket-type holders on the backs which hold the weights (usually ½ to 1 pound for beginners and up to 4 pounds for the more fit). Some come with several different weights so you can add or subtract the amount from the gloves. It's important to make sure the gloves have secure but comfortable straps, too.



So, if you're not a boxer, what can you do with weighted gloves? Boosting your walking routine while carrying the extra weight is one of the easiest activities. You'll burn more calories. The gloves also add extra resistance to strengthen your upper body. Walking regularly with weighted gloves can strengthen bone density, reducing the risk of osteoporosis, too. You can also increase cardiovascular fitness and build stamina.

If gloves aren't for you, try wearing weights on your ankles and wrists. While all can help fitness if used safely, talk to your health care provider before you use any wearable weights if you have back, joint, or balance problems or other chronic conditions.

High-Yield Savings Accounts

Online banks offer high-yield savings accounts that pay anywhere from 4.5% to 5.0% annual percentage yield. The interest is higher than what typical brick-and-mortar banks offer. These non-traditional banks can afford to pay higher yields because they don't have the expenses associated with traditional banks (think branches and building maintenance).

A high-yield savings account is the perfect place to store your emergency fund so you can accumulate money at a faster rate. And just because a bank is online doesn't mean your money is unsafe. The Federal Deposit Insurance Corporation (FDIC) offers the same coverage to online-only checking and savings accounts and traditional bank accounts. If the bank fails, the FDIC covers your deposits up to certain amounts, currently \$250,000 per bank, per depositor, and per ownership category.

Make sure you understand the account's terms and conditions, including FDIC rules and amounts. Credit unions are also competing in the high-yield market and are covered by the National Credit Union Administration, which functions like the FDIC. Coverage information is posted on the financial institution's website, so be wary if an online bank doesn't explain the terms clearly.

— Jamie Lynn Byram, PhD, CFP, AFC, MBA

safety solutions

PATIENT PRECAUTIONS: Be An Advocate

If you become an advocate for a relative or friend when he or she receives health care, here's what you need to know:

Make sure you are allowed to be an advocate. If it is an emergency situation and the patient is your parent or child, institutions can usually share medical information. However, sometimes you will need medical power of attorney or a signed HIPAA authorization form. Do this before an emergency occurs.

Learn. Research the disease or injury that the patient is being hospitalized for — read pamphlets, consult reputable websites (e.g., [cdc.gov](https://www.cdc.gov), [heart.org](https://www.heart.org), [cancer.org](https://www.cancer.org)), and ask medical experts about things you don't understand.

Prepare. Have a list of questions prepared before meeting with health care providers. Also bring data that will help the provider best care for the patient, including past health experiences, dietary needs, and likes and dislikes and goals for recovery. It's always wise to bring the patient's medical records, including allergy information.

Visit during doctors' rounds. Doctors typically have a schedule for making rounds (when they visit patient bedsides). This is the time to ask questions.

Ask questions. Use your prepared list of questions to get answers you need; if questions aren't answered, follow up.



National Patient Safety Awareness Week is March 16 to 24.



Trust your instincts. If something doesn't feel right or the patient complains, check into the issue to make sure he or she gets the best care.

Understand insurance. Know what the patient's health insurance covers and what it doesn't cover so the patient doesn't have surprises to deal with when he or she recovers.

Find out the next steps. Will your patient require follow-up care? Rehabilitation? What's the expected time for recovery?

Tip: If you or someone you trust cannot be there for the patient, consider hiring a private health care advocate.

IN THE KNOW: Blood Donation



Donating blood is safe if you go through the proper channels and follow guidelines. The Red Cross uses new, sterile needles that are discarded after one use and use safe blood collection techniques to prevent infection. While guidelines vary by state, the basic requirements for donating blood are:

- Being healthy and feeling well.
- Being at least 16 to 17 years old (varies by state).
- Weighing at least 110 pounds.

Search other eligibility requirements at [redcrossblood.org](https://www.redcrossblood.org). Most people have little or no reaction to donating blood, however, if you have any

of the following symptoms after donating, call the blood donor center or your health care provider:

- Nausea, light-headedness or dizziness after resting, eating and drinking.
- A raised bump, continued bleeding or pain at the needle-stick site when you remove the bandage.
- Pain or tingling down your arm, into your fingers.
- Redness and swelling around the site or red streaking of the skin.
- Fever, headache or sore throat (cold or flu), within four days after your blood donation. Infections can be transmitted by your blood to another person via transfusion,

so it's important to contact the blood donor center if you are sick so that your blood won't be used.

The Red Cross declared an emergency blood shortage in January, and it urges all eligible Americans to give blood or platelets. Every two seconds, someone needs blood in the U.S.

If you can, make an appointment today to donate this lifesaving resource. You can donate every 56 days and up to six times a year. Call the Red Cross at 1-800-733-2767, go to [redcrossblood.org](https://www.redcrossblood.org) or use the Red Cross Blood app. You could save a life.

How's Your Sleep?



The quality of your sleep affects your mood, health and work. Sleep Awareness Week, from March 10 to 16, was started 26 years ago by the National Sleep Foundation (NSF) to encourage people to think about the importance of their snooze time and to take action if they aren't getting adequate, restful sleep.

Studies have mounted over the decades showing sleeping enough — and sleeping soundly — is linked to better physical and mental health, including a stronger immune system and less depression, according to the NSF. And not getting enough shut-eye raises the risk of accidents and lowers productivity, too.

Not getting enough sleep creates sleep debt. Eventually, your body will demand that the debt be repaid. If you are burning the candle at both ends, there's a good chance you're deep in debt.

If you wake up not feeling rested, the NSF offers these strategies to help improve your sleep:

- ➔ **Don't** skimp on shut-eye. Adults need seven to nine hours of sleep each night. It's important to keep to a regular sleep schedule, including the weekends.
- ➔ **Exercise** regularly. You don't want to do a vigorous activity right before bedtime, but regular low-impact fitness activities, such as walking or swimming, are helpful for improving sleep quality.
- ➔ **Say** no to large, heavy meals late at night. A light dinner about two to three hours before bedtime is best for digestion and sleep.

- ➔ **Unwind** before sleep by taking a relaxing bath, reading, or listening to soothing music.
- ➔ **Make** sure your bedroom is sleep-friendly. Turn off your phone and any other devices an hour before bed. Keep your bedroom dark (invest in light blocking curtains or shades, if needed).
- ➔ **If** you wake up still tired, it's important to find out why, and take action. You may have an undiagnosed but treatable health problem, such as sleep apnea. Schedule a checkup with your health care provider.

Are you getting enough sleep?

Check the statements below that apply:

- I have trouble falling asleep.
- I have too much on my mind to fall asleep or go back to sleep.
- I need more than 30 minutes to fall asleep.
- I can't go back to sleep when I wake up during normal bedtime.
- I wake up too early.
- I feel tired upon waking, despite apparent normal sleep.
- I awaken frequently during sleep time.
- I have uncontrolled episodes of falling asleep during the day.

How much sleep do you need?

It depends on your age and circumstances. The NSF recommends the following:

Adults age 18 and older	7 to 9 hours
Teens	8 to 10 hours
Children 6 to 12 years old	9 to 12 hours
Preschoolers 3 to 5 years old	10 to 13 hours, including naps
Toddlers 1 to 3 years	11 to 14 hours, including naps
Infants 1 to 12 months	12 to 16 hours, including naps

You may need more or less sleep, depending on your health and lifestyle. For example, if you have the flu or COVID, getting extra sleep is essential for your recovery.

How did you do?

If you experience two or more of these situations regularly, you may have developed a problematic sleep pattern — one that may be interfering with your health and safety. Read on for some sleep-friendly tips that can help you get more shut-eye.



DR. ZORBA'S corner

Stroke and Statins

Stroke is the No. 3 killer in the U.S. Controlling your blood pressure and lowering your cholesterol with statins are two things you can do to reduce your risk of stroke. Studies have shown that statins can cut the risk of having a stroke (or a heart attack) in half. Statins may also lower the risk of having another stroke. The American Heart Association recommends getting your cholesterol checked starting at age 20 and every four to six years. You may need screening more often if you have or your family has a history of heart disease and stroke.

— Zorba Paster, MD

STUDY: First WHO report on high blood pressure

In 2023, the World Health Organization (WHO) released a report on the global impact of high blood pressure. As part of the U.N.'s campaign for Agenda 2030 Sustainable Development Goals. The report says the number of people with a blood pressure of 140/90 mmHg or higher, or taking medications for hypertension, has doubled worldwide in the past 30 years. Hypertension affects one in three adults globally.

The complications of untreated high blood pressure include stroke, heart attack, heart failure and kidney disease. Global data show nearly half of people with hypertension are unaware of their condition, and about four out of five do not receive adequate treatment. This includes people in the U.S.

Fortunately, high blood pressure can be controlled with simple, low-cost treatments. Risk factors, such as excess salt, poor diet, obesity, inadequate physical activity, smoking and alcohol intake, can be addressed with education and coaching about healthy lifestyle habits. In addition, safe, widely available, low-cost generic medications can

effectively treat hypertension. For silent diseases, such as high blood pressure, accessing and scheduling regular primary health care visits are important steps for obtaining a diagnosis and the appropriate treatment, the report stresses.

STUDY: Phenylephrine ineffective for congestion

After reviewing recent research, an FDA advisory panel concluded that oral phenylephrine is no more effective than a placebo. Testing has revealed that insufficient amounts of the oral drug reach the nose to relieve congestion. There were no safety concerns raised about the medication. Phenylephrine is used as a decongestant in many over-the-counter cough, cold and allergy medications. Products with oral phenylephrine may need to be reformulated or removed from store shelves, depending on the FDA's final decision. Nasal products containing phenylephrine for the temporary relief of congestion are considered effective. Other oral decongestants, such as pseudoephedrine, are available after talking to a pharmacist.

— Elizabeth Smoots, MD

Stay in Touch. Keep those questions and suggestions coming!

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