

WELCOA* | SEPTEMBER 2022

WELL BALANCED^o

Fall Back
INTO WELLNESS
HABITS

**BACK TO SCHOOL,
BACK TO BUSY:**
HOW TO MANAGE IT ALL

CHOLESTEROL:
THE BIGGEST FACTOR IN
KEEPING IT HEALTHY

**3 COMMON
MISTAKES**
MANY PARENTS MAKE
WITH THEIR KIDS



APPLE Chutney

Apple chutney is a delicious alternative to applesauce. It makes a terrific dip with vegetable samosas, or served as a side dish. It can be enjoyed warm or cold.

1 teaspoon canola oil

½ cup chopped yellow onions

¼ teaspoon finely grated ginger

3 cups chopped apples, peeled and diced small

½ teaspoon apple cider vinegar

2 teaspoons agave syrup

1/8 teaspoon cinnamon

¼ teaspoon curry powder

¼ teaspoon salt

DIRECTIONS:

Bring a pot to medium heat with oil. Sauté onions and ginger for a couple of minutes, until softened and fragrant.

Add chopped apples, apple cider vinegar, agave syrup, cinnamon, curry powder, and salt. Turn heat to low. Stir and cover for 12 to 15 minutes, until the apples have softened and are starting to break down a little.

If there is excess liquid, remove the lid and allow the chutney to cook for a few more minutes.

Remove from heat and serve right away, or put the apple chutney in a covered container and move to the refrigerator.

SERVINGS: 4 people; Makes about 1 cup of apple chutney.

NUTRITION INFO:

Calories 82, Fat 1g, Carbs 19g, Protein 0.5g, Sodium 147mg



From the Kitchen of **CADRY NELSON** // Cadry is the writer, photographer, and recipe creator at Cadry's Kitchen, a vegan food and lifestyle blog. She shares plant-based comfort food classics that are ready in about 30 minutes. Cadry has been featured on Today, NBC News, Mashable, Reader's Digest, Shape, and Huffington Post. For more, visit cadryskitchen.com.

Fall IN LOVE WITH Apple Picking

Nothing says autumn like a trip to the apple orchard. When the leaves are just starting to turn shades of orange and yellow, it feels so festive to pop on a cardigan and boots, and head to the local orchard. It's a yearly tradition that gets you out into nature, feeling the crisp fall air.

With a basket in tow, you can walk through row after row of red ripened apples. Find just the right one, and add it to the heap. Before long, you've gained a bounty of deliciousness, good memories, and some promising health benefits.

Plus, if you have children along, you're cultivating a love of fresh fruit that will hopefully follow them throughout their lives.

Health Benefits of Apples

They say that an apple a day keeps a doctor away, and they may be right!

One medium-sized apple offers 5 grams of fiber, and 10% of your daily needs for Vitamin C. Apples are free of sodium, fat, and cholesterol, as well as being low in calories.

This popular fruit has been tied to a reduced risk of heart disease, diabetes, stroke, high blood pressure, and certain cancers.

Here are just a few more of the rewards apples offer:

- » The soluble fiber in apples is known for its cholesterol-lowering effects.
- » Apples contain polyphenols that are protective against heart disease and cancer.
- » Quercetin, an antioxidant found in apple skin, has been shown to reduce inflammation, as well as regulate the immune system.
- » The pectin in apples works as a prebiotic, a type of good bacteria that promotes gut health.

Ways to Use Apples

Once you get home from the orchard, you may be wondering what to do with all of those Pink Ladies, Honeycrisps, and Galas.

Now that kids are back in school, apples make an excellent addition to a bagged lunch or after-school snack. They're especially tasty with nut or seed butter for dipping. Peanut

butter is a classic, but almond butter, cashew butter, and sunflower seed butter also make excellent pairings.

Here are even more ideas:

- » Make baked apples, apple pie, apple muffins, or apple butter.
- » Add diced apples to oatmeal or pancakes with cinnamon.
- » Make a fruit salad with apples, grapes, bananas, berries, and/or oranges.
- » Roast diced apples on a baking sheet along with Brussels sprouts. Finish with caramelized onions and pistachios.
- » Put chopped apples in a smoothie along with frozen bananas, nut butter, non-dairy milk, and a dash of cinnamon.
- » Add raw or baked apple slices to green salads.

AN EXTRA BONUS

In addition to the nutrients you're getting from apples, a trip around the orchard provides a nice boost of physical activity. You can stroll up and down rolling hills, reach for fruit at the top of the tree, and bend down to retrieve your basket as it gets heavier and heavier. In total, a 40-minute walk around the orchard could burn about 150 calories.



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HOW TO MAKE TIME FOR THOSE WHO MATTER THE MOST



There's no doubt about it—social connections are critical to our overall health and well-being. In fact, there is significant evidence that social support and feeling connected can help people maintain a healthy body mass index, control blood sugar, improve cancer survival, decrease cardiovascular mortality, and improve overall mental health, just to name a few.⁽¹⁾

Of course, a busy work schedule combined with your regular to-do list and commitments can make getting together with a friend or spending true quality time with your loved ones a challenge. At times it may feel impossible to find the time for the people who make us feel most connected.

If you feel like you're always running and you seldom have the chance to connect with the people who mean the most to you, don't get

down on yourself. Indeed, beating yourself up will only perpetuate feelings of guilt, anxiety, isolation, and low self-esteem. Rather, if your social bonds and connections need a boost, you can take charge and control the situation with some very practical strategies:

Identify who matters the most. For many of us, family and close friends are the most important relationships in our lives. Seems obvious enough, right? But then ask yourself this: how much time are you spending with those people? Are there other people, places, and/or things that often get in the way? Thinking through this will give you the awareness and clarity you need to prioritize and make time for the people who truly matter to you.

Set goals. People set all sorts of goals, from fitness to financial to professional. Our family and social lives shouldn't be excluded from these same types of goals. For example, you could set goals like, "I'm going to socialize

with a friend or neighbor at least once a week" or "We will eat together as a family with no phones at the table twice a week." Share these goals with your friends and family. Let them know this is important to you.

If it's small, let it go. If your family or friends are asking you to do an activity with them, and your response is, "Sorry, I can't, I need to clean and do laundry" it's time to reassess. Small household chores and to-dos will always be there and can be done the next day. If your family is asking you to spend time with them and small chores are the only obstacle, let them go. You can always ask your family to pitch in and help with the chores, too. Look for ways to lighten the load and prioritize your family.

Think of your family and social life as an investment. In order to develop deep, meaningful relationships you need to invest

time in them. And with any investment, you'll likely need to make some sacrifices and tough choices. This may mean saying no to other commitments and establishing work boundaries. Prioritizing family and friends over other obligations is a must when it comes to spending time with those who mean the most. Even small investments can make a significant impact on relationships in the long run.

Think outside of lunch and dinner. Lunch and dinner dates are great avenues for spending quality time with friends and family. But, if your to-do list is simply too long, why not get creative and find ways to tackle your list while spending time with your bestie? Examples include going grocery shopping together, taking turns cleaning each other's houses or doing household chores together, and exercising together, just to name a few. Being with a friend can make your to-do list a lot more fun and rewarding.



CONSIDER THIS

If you find yourself being too busy on a regular basis to connect with others, consider the advantages of taking time to socialize:

- » **You're likely to be happier.** In one recent study, a key difference between very happy people and less-happy people was good relationships.
- » **You could improve your health.** Loneliness was associated with a higher risk of high blood pressure in a recent study of older people.
- » **You may live longer.** People with strong social and community ties were two to three times less likely to die during a nine-year study.⁽³⁾

Ask the Expert...

Sometimes I just like to relax and be by myself. Is that ok?

Yes! In fact, having some alone time when you can relax, meditate, and unwind is very important to your mental health. Many experts recommend at least 20 minutes a day of alone time.⁽²⁾

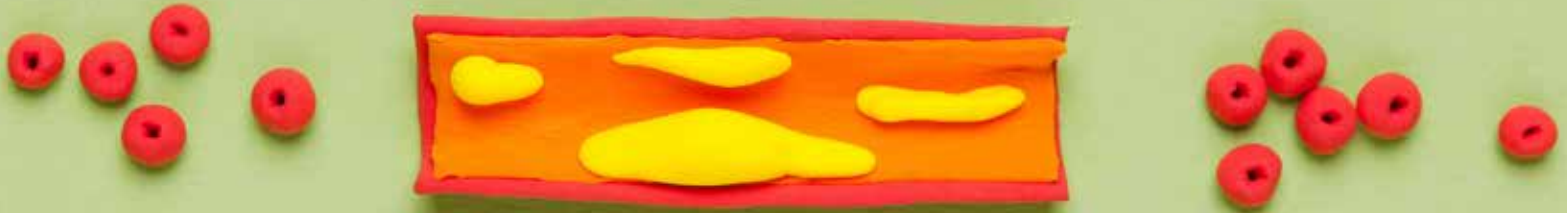
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CLARITY ON Cholesterol



There's a lot to keep track of when it comes to your cholesterol: when to get tested, what your cholesterol numbers mean, good cholesterol versus bad cholesterol, what foods impact cholesterol, etc. Moreover, doctors and scientists continually study cholesterol, which can yield new findings and recommendations. Here's a quick and easy guide to help you understand the facts and the latest cholesterol guidelines.

Quick Facts on Cholesterol

Cholesterol is a waxy, fat-like substance that lives in your body's cells. Your body needs some cholesterol to work properly, but if your cholesterol is too high, you may have an increased risk of coronary artery disease.⁽⁴⁾

There are two main types of cholesterol:

LDL (low-density lipoprotein), sometimes called "bad" cholesterol. Too much LDL cholesterol can cause plaque to build up in the walls of your blood vessels. Plaque buildup over time can cause the insides of your blood vessels to narrow, which can block blood flow to and from your heart and other organs.

HDL (high-density lipoprotein), or "good" cholesterol, carries cholesterol back to the liver. The liver then flushes it from the body. High levels of HDL cholesterol can lower your risk for heart disease and stroke.

Take Charge of Your Cholesterol

Your doctor can check your cholesterol levels with a simple blood test. Cholesterol numbers are measured in milligrams per deciliter (mg/dL). For most adults, healthy total cholesterol ranges from 125 to 200 mg/dL.⁽⁵⁾ In general, the CDC recommends that people aged 20 years or

over check their cholesterol levels every five years.⁽⁶⁾



TESTING IS KEY

High cholesterol usually has no signs or symptoms. Some only learn they have unhealthy cholesterol levels after they've had a heart attack or stroke. That's why it's so important to get your cholesterol levels checked at least every five years.

Fortunately, there's a lot you can do to improve and maintain healthy cholesterol levels.

Eat less processed foods. Eating fewer processed foods (i.e., chips, cookies, candy, fried foods) and cooking more meals at home are associated with lower body weight, less body fat, and reductions in heart disease risk factors such as high LDL (bad) cholesterol.⁽⁷⁾

Move around as much as you can. Exercise can improve cholesterol. Research shows that moderate physical activity (like walking) can help raise HDL (the good) cholesterol. Aim for at least 30 minutes of exercise five times per week and remember that you can break activity up throughout the day in bouts of 10 minutes; it doesn't have to be 30 minutes of non-stop activity at once.

Don't smoke or use tobacco products. Smoking damages your blood vessels and speeds up the hardening of the arteries. Talk to your doctor if you need help quitting.

Know your family history. If your parents or other immediate family members have high cholesterol, you may need to get tested more often. Share any family history with your doctor.

Although many people can achieve healthy cholesterol levels by making smart food choices and getting enough physical activity, some people may also need medication to lower their cholesterol levels.

HOW TO OVERCOME THE MOST Common Obstacles TO EXERCISING

It's back-to-school time, and if you're a parent, teacher, or caretaker of school-aged children, your schedule may be busier than ever. Managing work and home life may feel like a workout on its own, so the mere thought of lacing up your sneakers may leave you feeling exhausted. Indeed, not having the time or feeling tired are common reasons many of us may skip a workout or two or twelve or twenty...you get the idea.

If you examine your reasons or barriers for not exercising more closely, you may find that it's about something deeper. For many, it really comes down to misconceptions, lack of motivation and enjoyment, and fear. The good news is that when you take the time to reflect and understand why you avoid exercise, you can then take steps to address the root cause head-on.

Here are some common reasons many of us may bail on exercise along with some simple remedies.

"I don't have the time." If you find yourself saying this, it's time to be honest with yourself. Do you still have time for TV shows, social media, and/or other non-critical tasks or appointments? Exercise and physical activity are some of the most important things you can do for your health, so in terms of priority, they should be high up on your to-do list. Also, think about time in the long run. If you don't make time for exercise now, you may be forced to spend your time in other ways in the future—at doctor's appointments, grabbing medication, in physical therapy, etc.

And remember it's not an all-or-nothing scenario. If you're squeezed for time, even five minutes of activity is better than nothing.

"Even when I do workout, I can never lose weight. My body doesn't change." Yes, weight loss and improved body composition are two potential benefits of exercise, but they shouldn't be the sole reasons you exercise. In addition to all the wonderful health benefits, focus on how exercise makes you feel. A walk outside can help alleviate stress. A group fitness class or workout session with friends can help you connect with people and socialize. Weight training can help you feel strong and confident. The list goes on and on.

"I just don't like to exercise. It's so boring." The key here is to find an activity you truly enjoy or at least an activity you don't loathe. For example, if you dislike running or group fitness classes, don't force yourself to do it. Experiment and find an activity that's right for you. You can also make workouts more enjoyable with a workout buddy or by listening to your favorite podcasts or music playlist. When you look forward to and enjoy an activity, you're more likely to stick with it.



Want to Skip a Workout? Remember that Your Example Matters

Studies indicate that children's physical activity levels correlate closely with those of their parents.⁽⁸⁾



A LESSON FOR PARENTS: How to Foster Healthy Learning Attitudes & Perspectives



The pandemic is not over, but most schools are back to “normal” with students in the physical classroom. Indeed, the past few years of virtual learning and social distancing have been challenging for students and parents alike. As we head into this school year there’s a desire to make it an exceptional year, with hopes of gaining some lost ground resulting from the COVID-19 pandemic.

Although parents are approaching this school year with the best intentions, many will unknowingly make some mistakes that could actually cause setbacks, frustration, and anxiety for their children. Here are some of those common mistakes and how to avoid them.

Posting your child’s grades on social media and other prominent places. If your child does well on a test or brings home a stellar report card, you definitely want to congratulate them and tell them how proud you are. But try to steer clear of posting it on social media and places like your fridge. Doing this can cause anxiety for your kids—they may feel they’ll disappoint you if they don’t do well on the next test or report card. This is a good time to remind your child that grades are a great indication of their learning, but not the source of their personal value.

Signing your child up for anything and everything. Many well-meaning parents sign their kids up for an array of activities. If your child genuinely isn’t interested, it can cause a lot of conflict and tension. Additionally, overcommitting your child can make keeping

up with school more challenging. If grades start to slip or you get a note that says your child is falling asleep during class, you may be asking too much of them. Keep in mind your child’s age, personality, and organizational skills before committing to an activity. Some kids can successfully manage lots of commitments while others will get overwhelmed.

Focusing on the output instead of the process. It’s easy to get wrapped up in test scores and grade point averages. You want to make sure you place equal focus on the learning process. If your child does well, ask them questions such as, “What worked for you?” “Did you use a new study technique?” Children learn in all sorts of ways—some are visual learners, some are hands-on learners, etc. Work with your child to understand what learning practices and techniques work best for them. The grades and the test scores will naturally follow suit.



DID YOU KNOW?

Some schools have moved away from letter-based grades and are using reports focused on mastery or standards-based evaluations, which can help parents and kids focus on what’s being learned rather than a grade.