


## QuikQuiz™: Why are you so tired?

Test your knowledge of fatigue and energy.

1. Depression and anxiety can cause fatigue.  
 T  F
2. Sudden tiredness can be a sign of dehydration.  
 T  F
3. Fatigue from stress or lack of sleep usually subsides after a good night's rest.  
 T  F

>> Answers on other side.



## Exercise Help Online

Online exercise classes offer convenience, affordability and a broad range of exercise options for all levels and degrees of mobility.

The most popular workouts include strength training, aerobic fitness and routines for weight loss or physical rehabilitation. For the independent spirit, consider self-directed online fitness programs if you like planning your own workouts but want new exercise ideas.

Another popular trend is hiring an online personal trainer, according to the American College of Sports Medicine. Many online exercisers are doing customized workouts for more targeted results and effective use of their exercise time.

Working one-on-one with a personal trainer, you can craft an online training program based on your age, goals, fitness level, exercise preferences, available equipment and medical history.

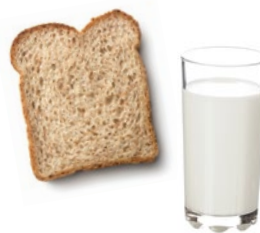
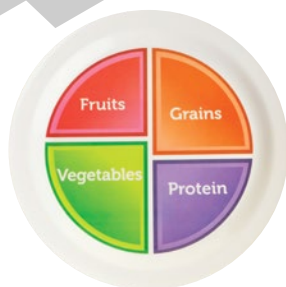
Discuss your exercise needs and how to locate a personal trainer with your health care provider.



*“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.” – Maria Robinson*

## Serving Sizes – Reality Check

America’s restaurants are dishing up food portions 2 to 3 times the amount they served 20 years ago. With that comes a lot more calories – which can lead to obesity.



A **serving** is a measured amount of food or drink, such as one slice of bread or one cup of milk. The USDA determines and recommends serving sizes to help us eat healthfully and maintain a healthy weight.



Super-sized restaurant portions have also distorted what we consider the normal portions we cook and eat at home.

### So, what is a portion?

A **portion** is the amount of food that you choose to eat for a meal or snack. Many packaged foods, such as a can of cola or a bag of popcorn, may appear to be **one portion**. Many people will consume the entire container – even though it contains **multiple** servings.

The FDA has proposed revising food labels to reflect more realistically how much Americans typically eat at one time. People could more easily calculate the number of calories and amount of nutrients they actually eat.



Meanwhile, keep your calories and weight in check by observing serving sizes. Try this easy technique: Limit your portions to roughly the size of your fist.



## Q: Food-mood link?

**A:** What and when you eat can affect how you feel. To feel more content and less moody:

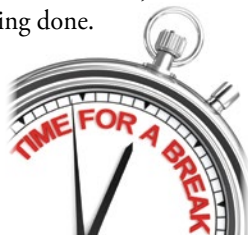
- **Eat at least** 2½ cups of vegetables and 2 cups of fruit daily – they supply key nutrients that support mood.
- **Keep your blood sugar even** by eating on schedule and not skipping meals (especially breakfast). Replace simple carbohydrates (sweets, soft drinks) with whole grains, beans and vegetables to boost brain serotonin, which may calm you and improve sleep.
- **Consume quality proteins** such as eggs, chicken or fish for improved focus.
- **Get heart-protective, omega-3 fats** from fish, flax seeds and walnuts; they may improve brain function and ease depression.
- **Stay hydrated** with water or tea (green or herbal). Avoid alcohol (a depressant) and limit caffeine, which can disturb sleep and cause rebound energy slumps. – Eric Endlich, PhD

## QuikQuiz™: ANSWERS

>>Continued from other side.

- 1. True** – The primary cause of fatigue is lack of sleep, but it can also result from stress and conditions including diabetes, allergies, rheumatoid arthritis, anemia and thyroid problems.
- 2. True** – Your body needs adequate water to function well and maintain energy.
- 3. True** – But if you can't account for your fatigue and it continues, see your health care provider.

**Best advice:** When you're exhausted, avoid trying to get everything done. That's counterproductive to maintaining energy, especially if you push one day and collapse the next. Take breaks and learn to say **no**.



## Better Family Nutrition

By Cara Rosenbloom, RD

**Steering your family toward better food choices can be challenging.** The healthier choice isn't always as convenient as fast food and takeout. Here's how to transform your family's eating habits.



**Influencing better food choices starts at the grocery store.** If you buy nutritious options, that's what your family will eat most often – because it's what's available. Filling your cart with vegetables, fruit, whole-grain foods, fish and lean protein sources leaves less room for processed snacks, ice cream and cookies.

### Make healthy foods the easier choice:

- ✓ Keep sliced vegetables in containers in the fridge.
- ✓ Leave a fruit bowl in a highly visible area.
- ✓ Make ready-to-go containers of grapes and berries.
- ✓ Keep simple snacks handy, such as string cheese, Greek yogurt and whole-grain crackers.
- ✓ Switch to whole-grain breads and cereals.



**After a long day, it's tempting to order takeout to feed your hungry family.** Break that cycle with a weekly family meal-planning session. Ensure all family members have input so they will enjoy meals. Everyone can help shop and prepare dinner. After a few weeks, the new normal will be home-cooked family dinners that everyone can be proud of, and fast food will be an occasional treat.



## Vaccination: A Smart Investment

### People often wonder about the need for vaccinations.

Here are some common questions and guidelines from the CDC.

**Why are vaccines necessary?** They are the best defense against infectious diseases such as meningitis, pneumonia, measles, influenza and others. Some diseases, such as polio and diphtheria, have become rare in the U.S., largely due to widespread immunization.

**Why do we still need vaccines against rare diseases?** Despite their rarity, serious, contagious diseases still pose a threat. Some diseases remain common beyond our borders, where travelers can be exposed to or bring these diseases into the U.S.

If we stopped vaccinating, even uncommon diseases could return, leading to epidemics of diseases that are nearly under control today.

### Do vaccines have side effects?

Some may cause slight fever, rash or soreness at the injection site; serious reactions are rare.

### Do vaccines cause disease?

No. They contain antigens, a weak form of disease – just enough to prompt the immune system to build protective antibodies against invading germs. Even infants can tolerate the tiny amounts of antigen needed for protection.

Vaccination needs change periodically, so consult your health care provider. How about during August, **National Immunization Awareness Month**? Learn more at [cdc.gov/vaccines](http://cdc.gov/vaccines).



Smart Moves toolkit is at [www.personalbest.com/extras/15V8tools](http://www.personalbest.com/extras/15V8tools).

08.2015