

Your **APPETITE** and **EXERCISE**

An exercise workout can leave you feeling hungry, or not.

It depends on multiple factors, including your body fat percentage, fitness level and the length and intensity of your workout.

Individual responses to exercise are variable and hard to predict. Here are some clues:

The role of appetite hormones:

When you exercise, your hunger hormone (**ghrelin**) may decrease, while levels of the hunger-suppressing hormone (**leptin**) increase — more so when you exercise vigorously (running) than moderately (brisk walking). This effect is greater the longer you exercise. But once your body temperature returns to normal after exercise your hunger will likely kick in.



Fuel up before your workout.

It can provide energy needed to exercise and may reduce your post-exercise hunger. What you eat depends on the intensity and length of your activity. Experts recommend eating a small balanced meal before long, strenuous exercise. For light exercise, such as walking, a snack of fruits or vegetables may suffice.



Nourish after vigorous exercise.

To help your muscles recover and to replace their glycogen supply (energy), eat a meal or snack that contains both carbohydrates (e.g., fruits and vegetables) and lean protein within 1 to 3 hours before your workout, depending on how comfortable you feel. After exercise, eat within 20 minutes. If you tend to feel famished after exercise, drink a glass of water before your meal and eat slowly — it may help suppress overeating.



Ready for **Yoga**

Yoga produces well-documented benefits. They include increased strength, flexibility and balance, as well as improved relaxation and mental focus. To achieve yoga's benefits, take a class from a certified, skilled teacher.

➔ Continued on page 4.

“**Achievement** is largely the product of steadily raising one's levels of **aspiration** and **expectation**. — Jack Nicklaus



What's Causing Your **BACKACHE?**

Because the back bears most of your body weight, it's vulnerable to strain and injury. It's easy to hurt your back when you lift or overdo activities or sit too long, especially if the muscles supporting your back are weak.

The primary risk factors include a sedentary lifestyle, arthritis, obesity and smoking. Back pain may directly result from standing or sitting for long periods, ongoing strenuous labor, twisting, overstretching or overlifting.

The sources of low back (lumbar) pain can be the spinal discs between the vertebrae, the ligaments around the spine and the spinal cord and nerves, and the lower back muscles.

Chronic lower back pain, lasting more than 12 weeks, is a leading cause of disability. Fortunately, we're learning more about how to prevent and treat it.

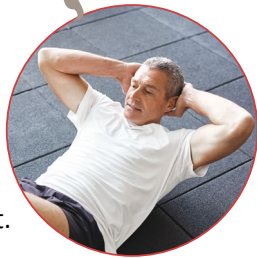


Clinical practice guidelines for treating low back pain (not due to damaged spinal nerves), include, besides medication, therapies such as:

- Physical therapy.
- Acupuncture.
- Stress reduction.
- Yoga.
- Aqua therapy.
- Muscle-strengthening exercise.
- Cognitive behavioral therapy.
- Progressive muscle relaxation and biofeedback.



These interventions have been shown to help patients shift their focus from pain and disability to being more functional despite residual pain.



Travel Well With **Diabetes**

Having diabetes doesn't mean you can't travel — whether you're planning a short trip or a long sojourn in another country. However, you do need extra planning to make sure your vacation is safe and healthy.

Check in with your health care provider a month or so before your trip to make sure your blood sugar is under control. And get a letter from your provider to carry during travel; it should list diabetes medications and supplies you need. Make sure the letter includes any allergies you have, too.

In addition, always ① take more insulin and syringes or pills than you expect you'll use on a trip, and ② carry a written prescription from your provider in case of an emergency.

More tips for safe travel with diabetes:

- ➔ Wear a medical ID bracelet or necklace showing you have diabetes.
- ➔ Plan for time zone changes so you'll know when to take your medicine.
- ➔ If flying, declare your diabetes-related supplies and have them separated from other belongings before screening starts at the airport.
- ➔ Pack all your medication and testing supplies in a carry-on bag.
- ➔ Even if meals will be served on your flight, carry extra food (and a fast-acting source of sugar, if needed) in case of delays or schedule changes. Carry snacks with you while hiking or sightseeing.

Learn more at diabetes.org. For travel abroad, request a list of English-speaking foreign doctors from the International Association for Medical Assistance to Travelers (www.iamat.org).



PREGNANCY Protections

If you're pregnant, congratulations! If it's your first pregnancy, here are some key starting points:



Follow your health care provider's orders. First, find the right provider for your prenatal care and a preconception visit. Prepare well for each visit and take copious notes. Talk about suitable exercise and diet to help you gain weight at a healthy rate. The Institute of Medicine's guidelines for weight gain say if you are:

UNDERWEIGHT	gain 28 to 40 pounds
NORMAL WEIGHT	gain 25 to 35 pounds
OVERWEIGHT	gain 15 to 25 pounds
OBESE	gain 11 to 20 pounds

Learn all you can. Educating yourself is vital for a healthy pregnancy. It may also help you see potential red flags. The CDC advises you to call your health care provider promptly if you experience: fainting, shortness of breath, rapid heartbeat, vaginal bleeding, painful urination, strong cramps or decreased fetal activity beyond 24 hours.

Attend a childbirth class. It will teach you more about delivery and infant care and provide opportunities to ask specific questions and voice your concerns.

Remember

How Not to Forget

If you've ever forgotten where you parked your car, you aren't alone. In a world where multi-tasking and juggling possibilities is commonplace, it's no wonder we often become distracted and forgetful. Thankfully, there are simple, tried-and-true ways to aid memory:

We remember best with visual cues.

When you park your car, make a mental picture in your mind of a sign, post, unusual tree or another nearby stationary object to help you recall the spot.



Try the memory palace technique.

When you make a grocery list, make a mental list, too, in case you forget or lose the written list. In your mind, imprint distinctive features in a room in your house; studies show this ancient memory technique works.

Practice observing the surface where you place items (such as keys or glasses). Pay attention to the surface color and texture. Are the keys on a slick kitchen countertop or a wooden table? Taking a mental visual picture helps memories stick.

Find your phone or other misplaced item by recreating how you lost it.

Form a mental image of what you were doing or feeling the last time you remember seeing the object. Memory researchers call this **context reinstatement** — it can spark recall of where you left the missing object.

TIP of the MONTH

Safer Grilling

If you love grilling meat, seafood and poultry, here's how to reduce exposure to **heterocyclic amines**: Reduce the grill temperature, use marinades and cut off charred or blackened bits.

Or reduce grilling time by precooking foods indoors.

Then finish on the grill, or choose quick-cooking protein options (e.g., shrimp or chicken cutlets).



Summer Cookout with Fruits and Vegetables

By Cara Rosenbloom, RD

Grilled steak and salmon are delicious, but don't forget that you can grill your side dishes, too. Vegetables, salads, fruit and even dessert benefit from the heat of the grill, and turn into something deliciously unexpected.

Vegetables work best when they are brushed with oil first, so they don't stick to the grill. Better yet, use a vegetable grilling basket that can easily be removed from the heat. **The best vegetables to grill are:**

- Eggplant
- Peppers
- Zucchini
- Onion
- Corn
- Potatoes
- Sweet potatoes
- Asparagus
- Mushrooms
- Broccoli



You can make amazing grilled salads, too. Start with halved or quartered

romaine lettuce and cabbage, and quickly grill over medium heat (about 5 minutes). Top with your favorite non-creamy dressing.

You can also grill flatbreads and add toppings. Try tomato bruschetta or tofu to replace meat.

Something sweet?

As a side dish or dessert, don't forget about grilling fruit. Something magical happens when juicy fruit meets heat and the sugar caramelizes. Try peaches, banana, pineapple, watermelon, pears or cantaloupe.

Health concerns? Grilling animal proteins such as beef, fish, pork and poultry has a downside: Heat mixed with them can create **heterocyclic amines (HCAs)**. These are mutagenic compounds that cause changes in DNA that may increase the risk of cancer. The good news is that HCAs are not found in significant amounts in vegetables, fruit, tofu or other foods. So get your grill on, but cook a variety of healthy options.



GRILLED SHRIMP AND PINEAPPLE SKEWERS

easy | RECIPE
From Personal Best®

- 2 tbsp **olive oil**, plus more for grilling
- 2 tbsp freshly squeezed **lime juice**
- 1 tsp **lime zest**
- ½ tsp **chili flakes** (optional)
- 1 lb large **shrimp**, peeled and deveined
- ½ cup **pineapple chunks**, cut to 1 inch
- ½ cup **red pepper**, cut to 1 inch
- 3 tbsp fresh chopped **cilantro**

If using wooden skewers, soak in water. **Preheat** grill to medium heat. **In** a medium bowl, combine oil, lime juice and zest (and chili flakes, if using). **Add** shrimp and toss to coat. **Thread** skewers, starting with 1 each of shrimp, pineapple and red pepper and repeating until each skewer is filled. **Lightly** brush the grill with olive oil. **Place** skewers on the grill and cook for 3 minutes. **Turn** and cook 2-3 more minutes until shrimp are cooked through. **Place** on serving plate and garnish with cilantro. **Serve**.

Makes 4 servings. Per serving:

199 calories | 24g protein | 9g total fat | 1g saturated fat | 3g mono fat
6g poly fat | 5g carbohydrate | 3g sugar | 1g fiber | 168mg sodium



Stay in Touch

Keep those questions and suggestions coming!

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EXPERT advice

Q: What is sarcopenia?

A: The decline in muscle mass and strength is called sarcopenia, and it occurs as people get older. Even people who are physically active have some sarcopenia as they age. Inactive people can lose as much as 3% to 5% of their muscle mass each decade after age 30. Sarcopenia can occur in underweight, normal weight or obese people.

Muscle-loss problems: Conditions that speed muscle loss include inadequate protein, excess sitting, inadequate exercise, low hormone levels, prediabetes, diabetes and inflammatory disorders.

Sarcopenia can lead to disability, falls, broken bones and death. Older people with sarcopenia may have trouble with basic activities such as bathing, dressing and walking.

An ounce of prevention: Staying fit throughout life is the best way to avoid sarcopenia. Even people who become more active later in life can benefit. Resistance exercises 2 to 3 times a week are most effective for building muscles; first get your provider's approval.

— Elizabeth Smoots, MD, FAAFP

AT RISK: Heat-Related Illness

In the summer, outdoor workers need to take precautions so they don't succumb to weather-related maladies such as heatstroke, which can be fatal. Recognize the symptoms and learn the suggested treatment methods.

HEATSTROKE

Symptoms:

- Lack of sweating (major difference from heat exhaustion)
- Core-body temperature greater than 104°F
- Seizures
- Dizziness or fainting; staggering
- Throbbing headache
- Confusion
- Rapid, shallow breathing
- Rapid heartbeat
- Thirst, nausea or vomiting
- Unconsciousness



Treatment: Call 911

immediately and while waiting for help, move the victim to an air-conditioned or shady area. Remove unnecessary clothing. Attempt to get the victim's temperature down by applying ice packs to armpits, groin, back and neck; using a hose to wet skin; and immersing the victim in a cold shower or tub of cold water.

Ready for Yoga → Continued from page 1.

The most popular yoga classes include restorative, relaxation or athletic forms, joint flexibility, and specialized classes for prenatal, weight loss, high blood pressure, pre-surgery and other conditions.

The form of yoga you choose will depend on what you want to achieve, such as stress reduction or overall fitness, or both. Most forms of yoga involve 2 core components: poses and breathing. Yoga varies in pace and emphasis from slower-moving practice with breathing and meditation to faster, flowing sequences combined with rhythmic breathing for a full-body workout.

When choosing your class, identify your personal health goals; ask your health care provider for advice and referrals. Then determine which class offers the most benefit from your practice time. Your teacher should modify yoga poses based on your abilities or limitations. If you're not comfortable in a pose or aren't sure of the alignment, don't do it.

The benefits of yoga take time and require consistency. If you practice several times a week for at least 30 minutes, you should soon notice gradual improvements in flexibility, sports performance or simply walking, as well as better sleep and less fatigue. Enjoy the process.