



your HEALTH *your* WELFARE

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SPRING IS HERE AND SO IS THE WALKING CHALLENGE!

Interested in getting \$200.00 in gift cards? Do you know all you have to do is be an eligible member or dependent (age 18 or older) and walk to do so? That's right! Walk 294,000 steps in 6 weeks (an average of 7,000 steps a day) and you will be eligible to choose \$200.00 in gift cards of your choice! The challenge runs from April 8th, 2019 - May 20th, 2019. Registration begins on Monday March 25th, 2019 and ends on Sunday April 14th, 2019. To register, logon to a www.ahealthyme.com/ login. Once registered you will receive a new and improved Fitbit from last year, the Fitbit Charge 3!



If you have a disability and are unable to complete the challenge, a reasonable accommodation will be made available for you

STICK TO YOUR 2019 FITNESS RESOLUTIONS

**BENEFITS
BLURB!** Do you
know your dental
benefit?

6 WAYS TO BEAT STRESS

HOW TO REDUCE YOUR RISK FOR DIABETES

Find all these
articles & more
in this month's
newsletter!

Quote Corner!
"Do something
today that your
future self will
thank you for"



SIX TIPS TO STICK TO YOUR FITNESS RESOLUTIONS



Every time the new year rolls around, countless Americans make a resolution to get healthier and more fit in the new year. Unfortunately, the commitment to get fit and healthier may only last for a month or two. An astonishing 73% of people who make fitness related New Years resolutions give up before they even reach their goal(s). Don't be a part of this statistic! Here are 6 tips to help keep you on track and to crush your New Year's resolution to get fit and healthy.

1. Keep Your Goals Small and Specific

Getting in shape can be a tough task, which is why it's best to be small and specific in your goals. Be realistic in your goal from the very beginning. Think of your resolution to get fit and healthy as a marathon not a sprint. Don't try to lose 30 pounds in the first month, make your goal small and more obtainable, have your goal to be five pounds instead.

2. Put Money On It

A little friendly competition never hurt nobody! If you reach your goal you win money, if you are short to reach your goal then you lose money. Talk about some serious motivation! The Mayo Clinic in Rochester, Minnesota found that financial incentives promoted 62 percent of dieters to lose weight. At the other end of the spectrum, only 26 percent of people without cash lost weight. You can make it fun and have a 'biggest loser' competition with your family and friends. You get bragging rights and cash (and of course you get healthier and more in shape then when you started this journey).

3. Make Fitness a Priority

Did you know physical activity can help control your weight, improve mental health and mood, reduce risk of certain diseases and strengthen bones and muscles? Why put your fitness and your health on the back burner? Not having time is no excuse, you need to make time! Just as you make time for an important business meeting, a lunch date, or a doctor's appointment. Schedule working out into your day, even if it is just for ten minutes. Something is better than nothing at all!

4. Don't Go At It Alone

Working out with friends, family, or co-workers can help not only strengthen your body but your relationships as well! Having a partner or partners to work out with are excellent for support, accountability, motivation and even a little healthy competition.

5. Mix It Up

Doing a variety of work outs will help to keep you engaged and motivated. You don't want to do the same workouts everyday over the course of eight weeks. Your body will get used to the movements and you will get bored! Mix up your workouts every two weeks to keep your body guessing and your mindset fresh. You are more likely to stick to a plan that is new and fresh every few weeks than constantly being in the same routine.

6. Track Your Progress

Charting or recording your progress will help you stay on track and achieve your goals. Whether this is charting your weight loss or taking before and progress pictures throughout your journey. Sometimes the scale may only show a five-pound loss, but that could mean loss of inches throughout your entire body! Seeing these subtle changes will help you to stay on track and motivated to keep going.

LET'S KEEP YOUR RECORD STRAIGHT.....

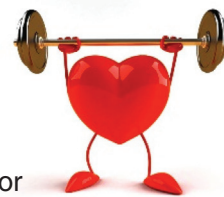
Any changes in status need record updating as soon as possible!

This includes: marriage, a new baby, dependent social security numbers, change of beneficiary, new email, addresses and/or phone numbers, divorce, or updating/ changing your primary care provider with Blue Cross or Fallon to name a few.

*When you keep up-to-date,
your service is not interrupted!!*



FOLLOW HEART HEALTH GUIDELINES AND REDUCE YOUR RISK FOR DIABETES



According to the Centers for Disease Control, nearly a third of the population is living with diabetes or prediabetes. The good news is, there is new research that shows lifestyle and health factors that are good for your heart can also help prevent diabetes. A study was conducted using the American Heart Associations Life's Simple 7 as a guide. Life's Simple 7 health factors and lifestyle behaviors that are associated with cardiovascular health are diet, weight, physical activity, cholesterol, blood pressure, blood glucose and tobacco

use. The study concluded that those participants (who were in the recommended and ideal age ranges) for at least four of the seven factors, had a 70 percent lower risk of developing diabetes. The research also found that when those participants who had normal blood glucose compared to those who already had an impaired blood glucose, and those who met four or more guideline factors actually lowered their risk of developing diabetes by 80 percent. Unfortunately, those who were already diabetic or prediabetic and who met four of the factors had no change in

lowering their risk for diabetes.

The research shows that using preventative strategies from the beginning is huge and is the key to helping Americans avoiding the diagnosis of diabetes. Those who are considered healthy need to work to stay healthy and not succumb to high blood sugar and then proceed to start worrying about diabetes. It is important to not wait until it is too late, work to stay healthy now and in the future by exercising and practicing healthy habits.

Food Could Be the Best Medicine of Them All

Do your kids avoid any food at all costs that "tastes" healthy? There has been a new idea around that food is comparable to medicine, and it is quickly becoming not just an idea any more.

Do your children enjoy macaroni and cheese out of the box? Well, lets be honest, who doesn't! A healthier alternative would be whole grain pasta and real cheese. Your kids may never even know the difference. Have you thought about offering a smoothie in the morning for breakfast? How about instead of buying fresh berries you buy frozen, they stay good longer and are actually a little cheaper. Another great benefit of berries is that they are good for your brain! Sugar and processed foods are some of the biggest contributors to rising diabetes rates among children. This may come as a shock, but in America, over 50% of our food is processed and only 5% is plant based. That is not only a shocking statistic, but a sad one. Many doctors agree that it should be the reverse. We know everyone is busy and has schedules, but your children and their health should be a top priority. Try offering your children a fresh fruit smoothie and try "real" macaroni and cheese. A few small healthy changes a week could really make a difference for you and your family.

The food-as-medicine development started has an idea, but it is truly having an important influence on Physicians and medical institutions. They are trying to make food a recognized part of treatment, rather than solely relying on medications. By challenging patients to eat nutritiously and launching special programs, physicians are trying to prevent, limit or reverse disease by changing what patients eat. There is no question anymore that by making certain food choices, patients are able to reverse diabetes and hypertension and even prevent



cancer. They want patients to understand the important role food plays in their life, why they eat it and how they prepare it. Although food isn't the answer to all illnesses, the research is beginning to really add up just how powerful food can be. One thing is certain, sugar, salt, fat and processed foods in the American diet contribute to the nations highest risk for diabetes and heart disease.



Unfortunately, many people do not know how to cook. This leads to heating packaged food up, which is high in both sugar and salt content. Teaching patients about which foods are filled with nutrients and how to cook can actually transform a patient's life. It can also help to transform the patient's family's life and most importantly, their health. If you really think about it, what people eat can be medicine or it can be poison. Nutrition is truly one of the most powerful things you can change to reverse the effects of chronic disease. Studies have shown that dietary changes can slow inflammation and actually make the body a harsh environment for cancer cells to live. A plant-based diet, which emphasizes whole and minimally processed foods, is recommended for those patients with diabetes or other inflammatory conditions.

As it happened with tobacco years ago, for food to become medicine, it will require a cultural shift. Many people think physicians have a bigger voice than anyone in this. Just as they stopped smoking all those years ago and talked to their patients about it, the same needs to be done with making food medicine, and the fuel your body needs to stay healthy. It is important for people to realize that with proper nutrition, it can really change your body and your family's health.

Six Ways to Beat Stress



Many people these days are feeling the effects of stress. But how do you find the time and outlet to relieve stress when your days are already stretched to the max? You have to ask yourself what kind of stress are you dealing with? Is the event that is stressing you out controllable? Is the stress chronic? For example, stress from your job. Is the stress situational? Maybe from a recent experience you went through. You can use the following six tips to reduce stress when you are already feeling stressed out!

- 1. Exercise** – Exercise is commonly known to improve overall health, but exercise has also been shown to boost your mood. The higher the intensity of the workout the better you will feel after. When you start to feel your stomach get in a knot and feel stress building up, exercise is the best medicine.
- 2. Breathe Deep** – Breathing deeply activates the parasympathetic nervous system. This is also known as the “brakes” for stress. When you begin to feel stress or aggravated, stop and take a few deep breaths.
- 3. Practice Acceptance** – Have you ever heard the saying “accept the things you cannot change” this is actually great advice when it comes to stress. You need to stop and reflect on whether you can change what is causing you stress, or if you should try and accept it.

4. Find Solutions – The second half of the saying “accept the things you cannot change” is “change the things that you can.” Finding solutions to the thing or things that are causing your stress is a very effective way to reduce stress, especially when what is causing you to be stressed can be changed. If you are able to change your situation you should choose this technique.

5. Limit Caffeine - Caffeine is known to increase anxiety and reduce your sleep. Both anxiety and reduced sleep can prohibit your recovery from stress. Cutting out soda or coffee could also help to decrease your overall stress level.

6. Develop A Challenge Mindset – If you really think about it, just about any event in life could cause stress, if you feel threatened by a situation, you will end up feeling stressed. If you viewed the situations that make you feel stressed as a challenge or an opportunity to overcome adversity you may actually be able to transform your stress into invigoration. You can practice viewing your stress as a challenge and have confidence in yourself that you will be able to overcome your challenge.

In conclusion, stress is never easy. If you become aware of what causes and trigger your stress you can begin to make better decisions about how to stop your stress!

Recipe Corner

BUFFALO CHICKEN STUFFED PEPPERS

Simple, easy, low carb and delicious stuffed peppers!



Ingredients Yields 4 Stuffed Peppers

4 Bell Peppers, Seeds and Cores Removed
– Cut In Half
1 Tablespoon, Extra-Virgin Olive Oil
Kosher Salt
Freshly Ground Black Pepper
3 Tablespoons Butter
½ Large Onion, Chopped
2 Cloves Garlic
3 Cups Shredded Rotisserie Chicken
½ Cup Hot Sauce (Preferable Frank's Red Hot)
2 Cups Shredded Gouda
Ranch Dressing, for Drizzling
2 Tablespoons Freshly Chopped Chives

Directions

1. Preheat oven to 400°. Place bell peppers cut side-up on a large baking sheet and drizzle all over with olive oil, then season with salt and pepper.
2. In a large skillet over medium heat, melt butter. Add onion and cook until tender, about 5 minutes. Add garlic and cook until fragrant, 1 minute more.
3. Add shredded chicken and hot sauce and toss until combined. Cook until the mixture comes to a simmer, then remove from heat.
4. Divide chicken mixture between pepper halves. Top each with gouda and bake until cheese is melted and peppers are crisp-tender, about 20 minutes.
5. Drizzle each stuffed pepper with ranch and sprinkle with chives.

SEVEN WAYS YOUR SNEAKERS ARE RUINING YOUR WORKOUT ROUTINE

1. THEY'RE TIRED

You may love your current sneakers and how they fit just right, but if you have had them for years and you have really shown them how much you love them, then it is time to throw them out. A Podiatrist actually says that if your sneakers are old and worn out, the sneakers could be shifting your weight abnormally causing injuries not only to your feet but to your entire skeleton. You should change up your sneakers every 300-500 miles. If you are not sure how many miles you've put on your sneakers there can be some visual clues as well. If your sneakers soles are uneven or worn it is time for a new pair.

2. YOUR SNEAKERS DON'T SUIT YOUR WORKOUT

You shouldn't be wearing your basketball shoes to hike a mountain, or your spin shoes to Zumba. Although it may seem a little crazy, there is actually a ton of technology that goes into creating sneakers, especially for workouts. Wearing shoes that are not appropriate for your workout can cause injury. Walking and running shoes are made for forward motion and have the maximum amount of cushioning and shock absorption. Tennis and basketball shoes require side to side motion. Cross-training shoes can be used for lower impact exercise such as weight lifting, Zumba and rowing.

3. YOU WEAR YOUR SHOES EVERYDAY

If you're wearing your workout shoes daily to run errands after you get your workout in, you could actually be interfering with their effectiveness during your workout. Of course, we know these shoes are comfortable and you may want to wear them whenever you get the chance, but try to resist so they are able to do their job. You wearing them while exercising and then running errands causes different wear patterns on your shoes. This can

cause your shoes to wear more quickly and sometimes even cause injury.

4. YOUR SNEAKERS ARE THE WRONG SIZE

Wearing sneakers that are the wrong size is a pretty sure way of injuring yourself. It's important to try on shoes before you purchase them, as every brand runs differently. It is wise not to get attached to a specific number. Shoes that are the wrong size could actually cause stress fractures, make bunions worse, or damage or injure your nails. Sometimes these ill-fitting shoes can even cause you to develop heel pain and tendonitis.

5. THEY LACK SUPPORT

Your sneakers should have a good arch support, cushioning and shock absorption. These are three basic features you always want to look for in your shoes!

6. YOU'RE LACING THEM UP WRONG

You have the perfect sneaker, that fits great, has good arch support, cushioning and shock absorption. Now, you must make sure you lace them up correctly! When laces are not tied tight enough it allows your foot to slide around.

7. YOUR SNEAKERS ARE TOO TIGHT

Just as was mentioned above, you don't want your shoes too loose, but you also do not want them too tight. You want your shoes to feel snug, but not tight. Tying them too tightly can actually lead to tendonitis.



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Benefits Blurp!

Active Employees & Dependents Dental Benefit

In 2018 the annual calendar year max for the Health & Welfare Fund dental benefit for adults age 19 and over increased to \$2,000. The \$2,000 max covers all preventive, diagnostic, restorative, periodontal and oral surgical services covered under the plan. The annual calendar year maximum for children under the age of 19 is unlimited for all services, including medically necessary orthodontic services.

It never hurts to have your dentist office submit an estimate to Blue Cross Blue Shield of MA (BCBSMA) to make sure the service you are looking to receive will be completely covered, because there is an "allowance" on all services. What this means for you is



that if BCBSMA has an allowance of, \$500.00 for example for a filling and you dentist office is trying to charge BCBSMA \$600.00 you may be required to pay the additional \$100.00 out of your own pocket. There also may be a time limit on certain procedures (for example 24 months) before you can have that procedure again. You may be required to pay for the entire procedure out of pocket if you choose not to wait to have the procedure.

It is always a good idea to have your dentist office submit an estimate, to know exactly what you should be expecting to pay out of pocket, if anything at all! As always, if you have any questions please do not hesitate the contact the Teamsters Local 170 Health & Welfare Fund at (508)791-3416 or BCBSMA directly at 1-800-932-8323.