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GET UP TO DATE ON YOUR vaccines

Vaccinations aren't just for kids.
Adults need them too.

HOW THEY WORK

Vaccines stimulate your immune system to create antibodies against common diseases. Antibodies are specialized proteins that recognize and neutralize viruses or bacteria. If you are exposed to the disease, your body will be ready to fight it.

WHY THEY MATTER

Some people are more vulnerable to diseases such as COVID-19 or the flu, even if they are vaccinated. When you get vaccinated, you protect your loved ones and vulnerable people in your community.

THE VACCINES YOU NEED

Your doctor is the best resource for information on the vaccines you need. Here are a few your doctor may recommend:

- Seasonal flu
- Tdap or Td (Tetanus, diphtheria, and pertussis)
- COVID-19
- Shingles
- HPV (Human papillomavirus)

Source: Centers for Disease Control and Prevention

Eating to enhance gut health

The health of your gut microbiome is a significant factor in the health of your entire digestive system. How well your stomach and intestines digest and absorb the food you eat depends on the condition of the microorganisms in your gut.

In turn, what you eat can either support the diversity of your microbiome or disrupt the delicate balance.

Certain foods provide necessary nutrients to support the growth of beneficial bacteria. The more beneficial bacteria you have in your digestive tract, the less room there is for unhealthy bacteria to grow.

PROBIOTICS

Probiotics are live bacteria and yeasts which have beneficial functions in the body. Probiotics may be present in foods that have undergone fermentation. Ingesting probiotics through food or supplements can boost the number of beneficial microorganisms in your digestive system.



Regular consumption of foods that contain probiotics may improve digestive health and boost the immune system. Choose some of these foods as part of your daily diet:

- Yogurt (with live active cultures) or kefir
- Saukraut
- Kombucha
- Tempah
- Miso
- Kimchi
- Pickles

PREBIOTICS

Prebiotics provide essential nutrients that feed beneficial bacteria and encourage their growth.

Most prebiotics are a type of fiber that is indigestible to the body. The microorganisms in the digestive tract can break down these fibers into short-chain fatty acids (SCFA). These SCFAs provide valuable food for the probiotic communities in the body. Beneficial prebiotic foods include:

- Garlic
- Onion
- Asparagus
- Bananas
- Oats
- Flaxseeds
- Apples



SHOULD YOU TAKE A SUPPLEMENT?



Supplements containing probiotics are widely available. However, supplements are not regulated by the FDA and should be approached with caution.

Talk to your doctor before starting any supplement to make sure it is a safe choice for you. In the meantime, probiotic and prebiotic foods are a generally safe way to support gut health.

Zone minutes explained

When we are active, our heart and muscles increase the circulation of blood throughout the body. The more we get our heart pumping, the more efficient the body becomes at using oxygen.



Zone minutes refer to the amount of time spent in any activity that gets the heart rate elevated into a range that promotes health. We all need a certain amount of time in the “zone” to keep our heart, muscles, lungs, and brain in peak condition.

Getting at least 30 zone minutes a day, or 150 a week, is the recommended minimum for good health.



THE HEART-RATE ZONE

Your recommended heart-rate zone depends on your age and physical condition. The simplest way to find your zone is to calculate 220 minus your age. This tells you your maximum recommended heart rate in beats per minute (BPM).

In general, you earn zone minutes for activities that get you to 50-85% of your maximum heart rate.

For example: A fifty-year-old in good health has a maximum heart rate of 170. When engaged in moderate to vigorous activity, their heart rate should be in the zone of 85-145 BPM.

ACTIVITIES TO GET IN THE ZONE

To reach 150 zone minutes per week, make time for activities that get your heart pumping. Remember your zone minutes require moderate to vigorous exertion. Here are some great options:

- A moderately paced walk
- Playing a sport
- Biking
- Swimming
- Dancing
- Weight training

If you're new to being active, check with your doctor before you start. In the beginning, stick with moderate activity and don't overexert yourself. As your body becomes more efficient, you will likely feel more comfortable in your target heart rate zone.

TRACKING YOUR ZONE MINUTES

There are many options for tracking how many zone minutes you accumulate each day. Choose the option that works best for you.

- Use a smartwatch to track your heart rate and minutes in the zone.
- Wear a heart rate monitor when you exercise to make sure you get in your ideal range.
- Do the talk test when being active: if you can talk and sing easily, you're at a low intensity; if you can talk but not sing, you're at moderate intensity, and if you cannot comfortably talk or sing, you're at high intensity.

SUCCESS
OVER STRESS

Art therapy: *Effective stress buster*

Engaging in activities that relax the mind and body is an essential tool for stress management. For many people, creative expression provides the perfect outlet to release stress.

Art therapy is a relatively recent addition to the field of stress management and mental health treatment. A professional art therapist uses the creative process to build resilience and encourage self-expression and awareness.



Your doctor or mental health team may recommend art therapy to manage stress, anxiety, or depression. You can also enjoy some of the benefits by creating your own opportunities to express yourself creatively.

- Pick up an artistic hobby such as drawing, painting, or pottery
- Take an art class
- Try coloring
- Get into nature and draw or take photos
- Write a story
- Play an instrument or sing
- Turn on some music and dance