

# GET SOME GREENS!

Salads can be a great way to pack in some servings of vegetables and get much needed nutrients. One of the most common mistakes when preparing a salad is using the wrong greens as a base. Ditch the iceberg lettuce! It has the least health benefits of the greens.

## TRY SOME OF THESE OPTIONS INSTEAD:

- NAPA CABBAGE
- ARUGULA
- RED LEAF LETTUCE
- SPINACH
- ROMAINE LETTUCE
- KALE
- BUTTERHEAD LETTUCE
- SWISS CHARD

**Not ready to ditch** the bag of iceberg? We'll compromise: mix it 50/50 with some of these other options. For some fresh new salad options, visit [recipes.wellness-partners.org](http://recipes.wellness-partners.org)

# WELL

simple encouragement for healthy living

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MARCH  
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2014

## COLORECTAL CANCER SCREENING OPTIONS

**Colorectal cancer is the second leading cause of cancer-related deaths in the U.S., claiming over 50,000 lives each year. Up to 60% of these can be prevented with recommended screening. If you are over 50 and have not been screened, consider these options, it could save your life!**

**The most common screening procedures are the colonoscopy and flexible sigmoidoscopy. The 2 screenings have many things in common:**

### DETECTION

Most cancer begins as abnormal growths called "polyps." Both of these procedures can detect these precancerous polyps in addition to tumors and cancerous growths.

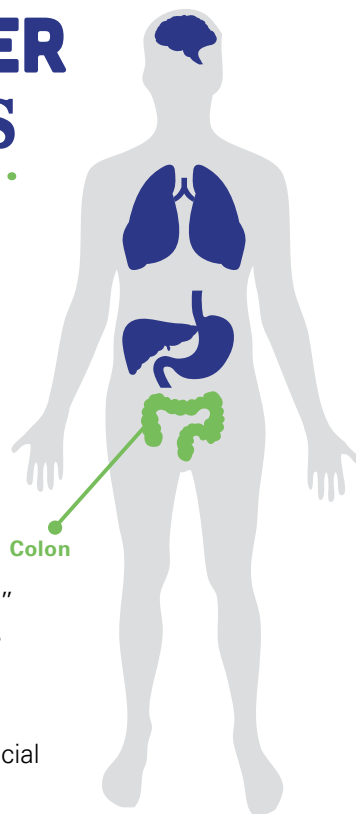
### PREPARATION








Both tests require 1-2 days of preparation including a special diet, laxatives, and/or enemas.

### METHOD

Both screenings are performed using a thin, lighted tube with a camera on the end that is inserted through the anus.

Although flexible sigmoidoscopy is faster, cheaper, and doesn't require sedation; it can be less accurate, must be done more frequently, and often requires a follow-up colonoscopy anyway. For these reasons, colonoscopies are still considered the *gold standard*.



TEST	SCOPE	MEDICATION	DURATION	PERFORMED BY	FREQUENCY	COST
						
Colonoscopy	Entire colon and rectum	Medication to relax or sleep are common along with anesthesia	30 minutes	Gastroenterologist or surgeon	Every 10 years	Most expensive, often covered by insurance
Sigmoidoscopy	Only lower part of colon and rectum	Medication not typically needed	10-20 minutes	General care physician, in some cases, nurse practitioner	Every 5 years	Less expensive, often covered by insurance

# AMP UP YOUR WORKOUT

**Still plugging away at your 2014 fitness goals? Here are a few ways to take your routine to the next level:**

**Pick up the pace.** Whether its weight lifting, walking, or running, add some speed to burn more calories and maximize heart health benefits. But please, be careful! Don't speed up any reps with heavy weights.

**Bring in the arms.** The easiest and most effective way to add intensity to your cardio is to start using your arms more. Whether it's a fitness class or a walk; swing, pump, and keep those arms engaged the whole time. You could even try holding light hand weights.



**Add some incline.** Switch up your normal jogging/biking route for something with a few more hills, or add incline to your normal treadmill routine.

## **Battling boredom?**

Boredom with a fitness routine can kill your goals faster than you think! The best exercise is the one you enjoy! Here are some tips:

**Look for opportunities** for recreational sports in your community such as basketball, volleyball, or softball. If none are available, you may be able to scout out a small group of interested people by putting a flyer up in your local recreation center.

**Look for new exercises** that will work the same muscles you are targeting in your current routine. This will give you extra options for switching it up and help keep you interested and challenged.

**Still need an extra boost?** Call WP and ask for a consultation with Katie Graham, our fitness specialist, or email her at [Katie@wellness-partners.org](mailto:Katie@wellness-partners.org) for some fresh ideas.

# RELAX, TOMORROW IS A NEW DAY

**One of the most common complaints of people who have trouble sleeping is that "my brain just won't shut off." If you struggle with this feeling of a wandering mind once you have laid down for bed, try this routine to help you draw your day to a peaceful end.**

- 1. Once its bedtime**, shut off the lights and lay comfortably on your back.
- 2. Acknowledge something positive from today.** It can be a small success or goal that you met, a kind gesture, or maybe you had a good hair day. Don't stay on this topic long. Simply acknowledge there was something positive in your life today and that something positive will happen tomorrow as well.
- 3. Acknowledge your stressors and your inability to change them at this moment.** The best thing you can do for yourself is get a restful night of sleep and approach the situation with a fresh perspective tomorrow.
- 4. Begin progressive relaxation.** For this exercise, start with your feet. First, register how they feel now. Then, focus on what it would feel like if they were totally relaxed; warm and heavy. Don't move on until your feet feel completely relaxed. Repeat this process for your calves, thighs, belly, chest, arms, neck, and finally, head.
- 5. Focus on your breath.** Many people will not be awake past quieting the belly, but if you make it through all of your progressive relaxation and are still awake, begin to focus solely on your breathing. If you prefer sleeping on

your side, you may want to move to that position. Do not try to change your breath; simply observe the inhale and exhale. If you find your mind wandering, move back to focusing on the breath as quickly as possible.

- 6. If you still can't sleep, do not stay in bed.** Turn on a dim lamp, and put your thoughts on paper. Ignore grammar; they don't even need to be legible. Simply getting your thoughts down may bring you some peace of mind. When you are done, begin again with progressive relaxation.

**Track your efforts** with this new technique for a chance at a cash prize! Visit [challenge.wellness-partners.org](http://challenge.wellness-partners.org) for details.

**If you are struggling** with getting a good nights' sleep, call WP today and ask to set up a consultation with our employee advocate. You can also email her at [employeeadvocate@wellness-partners.org](mailto:employeeadvocate@wellness-partners.org)

