

A smiling woman with short dark hair, wearing a white button-down shirt and a grey cardigan, is riding a bright green bicycle. She is looking towards the camera with a joyful expression. The background is a blurred outdoor setting with trees and a path. In the foreground, the handlebars and front of another bicycle are visible, suggesting a group ride.

Dakota Wellness Program

JULY 2022

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Join Audra for a refreshing conversation on health and aging during our 15-minute wellness webinar. [Click here to register today!](#)



NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM

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HEALTH PLAN

Happy Environment

Research that reviews happiness shows a U-shaped curve, meaning we experience the most happiness when we are children and when we are seniors, so you can look forward to your later years!

Happiness also depends on environmental factors, such as your physical home and workspace, quality of nutrition, exercise and social connection. In order to improve happiness experts recommend calm and inviting spaces to live and work, more exercise, a varied diet, and having friends and family close.

How can we implement techniques during our busy lives to support our health? Check out these recommendations:



Double Dip

Plan social events around healthy behaviors, host a healthy potluck or a group hike.



Eat well

Take the time to make a plan for your nutrition and enjoy your food with ambiance. Try having a picnic or eating at a café by the water. Research shows being exposed to large bodies of water helps us feel calm and content.



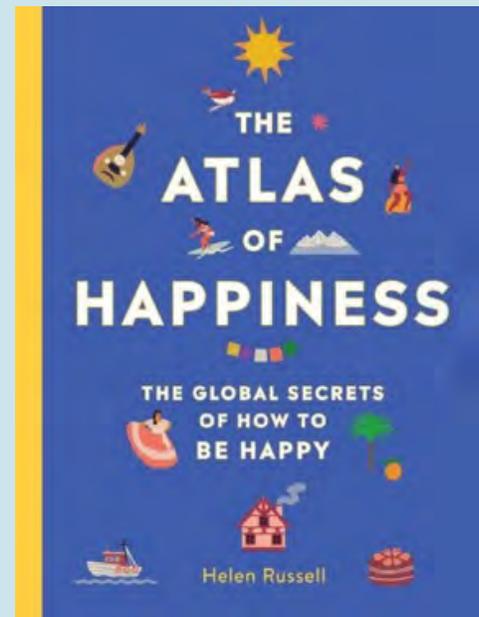
Travel

Getting out of our day-to-day routine can improve your outlook, give you memories to enjoy, and makes us appreciate our routines at home. Look into adventure travel so you get the benefit of exercise, nature, and new experiences all at once.



Declutter

Make a place for all things that tend to get left around the house – shoes, papers, toys, objects – and put them back in their place at the end of each day. Once a week set a timer for 15 minutes and get rid of old and unused items in a drawer, closet or room.



Book Club

The Atlas of Happiness: The Global Secrets of How to Be Happy

by Helen Russell

A fun guide that takes us around the world discovering the secrets to happiness. Author Helen Russell uncovers the fascinating ways that different nations search for happiness in their lives, and what they can teach us about our own quest for meaning. The book is a charming and diverse array of advice that features perspectives on happiness in 30 different countries.

DISCUSSION QUESTIONS

- 1. What is one memory from childhood that always brings a smile to your face?**
- 2. Is there a taste or smell that means “happy” to you? Can you add it to your routine more frequently?**
- 3. Which cultural differences in happiness between countries do you find to be particularly interesting?**
- 4. How do you plan to add more happiness to your day-to-day life?**

Ask the Expert

Personal Trainer

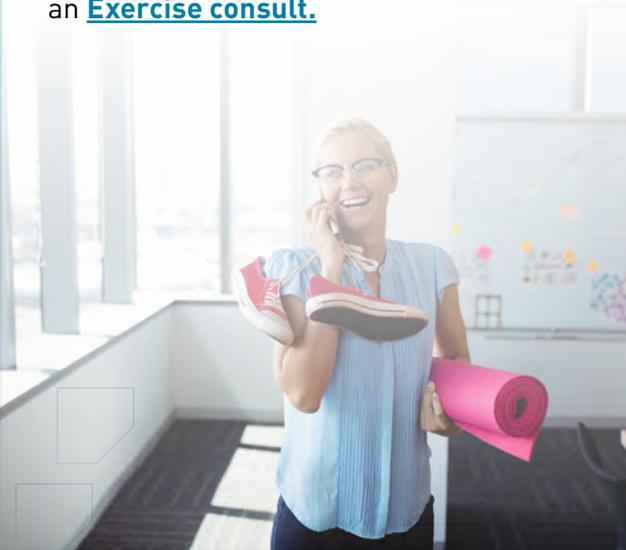
Question: Do I really have to warm up and cool down when I exercise?

In our busy lives, it can be difficult to make time for exercise, let alone tag on 5-10 more minutes at the beginning AND end of our workouts for warm-up and cool down. Though these routines are easy to skip, they are a crucial part of overall physical fitness.

Muscle Recovery Steps

- Dynamic warm ups help prepare the body for the activity to come by pumping blood to the muscle groups. Take approximately 5 minutes or more to do movements that elevate your heart rate and move your joints (i.e. alternating knee hugs, arm circles, hip openers, walking, etc.)
- Cooling down after a workout allows the heart rate to gradually slow down to prevent stiffness. Take 3-5 minutes for a light walk after a workout and take deep breaths to help cool the body.
- Stretching is the final phase of your workout. Focus mostly on stretching the muscles you worked during the activity and hold the stretch for 30-60 seconds.

If you have questions on how to improve your current routine – sign up for a 30 minute consultation with our exercise specialist. Click the link to sign up for an [Exercise consult.](#)



Positive body image

Positive body image is not simply a constant state of, “I LOVE this body size!” The goal is actually body neutrality. That is, spending less time focused on the shape, size, or appearance of one’s body, but rather focusing on living in and enjoying the activities that it allows one to experience.

It is important to view body image as a sort of pendulum that may shift from day to day. Some days it is easy to feel body neutrality or even body love. Other days may present a greater challenge. Here are some affirmations to help reframe your thoughts:

- My body is good, regardless of how much it weighs.
- My worth as a person is not related to how much I weigh.
- I’m thankful that my body is serving me in ___ way today.
- Being content with my body size does not mean I am taking care of this body any less.



Supplement safety

Take one stroll through the supplement aisle and you’ll find a pill or powder claiming to treat your every ailment. Dietary supplements are not pharmaceuticals. Drugs are tested and approved by the FDA before reaching consumers. Unlike drugs, the FDA does not approve supplements for safety or effectiveness.

In general, it is preferable to get vitamins and minerals from food. By definition- supplements are to be in addition to what we get from our diet - not to replace. There is no one-size-fits-all recommendation for supplement use.

Safety reminders:

1. Some vitamins and minerals can accumulate in the body if taken in excess or interact with pharmaceuticals.
2. Research and find a supplement brand that is verified for safety and effectiveness by a third party, such as USP, which is noted on the label.
3. Many may benefit from a daily multivitamin or Vitamin D (if living where sunlight is low, such as the Midwest), but not all need supplementation.

Talk to your healthcare provider about your specific concerns, symptoms, or to test levels of nutrients in your body before supplementing.

Preventive Health

Fall prevention

One in four adults aged 65 and older fall each year. Falls may result in injury or from fear of falling. Know your risk and ways to prevent falls.

Am I at risk for falling?

Risk factors may include:

- Vitamin D deficiency
- Certain medications
- Vision problems
- Lower body weakness or balance
- Poor footwear/foot pain
- Home hazards

How can I prevent a fall?

- Visit with your healthcare provider to assess your risk, review medication and health conditions, and discuss strategies to reduce risk of falling
- Have your eyes checked and update eyewear as needed
- Keep active to improve strength, balance and coordination
- Wear shoes that are flat, fit properly and have nonskid soles
- Make your home safer by clearing walkways, securing loose rugs, storing items within reach and using nonslip mats, keep your living space well-lit with lamps and night lights
- Use assistive devices throughout the home



Monthly Observances

Park and recreation
UV safety

QUICK LINKS

sanfordhealthplan.com/ndpers

SET-UP A

mySanfordHealthPlan

ONLINE ACCOUNT

sanfordhealthplan.com/memberlogin

CONTACT US

NDPERSwellness@
sanfordhealthplan.com
(800) 499-3416

Patriotic Fruit Salsa

Serves: 4

Total Time: 15 minutes | Prep time: 15 min

Ingredients:

½ lb strawberries, rinsed and diced	1 bunch (3 tbsp) cilantro, chopped
½ lb blueberries, rinsed	1 lime, juiced (about ¼ cup)
1 mango, peeled and diced	Optional: 1 tbsp honey
2 tbsp red onion, finely diced	

Directions:

Combine the strawberries, blueberries, mango, and onion in a large bowl. Toss together. Add the juice from the lime, cilantro, and optional honey to the bowl. Toss to combine. Serve with tortilla chips and enjoy!

Nutrition Facts:

Calories: 88 | Total fat: 1g | Total Carbohydrate: 22g
Dietary Fiber: 4g | Total Protein: 1g | Sodium: 3mg

Nutrition information compiled using [MyNetDiary.com](https://myNetDiary.com)

Join us for live cooking classes on our Facebook Group. **REGISTER HERE!**

The information in this newsletter should not be considered medical advice and is not a substitute for individual patient care and treatment decisions.



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