



## Wellness Checklist

**Personal wellness is pivotal to protecting your mental health, staying physically sound and maintaining balance in everyday life.** Ultimately, wellness can help you build resilience against serious challenges, maximize your potential and enjoy your life to the fullest.

**Here are some practical ways you can focus on staying well every day:**

- ✓ **Nourish your body.** Choose balanced nutrition, daily exercise and proper rest. Maintain a strong relationship with your health care provider. Keep yourself and others safe — for example, driving defensively.
- ✓ **Know your feelings.** Give yourself a mental health check. Journal writing may help defuse stress. Find quiet time to relax your mind, and your body will follow.
- ✓ **Find purpose in life.** Identify and live by your personal beliefs and morals. Stay connected to yourself through a few minutes of mindfulness training every day.
- ✓ **Keep learning.** Seek opportunities that present new experiences and stimulate your thinking. Read and learn every day.
- ✓ **Make the most of your professional skills.** Gain personal satisfaction through your work. Combine a commitment to your job with your total lifestyle.
- ✓ **Build healthy relationships.** Interacting with others can be rewarding and challenging; learn to express your needs and opinions appropriately. Make time for friends, or join groups where you can meet others with similar interests.
- ✓ **Respect nature.** Take part in preserving and improving environmental conditions — reduce noise, pollution and unnecessary consumption of natural resources.

Learn more at [globalwellnessinstitute.org/what-is-wellness/](https://globalwellnessinstitute.org/what-is-wellness/).

## One-Dish Meals

By Cara Rosenbloom, RD

**Saving time in the kitchen — but still getting a nutritious meal on the table — is a goal for many people.** One quick solution is to make sheet pan dinners or one-pot meals. All of the ingredients are conveniently cooked at the same time.

**The most popular options** for sheet pan meals include a variety of vegetables paired with a source of protein.

**The key is timing.** You need to choose ingredients that take about the same amount of time to cook. Try any of these winning combinations at 400°F:

- Jumbo shrimp with asparagus, tomato and zucchini (eight to ten minutes).
- Whole-grain flatbread topped with mozzarella, spinach and artichokes (ten to 12 minutes).
- White fish with sweet peppers and red onion (14 to 16 minutes).
- Dijon salmon with green beans and broccoli (15 to 18 minutes).
- Chicken breast with cauliflower and sweet potato (25 to 30 minutes).
- Chicken thighs with potatoes and carrots (35 to 40 minutes).
- Canned chickpeas with butternut squash and sweet onions (40 to 45 minutes).



**If you don't want to turn on the oven,** consider one-pot meals on your stove top or slow cooker. One-pot pasta is a popular time-saver: You cook the pasta in tomato sauce. Other popular one-pot meal options include chili, curry, stew, and hearty soups, such as minestrone.

**One-pan meals are also a great way to use up leftovers.** Got roasted vegetables? Make a one-pan omelet. Use leftover chili to fill taco shells, and leftover salmon, chicken or chickpeas are great on a bed of greens with some vinaigrette.



# Home Office Ergonomics

**Ergonomics is the way your body fits and functions in your workspace.** Whether you are telecommuting or catching up on work at home, good ergonomics are important for productivity and your health.

**Don't risk neck, back, shoulder, wrist and eye problems** by trying to work on a sofa with your head bent forward, looking down at your laptop. Work at a desk or a table and use an office chair that's adjustable for seat height, tilt, back height and lumbar support.

**Adjust your chair** so your feet rest flat on the floor or on a footrest, your thighs are parallel to the floor, and your arms gently rest on armrests with shoulders relaxed.

## More ways to practice good home office ergonomics:

- To avoid neck and eye strain, adjust your monitor so the center of the screen is at eye level.
- Put items you need frequently, such as your phone, within easy reach to avoid arm and back strain.
- If you frequently talk on the phone and type at the same time, place your phone on speaker or use a headset; don't hold the phone between your head and neck.
- Every hour, aim for a five-minute break. Stand up, walk around and stretch.
- Reduce eyestrain by looking 20 feet away for at least 20 seconds about every 20 minutes.



**Pay attention to your posture** — your body will thank you for it.

**Note:** Due to production lead time, this issue may not reflect the current COVID-19 situation in some or all regions of the U.S. For the most up-to-date information visit [coronavirus.gov](https://www.coronavirus.gov).

# Reduce Your Breast Cancer Risk

**Make sure you're up to date on your breast cancer screening** and learn how to lower your risk for breast cancer, the most common malignancy in American women (except for skin cancers).

**Of course, you can't control all risks**, such as female gender, being age 55 or older, or certain genetic factors. Women who haven't had children, or had their first after age 30, have a slightly higher breast cancer risk, too.

**Lifestyle changes can reduce your breast cancer risk.** Eating a healthy diet rich in vegetables, fruits and fiber can go far in reducing health risks for everything from heart disease and type 2 diabetes to several types of cancer, including breast cancer.

## More ways to lower breast cancer risk:

- **Reduce or eliminate alcohol.** The more alcohol you drink, the higher your breast cancer risk. One drink daily raises the risk slightly; two to three drinks daily increase risk by 20%.
- **Get serious about weight control.** Pre-menopause fat tissue makes little estrogen. After menopause, if you're overweight, most estrogen comes from excess fat tissue, increasing breast cancer risk.
- **Get moving.** Studies suggest even a couple of hours of exercise a week can lower risk, although more activity appears to be best. The ACS recommends 150 to 300 minutes of moderate- to vigorous-intensity exercise a week.
- **Hormone therapy for menopausal symptoms may raise breast cancer risk.** Ask your health care provider about other therapies that may be right for you.

October is Breast Cancer Awareness Month.



# Wellness Exam: Do You Need One?

**Routine physical exams are generally recommended annually** if you're age 50-plus, and once every three years if you're younger than 50 and in good health. If you have a chronic condition, such as diabetes, heart disease or other ongoing medical conditions, you may need to see your health care provider more often, regardless of your age.

**The purpose of a wellness exam** is to create and manage a personalized disease prevention plan. It can identify and monitor any health risk factors to help you live a longer, stronger life.

**Your health care provider** may suggest more or less time between checkups based on personal risk factors, screening test results, current health, family history and lifestyle choices, such as diet, physical activity and tobacco use.

## During a routine exam, your provider will typically:

- Check your vital signs.
- Assess your risk of future medical problems.
- Review your medications and allergies.
- Listen to your heart, lungs and intestines.
- Screen for depression or alcohol abuse.
- Encourage healthy lifestyle choices.
- Update vaccinations. **Tip:** If time permits, get your flu shot while you're there.

**Good communication between you and your provider is vital to getting good health care.** If you don't understand something, speak up. And if your provider has a patient portal, set up an account. You can use it to check your test results, request medication refills and often schedule appointments.



The **Smart Moves Toolkit**, including this issue's printable download, **Signs of Depression**, is at [personalbest.com/extras/21V10tools](https://personalbest.com/extras/21V10tools).



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