

# HEALTHY *You!*

Your Source for a Happy and Healthy Lifestyle

November 2023

## THIS EDITION FEATURES:

Take a Hike

How to Feel Full  
for Longer

Healthy Holiday Eating

Happy Feet

Fall Time Change

Stop and Save

BROUGHT TO YOU BY

  
**AmeriHealth**  
Administrators

# TAKE A HIKE

There are more than 60,000 miles of trails across the U.S. On November 17, it's National Take a Hike Day — a perfect time to get outdoors and burn calories while appreciating nature's beauty.

Hiking can be simple; no heavy pack or rugged mountain required. You can enjoy the mental and physical benefits of hiking right in your neighborhood or by visiting a local park or trail.

Before you head out, make sure you have all the essentials for your hike:

- 1. Appropriate footwear.** Think about tracking, support, and protection when selecting well-fitting shoes or boots.
- 2. Food.** Pack calorie-dense foods to help fuel your hike and carry an extra portion in case you are out longer than expected.
- 3. Map and compass.** Phones and GPS units are handy, but if you're going into a more remote area, consider carrying a paper map and compass.
- 4. Sun protection.** Sunscreen, sunglasses, and sun protective clothing should be used in every season regardless of temperature or cloud cover.
- 5. Water.** As a guideline, plan for half a liter of water per hour.



# HOW TO **FEEL FULL** FOR LONGER

Hunger is a feeling that starts for many after only a few hours without eating and is generally unpleasant. What you eat can determine how full you feel, as foods affect sensations of fullness differently.

Some of the most filling foods include boiled potatoes, oatmeal, eggs, fish, and Greek yogurt.

If you're looking to add more filling foods to your diet, here's what you should look for:

- **High in fiber.** Fiber provides bulk and keeps you feeling fuller longer.
- **High in protein.** Protein is the most filling macronutrient.
- **High in volume.** Some foods contain a lot of water or air, which helps you feel full.
- **Low in energy density.** Foods that are low in calories for their weight typically contain a lot of water and fiber and are low in fat.





# Healthy Holiday Eating

'Tis the season for tempting treats. For many, sticking to a healthy eating plan can be a challenge this time of the year.

Setting up a realistic, long-term approach to healthy eating can help you maintain your goals at the holidays — and any other special occasion. Here are four tips to help you stay on track with your nutrition goals all year long:

**1. Avoid extremes of severe restriction or mindless overeating.**

Take the middle ground by expecting to eat more than usual at social events, rather than beating yourself up afterwards.

**2. Feed your hunger.** Fill up on whole, unprocessed foods that are high in protein and fiber to feel fuller for a longer period of time. Create a healthy plate by filling half with fruits and veggies, and the other half with lean protein and carbohydrates.

**3. Don't drink your calories.** Stick to water and zero-calorie or low-calorie drinks, such as tea or seltzer water. Hot cocoa, peppermint mocha, wine, champagne, and eggnog can be high in sugar. Alcohol also lowers your inhibitions about what you eat while consuming extra calories.

**4. Never arrive hungry.** To curb your appetite, enjoy a small, healthy meal and a glass of water before you go out. This will help you avoid splurging and overeating at holiday events and parties.

Source:  
<https://health.ucdavis.edu/blog/good-food/8-easy-tips-for-healthy-holiday-eating/2019/11>

## Squash Hash Browns

1/2 spaghetti squash, baked

Chopped chives

1/2 tsp garlic powder

one egg

Salt and pepper to taste

Squeeze squash strings to remove excess moisture. Mix in the chives, garlic powder, egg, and salt and pepper. Cook in a lightly greased skillet over medium heat until golden brown. Enjoy!

A stylized illustration of a human foot in shades of blue and teal. The foot is positioned as if being examined or cared for, with several toenails being trimmed by a pair of scissors. The background is a solid dark blue.

# HAPPY FEET

The health of your feet may be one of the last things on your mind, but daily foot care is an important part of your overall hygiene. The average person will walk the equivalent of twice around the world in a lifetime. Here are six tips to help maintain healthy feet and prevent any complications:

- 1.** Inspect your feet regularly and pay attention to changes in color, texture, or appearance.
- 2.** Wash and dry your feet well between the toes.
- 3.** Use lotions or creams to hydrate your skin.
- 4.** Wear shoes that fit well and buy shoes that feel most comfortable.
- 5.** Trim toenails straight across and gently smooth any sharp edges with a nail file.
- 6.** Choose feet-friendly activities like walking, riding a bike, or swimming.

Sources:

[cdc.gov/diabetes/library/features/healthy-feet.html](https://www.cdc.gov/diabetes/library/features/healthy-feet.html)

[uclahealth.org/news/happy-feet-10-tips-for-maintaining-healthy-feet](https://www.uclahealth.org/news/happy-feet-10-tips-for-maintaining-healthy-feet)

# FALL TIME CHANGE

The end of daylight saving time can disrupt your body's sleep cycle. As we "fall back" one hour, you may feel tired, sluggish, and even a little depressed. Here are some ways to minimize the impact of the time change and help your body adjust:

- **Gradually adjust your sleep and wake times.** Shift your bedtime 15 - 20 minutes earlier each night before and after the time change.
- **Avoid alcohol, nicotine, caffeine, and heavy foods at night.** These can stimulate your body and disrupt your sleep.
- **Turn off electronics before you go to sleep.** The light from the TV and other devices signals the brain to be alert, sending the wrong message at night. Power them off to power yourself down.
- **Move more.** Physical activity improves sleep quality and increases sleep duration.
- **Get comfy.** We tend to sleep better in cool, dark, and quiet environments. It's also important to have a comfortable mattress and pillow.

Sources:

[sleepeducation.org/resources/daylight-saving-time](https://sleepeducation.org/resources/daylight-saving-time)

[sleepfoundation.org/circadian-rhythm/daylight-saving-time](https://sleepfoundation.org/circadian-rhythm/daylight-saving-time)



# STOP & SAVE

When you smoke, it's not just damaging to your lungs. Tobacco can damage almost every part of your body. Smoking also impacts your finances.

The good news is after quitting smoking, you can start recovering soon, physically and financially.

<b>After quitting smoking...</b>	<b>How your body recovers</b>	<b>How savings increase</b>
A few days	The carbon monoxide level in blood drops to normal.	Over \$14 considering most smokers go through one pack a day.
Two weeks to three months	Circulation improves and lung function increases.	\$99 to \$800*
One to twelve months	Coughing and shortness of breath decrease. Lung structures start to regain normal function and clean lungs.	Between \$1,380 and \$2,540 annually*
One to two years	Risk of heart attack drops dramatically.	\$2,540 – \$5,080*
Five to ten years	Risk of cancer of the mouth, throat, and voice box is cut in half. Stroke risk decreases.	\$12,700 – \$24,400*
Ten years	Risk of lung cancer is about half that of a person who is still smoking. Risk of cancer of the bladder, esophagus, and kidney decreases.	\$24,400*
15 years	Risk of coronary heart disease is close to that of a non-smoker.	\$38,100*

\*The national average price for a pack of cigarettes is \$7.14.

Sources:

[cancer.org/cancer/risk-prevention/tobacco/benefits-of-quitting-smoking-over-time.html](http://cancer.org/cancer/risk-prevention/tobacco/benefits-of-quitting-smoking-over-time.html)

[lung.org/getmedia/8d023b16-486b-a5d9-aed38c2daf4a/quit-smoking-saves-money.pdf](http://lung.org/getmedia/8d023b16-486b-a5d9-aed38c2daf4a/quit-smoking-saves-money.pdf)

[wisevoter.com/state-rankings/cigarette-prices-by-state/](http://wisevoter.com/state-rankings/cigarette-prices-by-state/)



# MONTHLY QUIZ

1. True or False: You should pack essentials, like a map and compass, sun protection, food, and water, when going on a hike.

- A. True
- B. False

2. What makes a food filling?

- A. High in protein, fiber, and volume and low in density
- B. Low in protein, fiber, and volume and high in density
- C. Eating a lot of it

3. Which is NOT a tip to minimize sleep disruptions?

- A. Avoid alcohol, nicotine, caffeine, and heavy foods at night.
- B. Sleep with the lights on.
- C. Turn off devices before bed.

BROUGHT TO YOU BY



1. A, 2. A, 3. B

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