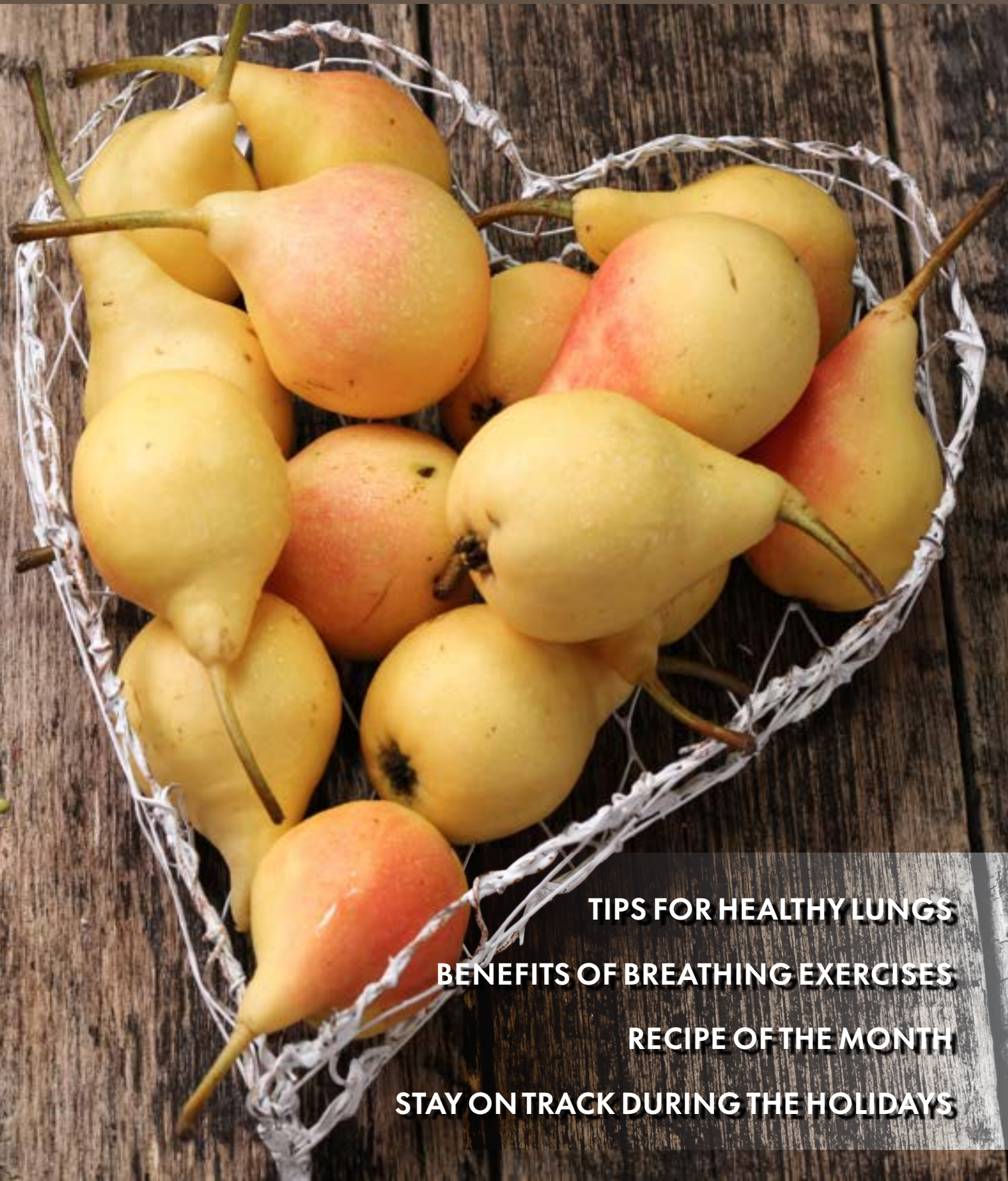


WELLNESS @ MINUTE

November 2022



TIPS FOR HEALTHY LUNGS

BENEFITS OF BREATHING EXERCISES

RECIPE OF THE MONTH

STAY ON TRACK DURING THE HOLIDAYS

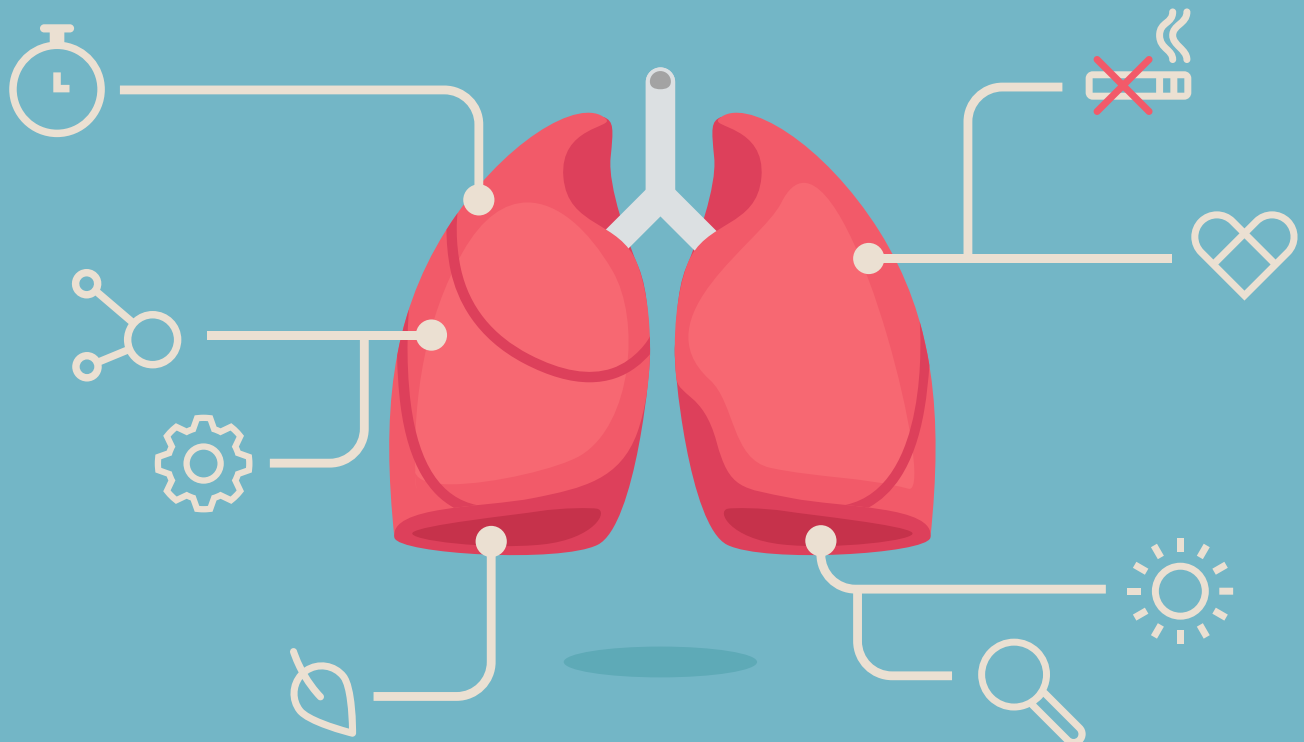
TIPS FOR HEALTHY LUNGS

Unless you have a respiratory health condition, you may be taking your lungs for granted. When it comes to health, we often focus on healthy eating, fitness, sleep, and managing stress. Yet, healthy lungs are essential. Here are some ways to keep them working well.

- Exercise. Just like it makes your muscles stronger, physical activity also strengthens the lungs and heart. No matter your age or fitness level, exercise can help keep your lungs healthy. It's okay to start small. As your fitness improves, so will your ability to get more oxygen into your bloodstream.
- Prevent infections. The COVID-19 pandemic taught us the importance of washing our hands and covering our noses and mouths. These and other precautions, such as avoiding crowds during cold and flu season, staying home when you're sick, and other ways of limiting the spread of germs continue to be important. It's also a good idea to stay current with vaccines for the flu, COVID-19, and pneumonia (if your doctor recommends it for you).
- Avoid chemical pollutants. This can include second-hand smoke, indoor pollutants like radon, and outdoor air pollution. Avoid exercising outdoors when pollution levels are high.
- Don't smoke. Smoking isn't only linked to lung cancer; it can also increase your risk of COPD (chronic obstructive pulmonary disease), chronic bronchitis, and pneumonia. For help with quitting, call 1-800-LUNG-USA or schedule an appointment with a Wellness-Connect Coach.
- Get an annual physical exam. During a check-up, your doctor will listen to your lungs and breathing to identify any possible concerns.

Reference:

<https://www.lung.org/lung-health-diseases/wellness/protecting-your-lungs>



BENEFITS OF BREATHING EXERCISES

In the main article, we provided tips for keeping your lungs healthy. Breathing exercises are also good for the lungs and for managing stress.

Breathing techniques can help people with chronic lung conditions like asthma or COPD (chronic obstructive pulmonary disease) by helping their lungs work more efficiently. If practiced consistently, certain breathing techniques can also strengthen the diaphragm and increase oxygen levels.

- Pursed lip breathing: Breathe in through your nose and with pursed lips breathe out for twice as long. Doubling or lengthening the exhale is particularly helpful for reducing stress.
- Belly breathing: Place your hands lightly on your belly and focus on expanding it as you inhale and contracting it as you exhale. As with pursed-lip breathing, doubling the exhale is more relaxing.
- Box breathing: Breathe in for a count of four; hold your breath for four seconds; exhale for four seconds; hold your breath for four seconds, and repeat.

While these exercises may seem simple, it can take practice to do them well. Start by doing them when you're already relaxed to get the hang of them. Once you master them, practice daily, especially if you're feeling stressed or anxious.

Reference:

<https://www.lung.org/lung-health-diseases/wellness/breathing-exercises>



TURKEY COBB SALAD

2 servings

Looking for something to do with that leftover turkey, other than sandwiches? This delicious recipe may be the answer.

SALAD INGREDIENTS:

- 6 cups baby spinach
- 4 strips cooked bacon, crumbled
- 1 cup cooked turkey breast, cubed
- 1 cup roasted butternut squash, cubed
- 2 hard-boiled eggs, quartered
- ¼ cup crumbled goat cheese
- 2 tbsp. cranberries
- 2 tbsp. pecans, roughly chopped

DRESSING INGREDIENTS:

- 3 tbsp. olive oil
- 2 tbsp. apple cider vinegar
- ½ tbsp. honey
- ¼ tsp. Dijon mustard
- 1 small clove garlic, minced
- Salt and pepper to taste

INSTRUCTIONS:

1. Mix together the dressing ingredients in a small bowl.
2. In a large salad bowl, layer the spinach with bacon, turkey breast, butternut squash, eggs, cheese, cranberries, and pecans.
3. Drizzle the dressing on top and enjoy.

Notes: If desired, you can substitute the butternut squash with sweet potatoes, the goat cheese with feta or blue cheese, the cranberries with raisins or chopped apples, or the spinach with arugula or mixed greens.

Reference:

<https://downshiftology.com/recipes/turkey-cobb-salad/>





STAY ON TRACK DURING the Holidays

As we enter the holiday season, it can be more challenging to be consistent with your fitness routine. Busier schedules and colder weather can get in the way if you allow it.

Many people may even stop exercising completely during this time of year, deciding to wait until January to get back on track. Don't let this all-or-nothing thinking derail your habits.

Here are some ways to stay active:

- Set new goals. Even if you have to scale back your routine, some exercise is better than none. Reflect on what you can realistically do at this time and create a plan by scheduling it on your calendar.
- Track your steps. Use a device to measure your steps in order to stay aware of your activity. Whenever you go shopping, to a restaurant, or to an event, park as far away as you can.
- Sign up for a race. Many cities have Turkey Trots or Jingle Bell Runs. These can be fun family-friendly events.
- Move your workouts indoors. Winter can be challenging for those who like to exercise outdoors. Instead of becoming a couch potato, find an activity you can enjoy inside. You can find any type of workout on YouTube.

Reference:

<https://recipes.howstuffworks.com/menus/10-ways-to-workout-during-holidays.htm>



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Pancreatic Cancer Awareness Month

November is a month of empowerment, education, and inspiration for communities far and wide who have been touched by pancreatic cancer.

For more information, check out pancreatic.org