



OREGON MILITARY DEPARTMENT HEALTH & WELLNESS

January 2021

This month kicks off the opportunity for us to make a difference in how we view our health. This happens by the choices we make and how open we are to changing our habits. Taking a

walk outside on our breaks or even drinking a glass of water instead of a soda are ways to start making changes that will make us feel better and more refreshed. Small steps will make the most difference when it comes to making changes that go the distance. Join us in welcoming the new year by supporting healthy habits and encouraging others to follow in your footsteps! Try our Wellness IQ Quiz to test your knowledge about health and wellness, on the next page.

“The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live in the present moment wisely and earnestly.”

— Buddha

Consider what options are comfortable for you to begin living a healthier life.

Make a commitment to just two of the items on your list.

Choose to make an effort every day to take actions that support your goals.



Boosting your immune system is easy when you incorporate whole plant foods like fruits, vegetables, nuts, seeds, and legumes which are rich in nutrients and antioxidants that may give you an upper hand against harmful pathogens. Swap out the bag of chips for an apple on occasion. Maybe even consider lowering the amount of salt you add to your plate. Your body is what you create so make choices that progress you towards your personal goals.

Health & Wellness IQ Quick Quiz

There are many misconceptions when it comes to health. The first step to living your best life is educating yourself on what being healthy truly means. Here are a few questions for you to consider.

1. Eating fat is bad for you. True or False
2. Going out in the cold will make you sick. True or False
3. You need to wear sunblock only on sunny days. True or False

You should have answered “false” to all of these. You benefit from the right fats in your diet and the weather has nothing to do with the germs that make us sick. The sun is a very good option for getting vitamin D but too much is harmful. Consider the following scenarios.

A. Which of these could be a sign that you are stressed?

- a. Having trouble falling asleep at night.
- b. You can't stop binge-watching your favorite television show.
- c. You didn't feel like doing your afternoon workout.
- d. All of the above.

Answer: a. A very common symptom of stress is difficulty falling asleep, relaxation, and destressing activities. Incorporating exercise can help your days and encourage healthier nights.

B. Which of the following is a trigger for headaches and migraines?

- a. Poor posture.
- b. Alcohol consumption.
- c. Changes in the weather.
- d. All of the above.

Answer: d. Poor posture can lead to eye strain or neck or back pain, which can trigger a headache. Alcohol is a diuretic that can contribute to dehydration, another trigger. And changes in barometric pressure, such as humid days or rainstorms after a few sunny dry days, also can cause a headache.

Health & Wellness IQ Quick Quiz

C. Which of the following is not one of the four pillars of health?

- a. Healthy diet.
- b. Being in a romantic relationship.
- c. Getting enough sleep.
- d. Managing stress.

Answer: b. The four pillars of health are proper nutrition, ample sleep, stress management and exercise. Focus on those and Lin guarantees "you will feel so much better."

D. A healthy gut helps your body digest food and break down essential nutrients needed to function at its best. Which of these support healthy gut bacteria?

- a. Kefir.
- b. Apple cider vinegar.
- c. Sourdough bread.
- d. All of the above.

Answer: d. Kefir (fermented milk) and raw apple cider vinegar contain probiotics, which are beneficial to your gut. Sourdough bread is made with a fermented starter, and studies have shown this process helps the bread to release more fiber. Fiber-rich foods, Lin says, "are the primary actors that help us digest."

E. Getting enough sleep gives your brain a chance to detox, can curb hunger cravings and reduce your heart disease risk. Which of the following can interfere with a good night's sleep?

- a. Setting your thermostat at 70 degrees Fahrenheit.
- b. Keeping your phone in your bedroom.
- c. Going to bed when you're upset.
- d. All of the above.

Answer: d. The ideal sleeping temperature is 60 to 67 degrees Fahrenheit. Your smartphone gives off blue light, and its noisy notifications can disrupt your slumber. And, yes, negative thoughts can keep you up at night. When you find yourself ruminating about a problem, focus on your in-and-out breathing until you relax.

Health & Wellness IQ Quick Quiz

F. According to the Cleveland Clinic, adults should do 150 to 300 minutes of moderate exercise a week (or 75 to 150 minutes of vigorous exercise). Which of the following doesn't count as moderate exercise?

- a. Dancing.
- b. Gardening.
- c. Scrapbooking.
- d. Washing your car.

Answer: c. While scrapbooking may be calming or put you in a good mood, it is unlikely to elevate your heart rate 50 to 60 percent higher than its resting rate, which is how moderate exercise is defined. Thirty minutes of dancing, gardening for 30 to 45 minutes or washing your car for 45 minutes to an hour will get your heart pumping.

G. Self-care, which Lin deems "a necessity," can help you manage stress and elevate your mood. Which of the following counts as self-care?

- a. Taking a bubble bath.
- b. Going for a walk.
- c. Drinking a cup of tea.
- d. All of the above.

Answer: d. Self-care is more than just getting a massage or manicure. Take some time to do anything that makes you feel good (scrapbooking counts here!) and your body will thank you for it.

H. You're low on energy and need a boost. Which of the following won't help get you through the day?

- a. Eating a doughnut.
- b. Eating a protein-rich meal.
- c. Doing yoga.
- d. Going for a walk.

Answer: a. Eating a sugar-laden snack may give you an initial energy surge, but the carbs and sugar will spike your blood sugar and lead to an eventual crash.