

Health Tips for Life

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WALKING TO PREVENT HEART DISEASE

Every 38 seconds another American dies from heart disease.

An ongoing study, involving women ages 40 to 65, underscores the importance of walking to prevent heart disease. The study shows that three hours per week of walking at 20 minutes per mile or faster reduces the risk of heart disease by up to 40 percent. Those who walked five hours per week cut their risk by 50 percent.

Source: The Fitness Bulletin

ANTI-AGING THERAPY

“Exercise is the single most important anti-aging measure anyone can follow, regardless of age. It helps prevent coronary heart disease, high blood pressure, stroke, diabetes, osteoporosis, senility and possibly certain cancers. It can also ease stress, depression, insomnia and arthritic pain. Simply put, exercise is the closest thing to an anti-aging therapy that exists.”

Source: Mayo Clinic

DWD

Driving while drowsy causes at least 100,000 car crashes every year in the U.S. In a national poll, 27 percent of those questioned said they had dozed off in the past year while driving.

Source: National Highway Traffic Safety Administration

ENOUGH SLEEP, BUT...

If you think you're getting enough sleep, but you are still tired, it may be that you're not getting the rest that should be the by-product of that sleep.

It could be, says Ed. Stepanski, Ph.D., a sleep expert at Rush-Presbyterian St. Luke's Medical Center in Chicago, that even while you are sleeping, your mind is wide awake and unable to relax. Stress, he says, may be keeping you from attaining your most restful state during sleep.

What does he suggest?

“A hot shower or bath before bed to raise your body temperature. Your temperature will then fall faster

when you crawl into bed, and you'll sleep deeper,” he says. He says soaking in a tub for 30 minutes works best. Then don't eat anything afterward, so your body won't have to digest the food.

Source: Men's Health

GIVE AND RECEIVE

In a study of middle-aged men, scientists in Finland found that those who donated blood reduced their risk of heart attack by 88%.

Source: Reuters Health

SAFE TRAVELS

The radiation dose from the new full-body scanners at some airports is negligible. Flying for two minutes in a commercial jet at 30,000 feet exposes you to as much background radiation as being screened by one of these devices, according to the American College of Radiology. You would have to have 1,000 such scans to get the same radiation dose as a standard chest X-ray.

Source: U. C. Berkeley Wellness Letter

ALLEGRA WITH WATER

If you take allegra for allergy relief, down it with water, not fruit-juice. Researchers at the American Society for Clinical Pharmacology found that when taken with juice, only one-third of the medicine was absorbed.

Source: Runner's World

TAKE YOUR GENES TO THE GYM

Delving deeper into the potential anti-aging effects of exercise, another recent study suggested that vigorous exercise may partially reverse aging inside the cells, at the genetic level.

In middle-aged long-time runners, there was less shortening of the telomeres (protective caps on the ends of DNA stands), compared to their sedentary counterparts. Such telomere shortening is a sign of aging in cells—sort of a biological clock. In fact, the telomeres of these runners appeared nearly as “young” as those of runners in their twenties. These were elite runners, but scientists speculate that any vigorous—maybe even moderate—exercise done over the long term may help keep genes young.

Source: Circulation

SAFEST CAR COLORS

Lighter colored cars reflect more light, are more likely to be seen by other motorists, and are, therefore less likely to be involved in an accident. Here are the colors that the Mansell Color Company has found to reflect the most light:

Color	Light reflection %
White	85%
Cream	69%
Ivory	67%
Light pink	67%
Yellow	57%
Peach	52%
Buff	52%
Light gray	52%
Light green	45%
Aluminum gray	41%

Source: *National Safety Council*

IT'S YOUR CHOICE

Lifestyle is the most important factor in developing or preventing heart disease. A healthy diet and exercise are the keys to heart health.

Source: *Intelihealth.com*

NEGATIVE SITUPS

Want more out of your crunches? Karen Branick-Martinez, MD, strength and conditioning coach at Stanford University, recommends negative situps. That simply means that you emphasize the downward phase of the movement. Lower your back and shoulders v-e-r-y s-l-o-w-l-y, counting to 10 as you let yourself back to the floor.

Source: *Men's Health*

FOODS THAT CAN TRIGGER HEADACHES

If you suffer from headaches after eating, do an inventory of what you ate before the headache came on. Here is a list of foods that can cause headaches:

- ✓ Cheeses
- ✓ Processed meats (hot dogs, ham, salami, pepperoni, sausage, etc.)
- ✓ Alcohol (especially red wine)
- ✓ Caffeine
- ✓ Chocolate
- ✓ Nuts
- ✓ Some fruits (especial bananas and citrus fruits)
- ✓ Sour cream
- ✓ MSG (found in meat tenderizers, Chinese food, some packaged soups)

- ✓ Aged, marinated, salted, smoked, pickled, and

fermented foods

- ✓ Sulfites (a food preservative)

Source: *National Headache Foundation*

WHAT IS FITNESS?

There are now six key components to fitness as recognized by fitness professionals:

1. Aerobic capacity
2. Muscle strength
3. Agility
4. Speed
5. Flexibility
6. Balance

Source: *Prevention*

FIT FOR LIFE

Being unfit increases the risk of death in men by almost 400 percent compared to fit men. A study found that low aerobic fitness was “comparable with elevated systolic blood pressure, smoking, obesity, and diabetes in importance as a risk factor for premature death.”

Source: *The Fitness Bulletin*

BEING HAPPY COUNTS

13%. That’s how much lower the risk of heart disease is for people who are content with their lives, jobs and families, according to a new study of government workers. Researchers have known for years that stress increases the risk of heart problems, but this is one of the first studies to show that being happy actually helps your heart stay healthier than average—even if you have other risk factors!

Source: *USA Today*

WEIGHT LIFTING

Muscles burn calories. Just like with a car engine, the bigger a muscle, the more energy it needs. So building up your muscles increases metabolism (the amount of calories you burn at rest.)

After six months of intense weight training, you can speed up your metabolism by at least 7 percent. For every pound of lean muscle you add, you’ll burn an additional 30 to 50 calories each day.

Source: *Strong Women Stay Slim*