

brand new day

A Bright HealthCare Company



THE HEALTHY HABIT

FALL 2021

Spotlight
*Influenza Has a
Devastating Impact*

Healthy Recipe
Inside!

**How to Prevent and
Reduce High Blood
Pressure**



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SPOTLIGHT

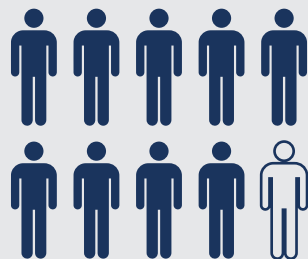
Influenza Has a Devastating Impact On Adults 65 and Older.

In the United States, influenza impacts adults aged 65 and older with high hospitalization and death rates - more than any other age group.

In the U.S. influenza season, adults 65 and older accounted for approximately:

90%

of influenza-related deaths



70%

of influenza-related hospitalizations



80%

of adults age 65 and older live with multiple chronic health conditions, many of which are associated with increased risk of influenza-related complications and severe outcomes.

Heart Attack and Pneumonia

- Older adults are **3-5 times more likely to have a first or subsequent heart attack** in the first weeks after infection from influenza and may still be at increased risk months after.
- After influenza, older adults are more likely to develop **pneumonia, the most common complication of influenza.**

Contact your doctor or any pharmacy today to schedule for the vaccine(s) or call Brand New Day Member Services for assistance at 1-866-255-4795, TTY 711.

Centers for Disease Control and Prevention (2021) Influenza. Retrieved from <https://www.cdc.gov/flu/highrisk/65over.htm>

BUILD BALANCE



Pool exercises can help you build the strength and balance you need!

The pool is a great spot to build strength while avoiding the risk of falling. Unlike traditional forms of strength training, the water pressure offers ease on the joints while improving balance. It's a great place to strengthen walking skills and improve aerobic strength - see how far you can walk at a comfortable pace!

Try these exercises in a pool or on land to improve your strength, flexibility, and balance.

- Holding the side of the pool or if on land, use a chair with both legs together. Reach the free arm straight in front of the body, then up overhead. Hold each position for 3-5 seconds, repeat 3 times. Then change to the other arm and repeat the exercise.
- Now add on to that exercise, as you reach the arm up also lunge back with that same leg, by bending the knee nearest the wall or chair and stepping back with the other leg. Repeat 3 times. Then change to the other arm and leg and repeat the exercise.



Vegetable Egg Scramble

Makes 1 serving

Ingredients

- 2 large eggs
- 1 tablespoon water
- 1 teaspoon extra-virgin olive oil
- 1 cup assorted chopped raw vegetables (onions, red bell peppers, tomatoes, broccoli, zucchini, summer squash, asparagus, mushrooms, etc.)
- 1 pinch sea salt
- 1 pinch freshly ground black pepper
- 2 tablespoons chunky tomato salsa

Directions

Step 1: In a small bowl, whisk together the eggs and water until well-mixed.

Step 2: In a small cast iron pan, heat the oil over medium heat, and add the vegetables. Sauté until the vegetables are tender but still crisp (about 2–3 minutes).

Step 3: Add the eggs by pouring over the vegetables. Cook, stirring constantly.

Step 4: Season with sea salt and black pepper, and top with the salsa.

Resource: The Institute of Functional Medicine (2016), Vegetable Egg Scramble, Cardiometabolic Meal Plan



NUTRITION

(per serving):

Calories: 200

Fat (g): 14

Sat. Fat (g): 3

Chol (mg): 374

Sodium (mg): 271

Carb (g): 7

Fiber (g): 3

Protein (g): 14

BRAIN GAMES



Sudoku

	2	7			5	1		
							5	4
	4				6	7		9
7			6	1		3	8	2
2	6	4		9	3			7
4		5	1				9	
9	7							
		8	2			4	7	

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Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

HIGH BLOOD PRESSURE

What do you need to know about high blood pressure?

High blood pressure is the leading cause of heart attack and stroke in the United States. It can also damage your eyes and kidneys. One in three American adults have high blood pressure, and only about half of them have it under control.

"The heart never rests."

The top number is called the systolic pressure. It is the pressure in the blood vessels of the brain, etc. while the heart is pumping blood to the rest of the body. The bottom number is called the diastolic pressure. It is the pressure in the blood vessels while the heart is filling with blood while preparing to pump again. This cycle of pumping and filling is repeated approximately once every second for your entire life.

Eat a healthy diet.

Choose foods low in trans-fat and sodium (salt). Most people in the United States consume more sodium than recommended. Everyone ages 2 and up should consume less than 2,300 milligrams (mg) of sodium per day. Adults age 51 and older, African Americans of all ages, and people with high blood pressure, diabetes, or chronic kidney disease should consume even less than that - only 1,500 mg of sodium per day.

Nutrition Facts			
Serving Size (324g)			
Servings Per Container			
Amount Per Serving			
Calories	120	Calories from Fat 25	
% Daily Value*			
Total Fat	3g		5%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	310mg		13%
Total Carbohydrate	22g		7%
Dietary Fiber	4g		16%
Sugars	6g		
Protein	2g		
Vitamin A 280% • Vitamin C 50%			
Calcium 8% • Iron 8%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Regular v. Lower Sodium

Read nutrition labels to find the lowest sodium options.

Tips You Can Use to Reduce Sodium

- Choose fresh, frozen (no sauce), or no-salt-added canned vegetables.
- Know terms that commonly indicate higher sodium content: "pickled", "cured", "brined", and "broth".
- Follow the Dietary Approaches to Stop Hypertension (DASH) eating plan: <http://go.usa.gov/p3C>

Most of the sodium we eat comes from foods prepared in restaurants and processed foods (not from the saltshaker).

National Center for Chronic Disease Prevention and Health Promotion, C. D. C. (2021, July 19). Facts about hypertension. Centers for Disease Control and Prevention. <https://www.cdc.gov/bloodpressure/facts.htm#:~:text=Nearly%20half%20of%20adults%20in,are%20taking%20medication%20for%20hypertension.&text=Only%20about%201%20in%204,have%20their%20condition%20under%20control.>

STAY IN CONTROL (OF YOUR BLADDER)

There are many causes of incontinence (urine leakage), and it affects people of all ages. Both men and women are affected, and **no one needs to feel embarrassed** to talk to their doctor about it. Even if your problem is mild, be sure to bring it up.



Quick Tips:

- ✓ Kegel exercises can help! Learn this easy exercise for added control: Start with an empty bladder. Imagine you need to stop urinating. Hold for 5 seconds, then repeat several times. Try to add this exercise daily to strengthen your pelvic floor and reduce unwanted urine leaks.
- ✓ Review your medications which include prescriptions and over-the-counter with your doctor. Your doctor may be able to adjust the medicines which can solve the bladder issue.
- ✓ Lastly, limit liquids such as evening drink consumption 3-4 hours before bedtime to decrease any unexpected problems while at rest. Limiting beverages before bed will also aid in a better night's sleep without interruptions of getting up to use the restroom. They may be able to make adjustments that will make a difference.

6	1	8	2	3	9	4	7	5
9	7	2	4	5	8	6	3	1
4	3	5	1	6	7	2	9	8
2	6	4	8	9	3	5	1	7
1	8	3	5	7	2	9	4	6
7	5	9	6	1	4	3	8	2
5	4	1	3	8	6	7	2	9
3	9	6	7	2	1	8	5	4
8	2	7	9	4	5	1	6	3



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October 1 - March 31 | Monday - Sunday, 8 am - 8 pm

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