

ActiveYou

The ActiveHealth® Management newsletter that helps you live healthy and well

August 2017



Your brain's health

Cognitive health – the ability to clearly think, learn and remember – is an important component of brain health. The brain controls many aspects of thinking – remembering, planning and organizing, making decisions, and much more. These cognitive abilities affect how well we do everyday tasks and whether we can live independently.

You may be wondering how you can take care of your brain as you age. The following steps can help you function every day and stay independent, and they've also been linked to cognitive health.

Take care of your health

- Get recommended health screenings, manage chronic health problems, and get enough sleep
- Limit the use of alcohol, quit smoking if you smoke, and reduce the risk for brain injuries due to falls or other accidents

Eat healthy foods and be physically active

- A healthy diet includes fruits and veggies, whole grains, lean meats, fish and poultry, and low-fat or non-fat dairy products
- Physical activity can help you improve your strength, give you more energy, improve your mood, and prevent or delay heart disease, diabetes, and other diseases

Keep your mind active and stay connected

- Engage in meaningful activities like volunteering, learning new skills, or enjoying hobbies
- Connecting with other people through social activities and community programs can keep your brain active and help you feel more engaged with the world around you

Staying connected

Here are some ideas to help you be more active in your community:

- Volunteer at a school, library, or hospital
- Participate in a community garden or park clean-up
- Serve meals or organize clothing donations at a homeless shelter
- Sing in a community choir, or play in a local band or orchestra
- Join a committee or volunteer for an activity at your place of worship



Upcoming events

Wellness Webinar Series

Boost Your Brainpower as You Age

August 15, 2017

9:00 am, 11:30 pm, and 3:30 pm CST

<http://go.activehealth.com/wellness-webinars2.html>

Fruit skewers with yogurt dip



Sweet fruit and tangy yogurt make a perfect taste combination. Try this tasty recipe today.

- 1 cup strawberries, rinsed, stems removed, and cut in half
- 1 cup fresh pineapple, diced (or canned pineapple chunks in juice, drained)
- ½ cup blackberries
- 1 tangerine or clementine, peeled and cut into 8 segments
- 8 6-inch wood skewers

For dip:

- 1 cup strawberries, rinsed, stems removed
- ¼ cup fat-free plain yogurt or Greek yogurt
- 1/8 teaspoon vanilla extract
- 1 tablespoon honey

Directions:

- Thread 2 strawberry halves, 2 pineapple chunks, 2 blackberries, and 1 tangerine segment on each skewer
- To prepare the dip, puree strawberries in a blender. Add yogurt, vanilla, and honey, and mix well.



Webinar Sweepstakes Winners!



VALARIE TATUM

Valarie works as a supervisor in Business operations at the University of Mississippi Medical Center in the Department of Anesthesiology. Her favorite activities include walking and dancing. Valarie states *"I thoroughly enjoyed the webinar. The presenter was so knowledgeable. I learned a lot about the many effects on the body that lack of sleep can cause."*

Don't miss your chance to win a \$100 Amazon gift card

Maybe you've had your eye on some new running shoes—they could be yours if you win! Log in to www.MyActiveHealth.com/Mississippi and complete a Digital Coaching module (*reported in Heart Beats*) – each time you complete Heart Beats of Digital Coaching is another chance to win. Choose from almost 200 category topics and start working towards your personal health goals today with Digital Coaching available 24 hours per day!

- Step 1-** Log in to www.MyActiveHealth.com/Mississippi
- Step 2-** Click on Dashboard
- Step 3-** Click Digital Coach
- Step 4-** Select a Category and Begin!

Source:

National Institute on Aging: Health and Aging. Retrieved July 16, 2017 from: <https://www.nia.nih.gov/health/cognitive-health/take-care>

National Heart, Lung and Blood Institute: We Can! Fruit skewers with yogurt dip. Retrieved July 16, 2017 from: <https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/fruit-skewers.htm>

2017 Digital Coaching Quarterly Sweepstakes

Quarter 2 Winner—*Congratulations Logan O.!*



The information provided by ActiveHealth Management's health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider.

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