

Passion: Rev up for action

May 2015 Newsletter



Taking fitness on
the road

Your action can make
a difference

Know the signs for
Mental Health
Awareness Month

e-Thoughts —
“Standing up” to a
common ailment



It can be a real challenge to set up and follow an exercise routine at home. Then — when you go on a business trip or vacation — it may seem even harder to stick to your workout schedule. Yet it can work if you plan ahead.

More...



Want to make an impact or do something to “change the world”? You can start right in your own community. **More...**



Did you know that May is Mental Health Awareness month? Test your mental health “IQ” and learn five red flags that can alert you when someone may need your help. **More...**



Here’s a disease that I’m avoiding like the plague (pun intended!) It’s called “sitting disease”.¹ Can you guess what it is? **More...**

¹www.webmd.com

Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!

Taking fitness on the road

May 2015 Newsletter



Return to index page

It can be a real challenge to set up and follow an exercise routine at home. Then — when you go on a business trip or vacation — it may seem even harder to stick to your workout schedule. Yet it can work if you plan ahead.

Make exercise a priority

There are many ways to build activity into your travels. Here are just a few ideas:^{1,2}

- 1. Phone ahead to ask what's available.** Most hotels understand the fitness concerns of today's clients. Call your hotel to find out if they have a workout room or swimming pool. If not, ask if they offer deals with a local gym for their guests.

Staying with friends or relatives? Find out if they exercise or go to a gym. Tell them you'd like to join in. If it's a club with yoga, spinning or other classes, check to see if there's a daily fee or if you can go as a one-time free guest.
- 2. Get to know the area.** Find out about nearby parks, walking paths, bike rentals, hiking areas, running trails and such. You can research this online or call your hotel.
- 3. Pack smartly.** Bring workout clothes. That eliminates one good excuse for not exercising right off the bat! Then consider packing a jump rope or resistance bands. They're both lightweight and practical. A jump rope enables you to get a good cardio workout in a small space. And resistance bands can be used for strength training.
- 4. Take a drop-in class.** If you belong to a gym at home, a health club at your destination may honor that membership. If not, you can always try a drop-in, pay-as-you-go class or daily membership.

- 5. Look into local events and groups.** Is there a mini-marathon where you're heading? A bike race? A walking club? Nature hike? Again, contact your hotel to find out or go online to search for local activities. Check out **www.active.com** for listings of activities in different locations.
- 6. Pack a workout video.** Many hotels offer a DVD player in your room. Just bring your favorite video and have a "private class" whenever it's convenient. If you bring a laptop, you can buy or take a trial subscription to a site like **www.yogavibes.com** for yoga classes online.
- 7. Get thee to the mall.** Mall walking is a good workout when the weather's bad or you don't know the area and want to feel secure. You may meet some other walkers or just window shop your way through a few laps.
- 8. Avoid taxi lines.** Walk to the places you want or need to be. Or take a hop-on, hop-off tour bus that enables you to ride around town, get some exercise and dodge pricey cab rides.
- 9. Use the beach for more than a suntan.** If your travels include beach or pool time, keep in mind that swimming and other poolside, beach and water sports are great exercise.
- 10. Be flexible.** When you're traveling, you may not have time for your full workout at one time. Try breaking your workout into a few segments. Also, be open to something new. While you may be an avid cyclist at home, you might not have the equipment you need while traveling. So change your routine.

Enjoy your travels... and stay fit, too. It can work!

¹www.active.com

²www.usatoday.com

Your action can make a difference

May 2015 Newsletter



[Return to index page](#)

Want to make an impact or “change the world”? You can start right in your own community.

Are you the next mayor or council member?

Not everyone wants a seat on the board. But most of us can think of some things we’d like to change in our hometowns or cities.

Whether you have a great idea or a gripe, visit your town or city hall and ask about the protocols for change. Find out what departments handle what issues. Learn the names of people in charge. Get more informed about the channels of change where you live.

Attend local council meetings to hear about the needs of your community. You may be surprised to learn that your pet project is already in the works. Or you may find out you can help in other areas.

Why wait for someone else to do it? Take action.

We all have hectic lives these days. Yet it can pay off to set aside some time in your busy schedule to make an impact on your community.

Aside from town or city affairs, you can also ask about volunteer opportunities at places like:

- **Libraries.** Many libraries have learning programs for children and adults of all ages. And you don’t have to be a librarian to help. You may be able to use your reading, organizational or clerical skills to assist at a library near you.

- **Schools.** Schools often rely on volunteers to perform many different functions. From lunchroom aides to crossing guards, help is needed. You may even find training programs so you can participate in reading programs for students, become a mentor or help with afterschool activities.
- **Older adult sites.** Nursing homes and senior citizen centers often look for extra hands. You may be able to assist with serving lunches, delivering meals to the homebound, reading to the elderly, doing errands and other tasks.
- **Parks and recreation.** Go to town recreation meetings. You’ll learn how to help and meet people with similar interests, too. Parks often need volunteers to help with upkeep and cleanliness. You can also help with events like craft or garden shows, concerts, intramural sports and more.
- **Hospitals, animal shelters and emergency squads.** Check out ways to help provide hands-on service to your fellow citizens and our creature citizens, too.

Use your special skills and learn new ones

Think about things that interest you. How might your skills improve your community?

You really can make a difference. Try these websites for more ideas on volunteering:

- **www.dosomething.org** — Lists categories of your favorite causes
- **www.getinvolved.gov** — Suggests ideas geared toward adults of all ages
- **www.volunteermatch.org** — Matches volunteers and recruiters based on interests

Know the signs for Mental Health Awareness Month

May 2015 Newsletter



[Return to index page](#)

Did you know that May is Mental Health Awareness month? Take five minutes to test your mental health “IQ” with the quiz below. Then read about five red flags that can tell you when someone may need your help.

Choose one answer for each question (check your answers at the end of this article):

1. Mental health disorders affect what percentage of Americans each year?¹
a. 5% b. 18% c. 10%
2. The third most common cause of adults being hospitalized each year in the U.S. is:²
a. Pregnancy b. Heart attack c. Depression
3. Mental health disorders cost how much in lost earnings for Americans each year?³
a. \$193 million b. \$2 million c. \$10 million
4. People who take medicine for a mental health problem will need to take it for the rest of their lives.⁴
a. True b. False
5. More people die by suicide each year than in car accidents.⁵
a. True b. False

Do these facts surprise you?

If so, you're not alone. Mental health disorders are much more common, costly and debilitating than many people think.

The good news is that people are talking more openly about mental health. Like any other problem, mental illness is more hurtful and destructive when it's kept secret.

There's a lot to gain if we overcome the stigma linked to mental health issues. We can help each other feel less alone in the face of problems. And we can find help.

What can you do?

First Lady, Michelle Obama, and many other national leaders are

supporting “The Campaign to Change Direction.” It's a drive to alter how many of us view, think and talk about mental health. You can help.

All you need to do is learn five possible signs of mental health distress in those around you. These signs include:

1. Showing sudden or gradual personality changes
2. Acting angry, agitated or moody more often than usual
3. Becoming withdrawn from other people
4. Making bad choices like abusing drugs or alcohol, poor self-care and other self-destructive behaviors
5. Expressing hopelessness

If someone you know is showing any of these signs or other unusual behaviors, that person could be suffering from a mental health problem. If you see any signs, show concern, give hope and get them help.

The answers are:

1. **18% — or almost one in five** — approximately 42.5 million Americans experience mental illness in a given year.
2. **Depression.**
3. **\$193 million.**
4. **FALSE.** Sometimes medication is only needed for a short time. It depends on the person, the problem and the response to the medication.
5. **TRUE.**

¹www.changedirection.org

^{2,3}www.nami.org

⁴www.nimh.nih.gov

⁵www.changedirection.org

e-Thoughts — “Standing up” to a common ailment

May 2015 Newsletter



[Return to index page](#)

Our e-Thoughts feature provides close-up views on topics and areas of interest from everyday life.

Here's a disease that I'm avoiding like the plague (pun intended!) It's called "sitting disease".¹ Can you guess what it is?

Sitting disease is exactly what it sounds like: spending too much time "parked" in one place. Too much "down" time, literally.

For example, I work at home so my office is twenty steps from my bedroom. Not much of a commute, right? And it's a very tantalizing reason to be relaxed, lazy and sedentary most of the day.

Plus I enjoy today's lifestyle conveniences like online banking, online shopping, deliveries to my front steps and even grocery shopping by computer. It's easy to see how sitting can become a way of life.

However, research shows that sitting disease is a real problem. Being sedentary may contribute to illnesses like diabetes, cancer, obesity and heart disease.² Personally speaking, none of those is high on my bucket list.

So what's a sitter to do? Get up!

I've committed to standing up for at least 5 minutes per hour. I actually set the timer on my smartphone to remind me (a modern solution for a modern problem!)

I walk around, do a load of laundry, go up and down the steps a few times, stretch and bend. Sometimes I dance around to my favorite song, "Up" by Shania Twain. That always gets my blood pumping.

You don't have to work at home to sit too much. Do you sit for a long commute on a bus or in a car? Do you work at a computer all day? Do you sit through long meetings and even sit for your whole lunch break?

If you're at risk for sitter's disease, consider what you can do to break up long spells of inactivity. Get up and get moving. You'll feel better mentally and physically!

^{1,2} www.webmd.com

Passion: *Rev up for action*

Monthly Newsletter — May 2015

[Return to index page](#)

All calls are confidential, except as required by law. This material is for informational purposes only. Information is believed to be accurate as of the production date; however, it is subject to change.