

Health & WELLNESS



April 2020

Spiritual Encouragement

“Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.”

1 Corinthians 6:19-20

Emotional Health

The impact of COVID-19 displaced not only day-today life but also normal routines, habits, and sense of consistency. It's no surprise that during these unprecedented times, a natural human response is to feel confused, isolated, and scared. [Learn more](#) about strategies and resources to help you navigate this difficult time.

3 Exercise Claims You Can Ignore

Regular exercise is one of the **best** things you can do for your health. So, don't let these common exercise myths sabotage your workout goals!

Myth: There's no point in exercising if you don't have time for a full workout. **FACT:** You need about 150 minutes of moderate-intensity physical activity a week. Pushed for time? The NIH says simply working in brief, 10-minute exercise spurts (e.g., fast walking) 3 times a day, 5 days a week, meets the recommended exercise goal.

Myth: Skip weightlifting because you'll bulk up and gain weight. **FACT:** Lifting weights 2 or 3 days a week won't build bulk – but will help build strong muscles. It takes intense strength training, combined with certain genes, to build large muscles. If you don't like weightlifting, resistance bands, sit-ups, push-ups and some kinds of yoga also can strengthen muscles, according to the NIH.

Myth: Have chubby thighs or a spare tire around the middle? Just target those areas with specific exercises to lose the fat. **FACT:** You can't spot-reduce fat, according to the American College of Sports Medicine. Genes and lifestyle factors determine where we carry flab – and a healthy diet without excess calories and regular exercise are the most effective ways to reduce fat all over.

Spring Allergies and YOU

While all of us are keeping our hands clean and maintaining a physical distance to stay healthy, runny noses and sneezing are now pestering many people who are allergic to trees, grass, and flowers. Seasonal allergic rhinitis (hay fever) can also make your eyes red and itchy. You may experience allergy symptoms for as long as you are exposed to bothersome pollen.

Self-help measure for spring allergies:

- **Use a humidifier** to relieve stuffy sinuses. Hot showers help, too.
- **Try nasal irrigation** with over-the-counter saline sprays several times a day to open nasal passages. **Note:** Nose sprays containing decongestants relieve post-nasal drip but may have significant side effects if used more than 3 days.
- **Drink water** throughout the day to help thin mucus.
- **Keep windows and doors shut** at home and in your car.
- **Check pollen counts** in your area at aaaai.org/global/nab-pollen-counts?ipb=1
- **Take a shower**, wash your hair and change your clothes after being outdoors, especially if pollen counts are high.

When your allergy symptoms become bothersome, see your health care provider for treatment. If you're referred to an allergist, you may be tested for pollen allergies. Immunotherapy (allergy shots) may help. Are you on our medical plan and need help finding an in-network provider? Log in to your account [here](#) to use the Find a Doctor feature.

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Easy Recipe — Springtime Frittata

Frittata's are one of those easy, healthy, 'clean out your fridge' kind of meals. Great for times like this when you may have overbought some veggies and aren't sure what to do with them before they spoil. Not sure you have the veggies mentioned below? Substitute with what you have and create your own!

8 eggs

½ cup water or milk

2 tbsp chopped fresh chives 1/8 tsp each salt and pepper 1 tbsp olive oil

1 cup chopped asparagus

1 red pepper, chopped

½ cup shredded cheese

Directions: Preheat oven to 350 degrees. In a medium bowl, whisk together eggs, water or milk, chives, salt and pepper. Add olive oil to an oven-proof pan or cast-iron skillet set over medium heat. Add asparagus and red pepper and cook, stirring frequently, about 5 minutes. Add egg mixture to pan. Cook 5 to 7 minutes until eggs begin to set. Top with cheese and place in oven for 15 to 17 minutes or until eggs are set. Cut into wedges and serve with salad.

Makes 6 servings. Per serving: 166 calories | 12g protein | 12g total fat | 4g saturated fat
5g mono fat | 3g poly fat | 3g carbohydrate | 1g sugar | 1g fiber | 205mg sodium