



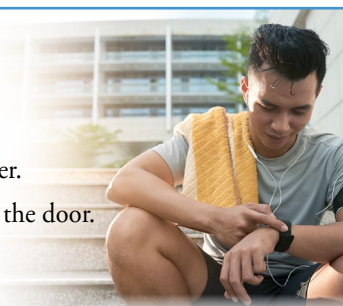
## Save Time for Exercise

**For most of us, screen time has significantly increased our sitting time.** In 2018, an American Cancer Society 21-year study of 127,554 people linked prolonged sitting time with a higher risk of death from all causes, including cancer, cardiovascular diseases, lung, liver and digestive diseases, Parkinson's disease and Alzheimer's disease.

**Let this be a driving factor in reducing your sitting and fitting in some daily exercise.** First, consider the rewards of regular exercise: protecting your health and feeling your best. Second, make exercise a priority. Third, don't make excuses with every little interruption that comes along.

### Ways to stay motivated:

- Wear a fitness tracker.
- Involve friends and family.
- Recruit a lunchtime walking partner.
- Let your dog inspire you to go out the door.
- Enjoy outdoor sports.
- Lift weights during TV time.
- Make physical chores count inside and outside.
- Stand up during phone calls, email checks and online searches.
- Take the stairs and walk whenever you find opportunities.



**Break it up.** If you can't always fit in a 30-minute workout, shorter bursts of physical activity can count toward the overall goal of 150 minutes per week of moderate-intensity cardio activity. Or try vigorous-intensity aerobic activities, such as jogging or elliptical training, for 75 minutes a week, or 15 minutes, five days a week. Make it a habit.

## Better Breakfast Menu

By Cara Rosenbloom, RD



**Do you ever start the day with a sugary doughnut but feel hungry about an hour later?** The food you choose at breakfast can set your energy level and hunger cues for the whole morning, so make smart selections.



**Starting the day with white flour and sugar won't provide the nutrients you need for long-lasting energy.** Plain bread, pastries or sugary cereal are digested quickly, which spikes blood sugar levels and leaves you feeling hungry again. A better plan? Eating foods rich in protein and fiber can help combat type 2 diabetes and metabolic syndrome.

**Protein-rich foods provide a feeling of fullness because they are digested slowly.** This helps you feel satisfied longer, and may curb your craving for sweets. Try eggs, Greek yogurt, cottage cheese, peanut butter, beans, cow's milk or alternative milks made from soy or peas. **Note:** Most almond and rice beverages contain little protein.

**Bulk up with fiber. Like protein, fiber helps promote satiety (feeling full).** Include any of these fiber-rich foods at breakfast: nuts, seeds, vegetables, fruit, whole grains, bran, beans or lentils. Some healthy fats at breakfast also help you digest the meal more slowly. Fat is found in nuts, seeds, avocado and cheese.

### Some winning breakfast combinations include:

- Peanut butter and banana oatmeal (made with milk or soy/pea beverage).
- Vegetable omelet with whole-grain toast.
- Greek yogurt parfait with nuts and berries.
- Cottage cheese and fruit sprinkled with seeds.
- Black bean, tomato and egg burritos.
- Bran cereal with milk and fruit.
- Whole-grain toast with cheese and tomato.
- Greek yogurt green smoothies.



## Insight: Vision and Eye Health



**Did you know?** More than 80% of 3,500-plus U.S. adults age 18 and older surveyed in August 2019 said they were knowledgeable about eye and vision health.

**Yet fewer than 20% correctly identified the three main causes of blindness in the U.S.,** which are glaucoma, age-related macular degeneration and diabetic eye disease, according to the American Academy of Ophthalmology. And only about a third knew we do not always experience symptoms before losing vision to eye diseases.

**Take the following self-assessment to learn if you may be at risk for vision problems.**

**Have you ever had an eye injury or eye surgery?** *yes/no*  
Eye injuries and surgeries can increase your risk for eye disorders. See an eye care provider (ophthalmologist) regularly to check your vision.

**Have you noticed a change in your vision during the past 12 months?** *yes/no*  
Any changes in vision, such as night blindness, blurred vision or sensitivity to light, should be reported to your eye care provider. Don't delay.

**Do you have persistent pain or redness in or around your eye?** *yes/no*  
Ongoing pain not due to sinus problems, allergies, headache or eye strain can signal a serious eye problem. If your eye hurts continuously, get emergency care.

**Do you have diabetes?** *yes/no*  
People with diabetes are at risk for diabetic retinopathy, an eye disease that harms blood vessels in the eye. If you have diabetes, eye experts say you need a dilated eye exam annually or as often as your provider advises.

**Do your children get regular eye exams, too?** *yes/no*  
Kids are susceptible to nearsightedness, amblyopia (lazy eye) and eye infections. Left untreated, these problems can interfere with reading, focusing and learning.

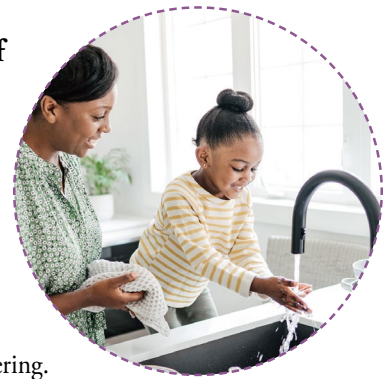
**Don't put off seeking eye care** from an ophthalmologist trained to identify possible threats to your vision. Glasses, contact lenses, LASIK (laser eye surgery) and other procedures can be used to restore good vision. Learn more at [aao.org/eye-health](http://aao.org/eye-health).

## Prevent Colds 5 Ways

Every year, U.S. adults have an average of two or three colds and children have even more, the CDC says.

**Use these five tips for preventing colds:**

- 1. Wash your hands often with soap and water.**  
Cold-causing viruses are picked up on surfaces and stay on your skin for hours. So, wash your hands regularly, lathering well for at least 20 seconds. Wash your hands before and after putting on, touching and taking off a face covering.
- 2. Keep hand sanitizer nearby when soap and water aren't available.**  
Make sure to use a product that contains at least 60% alcohol.
- 3. Be aware of where you put your hands.** Avoid touching your face with unwashed hands. Even a few cold virus particles can infiltrate your body through your eyes, nose or mouth and make you sick.
- 4. Avoid people who are sick. Keep your distance from others with colds.**  
If a family member has a cold, increase handwashing and avoid close contact as much as possible.
- 5. Disinfect surfaces which are frequently touched.** Wash toys with non-toxic soap and warm water and use disinfectant wipes on doorknobs and counter tops.



## Tame the Seasonal Craze

**Holiday shopping, cooking, decorating and festivities are fun but can also cause stress.**

Exhaustion, occasional family squabbles and feelings of sadness when things don't always go as planned can dampen holiday spirits.

**But don't let the seasonal rush get you down.** Use these practical tips to minimize stress so you can enjoy the holidays.

- **Plan ahead and stick to a budget.** Money doesn't buy happiness or necessarily the best gifts. Consider making gifts if you have time.
- **Take care of you.** Don't skimp on sleep. Try to fit in at least 150 minutes of moderate-intensity exercise weekly, such as walks, yoga or gym workouts.
- **Set aside family differences.** Consciously decide to accept friends and relatives as they are. Leave political and other contentious subjects off the table.
- **Remember: It's OK to say "no."** You don't have to participate in every activity or cook an elaborate meal if you'd rather not. There's also nothing wrong with taking shortcuts, such as ordering pre-cooked holiday food.
- **Accept your feelings.** Life isn't always happy, even during the holidays. If you're sad or anxious, reach out to friends and family and seek counseling if needed.



**Note:** Due to production lead time, this issue may not reflect the current COVID-19 situation in some or all regions of the U.S. For the most up-to-date information visit [coronavirus.gov](http://coronavirus.gov).

The **Smart Moves Toolkit**, including this issue's printable download, **Say Goodbye to Food Cravings** is at [personalbest.com/extras/20V12tools](http://personalbest.com/extras/20V12tools).

