

A MONTHLY HEALTHLETTER FROM THE WELLNESS COUNCIL OF AMERICA

## WHAT'S REALLY MAKING YOU LOOK OLDER?

Aging is of course inevitable, but there are factors at play that can help determine how old you really look. Your inherited genes indeed play a role in your appearance as you get older, but maybe not as much as you think. In fact a study published in *Plastic and Reconstructive Surgery*, the official medical journal of the American Society of Plastic Surgeons found that the major factors of skin aging (think wrinkles and crow's feet) involve lifestyle choices like smoking, eating and sun exposure.

The study's researchers noted that environmental factors and personal lifestyle choices more than genes can add years to a person's appearance. Bottom line: maintaining a healthy lifestyle that includes not smoking, eating lots of fruits and veggies, exercising and wearing sunscreen will help keep you radiant inside and out!



## GO ON... ACT LIKE A CHILD! THE HEALTH BENEFITS OF ACTING LIKE A YOUNGSTER

Believe it or not, behaving like a child can help you get and stay healthy. To be sure, adopting some of the natural habits and behaviors exhibited by children can benefit your health—from helping to manage stress to trimming your waistline.

### ACTING LIKE A KID CAN:

**HELP PROTECT YOUR BRAIN.** Children go to school every day and are constantly learning new things, whether it's a math concept or a new game on the playground. Unfortunately, as we age, this continual learning usually begins to decline. But there's good reason to keep your mind active and learn new things. Regularly challenging your mind with activities like reading books, doing crossword puzzles and/or playing board games can keep your brain fit as you age. Some studies even indicate that regular learning and mental stimulation can help protect you from Alzheimer's disease.

**HELP YOU STAY MINDFUL.** Mindfulness is the practice of focusing on the moment and staying present—and kids are (likely unknowingly) masters at this! Whereas adults often fret about future deadlines or past events or mistakes, kids are great at enjoying the now. Several studies show that practicing mindfulness can help you manage chronic stress and possibly fight off depression—so make like a kid and focus on the moment and enjoy what's in front of you!

**HELP YOU STAY SLIM.** Kids eat when they're hungry and they eat until they're full. Many adults, on the other hand, eat not because of true hunger but because of boredom or to fulfill an emotional need. Moreover, adults often indulge in large portions and eat until their plates are clean. Following the habits of children, whether it's having a smaller "kiddie" size meal or

eating "kid-like" snacks such as celery with peanut butter, frozen grapes or plain yogurt with fruit can help you manage your weight.

**HELP YOU KEEP MEANINGFUL SOCIAL CONNECTIONS.** Children are social creatures; they seek playmates and they love getting together for "play dates." Research shows that maintaining meaningful social connections can help fight depression and help your overall well-being. So, make sure you're putting your own play dates on the calendar.













# How to Find the Best Fitness Device

Fitness devices like activity trackers, heart rate monitors and nutrition apps have become a multi-billion dollar industry, with more and more consumers getting comfortable using these devices by the second. People using trackers range from athletes to exercise novices. Most use measurements and progress on any given day, you're much more conscious and motivated to keep up the good work (or get back on track if the data shows you're slipping).

1aWVPMUMWMLMKMWWWMTKMaWKMV□  
WVMMMPMMMaYMVVUVL



?PMaWVMOWT□ Before you buy, consider your goals.  
)MaWaVOWVKMMUWMUMVPWOPWPMLaIUWMaW□  
MVLVKMWWPTWVLaWWWUMPVOPRK□  
aWMaWKVWTaLWRVMPUTMMLUKPTM□  
MMVMCMKMaWUWMMMMMVKMLMMKMaWUaVMML□  
something more sophisticated.



0WUKPLLaWV□ ;WUMKaKMKVWLM□  
WVaWMMaUWMMVMVaWMTMMVOMLKVPWzMMV□  
VOPVWaWPMTP5VaLMKMKVWLMz8;MKPVWTOaWK□  
your location, and can monitor your speed, heart rate and altitude (just  
WVUMMIPLUWVWaWRMMMLWML□  
more.



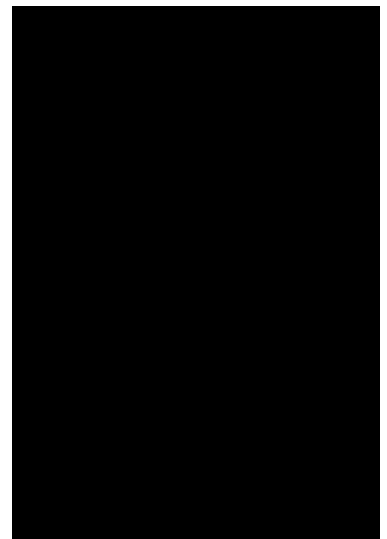
)MaWKWUWTMVOPMMKPVWTOa□ Many activity trackers on  
the market today are very tech savvy. They can let you sync with external  
heart monitors, smart bathroom scales and even provide the ability to share  
data remotely with your doctor. Most are intuitive to use, but just be sure  
you're comfortable and know how to use the device before you take it home.  
Ask the salesperson to give you a demo and keep the user's manual handy.

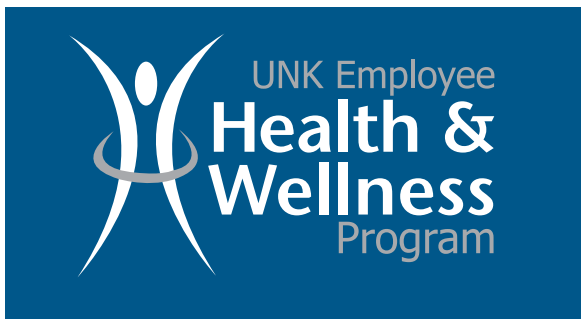
Trackers are great tools to keep you aware and motivated. Moreover, they can give you great  
VOPVWPMPPUMaWTMaTMLWMMVUVLPVKM□  
WVTaMVMKTaWVMMaWMTMKWVMPaWOWTVLVMML□

## Can I just use my Phone?

An app downloaded to your smart phone can indeed offer many of the same benefits of an activity tracker. In a study published in the *Journal of the American Medical Association*, researchers noted that smartphone apps did a great job capturing the accuracy of steps taken.

During the study, researchers asked adults to walk wearing a variety of wearable trackers while also carrying their smart phones. The phones ran activity apps that tracked movement, and the phones actually came out on top over wearable devices when it came to accuracy of measuring steps. So, if you're looking for something that just measures steps, there's solid evidence that you don't have to look further than your phone.





## IN THIS ISSUE

### ACT LIKE A KID AGAIN AND GET HEALTHY

**PALE IS IN!**  
WHITE FRUITS & VEGGIES THAT ARE PACKED WITH NUTRITIONAL PUNCH



### ACTIVITY TRACKERS WHAT'S THE RIGHT ONE FOR YOU?

### SAVE TIME DURING YOUR NEXT DOCTOR'S VISIT

### DID YOU KNOW?

<b>20</b> CALORIES	MUSHROOMS ARE SUPER LOW IN CALORIES WITH ONLY 20 CALORIES PER 1/2 CUP.
<b>15</b> SMILES A DAY	SOME SURVEYS SUGGEST THAT CHILDREN SMILE HUNDREDS OF TIMES A DAY AND ADULTS, ONLY AROUND 15.
<b>7<sup>TO</sup>8</b> HOURS OF SLEEP	ADULTS SHOULD AIM FOR 7-8 HOURS OF SLEEP A NIGHT.

## CHILDISH HABITS YOU SHOULD KICK

There are several health benefits of "acting like a kid," but there are some childish habits you may still hold on to that aren't so good for you:

- ✗ **You still act like a college kid when it comes to sleep.** Staying up late and getting up early may have been somewhat sustainable in your younger years, but as an older adult, chronic sleep deprivation is simply devastating to your health. Research links it to high blood pressure, diabetes, weight gain, and even just looking tired and older. Aim for seven to eight hours every night.
- ✗ **You still regularly eat candies and sweets.** Candy is fun to eat, and it's why so many kids love it. But sugary snacks take a toll on everything from

your teeth to your waistline. And excessive sugar can actually make you look older too! Experts believe regular consumption of added sugar can make your skin dull and wrinkled. It's not easy to eliminate sugar completely, but try by limiting or cutting down on sugary snacks and drinks like soda and juice.

- ✗ **You still crank up the volume to full blast.** It's fun and exhilarating to listen to your favorite song blaring while you're wearing headphones, but prolonged exposure to loud noises can lead to hearing loss. Focus on keeping the volume low when you're listening to music on your headphones. If you can't hear people around you talking, it's likely too loud!

## WHAT'S IN A NUMBER?

### 10 YEARS

Unaddressed chronic stress could possibly make you appear **a decade older** than you really are! The constant frowning, squinting and other facial expressions that accompany tension can lead to premature wrinkles and lines. Yikes!

### 60 SECONDS

Simply taking **a minute** to slow down and take a few deep breaths can relax your entire body and help you feel calm. Good-bye frowns!

**WELCOA** \* Information is reviewed by a prestigious Medical Advisory Board comprised of physicians and health care professionals and is intended to help you make smart health decisions for yourself and your family. Although editorial content is based on sound medical information, we ask that you consult a health care professional for all matters of concern. We also encourage you to keep your copies to build a convenient home-medical reference or recycle issues to friends and family.

©2017 Wellness Council of America, 17002 Marcy Street, Suite 140, Omaha, NE 68118; phone 402.827.3590; fax 402.827.3594; visit our Web site at [www.welcoa.org](http://www.welcoa.org). All rights reserved. ISSN 1549-9367. President: Ryan Picarella; Director of Membership and Business Development: Brenda Lerouge; Director of Strategy and Planning: Sara Martin Rauch; Creative Director: Brittany Stohl Ruzicka; Director of User Experience: Graden Hudson; Multimedia Designer: Adam Paige; Operations Manager: Kim Henko; Controller: John M. Whalen; Marketing Product Coordinator: Kaitlyn Pauly; Member Services Specialist: Sarah Emanuel; Marketing & Operations Specialist: Katie Cascino; Contributing Editor: Carrie Maguire. Information may not be reproduced, copied, cited, or circulated in any printed or electronic form without written permission from the publisher.