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BROWARD
County Public Schools

Wellness Newsletter

November 2019

Live. Life. Well.

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District Health Fair: Saturday, November 9, 2019 9:30—12:30 Monarch High School

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What Is Metabolic Syndrome?

Metabolic syndrome is the name for a group of five health risk factors. To be diagnosed with metabolic syndrome, you must have at least three (3) of the five (5) risk factors:

1 A Large Round Waistline

Excess fat around the stomach is a bigger predictor of coronary heart disease than excess fat stored in other parts of the body.



2 High Triglyceride Levels

Your body converts calories it cannot immediately use into triglycerides, which are a type of fat found in the blood. High levels also lead to coronary heart disease. Triglycerides have a normal range of less than 150 milligrams per deciliter (mg/dL), or 8.3 millimoles per liter (mmol/L).



3 Low HDL Cholesterol Levels

The so-called "good" cholesterol, HDL helps remove cholesterol from your arteries. That means low HDL cholesterol levels can lead to clogged arteries and coronary heart disease. HDL cholesterol should be at least 40 mg/dL or 2.2 mmol/L, with levels of 60 mg/dL / 3.3 mmol/L to prevent heart disease.



4 High Blood Pressure

Blood pressure measures the force of your blood pushing against the walls of your arteries as your heart pumps. Higher than normal blood pressure can be triggered by your diet and high stress levels. A healthy blood pressure is a top number (systolic) below 120 millimeters of mercury (mm Hg) and a bottom number (diastolic) below 80 mm Hg.

5 High Fasting Blood Sugar (Glucose)

It's important to know this number, as high blood sugar is often an early indicator of diabetes. For someone without diabetes, a healthy fasting blood sugar level should be under 100 mg/dL/ 5.6 mmol/L.

Monthly Activity

Track Your Numbers: Metabolic Syndrome

You can monitor your own waistline, but do you know if your numbers fall within the healthy range for the four (4) measurable metabolic risk factors? Arrange an annual physical to see where your biometrics is heading. Talk to your doctor for the practical strategies to combat metabolic symptoms.



NOVEMBER IS**DIABETES AWARENESS MONTH***Check Your Blood Glucose Regularly***Managing Your Blood Glucose:**

As a person with diabetes, checking your blood glucose regularly is very important. Monitoring your blood sugar is the main tool that a diabetic person can utilize to check the level of glucose in their blood. Proper management of diabetes will lower chances of serious health problems such as kidney disease or vision loss.

Patterns in blood glucose results over several days at the same time. These consistencies can help a person identify how food, activity and stress can affect an individual. When a blood glucose test has been completed, a person can track their results for future reference. Diabetics are encouraged to share their recorded findings with their family doctor to learn what long term meaningful results can be.

How Do I Properly Test?

- All meters are slightly different, so review your meter's instruction manual prior to use
- After washing your hands, insert a test strip into your meter
- Use your lancing device on the side of your fingertip to get a drop of blood. There are spring loaded lancing devices that make the finger prick less painful
- Touch and hold the edge of the test strip to the small drop of blood, and wait for the number to appear on the screen
- Blood Glucose level results will appear on the meter's display
- Be sure to properly dispose of the single-use lancet

For Additional Support:

1. Download the FREE OneTouch Revel App available in the Apple App Store or Google Play
2. Activate Bluetooth on the One Touch Verio Flex Meter
 - Turn your meter on
 - Press the "ok" and "∧" buttons at the same time to activate the Bluetooth
3. Connect
 - Open the One Touch Revel app on your mobile device and follow the on-screen instructions
 - When prompted, enter the PIN shown on your meter screen into your mobile device and tap Pair
4. Now you are ready to test and sync

For additional information, visit onetouch.com or call 1-866-693-0599.

Eligible Aetna members can order a OneTouch® Glucose Monitor at no charge.

Call 1-877-764-5390 with order code: 123AET200

Health Complications of Metabolic Syndrome

If you have at least three of the five metabolic syndrome risk factors, you greatly increase your risk for a number of serious, chronic illnesses:

- Heart attack
- Stroke
- Hardened Arteries
- Kidney disease
- Non-alcoholic fatty liver disease
- Diabetes, which can lead to additional eye damage, nerve damage, kidney disease and other complications

These conditions affect more than your physical health. The time spent at doctor visits, the financial investment of medical bills and the stress of worrying about your health, all take their toll on your overall wellbeing. The good news is that with metabolic syndrome, your choices do matter: **Live an active, healthy lifestyle to reduce your risk.**

Simple Changes for a Healthier You

Living healthy does not mean nibbling on lettuce for every meal or hitting the gym for hours at a time. True wellbeing comes from incorporating balance into your daily and weekly routines:

Find ways to be active at least 150 minutes each week	Get at least seven hours of sleep each night	Eat a nutritious diet	Mediate
<p>A stress-free way to do this is to incorporate walks and light exercise into your daily routine. Try taking short walks whenever you can during the day, play active games with your kids or pet, or get your heart rate up during the commercials of your favorite TV shows with jumping jacks, sit-ups and other light exercises.</p> <p>Increasing your activity can be as simple as taking the stairs or parking further back in the parking lot.</p>	<p>If you struggle to get enough sleep, you aren't alone. Three (3) tips that can help:</p> <ol style="list-style-type: none"> 1. Set a consistent bedtime. 2. Avoid cell phone, computer and TV screens at least 30 to 60 minutes before you plan to sleep. 3. Stop drinking caffeine at least six to eight hours before you plan to sleep. 	<p>Eat a low-fat, heart healthy diet, complete with fresh fruits and vegetables, whole grains and lean meats to lower your cholesterol and blood pressure.</p>	<p>Meditation is not just a "feel-good" activity, although that is reason enough. Studies have shown that consistent meditation reduces stress, improves your sleep, mitigates chronic pain, decreases blood pressure and more.</p>

Quit smoking

Smoking has a purely negative impact on your overall wellbeing, but it is an addiction that is difficult to quit. It is not exactly a "simple" change, but if you are a smoker, seek out a cessation course or support group for help



For additional support, please visit the Area Health Education Centers website at: www.ahectobacco.com for program options, or call 1-877-848-6696 for assistance.

FALL

INTO HEALTH AND WELLNESS

Saturday,
November 9, 2019
Veteran's Day Weekend

9:30 a.m. – 12:30 p.m.
Monarch High School
Cafeteria
5050 Wiles Road
Coconut Creek, Florida

★ ★ ☆ ★ ★ **Prize Drawings**
throughout the morning

JOIN US FOR AN EMPLOYEE HEALTH FAIR

Complimentary activities and screenings include:
massage, vision screening, smoothies, nutrition services, information about allergies and asthma, aromatherapy, paraffin wax, smoking cessation information, cancer prevention, herbal teas, biometric screenings for District employees covered under the Aetna Health plan, activities for kids and an interactive "Play for Fitness" zone.



Register online for your appointment on the mammovan at:
<https://www.brrh.com/Services/Lynn-Womens-Institute/Mobile-Mammography-Van.aspx>
or call 561.955.4700
and press option 1.

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Best Exercises for Beating Metabolic Syndrome

The Benefits of Aerobic, Interval, and Resistance Exercise

The following heart-healthy physical activity recommendations are from the American Heart Association and the National Heart, Lung, and Blood Institute.

The amount and type of aerobic exercise recommended to prevent or treat metabolic syndrome:

- Get 150 minutes per week of moderate-to-vigorous-intensity physical activity.
- Exercise can be broken up into sessions of 10 minutes or more throughout the day.
- Brisk walking (3 miles per hour or faster) is an example of moderate-intensity aerobic exercise, but any activity that raises your heart rate is included.



Basic Exercise Recommendations for Metabolic Syndrome

- Moderate-intensity exercise raises your heart rate to the range of 50-70 percent of your maximum heart rate. You are breathing harder than normal, but can still speak in full sentences. Exercises other than brisk walking include bicycling at less than 10 miles per hour, water aerobics, doubles tennis, or ballroom dancing.
- Vigorous-intensity exercises includes running, bicycling at a faster speed, aerobic dancing, singles tennis, and any activity that brings your heart rate up to 70 to 85 percent of your maximum heart rate. You will only be able to speak in short phrases.
- Many fitness trackers, such as Fitbit, track moderate-to-vigorous intensity exercise minutes. On the Fitbit, these are called active minutes. Checking that measurement can help to ensure that you are getting enough aerobic exercise each day.
- These recommendations do not specifically mention interval training, which involves bursts of higher-intensity activity throughout an aerobic workout to raise your heart rate.

Resistance Exercise and Combatting the Risk of Metabolic Syndrome

- Meeting the recommendations for resistance exercise twice per week reduced the risk of metabolic syndrome by 17 percent, independent of aerobic exercise.
- Meeting the recommendations for both aerobic and resistance exercise reduced the risk of metabolic syndrome by 25 percent.
- Compared with getting no resistance exercise, doing resistance exercise for less than an hour a week reduced the risk of metabolic syndrome by 29 percent.

These outcome results suggest that you might lower your risk of metabolic syndrome by getting the recommended amount of resistance exercise, in addition to the recommended amount of aerobic exercise.

Recipe

Turkey and Rice Soup

A healthy way to get a nice, warm soup belly.

INGREDIENTS

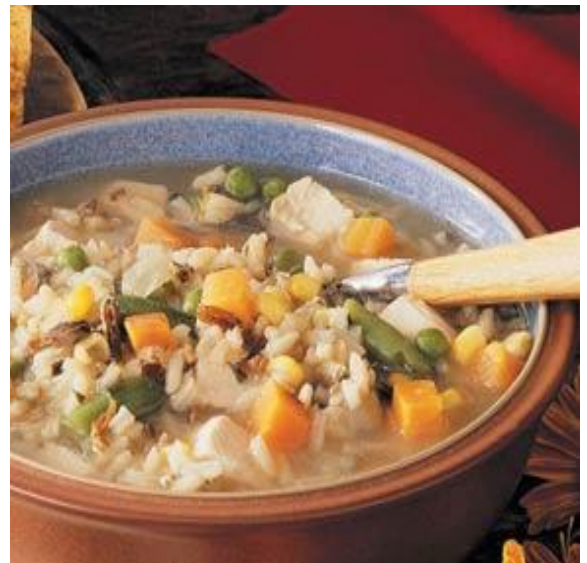
- 2 14-ounce cans of reduced-sodium chicken broth
- 1 ½ cups of water
- 1 teaspoon fresh rosemary, chopped
- ¼ teaspoon black pepper
- ½ cup sliced celery
- ½ cup sliced carrot
- 1/3 cup sliced onion
- 1 cup quick-cooking rice
- ½ cup frozen green beans
- 2 cups cooked turkey, chopped
- 1 14.5-ounce can of undrained diced tomatoes
- Fresh rosemary for garnish (optional)

INSTRUCTIONS

- In a deep pot or Dutch oven, combine the broth, water, rosemary, pepper, carrots, celery, and onion.
- Bring to a boil, stir in uncooked rice and green beans, and then return to a boil.
- Reduce heat, cover and simmer for 10–12 minutes (or until vegetables are tender).
- Stir in turkey and undrained tomatoes until heated through. Garnish with and serve.

Total Time (Cook & Prep):
35 minutes

Servings: 6



NUTRITION INFO (PER SERVING)

115 calories

3 g fat

1 mg cholesterol

12 mg sodium

18 g carbohydrates

1 g fiber

6 g protein



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