

# Do it Well

Easy ways to achieve health and wellness

QUARTER **01**  
 2017



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## Get NEAT in 2017

If you're like millions of Americans, you probably resolved to exercise more in 2017. It's an important goal because getting at least 30 minutes of daily moderate activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases.

But sadly, less than half of you who made that New Year's resolution are going to still be exercising six months from now. The solution? Stop focusing only on exercise. Start focusing on moving more. Think NEAT.

Non-exercise activity thermogenesis (NEAT) is the energy expended for everything we do that is not sleeping, eating or sports-like exercise. It ranges from the energy expended walking to work, typing, performing yardwork, undertaking agricultural tasks and fidgeting. Even trivial physical activities increase metabolic rate substantially and it is the cumulative impact of a multitude of exothermic actions that culminate in an individual's daily NEAT. It is, therefore, not surprising that NEAT explains a vast majority of an individual's non-resting energy needs.

NEAT includes activity that isn't formal exercise, but is beyond what your body uses to function. Even when you're sleeping, your body uses some energy to power your heart and other organs (that's called resting metabolic rate).

Wash dishes, vacuum or pace – all NEAT activities – and you'll build on top of your resting metabolic rate. These small physical movements increase the calories you burn, compared to just lying about. These movements are also a way to ease into more moderate activity.



"Get NEAT in 2017 ..." continued

### Why get NEAT for the New Year:

- Emerging research shows sitting less throughout the day is associated with lower risk of heart disease, diabetes and death from cancer as well as all causes.
- Burns more calories in the day. For example, pacing while on the phone can burn 100-200 calories in an hour compared to less than 50 sitting down.

### How to get NEAT for the New Year:

- Sit Less. Stand or walk around while watching TV or using the computer.
- Rely less on machines (e.g., manually wash dishes rather than using the dishwasher, or take the stairs or walk up the escalator instead of riding the elevator).
- Park as far as you can from your destination and walk.
- Take ¼ of your allotted lunch break and walk — eat then walk or walk first and then eat. You can still socialize — they just have to walk with you!
- NEVER go from dinner table to living room chair! Make it a point to spend at least 30 minutes immediately following dinner on your feet and moving around.
- Get NEAT for fun. Go dancing or bowling or spend time in the garden.

Sources: United States National Library of Medicine [www.nlm.nih.gov](http://www.nlm.nih.gov) and [www.thefitswitch.com](http://www.thefitswitch.com). Accessed Nov. 4, 2016.

### NEAT Calories Burned per Hour\*

100–20: Walking, cleaning, vacuuming, gardening, taking the stairs, dancing

50–100: Standing, cooking, stretching, ironing, dusting

0–50: Sitting activities (e.g., reading, working at computer, driving)

\* Estimated calories burned above those burned at rest for a 150 pound person

# February Is National Cancer Prevention Month



Cancer Prevention Month is a great time to make it easier than ever for you and your family to make a habit of choosing healthy, cancer-protective foods for those times you wander into the kitchen looking for a little bite to eat or need a quick meal.

Starting with your refrigerator and freezer, re-stocking and rearranging can make all the difference in what you choose. Follow these five steps and you and your family will be on the road to healthier eating and lower cancer risk:

1. **Fill your freezer with easy-prep veggies and fruit:** Frozen greens, peas, corn and other veggies are simple to steam for a quick side at dinner. Mix frozen fruit chunks and berries for a colorful and healthful dessert or smoothie. Ditch the frozen fries and make room for bags of convenient, affordable frozen fruits and veggies.
2. **Swap out refined "white" grains with cancer-fighting whole grains:** Keep whole grain wraps, pitas and sliced bread in the freezer to make a quick sandwich or use the pita or a whole-wheat crust for a healthy homemade pizza. Instead of white rice, stock up on already cooked frozen brown rice — super convenient as a base for veggie stir-fry or stew.
3. **Stock up on carrots, celery, bell pepper, apples and oranges:** Produce items like these are cost effective and have minimal waste. Cut up those veggies and fruits, clear off your top fridge shelf and put them on a tray front and center. Place your favorite dip there too, so when you and your kids open the fridge door, you can easily grab a veggies and fruit snack.
4. **Feature creative healthy beverages and ditch the sugary drinks:** Sugary beverages contribute to obesity, a cause of 10 types of cancer. You can replace sodas and other sweet drinks with a couple pitchers or bottles of water – plain and sparkling, along with plain black, green or herbal teas. As a family, experiment adding in fruits like lemon, lime or orange slices, frozen berries, a splash of 100% juice or fresh herbs like basil, mint or ginger slices. Make flavored ice cubes with juice, tea or chopped fruit.
5. **Use see-through containers for healthy ingredients:** Next to the plain yogurt, keep leftover canned fruit chunks, sunflower seeds, nuts and other fruit in see-through containers to inspire a colorful yogurt parfait. Put the peanut butter jar, hummus container and leftover chicken where it's easy to see and grab.

Now your fridge and freezer are stocked and ready to go!

Source: American Institute for Cancer Research. [www.aicr.org](http://www.aicr.org). Accessed Oct. 31, 2016.

# What's In Your Bottle?

By Gina Julian, NFP

Drinking water is an important part of leading a healthy lifestyle. One of the best ways to ensure you get your eight cups of H<sub>2</sub>O every day is to purchase a reusable water bottle. However, when choosing one to buy, keep in mind that not all water bottles are created equally. Don't waste your money on a bottle that is going to leach chemicals into your water or deteriorate quickly.

Make a more-informed choice using the pro/con list below from Ban the Bottle.

	PROS	CONS
Stainless Steel	<ul style="list-style-type: none"> <li>• Durable, high-quality design</li> <li>• No plastic toxins to worry about</li> <li>• More sizes and colors becoming available</li> <li>• Generally dishwasher safe</li> <li>• Lightweight</li> </ul>	<ul style="list-style-type: none"> <li>• May dent if dropped</li> <li>• Possible metallic taste</li> <li>• Heats up in summer temperatures</li> <li>• Can be more expensive</li> </ul>
Plastic	<ul style="list-style-type: none"> <li>• Less expensive</li> <li>• Some are dishwasher safe</li> <li>• Variety of sizes, colors, shapes</li> <li>• Doesn't have metallic taste</li> </ul>	<ul style="list-style-type: none"> <li>• Some plastics leach chemicals/toxins</li> <li>• Usually not safe for hot liquids or microwaves</li> <li>• Some models still have BPA</li> </ul>
Aluminum	<ul style="list-style-type: none"> <li>• Lightweight</li> <li>• Trendy</li> </ul>	<ul style="list-style-type: none"> <li>• Sketchy construction techniques</li> <li>• Possible BPA liner</li> <li>• Easily dents</li> <li>• Difficult to clean</li> </ul>

## Conscientious Cuisine: Winter Veggie Pita Pizza

Healthy pizza really does exist. The key is using whole grains, going easy on the cheese, and loading up on cancer-fighting veggies. Whole-wheat pitas keep prep time short and portion size realistic. You can use any in-season vegetables, but this version features spiced butternut squash and roasted Brussels sprouts. Top with crunchy pecans and fresh sage for a simple, savory winter dinner.

### Ingredients

- 1 cup Brussels sprouts, cut into quarters
- 1 cup cubed butternut squash
- 2 tsp extra virgin olive oil, divided
- Sprinkle of cinnamon
- 4 (6½-inch) whole-wheat pita bread rounds
- 1/2 cup part-skim ricotta cheese
- 1/2 cup chopped red onion
- 1 Tbsp chopped fresh sage
- 8 tsp grated Parmesan cheese
- 2 Tbsp chopped pecan

### Directions

Preheat oven to 425 degrees.

In medium bowl, toss Brussels sprouts with 1 tsp olive oil. Spread evenly over baking sheet. In same bowl toss butternut squash with remaining oil and sprinkle with cinnamon and spread on second baking sheet. Place both sheets in oven and roast for about 20 minutes (or until fork tender), stirring once after 10 minutes.

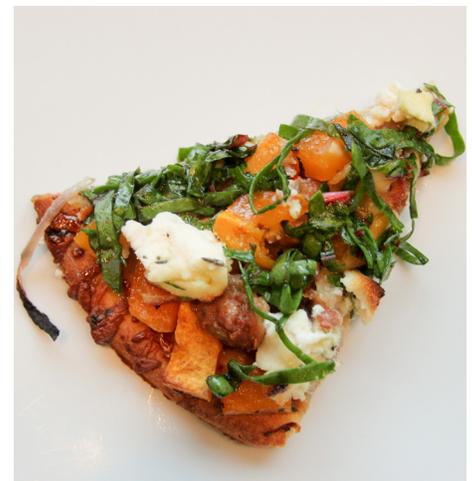
While veggies roast, lay pita rounds on cutting board. Spread 2 Tbsp ricotta on each pita.

Remove squash and Brussels sprouts from oven and spoon evenly onto pita rounds. Divide red onion, sage and pecans evenly and sprinkle on pitas. Top each with 2 tsp of Parmesan cheese. Return pitas to oven, setting them carefully directly on the rack for a crispier crust or on a baking sheet for a softer crust. Heat for 5-7 minutes, or until cheese is melted. Serve immediately.

**Makes 4 Servings.**

**Per serving:** 309 calories, 10 g fat (3 g saturated fat), 45 g carbohydrate, 13 g protein, 7 g dietary fiber, 437 mg sodium.

Source: American Institute for Cancer Research. [www.aicr.org](http://www.aicr.org). Accessed Nov. 3, 2015.



## Get Going: Balance Exercise - Balance Walk

Balance is needed for any activity, whether you are walking up a flight of steps or ice skating. Incorporating balance training to your workout routines challenges your body's ability to be stabilized and control the center of our gravity outside of your base of support. Exercises that improve balance can help prevent falls, a common problem in older adults and stroke patients. They can also benefit those who are obese since weight is not always carried or distributed evenly throughout the body. A loss of balance can occur when standing or moving suddenly. Often we are not fully aware that we may have weak balance until we try balance exercises.

Improve your balance with the balance walk.

1. Raise arms to sides, shoulder height.
2. Choose a spot ahead of you and focus on it to keep you steady as you walk.
3. Walk in a straight line with one foot in front of the other.
4. As you walk, lift your back leg. Pause for 1 second before stepping forward.
5. Repeat for 20 steps, alternating legs.

Sources: National Institutes of Health. [www.nih.gov](http://www.nih.gov) and American Heart Association. [www.heart.org](http://www.heart.org). Accessed Nov. 8, 2016.



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