

# appen energizer

GLOBAL WELLNESS NEWSLETTER—SUMMER EDITION

## WELLNESS ACTIVITIES TO DO AS A FAMILY

Many people have difficulty getting into a healthy routine. It can be even more challenging to get the whole family on board with a new, healthy lifestyle. While most families want to work on setting healthy goals, everyday stress and distractions may get in the way. The demands of busy work schedules, school activities, or social media may push family wellness to the bottom of the list of priorities.



Spending time together as a family can improve your overall health and wellness—it all depends on the activities you chose. Here are some easy and affordable wellness activities you can do as a family.

### HEAD TO THE PLAYGROUND

A great way to keep young kids active is taking them to the local playground. Embrace your inner kid and play! It's one of the best physical and emotional wellness acts you can take,

### GO ON A NATURE WALK

Head to a local hiking trail or hit the sidewalk in your neighborhood and take a stroll together. Combine exercise and education by pointing out different trees, animals, sights and sounds. You can use this time to subtly show your family how important it is to stay active.

### COOK DINNER TOGETHER

Fuel your body from the inside out with good food and nutrition. Cooking dinner with your kids helps show them the value of good food. Pick out health ingredients with your kids at the store and turn them into a delicious dinner.

### IMPLEMENT FAMILY QUIET TIME

Mental wellness is as equally important as physical wellness. In the hustle and bustle of our busy days, we lose focus on how important it is to take down time for ourselves. Teach the importance of quiet, reflective time by setting some designated periods or quiet time in the home. Use the time to color, sketch or read a book.

### PLANT A GARDEN

Another wellness activity that you can do as a family is starting your own garden. You can grow healthy foods for your meals and teach your children the value of hard work. The act of gardening is linked to stress relief and higher levels of self-esteem, both of which are crucial elements of emotional and mental wellness.

## JUST BREATHE!

Top medical schools agree that how we breathe has a profound impact on our physical and mental health. Engaging your breath activates your nervous and cardiovascular system. Breathing helps regulate and restore your body. Inhaling and exhaling a few deep breaths everyday could make a drastic improvement in our lifestyle. Deep breathing exercises can decrease stress, relax your mind, body and can help you sleep better.

A common deep breathing exercise is the 4-7-8 technique:

Close your mouth and inhale quietly through your nose to a mental count of four. Hold your breath for a count of seven. Exhale completely through your mouth, making a whoosh sound to a count of eight. Now inhale again and repeat the cycle three more times for a total of four breaths.

Practice breathing exercises five to 10 minutes every day to help improve your health.

## HEALTHY HEART FOR LIFE

The world's biggest killer is ischaemic heart disease. According to the World Health Organization, it is responsible for 16% of the world's total deaths. What is Ischaemic heart disease?

Ischaemic heart disease is a condition in which the blood flow is restricted or reduced in the heart. The restricted blood flow is caused by narrowed heart arteries. This causes less blood and oxygen to the heart muscle. It is more commonly called coronary heart disease and can ultimately lead to heart attack.

Coronary heart disease is usually caused by a build-up of fatty deposits on the walls of the arteries around the heart. There are several ways you can reduce your risk of developing coronary heart disease:

- Keep to a healthy weight within your body mass index
- Eat a balanced diet of low fat and high-fiber foods
- Regular exercise will make your heart and blood circulatory system more efficient
- Keep your blood pressure under control
- Keep your diabetes under control
- If you smoke, giving up will reduce your risk
- If you drink, do not exceed the maximum recommended limits
- If you have been diagnosed and prescribed medicine, it is vital you take it and follow the correct dosage

## WHAT IS HOLISTIC HEALTH?



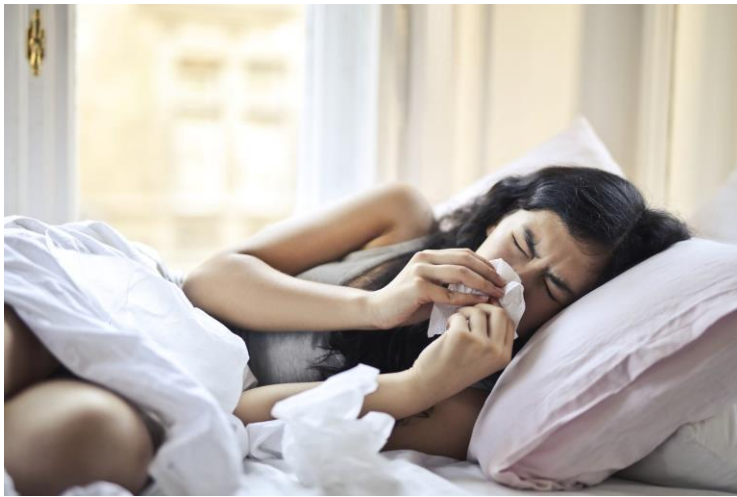
Holistic health is defined as a form of healing that encompasses body, mind, and spirit. It involves addressing physical, emotional, social, spiritual, and intellectual health. Rather than focusing on illness or specific parts of the body holistic health integrates these five aspects to enable a person to achieve an overall well-being.

As an example, those who suffer from migraines may go to the doctor and receive medications which will treat the symptoms of the migraine. However, it does not always address the cause. Holistic health looks at the potential factors such as diet, sleep habits, stress, and other health factors.

Holistic health offers alternative healthcare practices which may include:

- chiropractic
- herbalism
- massage
- energy work (reiki)
- therapy
- yoga/meditation
- acupuncture
- physical therapy
- general western medicine
- nutrition
- personal training

When these complimentary therapies are integrated a person is more likely to experience a deeper level of wellness.



## PROTECTING YOUR IMMUNE SYSTEM

The COVID-19 pandemic has increased our awareness on the importance of a strong immune system. This complex network of cells, tissues and organs help limit the effects of colds, flu, and other viruses on your well-being. A compromised immune system can cause high stress levels, frequent colds and infections, gastrointestinal issues, slow healing wounds, and fatigue.

Additional precautions to protect us from COVID-19 are now a daily habit. We wash our hands frequently, avoid close contact with others, and wear masks to help prevent the risk of spreading the virus. A strong immune system also helps reduce our risk. A few lifestyle changes and new habits can also help boost your immune system.

Here are five ways to help boost your immune system:

- Find ways to reduce stress
- Practice good sleep hygiene
- Moderate, regular exercise
- Eat more brightly colored vegetables
- Try some supplements, such as Vitamin C, D, A and Zinc

## PRACTICE YOGA TO INCREASE HAPPINESS

The practice of yoga combines physical exercise postures, stretching, deep breathing and mental focus. You learn to unite breath and movement, body and mind. Yoga, when broken down to its most simple form is breathing and feeling. Stress can be a result of how we react to events and people in our lives. Through this breathing and feeling we learn to control our reactions to events and people.

Regular yoga practice can improve psychological well-being, satisfaction with life, and self-esteem. Yoga also reduces fatigue. Take the time to follow along to a YouTube yoga video or visit your local yoga studio. Yoga is also a great activity to practice as a family.

## PREVENTING COMMON MUSCULOSKELETAL DISORDERS

More than one in two adults report experiencing a musculoskeletal (MSK) issue such as back pain, neck pain, joint pain, arthritis or osteoporosis. People often limit their activities or even miss work due to the pain associated with these conditions. Luckily, many MSK issues can be avoided or managed through preventive activities.

Practice these tips to stay on top of your musculoskeletal health:

- Move - Moderate aerobic activities for at least 150 minutes total per week.
- Stretch - Try to make time to stretch regularly. Don't forget to warm up and stretch before or after physical activity.
- Maintain a healthy diet and weight - Load up on fresh, whole foods and avoid processed foods.
- Assess your ergonomics - The body can be strained by repetitive tasks. Stay aligned, take regular standing or walk breaks.
- Rest - Getting enough sleep enable your body to repair muscles and joints.

