THIS EDITION FEATURES:

Sit Stand Repeat

- Quench Your Thirst
- The Benefits of Buying Local
- Get Exotic: Try a New Fruit or Veggie
- The Sunshine Debate
News about the health effects of prolonged sitting is everywhere and it’s not good. Working at a computer, watching TV, or driving, we spend most of the day seated. Even people who exercise regularly but sit for long periods have increased risk for diabetes, heart disease, and cancer. Our bodies are made for movement. For the first six million years of our existence, activity was a natural part of every day. Now we struggle to make time in the day for activity. So what’s the answer?

If sitting is the problem, then standing must be the solution, right? Not exactly. Standing burns more calories than sitting, but prolonged standing has its drawbacks too — people who stand all day can have lower back pain and circulation issues. To minimize health risks, aim for a combination of standing and sitting!

Dynamic movement appears to be the best solution for reducing risk from prolonged sitting and pain from standing. Frequent micro breaks can do more than lower your health risks. They also improve your level of comfort, fight fatigue, increase performance, and lower the risk of injury.

**Simple strategies to reduce sedentary time:**

- Start by reducing sitting by 15 to 20 minutes a day, and then set weekly goals.
- Take 1 to 3 minute breaks every half hour to stand up, walk around, or just shift from standing to sitting and back.
- If possible, try a combination of sitting/standing.

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The sunshine debate

It’s no secret that over-exposure to the sun can be bad for your health. The sun’s ultraviolet (UV) radiation damages the skin, aging it prematurely and increasing the risk of skin cancer.

**There are two types of UV rays, and neither is good for your skin:**

1. **UVB rays** lead to sunburn and play a key role in developing skin cancer.
2. **UVA rays** penetrate the skin more deeply and are the culprit for wrinkling, sagging, and leathering. They also worsen the carcinogenic effects of UVB rays.

Sunscreen with broad-spectrum protection helps with both.

**What about the sun’s benefits?**

The same UVB wavelengths that sunscreens block also kick off the chemical reaction that produces vitamin D. Vitamin D is essential to help fight disease, boost metabolism, and prevent bone disease.

You don’t need to tan or burn your skin to get vitamin D; you can get as much vitamin D as you need in less than half the time it takes for your skin to turn pink. So, cover up to prevent too much sun exposure and protect yourself from skin cancer.

**The American Academy of Dermatology recommends using a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher. They also recommend getting vitamin D through a healthy diet that may include vitamin supplements.**
The Benefits of Buying Local

Did you know that the produce you buy in the supermarket travels an average of 1,500 miles before it gets to you? Not only does that do a number on the environment, it also affects the quality of food you are eating. The only way for produce to stay fresh during shipping is to be treated with chemicals. To avoid these chemicals, and cut down your food’s carbon footprint, consider eating locally and seasonably.

**Support your community.** CSA stands for Community-Supported Agriculture. When you become a member of a CSA, you receive a share of vegetables from a local farmer on a weekly or bi-weekly basis during summer and fall months. This is a great way to directly support local farmers. In addition, heading to the farmer’s market is a great way to see what’s in season and grab the best produce for low prices.

**Get the most nutrients and flavor.** Because local produce isn’t being shipped long distances, it won’t lose its flavor or the nutrients it contains. When produce is loaded with hormones, antibiotics, pesticides, and other chemicals, it loses many beneficial properties and can even be harmful. Shopping locally helps you avoid this.

**Keep it seasonal!** Farmer’s markets, CSAs, and backyard gardens have an abundance of in-season produce! Buying produce seasonally offers variety and the most bang for your buck!

As if you needed another reason to support your local economy, buying local produce is a great way to give your family the gift of health. Flavorful nutrient-packed produce will allow you to expand your menu each week, while feeling good about what you’ve done for the environment and your community.

Quench Your Thirst

When the temperature rises, drinking enough water is critical. Whether you’re active outside or just sitting in the sun, stay hydrated to keep your blood pumping and your muscles working. Water is the one thing we can’t survive without for more than a few days. Make hydration a habit:

- **Sip throughout the day.** Always keep a reusable water bottle within arm’s reach.
- **Eat water-rich foods** like vegetables and fruit.
- **Stay hydrated** before, during, and after a work-out.
- **Have a glass of water** when you’re feeling hungry.

More than half of your body is composed of water. On hot days, your body loses water through sweating. Replenishing your fluids will help your body continue critical functions so you can feel great and enjoy the day.
Get Exotic: 
Try a New Fruit or Veggie

Variety. It keeps us from getting bored. Unfortunately, people often gravitate to the same fruits and veggies out of habit or convenience. Keep meals interesting and ensure a well-rounded diet by finding and preparing new foods.

Don’t be afraid to try something new. In fact, make a point to try a new exotic fruit once a week. Have fun with it. Visit local farmer’s markets, pick up the unfamiliar and ask what it is and how to eat it. Most vendors will offer you a taste and share their favorite ways to enjoy.

Start exploring with these exotic fruits and veggies:

- **Tomatillos** look like green tomatoes. Cook and use for sauces and salsa.
- **Pumelo** is the largest citrus fruit there is. A pumelo rind is thicker than grapefruit, peels more easily, and the juicy flesh is sweeter.
- **White asparagus** tastes the same as the green variety but is more tender.
- **Star fruit**, also known as carambola in its native Southeast Asia, is rich in vitamin C and antioxidants and low in sugar.
- **Romanesco** is similar to cauliflower and broccoli and can be prepared the same way.

Recipe of the Month:

Star Smoothie

**Ingredients:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
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<tbody>
<tr>
<td>1 large, deseeded star fruit</td>
<td>½ tsp vanilla extract</td>
</tr>
<tr>
<td>1 peeled banana</td>
<td>8 ounces ice cubes</td>
</tr>
<tr>
<td>1 cup pineapple</td>
<td>2 cups spinach (optional)</td>
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</tbody>
</table>

**Instructions:**

Blend on high for 30 seconds. If adding spinach, add last.
Vacation or Stay-cation?

Taking time away from work allows the body and mind to replenish itself. If you’ve made the smart decision to take a break to re-energize, do you travel for vacation or stay close to home? Here are some advantages of both:

<table>
<thead>
<tr>
<th>Stay-cation</th>
<th>Vacation</th>
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<tbody>
<tr>
<td>Save money</td>
<td>Change of daily routine and environment</td>
</tr>
<tr>
<td>No wasted days at airport</td>
<td>Travel broadens perspective</td>
</tr>
<tr>
<td>Less stress</td>
<td>More chances to try new things</td>
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Whether you travel far or create experiences in your own town, make plans, disconnect, and create memories.

Monthly Quiz:

1. Which statement is MOST true?
   a. People who sit for long periods of time don’t need to exercise.
   b. People who exercise regularly but sit for long periods of time have increased risk for disease.
   c. People who sit for long periods of time should stand up all day instead.

2. Which is a benefit of buying local produce?
   a. Better quality
   b. Support local farms
   c. More nutrients and flavor
   d. All of the above

3. What are UVB rays?
   a. Rays that lead to sunburn
   b. Rays that produce vitamin D
   c. Rays that cause skin to wrinkle
   d. Both a and b

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