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10 minutes of fitness

Making time for 30 minutes of exercise can feel like a deal breaker in our busy lives. But devoting just 10 minutes to movement several times during the day adds up. And breaking your movement goals into manageable chunks may increase the chance you'll meet your body's needs.

So, set a timer and try these 10 minutes fitness activities. Go at your own pace and make it fun:

- Do as many rounds of 10 push-ups, 10 squats, and 10 lunges as you can in 10 minutes.
- Find some stairs and walk up and down for 10 minutes.
- Take a brisk walk around the block or inside your home or office building.
- Turn on some music and dance for 10 minutes.
- Play a quick round of tag, basketball, or any active game with your kids.
- Set a timer and speed clean your home or office, incorporating as many squats and lunges as possible.

Bring on the barley

In its whole-grain form, barley is packed with a wealth of beneficial nutrients. Known for its nutty flavor and slightly chewy texture, it makes a great addition to soups, salads, and many other dishes.

WHAT'S IN IT

- **Fiber:** One-quarter cup of uncooked, whole-grain barley (3/4 cup cooked) has 8 grams of fiber.
- **Beta-glucan:** One of the unique fiber types in barley, beta-glucan, has been shown to lower blood LDL-cholesterol levels by aiding cholesterol excretion from the body.
- **Antioxidants:** Contains many vitamins, minerals, and phytochemicals. Vitamin E and lignans are two antioxidants in whole-grain barley.
- **Minerals:** It provides a good source of iron, selenium, copper, and magnesium.



HEALTH BENEFITS

A diet high in whole grains, such as barley, is widely recognized as beneficial to health. It may:

- Reduce the risk of heart disease
- Support healthy digestion
- Aid in weight management and weight loss
- Reduce the risk of type 2 diabetes
- Lower chronic inflammation
- Decrease the risk of cancer
- Support bone health

TYPES OF BARLEY

To get the health benefits of eating barley, you need to eat the whole-grain form. When a grain is refined, the bran and germ are stripped away, removing some key nutritional value, including its fiber.

Barley comes in several forms, some of which are whole and some refined. Choose a whole-grain version!

Whole grain barley

- Hulled barley
- Hulled barley grits
- Hulled barley flakes
- Whole grain barley flour

Refined barley

- Pearl barley
- Quick pearl barley



Understanding perimenopause

Before a woman reaches menopause, she first goes through perimenopause. It is a time of adjustment as the body shifts away from the reproductive years. Preparing for these changes allows you to plan how to manage symptoms and find support.



WHAT IS PERIMENOPAUSE?

Perimenopause is the period of time when a woman's body is gradually transitioning to menopause. It signals the end of the reproductive years and involves many physical and hormonal changes. When a woman's period has been absent for a full 12 months, she has reached the end of perimenopause and is in post menopause.

Every woman's experience of perimenopause is different. Perimenopause can last for as little as four months to as long as ten years. The average length is about four to eight years. Many women begin perimenopause in their mid-forties though it can begin as late as their mid-fifties or as early as their mid-thirties.



SYMPTOMS

- Irregular or skipped periods
- Heavier or lighter periods
- Needing to urinate more frequently
- Hot flashes
- Vaginal dryness
- Difficulty sleeping
- Mood changes
- Changes in sexual desire
- PMS-like symptoms
- Trouble concentrating
- Headaches

Manage Symptoms

- Eat a healthy, balanced diet with plenty of fruits, vegetables, and whole grains.
- Exercise regularly and include weight training at least two days a week to protect bone health.
- Watch for hot flash triggers such as alcohol or coffee.
- Establish healthy sleep habits.
- Seek ways to reduce stress, such as meditation, tai chi, or yoga.



TREATMENT

If symptoms are severe, your doctor may recommend additional treatment such as:

- Antidepressants to stabilize mood
- Low-dose birth control for irregular or heavy periods
- Hormone therapy to manage symptoms
- OTC or prescription medicine to address vaginal dryness or painful sex



PREGNANT DURING PERIMENOPAUSE

Fertility naturally declines during perimenopause; however, it is still possible to conceive. The ovaries release fewer eggs, and fertility hormones gradually decrease, causing periods to become irregular. But, as long as you continue to have periods, it means you are still ovulating, and pregnancy is possible.



What to know about rainbow fentanyl

Fentanyl is a powerful synthetic opioid, 50 times stronger than heroin and 100 times stronger than morphine. Doctors prescribe pharmaceutical fentanyl to treat severe pain. However, illegal fentanyl is often mixed with other illicit drugs, such as heroin and cocaine.



Rainbow fentanyl is an illegally manufactured drug dyed in bright colors and shaped to mimic legitimate medication. It only takes a small amount of fentanyl to overdose.

- It's impossible to know how much fentanyl may be present in a rainbow fentanyl pill.
- Fentanyl-laced drugs are among the most common drugs implicated in overdose deaths.
- The bright colors of rainbow fentanyl may increase the appeal among teens and young adults.
- Rainbow fentanyl is extremely dangerous. All it takes is one to be at risk for overdose.
- Signs of an overdose include pinpoint pupils, limp body, choking or gurgling sounds, loss of consciousness, and slow or weak breathing.
- Call 911 at the first sign of overdose.