

OCTOBER
2023

Boost your exercise with caffeine

Caffeine does more than just give you energy. It can improve exercise performance too. And if you are someone who struggles with motivation, caffeine may give you the mental boost you need to get moving.

Caffeine may help you get just a little more out of your exercise session. It may improve:

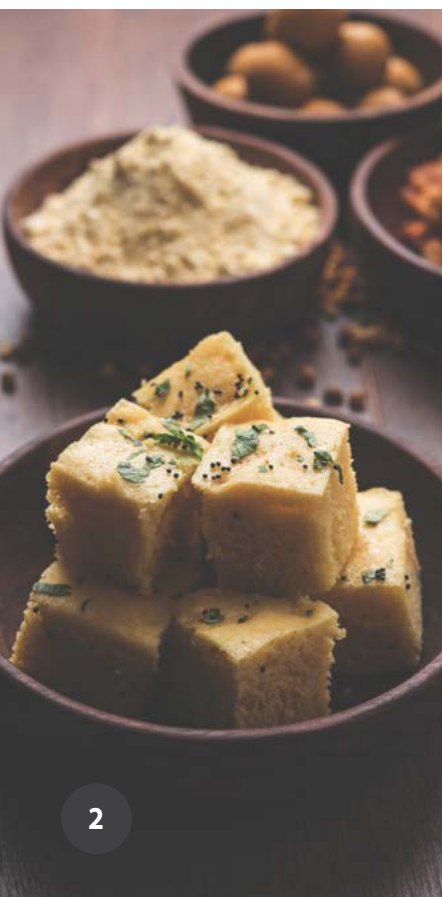
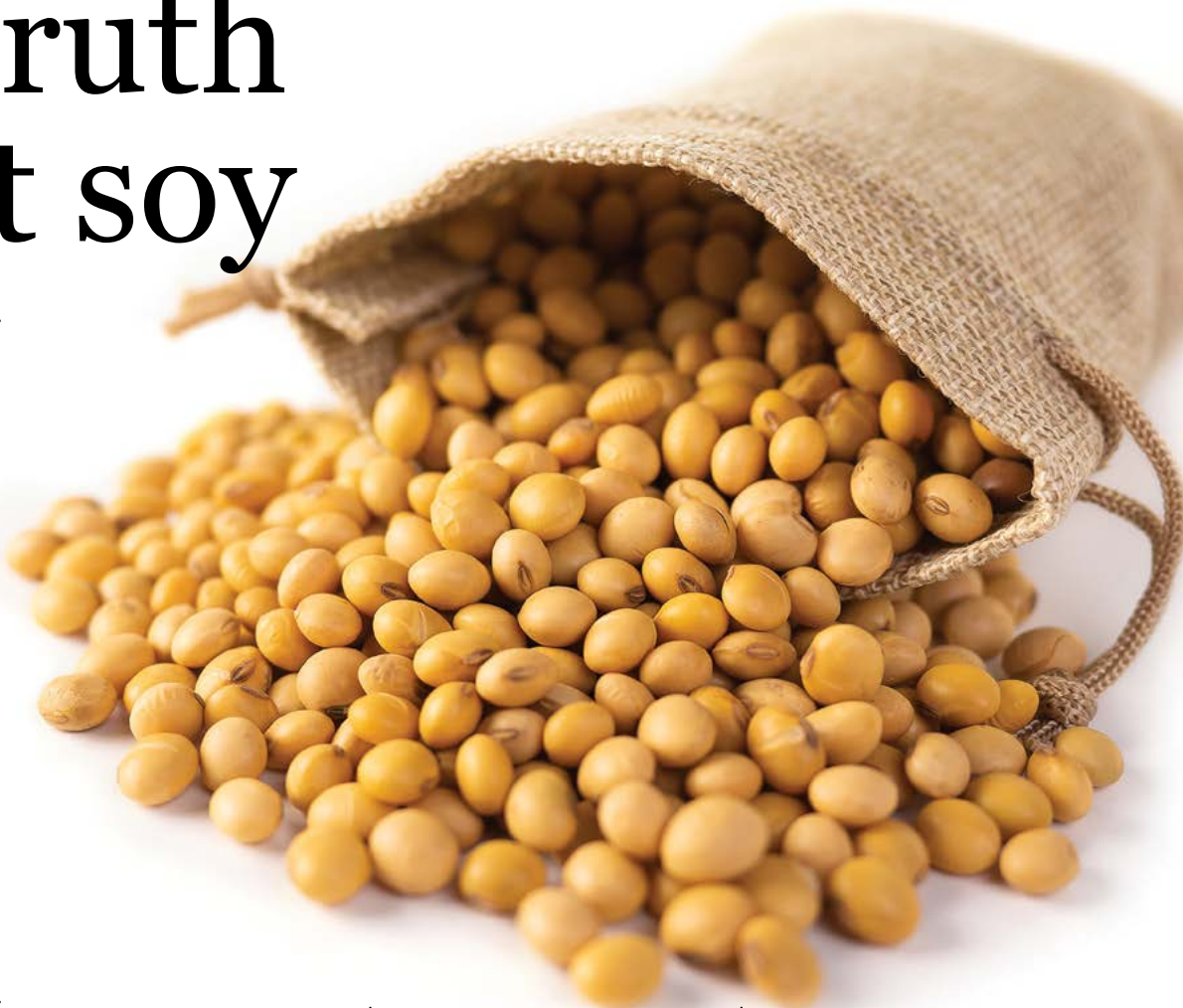
- Muscle endurance
- Speed of movement
- Muscle strength
- Aerobic endurance
- Alertness and focus

Make caffeine work for you:

- Consume a dose of caffeine an hour before you exercise.
- 1-3 mg caffeine per pound of body weight has been shown to be most effective.
- One cup of coffee has about 100 mg of caffeine.
- Energy drinks and other forms of caffeine can also work. But be wary of what else may be in them and read the label carefully.
- Talk to your doctor before taking any supplements.
- Don't overdo it! More is not better and won't give any additional benefit.

The truth about soy

Soy foods are unique in the way they interact with the body. This has led to some people promoting them as the ultimate health food and others declaring them dangerous to consume. But the truth is more nuanced.



WHAT'S UNIQUE ABOUT SOY

Soy foods come from the soybean, a legume grown throughout the world. Many cultures consume soy products as a diet staple, particularly in Asia. In addition to providing protein, soy contains specific compounds called isoflavones.

All about isoflavones:

- Plant phytoestrogens
- Similar to the hormone estrogen found in humans
- Can bind with estrogen receptors in the body and act similar to or in opposition to estrogen
- Much weaker effects than the human estrogen hormone

POTENTIAL HEALTH BENEFITS

The majority of studies have found soy foods to have either a positive or neutral effect on health:

- Excellent source of protein and unsaturated fat
- High in iron, potassium, and when fermented, vitamin K
- Can be used as a healthy replacement for red and processed meats
- May have a slight lowering effect on LDL cholesterol
- May reduce the frequency and severity of menopausal hot flashes
- May potentially lower the risk of breast and prostate cancer, though more research is needed

MYTH ABOUT SOY

Previous animal research on soy created a false narrative that soy may increase the risk of breast cancer. However, no research on soy consumption in humans supports that conclusion. In fact, in countries with the highest soy food intake, the breast cancer rates are often lower.

Moderate intake of soy is not associated with any health risk.

- The beneficial level of intake ranges from 2-4 servings per day.
- Enjoy edamame, tofu, tempeh, soy milk, and soy yogurt.
- Individuals who have or previously had breast cancer should talk with their doctor about safe levels of soy consumption.

From fear to resilience

Resilience is the ability to adapt and bounce back when faced with stressful situations. It is an important trait that protects you from being overwhelmed by challenges.

Resiliency is built over time as you learn how to overcome adversity. Facing your fears is one way to become more resilient.



UNDERSTANDING FEAR

Fear is a healthy and natural response to challenging situations. But fear can be unhealthy if it interferes with your ability to live life the way you want.

Healthy fear:

- Activates survival instincts
- Alerts you to danger
- Improves focus and concentration
- Prepares for necessary action

Unhealthy fear:

- Makes you overly cautious and avoid activities you enjoy
- Promotes unhelpful thoughts
- Remain stuck in the “fight-or-flight” stress response

UNDERSTANDING RESILIENCE

Resiliency involves being able to move past the fear response in a healthy way. Being resilient doesn't mean you don't experience fear or uncertainty. Instead, it means you have the skills to adapt to and manage difficult situations.

A number of factors contribute to an individual's resiliency:

- Coping strategies
- Available social support
- The strength of personal connections
- Physical health and wellness
- Personal outlook on themselves and the world around them

THE CONNECTION BETWEEN FEAR & RESILIENCE

Resilience doesn't just happen. It is the result of life experiences and how you respond to them. People develop resilience when they go through difficult times and find the inner strength to get through.

Facing your fears is one way you develop resilience. If you avoid things that make you stressed or fearful, you may interfere with your ability to grow.



Strategies to confront your fears and build resilience:

- Identify the things that make you feel afraid or stressed.
- Problem-solve ways to work through the situation.
- Reframe your thinking about difficult situations.
- Practice mindfulness and acceptance of things you cannot change.
- Find a therapist to help you overcome fear that is interfering with your life.

Source: American Psychological Association

Avoid workplace junk food

WHEN JUNK FOOD IS EASILY AVAILABLE, IT'S HARD TO RESIST. TAKE BACK CONTROL OF YOUR DIET FROM THE WORKDAY, JUNK FOOD CREEP.



- Keep your own healthy snacks on hand.
- Bring something to contribute that is more healthy. How about a fruit tray or mini bagels that help control portion sizes?
- Pick one day a week to enjoy a treat.
- Reduce your portions. Instead of a whole cupcake, take half. Every little reduction helps!
- Avoid the areas where junk food tends to accumulate, if possible.
- If you're tempted to head to the junk food, first walk a few flights of stairs or around the office a few times. You may find you don't need the junk food fix once you're done.
- Talk to your co-workers and see if others want to join you in eating less junk food at work.

