

Content

A	Nutrition	100-01A-Nutrition.mp4
<p>True or false: All fat is bad for you.</p> <p>False! Your cells are made up of good fats. Sources of good fats include avocados, salmon, nuts and seeds.</p> <p>Most people don't get enough good fats, which aid in lowering bad cholesterol (LDL) and increasing good cholesterol (HDL).</p> <p><i>Source: Harvard Health</i> https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/fats-and-cholesterol/types-of-fat/</p>		

A	Senior's Health	100-05A-SeniorHealth.mp4
<p>Bladder control may be an embarrassing topic. However, you don't have to deal with it alone.</p> <p>Untreated, it can lead to problems such as falls and depression. Sometimes simple changes in your diet or lifestyle can treat it. There are also medical options that can help.</p> <p>Talk with your healthcare provider today to see what your options are.</p> <p><i>Source: Mayo Clinic</i> https://www.mayoclinic.org/diseases-conditions/urinary-incontinence/symptoms-causes/syc-20352808</p>		

A	Eating Healthy	101-03A-EatingHealthy.mp4
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Eating healthy doesn't have to mean eating a bowl of salad.

Next time, try adding your greens and veggies into a blender with some frozen fruit and your choice of milk for a tasty and delicious treat that's packed with antioxidants and nutrients.

Source: WebMD

<https://www.webmd.com/diet/green-smoothies-are-they-good-for-you>

A	<i>Fitness & Exercise</i>	101-07A-FitnessExercise.mp4
<p>There are many benefits to exercising regularly, associated with overall better health. One surprising new benefit? It may lower your risk for Alzheimer's disease. Experts say just 2.5 hours of brisk walking a week can produce this benefit.</p> <p><i>Source: Science Daily</i> https://www.sciencedaily.com/releases/2022/02/220228125736.htm</p>		

A	<i>Beauty & Spa</i>	103-BeautySpa.mp4
<p>Did you know that the your skin is made up mostly of collagen?</p> <p>You can support your skin by consuming foods high in collagen, such as bone broth, gelatin, fish, and seafood.</p> <p>You can also use high quality collagen supplements. As a bonus, collagen is also great for your hair, nails, and joints!</p> <p><i>Source: Everyday Health</i> https://www.everydayhealth.com/skin-beauty/collagen-health-benefits-food-sources-supplements-types-more/</p>		

A	<i>CBD</i>	103-CBD.mp4
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What are some science-backed ways CBD can help you?

- Improve symptoms of arthritis
- Reduce anxiety and depression
- Manage chronic pain
- All of the above

Answer: d. all of the above. Cannabidiol, known as CBD, sends signals throughout your body to help regulate mood, movement, and immune system responses.

Source: Forbes Health

<https://www.forbes.com/health/body/cbd-oil-benefits/>

A	Massage	103-Massage.mp4
<p>Massages are no longer thought of as just a frivolous luxury.</p> <p>Now considered a part of integrative medicine, massages can help you reduce stress, pain, and muscle soreness. It can even help improve blood circulation and immune function.</p> <p>Talk to your doctor about how massages can supplement your wellness plan.</p> <p>Source: Mayo Clinic https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/massage/art-20045743</p>		

A	Life Hacks	105A-LifeHacks.mp4
<p>Having trouble falling asleep? Try placing an ice pack (covered in a towel) on your chest for 15 minutes!</p> <p>The theory is that it stimulates the vagus nerve, which is part of the parasympathetic nervous system and is responsible for lowering heart rate, decreasing alertness, and even reducing inflammation. Give it a try!</p> <p>Source: NY Post https://nypost.com/2022/01/27/how-a-frozen-bag-of-peas-eased-my-anxiety-and-finally-gave-me-a-full-nights-sleep/</p>		

B Week Content

B	<i>Women's Health</i>	100-02B-WomensHealth.mp4
<p>Did you know that women have 4 times the risk of developing osteoporosis than men? This is because before menopause, estrogen protects the bones. After menopause, bone loss is rapid. If you are 65 or older, talk to your doctor about a DEXA scan to measure your bone density.</p> <p><i>Source: Everyday Health</i> https://www.everydayhealth.com/menopause/health-risks-women-face-after-menopause/</p>		

B	<i>Nutrition</i>	100-03B-Nutrition.mp4
<p>Q: What dietary carbohydrate helps to maintain a healthy digestive system, reduce cholesterol, and even reduce risk of dementia?</p> <p>A: Fiber! Soluble fibers, such as those found in oats and legumes, are particularly helpful for neuroprotection. Insoluble fibers, such as those found in vegetables and whole grains, are important for digestive health.</p> <p><i>Source: Science Daily</i> https://www.sciencedaily.com/releases/2022/02/220222135319.htm</p>		

B	<i>Children's Health</i>	100-04B-ChildrensHealth.mp4
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<p>Does your child have a recurring cough or wheeze?</p> <p>Asthma affects more than 6 million children in the U.S. and is one of the most common respiratory disorders.</p> <p>A combination of lung function tests can help make the diagnosis. Ask your doctor today.</p> <p><i>Source: U.S. News</i> https://www.usnews.com/news/health-news/articles/2022-02-21/does-your-child-have-asthma-look-for-the-signs</p>	

B	General Health	101-04B-GeneralHealth.mp4
<p>Do you suffer from headaches?</p> <p>A new study shows that eating a diet with more fish and less vegetable oils can help reduce headache occurrence by 30-40%.</p> <p>As a bonus, a diet consisting of fish and omega-3s is beneficial for cardiovascular health as well.</p> <p><i>Source: Science Daily</i> https://www.sciencedaily.com/releases/2021/06/210630213035.htm</p>		

B	Personal Training	103-PersonalTraining.mp4
<p>Going to the gym isn't for everyone – but exercise IS important for everyone.</p> <p>One way to start and hold yourself accountable is to hire a personal trainer.</p> <p>They'll make sure you do the work, and do it correctly. The changes they help you implement can have lasting effects on your fitness journey.</p> <p><i>Source: Healthline</i> https://www.healthline.com/health/fitness/benefits-of-personal-training#8.-Helps-your-mental-health</p>		

B	Physical Therapy	103-PhysicalTherapy.mp4
<p>Physical therapy isn't just for sports injuries. In fact, physical therapy can help those with heart and lung conditions, neurological conditions, and more.</p> <p>Your physical therapist is a licensed movement expert that will work with you to optimize your recovery, strengthen your body, and help you find new ways to use your muscles.</p> <p><i>Source: Medical News Today</i> https://www.medicalnewstoday.com/articles/160645#benefits</p>		

B	Weight Loss	103-WeightLoss.mp4
<p>Trying to lose weight? Try switching to rye bread!</p> <p>A new study shows that choosing rye products over wheat can help you lose more weight. Rye is very high in fiber and those that consumed it over wheat lost on average 1 kg more.</p> <p><i>Source: Science Daily</i> https://www.sciencedaily.com/releases/2021/10/211012102703.htm</p>		

B	Life Hacks	105B-LifeHacks.mp4
<p>An apple away doesn't just keep the doctor away... it helps freshen your breath!</p> <p>Next time you run out of gum or mints, try an apple instead.</p> <p><i>Source: LifeHack.org</i> https://www.lifehack.org/articles/lifestyle/100-life-hacks-that-make-life-easier.html</p>		