

INSPIRED

To Make Healthy Choices

We are continually inundated with new information and research.

Here are some of the latest facts and interesting findings to assist you in making healthier choices.

- Driving while angry, sad or agitated increased the risk of a crash almost ten times.
- Dialing a cell phone while driving posed a crash risk 12 times higher than normal.
- The brain consumes 20% of our energy, despite taking up only 2-3% of our weight.
- The culprit behind most colds is one of the many rhino viruses in the environment. They can last up to 3 hours on your skin or on objects such as door handles. Frequent hand washing is one of the best ways to prevent colds. Avoid touching your nose and eyes to reduce the chance of transferring any virus you might have on your hands.
- Life expectancies worldwide are increasing by one year every five years, and will reach an average of 77 years by 2050, up from 48 in 1950.
- Hearing loss is strongly linked to a higher rate of cognitive decline and a greater risk of developing dementia over time.
- Drinks and food we eat for snacks account for an average of 580 calories a day.
- Exercise and maintaining a rich social network contribute greatly to our longevity.
- We tend to lose 10% of our muscle mass every decade after age 40. Doing strength training two days a week will make the muscle loss smaller. Strong muscles take pressure off the joints and improve stability.

- Most arthritis patients report about a 50% reduction in pain within several months of strength training. Tai chi has also been found to ease knee osteoarthritis pain by boosting strength, joint stability, and confidence; it also reduces inflammation.

- It is recommended that we have at least three cutting boards: one for raw meat, one to chop vegetables and one for cooked meat. Cutting boards with deep scratches should be replaced because bacteria can hide in the grooves, even after washing.

- Analgesics (pain relievers) like aspirin, acetaminophen (Tylenol) and ibuprofen (Advil), when mixed with alcohol, increase possible irritation and bleeding in the stomach and intestines.

- Daily flossing along with tooth-brushing can stimulate gum tissue and reduce or eliminate gingivitis. Gingivitis is a mild gum disease that can cause redness, swelling, and irritation, and lead to more severe gum problems.

- Small acts of random kindness can lift our spirits.

- An average entrée at a restaurant has between 900-1,300 calories, not counting a drink, appetizer or dessert. Splitting meals with someone or taking part of dinner home is a great way to reduce your calorie intake when eating out.

Being aware of these findings allow us to prevent possible risks while enjoying the positive results of certain behaviors.

Increasing your knowledge and being proactive can improve your quality of life.

For more information:
DID YOU KNOW?
www.guideinc.org

Dental sealants prevent 80% of cavities in the back teeth, where 9 in 10 cavities occur.

Consuming fast food 2-3 times a week increases the risk of dying from coronary heart disease by 50%.

Lack of sleep and rest makes your body more vulnerable to illness and stress.

Volunteering helps brighten your mood and improve your social life.

