



MARCH 2021

Wellness Matters

Brought to you by INTEGRITY CONSULTING GROUP

Stay Healthy

Your Physical Well-Being

An important factor of overall well-being is physical health status. Achieving a state of physical well-being can lower stress and improve your life overall. Protecting yourself against illness and disease is key to boosting your physical well-being. Here's how:

Get Enough Physical Activity

Regular exercise can improve your fitness level and physical health, reduce stress (thereby improving your mental health), and help keep chronic conditions at bay. Include the three main fitness components for the best results: aerobic exercise, strength training, and flexibility training.

Eat a Well-Balanced Diet

Achieve a state of physical well-being by fueling your body properly. A well-balanced diet can help avoid heart disease, stroke, and diabetes. Start small—a quick change in your diet could lead to stress and subsequent failure.

Avoid Tobacco and Alcohol Consumption

Tobacco and alcohol can have very negative effects, not just to your physical health but also mental health. Avoid or limit your consumption of these substances to improve your physical well-being.



Obtain Preventive Care Services

Taking care of your body involves regular checkups with your doctor. These services can help detect potential health problems early, allowing you and your doctor to devise a treatment plan as soon as

possible. Preventive services like annual lab work, routine physicals, or screenings, are typically available with no charge to you.

Prioritize Adequate Sleep

Most Americans fail to get enough, but sleep is an important component of overall good health. Aim for at least seven hours every night.

Drink Water Regularly

Every day we lose water through breathing, urinating, and perspiration. For your body to function properly, water must be replenished. In general, if you drink enough fluids to rarely feel thirsty and always produce colorless or slightly yellow urine, your intake is likely adequate. Ample water can help you avoid fluid retention, fatigue, muscle cramps, and more.

It's never too late to start your journey to total well-being. Learn more in coming issues.

COVID-19 Vaccine Facts

The U.S. Food and Drug Administration (FDA) has now issued Emergency Use Authorizations (EUAs) to three COVID-19 vaccines released by Johnson & Johnson, Moderna, and Pfizer-BioNTech. Vaccines are one of the most effective tools to protect your health and prevent disease.

Vaccines work with your body's natural defenses so your body will be ready to fight the virus if you are exposed (also called immunity). Other steps, like wearing a mask that covers your nose and mouth and staying 6 feet away from other people you don't live with, also help stop the spread of COVID-19.

The U.S. vaccine safety system makes sure that all vaccines are as safe as possible. All the COVID-19 vaccines that are being used have gone through the same safety tests and meet the same standards as any other vaccines produced through the years. The CDC watches for safety issues and makes sure the vaccines stay safe.

The vaccines may cause side effects in some people, like sore muscles, feeling tired, or mild fever. These reactions mean the vaccine is working to help teach your body how to fight COVID-19 if you are exposed. For most people, these side effects will last no longer than a day or two. **Having these types of side effects does NOT mean that you have COVID-19.** As with any medicine, it is rare but possible to have a serious reaction, such as not being able to breathe; this is unlikely, but call 911 or go to the nearest emergency room if it occurs.

Right now, experts don't know how long the vaccine will protect you, so even after you get your vaccine, continue following CDC prevention guidelines. This gives you and others the best protection from catching the virus. We also know not everyone will be able to get vaccinated right away, so it's still important to protect yourself and others.



Healthy & Nutritious Cut Back on Sugar

By cutting back on the amount of sugar you consume, you can effectively manage your blood sugar level. This helps prevent a variety of health problems like Type 2 diabetes, heart disease, and obesity.

Why is blood sugar important? Blood sugar refers to the amount of glucose in your blood. Glucose is the sugar your body uses for energy, metabolism, and proper brain function. If your glucose levels are consistently too high (hyperglycemia) or too low (hypoglycemia), you can develop diabetes. Get your blood sugar tested every three years; if you have prediabetes, get tested every year.

How can I manage my blood sugar level? Diabetics should follow their doctor-recommended diet, check sugar levels often, exercise, and drink plenty of water.

Non-diabetics are advised to stay at a healthy weight, eat a balanced diet, avoid sugary foods and simple carbohydrates (e.g., soda, desserts, breakfast cereals, bread products), drink plenty of water, and exercise regularly.