



Every Bit of Activity Counts

No time to work out? Gym membership too costly? Thankfully, researchers have found that you can fit in more exercise while simply going about your day. Called high-intensity incidental physical activity (HIIPA), this exercise includes the things you do every day that require some effort.

Eyes Off the Clock

The length of each bout may vary from mere seconds, such as walking up a few flights of stairs, to much longer sessions, like mopping your floors or biking to work. In fact, researchers are finding that you don't have to be concerned about how long each activity lasts. What's most important is that you try to move more and sit less during the day.

Make It Count

The more vigorous HIIPA is, the greater the benefits. Studies have found that higher intensity activities are associated with a higher life expectancy and

lower risk of dying of heart disease. You may be surprised that many activities you're already doing can be considered vigorous, even if you're only doing them for a few seconds. Here are some examples:

- Walking uphill
- Playing with your kids
- Climbing stairs
- Bicycling to work
- Carrying groceries or heavy boxes upstairs

While it's true that more physical activity yields even greater health benefits, not everyone can fit in a workout every single day. With HIIPA, you can still make your health a priority by finding opportunities to move more throughout your day-to-day life.

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MOVE MORE

Overall, 57.6% of Bermudian adults do not engage in any vigorous physical activity. Buck the trend by walking to a coworker's desk instead of sending an email or taking a lap around the store before you check out.



How to Help Someone Having a Seizure

Know what to do if someone you know has a seizure.



- ✓ Stay with the person until the seizure is over
- ✓ Remain calm
- ✓ Help them sit or lie down
- ✓ Place a soft object under their head (if they're lying down)
- ✓ Turn them on their side (if they're lying down)
- ✓ Move sharp objects out of the way
- ✓ Time the seizure



Don't:

- ✗ Hold them down or stop their movements
- ✗ Put anything in their mouth
- ✗ Attempt CPR
- ✗ Give them food or water

Call 911 If:

- The seizure lasts more than five minutes
- The person has trouble breathing after the seizure
- The person appears injured
- They ask for medical help



Help Your Teen Adopt Healthy Habits

Odds are your teenager gets too little sleep and exercise—and too much screen time. This may put kids' physical and mental health at risk, as well as affect their behavior and academic achievement.

To get your teens moving, encourage them to join a sport that interests them. Or find activities to do together. Try taking a walk after dinner, going for a bike ride, or trying out a new sport.

Also keep your teens' screen time in check with these tips:

- Set limits on how much time your teen spends in front of a screen and stick to them.
- Make mealtimes screen-free.
- Set rules around screen time before bed. Experts recommend keeping all screens out of kids' bedrooms and avoiding screen time at least one hour before bedtime.

When it comes to exercise, sleep, and screen habits, be a good role model yourself. Kids will learn by your behavior.



YOUNG ADULTS with Diabetes Have Higher Heart Disease Risk

If you're age 40 or younger, a diabetes diagnosis may be especially bad news for your heart. Young adults with diabetes are more likely to develop heart disease—and to die of it—than older adults, according to a recent study. And the findings are particularly dire if you're a woman.

The good news is you can reduce your risk for diabetes (and heart disease) with lifestyle changes. Here are five steps you can take now to help prevent or delay diabetes:

1 MOVE. Exercise can lower your blood sugar and help you lose weight. Aim to get at least 150 minutes of moderate activity every week.

2 LOSE WEIGHT. Dropping 5 to 10% of your body weight can help keep diabetes at bay.

3 EAT WISELY. Reduce portion sizes and cut back on foods high in fats and sugar. Drink water instead of sweetened beverages, order a side salad instead of chips, and choose fruit instead of sweets.

4 TALK WITH YOUR DOCTOR. Ask about your personal risk and if there's anything else you can do to reduce it.

5 DON'T SMOKE. Smoking can add to diabetes risk by affecting your body's insulin resistance.

Journaling Could Boost Your Well-Being

To lead a healthier life, you should eat well, exercise ... and journal? That's right: Research shows that regularly writing down what's on your mind can help you release emotions, make sense of your life, improve relationships, lower your blood pressure, and decrease symptoms of depression.

There's No 'Write' Way

There are many ways to go about journaling. You could write about your thoughts and feelings. Or you could use your journal to problem-solve by breaking down a big problem into smaller, more manageable parts that you can tackle individually.

You could also jot down a few things you're grateful for. Shifting your focus from your daily hassles to gratitude can

help lower stress, boost your mood, improve sleep, and reduce inflammation in your body, studies show.

Put Pen to Paper

Journaling can protect your health in surprising ways. People with diabetes are often told to log their food intake and activities, but journaling feelings can make a difference, too. When you have diabetes, you may experience a blood sugar spike during times of stress. By journaling, you can identify what's triggering your stress and address it.

There's no right way to start. The key is finding what's best for you. Make journaling a part of your daily routine by linking it with existing habits. For example, write in your journal after brushing your teeth in the morning or evening. Over time, writing will become just as automatic—and beneficial—as reaching for your toothbrush.



NEED INSPIRATION?

Buy an attractive journal and a quality pen to make your efforts at writing feel more special.



BF&M BREAST CANCER AWARENESS WALK

6:00 p.m.
Wednesday,
October 16, 2019
Barr's Bay Park

 Bermuda
Cancer and
Health Centre
Bermuda registered
charity #070
www.chc.bm

Please note that registration is online only this year. Visit racedayworld.com to sign up for the walk. Registration fee is \$30 which includes a free walk pack (while supplies last). Late registration fee on October 16, at Barr's Bay Park, is \$35.



All funds raised support our Equal Access Fund and our Prevention and Early Detection Programmes.

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Thinking About Using CBD? Get the Facts

CBD products, including edibles, topical ointments, oils, extracts, infusions, and capsules, are increasingly popular. But what should you know before you try them?

What is CBD?

CBD is a type of cannabinoid, derived from the marijuana plant. However, unlike THC—another common cannabinoid—CBD doesn't make you "high." While the drug is not intoxicating, it may be beneficial for a host of health conditions, including pain and inflammation, anxiety, arthritis, and epileptic seizures.

What Are the Potential Benefits?

Some recent animal studies have shown that CBD and other cannabinoids may slow the growth or reduce the size of some types of cancer cells. Scientists are also researching the use of these substances to treat:

- Pain and inflammation
- HIV/AIDS
- Multiple sclerosis (MS)
- Seizures
- Substance use disorders
- Mental health issues

More research is needed to better assess the benefits and safety of using CBD.

What if I Want to Try CBD?

CBD products with less than 1% THC can be sold behind the counter at pharmacies. If you're interested in trying them, talk with your healthcare provider first.