

# WELLNESS NEWSLETTER

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OCTOBER 2022

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## HEALTH OBSERVANCE

## Dental Hygiene Month

Ashley Long – Wellworks For You

### What's Dental Hygiene and Why is it So Important?

Dental hygiene encompasses various practices that contribute to maintaining and improving teeth, gums, and tongue health. When implementing recommended dental hygiene habits, individuals can prevent tooth decay, gum disease, cavities, bad breath, and more!

With poor dental hygiene, mouths can harvest bacterial infections with the ability to attack the cardiovascular system. For example, Advanced Gum Disease results from bacterial infections in the gums and is associated with inflammation that can travel throughout the body. This inflammation can lead to blockages in the arteries causing individuals with Advanced Gum Disease to be twice as likely to have a heart attack or stroke than those free of gum disease.

Dental hygiene may keep smiles bright, but healthy dental habits will also aid in keeping other dimensions of wellness wholesome. This said, let's review some tips to keep our mouths healthy!

### Tips for Dental Hygiene Habits

- **2:2 Ratio:** To start a healthy dental hygiene routine, brush twice daily for two minutes using small, circular motions. Don't forget to brush your tongue!
- **Get in the Middle:** Pay attention to what's happening between the teeth. Using a mouth rinse and flossing daily, we can keep teeth clear of plaque and gums free of disease.
- **Consume Consciously:**

**Limit Sugar and Alcohol.** Limit sugar intake and alcohol consumption to avoid tooth wear and staining. After consuming acidic foods or beverages, wait thirty minutes before brushing your teeth. Contents high in acid can soften enamel, so if we brush immediately after drinking coffee, there's a chance we will damage the enamel.

**Quit Tobacco Use.** Tobacco use increases the risk of developing gum disease. Call the National Tobacco Quitline for FREE cessation services at 1-800-QUIT-NOW.
- **Schedule and Attend Preventive Dental Visits:** Attending preventive dental visits every six months is a great way to get your teeth professionally cleaned and see how you're doing with at-home dental hygiene.



### WellBalance Health Corner

#### Fresh Air Activities

Boost the benefits of your workouts by taking them to the outdoors!

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### Domestic Violence Awareness Month

1 in 4 women and 1 in 9 men will experience Domestic Violence in their lifetime. Learn how to keep the people you love safe.

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Source [Oral Hygiene | National Institute of Dental and Craniofacial Research \(nih.gov\)](#)



## Fresh Air Activities

Kayla Wolf – Wellworks For You

The health benefits of physical exercise come with no surprise – heightened endorphins, preventing and managing disease, and even the reduction of symptoms of depression and anxiety. But what many of us are not aware of is the increased benefits of taking your workout outside!

Recent studies have shown that exercising outdoors provides enhanced physical health benefits compared to exercising indoors. Another study found that exercising outdoors was “associated with greater feelings of revitalization, increased energy and positive engagement, together with decreases in tension, confusion, anger, and depression.”

**Further studies have found that exercising outdoors led to the following:**

- Lower levels of perceived physical exertion
- Reduced stress
- Improved mental fatigue
- Enhanced mood and feelings of self-esteem
- Increased social interaction
- Boosted creativity

Outdoor exercise results in increased levels of vitamin D, cardiovascular and hormone function regulation, and increased feelings of enjoyment surrounding exercise.

**Some ideas for taking your workout outside:**

- Go for a walk, run, or hike around your neighborhood or local park
- Create a custom circuit-based workout in your backyard or local park
- Take your yoga mat to the grass!

Source: [Outdoor Exercise | 6 Benefits of Exercising Outdoors \(acefitness.org\)](https://www.acefitness.org) ; [The great outdoors: how a green exercise environment can benefit all - PMC \(nih.gov\)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4111111/)

# WelBalance

## HEALTH TIP CORNER

**Understand the added benefits of taking your workout to the great outdoors!**





# Domestic Violence

## Awareness Month

Ashley Long – Wellworks for You

October is National Domestic Violence Awareness Month. With a likelihood that 1 in 4 women and 1 in 9 men in the United States will experience domestic violence in their lifetimes, we must learn the signs of domestic violence to keep those we love safe.

### What is Domestic Violence?

Domestic Violence is defined as a pattern of abusive behaviors, including physical, sexual, and psychological, used by one intimate partner against another to gain, maintain, or regain power and control in the relationship (dvawareness.org). Although there are signs of abuse, Domestic Violence can be challenging to identify as the abuser makes their victim believe this type of behavior is expected.

### Recognize the Signs

**If you feel you are in immediate danger, please call 9-1-1.**

- Telling you that you never do anything right
- Showing extreme jealousy of your friends or time spent apart
- Insulting, intimidating, demeaning, or shaming you
- Preventing you from making your own decisions
- Controlling finances without discussion
- Pressuring you to perform sexual acts you're not comfortable with
- Pressuring you to use drugs or alcohol
- Destroying your belongings or your home

**Seek Help.** If you witness or hear a violent incident and/or someone is in immediate danger, call 9-1-1.

- **National Domestic Violence Hotline: 1-800-799-7233**  
This hotline has 24/7 advocates to help get you to a safe place. Whether you are a survivor of abuse, a concerned family or friend, or an abusive partner, the hotline is a free, personal resource to help keep you and your loved ones safe.
- **Shelter Search Tool**  
Shelters are safe places for individuals suffering from abuse to receive free, confidential emergency services and shelter. To find a shelter near you, [click here](#).



Source: <https://www.thehotline.org/resources/types-of-abuse/>

## FEATURED RECIPE

### Chicken Cutlets with Sun-Dried Tomato Cream Sauce

2 Servings



## MONTHLY DRAWING

Post your response on our Facebook page's October Giveaway post to be placed in a drawing to possibly win a \$25.00 Wellworks For You Visa Reward Card.



If you wish to be placed in the drawing, your answer must be submitted to Wellworks For You by the last day of the month. You can also email your response to [info@wellworksforyou.com](mailto:info@wellworksforyou.com) if you do not use Facebook.

Like our page on Facebook: [facebook.com/wellworks4you](https://facebook.com/wellworks4you)

## How do you mindfully prepare for the holiday season?

## INGREDIENTS

- 1 pound chicken cutlets
- ¼ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- ½ cup slivered oil-packed sun-dried tomatoes, plus 1 tablespoon oil from the jar
- ½ cup finely chopped shallots
- ½ cup dry white wine
- ½ cup heavy cream
- 2 tablespoons chopped fresh parsley

## DIRECTIONS

1. Sprinkle chicken with 1/8 teaspoon each salt and pepper
2. Add sun-dried tomato oil in a large skillet over medium heat. Add the chicken and cook, turning once, until browned and an instant-read thermometer inserted into the thickest part registers 165 degrees F, about 6 minutes total. Transfer to a plate
3. Add sun-dried tomatoes and shallots to the pan. Cook, stirring, for 1 minute
4. Increase heat to high and add wine. Cook, scraping up any browned bits until the liquid has mostly evaporated, about 2 minutes
5. Reduce heat to medium and stir in cream, any accumulated juices from the chicken, and the remaining 1/8 teaspoon each salt and pepper: simmer for 2 minutes
6. Return the chicken to the pan and turn it to coat it with the sauce. Serve the chicken topped with the sauce and parsley

## NUTRITION

**Serving Size:** 3 oz. chicken and 1/4 cup sauce

**Per Serving:** 304 324 calories; protein 25g; carbohydrates 8.4g; dietary fiber 1g; sugars 1.8g; fat 18.9g; saturated fat 8.4g; cholesterol 96.6mg; vitamin a iu 1030IU; vitamin c 18.3mg; folate 17.3mcg; calcium 50.7mg; iron 1.6mg; magnesium 42.9mg; potassium 532.4mg; sodium 249.5mg

Source: [Chicken Cutlets with Sun-Dried Tomato Cream Sauce Recipe | EatingWell](#)

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