



Work Hard, Play Harder

Did You Know?

There is a fine line between being full and overeating. Overeating is unhealthy and lends itself to unhealthy behavior.

To avoid overeating on Thanksgiving, choose smaller portions rather than heaping mountains of food on your plate. Pay attention to what goes on your plate, and be sure to eat slowly so you get the maximum pleasure from your choices. Wait a few minutes after you finish what's on your plate, and if you're still hungry, consider going back for seconds. Listen to what your body tells you though. If you're not hungry, don't eat more.

November is American Diabetes Awareness Month

Why Gratitude is Good

With Thanksgiving approaching, we'll all soon be taking time to acknowledge what we're grateful for. It's a nice gesture, of course, but why do we do it?

1. Gratitude allows us to celebrate the present.
2. Gratitude blocks toxic, negative emotions, such as envy, resentment, and regret.
3. Grateful people are more stress resistant.
4. Grateful people have a higher sense of self-worth.

Just because gratitude is good doesn't mean it's always easy. Try keeping a gratitude journal. This is helpful because it consciously, intentionally focuses your attention on developing more grateful thinking and on eliminating ungrateful thoughts. Another gratitude exercise is to practice counting your blessings on a regular basis. Finally, it's important to think outside the box when it comes to gratitude – gratitude for what we can give as opposed to what we receive can be a very powerful way of cultivating a sense of gratitude.

Source: www.greatergood.berkeley.edu

American Diabetes Month is a time to raise awareness about the growing public health crisis of diabetes and to encourage people to make healthy changes.

Every 23 seconds, someone in the U.S. is diagnosed with diabetes, which translates into approximately 30 million children and adults who have diabetes. Nearly 95% have Type 2 diabetes, and another 84 million adults in the U.S. are at high risk of developing Type 2 diabetes.

Diabetes is one of the leading causes of disability and death in the U.S., and if not controlled, may result in health problems such as stroke, kidney disease, vision loss, and amputation. Heart disease can also be a serious health problem for people with diabetes.

According to the American Diabetes Association (ADA), the following symptoms of diabetes are typical. However, some people with Type 2 diabetes have symptoms so mild that they go unnoticed: urinating often, feeling very thirsty, feeling very

hungry, extreme fatigue, blurry vision, cuts or bruises slow to heal, weight loss, tingling/pain/numbness in the hands or feet.

Early detection and treatment of diabetes can decrease the risk of developing the complications associated with diabetes. Talk to your healthcare provider if you think you may be at risk.

If you're at risk, making small changes to the way you eat, increasing your physical activity levels or getting early treatment can, for some, actually return blood sugar levels to a normal range. So, take a breath, and then take action.

Receiving a diabetes diagnosis is scary, but know that it doesn't have to stop you and your family from living a healthy life. The [ADA](http://www.diabetes.org) is a valuable resource for anyone newly diagnosed or caring for someone with diabetes, a health care provider trying to help patients thrive or even someone who doesn't know they first thing about diabetes.

Questions?

Visit Cigna's website at www.mycigna.com for more personalized information. For other questions, contact a Cigna representative at

1-800-244-6224.



Rock Your Wellness Trivia Challenge

The Rock Your Wellness Trivia Challenge began on November 1, 2021, and will run until the end of the month. During this challenge, participants will work their way along a virtual map and learn about inductees to the Rock & Roll Hall of Fame by completing their favorite physical activities. Be on the lookout for fun nutrition trivia questions each week. This challenge is designed for all fitness levels. Push yourself harder each day and see what fitness goals you can achieve! And remember, this is NOT just a steps challenge, any fitness activity counts! As always, all active participants will earn a prize.

VIRTUAL Employee Health Fair NOVEMBER 12TH

This year's employee health fair will be a VIRTUAL event and will be held on Friday, November 12, 2021, from 2-4 p.m. Wellness webinars will be offered during this time frame and are designed to encourage healthy lifestyles, be proactive with your health and connect you to resources to continue your health journey. Sessions are as follows:

- [2-2:30 p.m.: Nutrition - Food and Water Basics](#)
- [2:30-3 p.m.: Stress Management – How to Run from the Bear!](#)
- [3-3:30 p.m.: Work/Life Harmony](#)
- [3:30-4 p.m.: Ergonomics – Keep Fit While You Sit](#)

All virtual attendees will be entered into a raffle drawing for some awesome prizes, including: Gotham Steel cookware, YETI cooler, Keurig Mini, AeroGarden, Cuisinart air fryer toaster oven, Amazon Echo Show, Himalayan salt block and holder, queen sheet set, Powerbeats Pro, Ninja Nutribullet blender, charging padfolio, Black and Decker matrix tool set, and Body Bass 2.0 total workout system.

Cigna Wellness Webinar

Dr. Bill Dymont, a leading expert in personal and corporate change management, will discuss making lifestyle and habit changes to support your health and well-being on Wednesday, November 10, 2021, from 1-2 p.m. Register [HERE](#).

Waffle Iron Turkey Melt Panini

This playful turkey melt's abundant crisp crevices and gooey interior will have the whole family wondering, "What can we waffle next?"

Source: www.cookinglight.com



Ingredients:

- 4 center-cut bacon slices
- 3 tbsps. Canola mayonnaise
- 1 tsp. Dijon mustard
- 8 (1 oz.) slices whole-grain or whole-wheat bread
- 8 oz. unsalted sliced deli turkey (such as Boar's Head)
- 8 (1/8 inch thick) slices tart apple (such as Granny Smith)
- 4 (1 oz.) slices reduced-fat Colby jack cheese
- Cooking spray

Directions:

1. Preheat waffle iron with 4 compartments to high.
2. Place a paper towel on a microwave-safe plate. Arrange bacon on paper towel; cover with an additional paper towel. Microwave on high for 4 minutes or until done.
3. Combine mayonnaise and mustard in a small bowl. Spread 1 tsp. mixture over each bread slice. Divide bacon, turkey, apple slices, and cheese evenly among 4 bread slices; top with remaining bread slices, spread side down.
4. Lightly coat both sides of sandwiches with cooking spray. Place 1 sandwich in each compartment of waffle iron; close firmly on sandwiches. Place a heavy skillet on top of the waffle iron to help flatten sandwiches evenly.
5. Cook 3-4 minutes or until golden brown and cheese melts.
- 6.