

WAUKESHA COUNTY

# Spring

Health & Wellness  
2025



A Conley  
Media  
Publication





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## 1 **EAT A BALANCED DIET**

Incorporate fruits, vegetables, lean proteins, and whole grains for better health.

## 2 **STAY ACTIVE**

Regular exercise, such as walking or yoga, supports both physical and mental well-being.

## 3 **PRIORITIZE HYDRATION**

Drink enough water throughout the day to maintain energy and healthy bodily functions.

## 4 **GET ENOUGH SLEEP**

Aim for 7-9 hours of restful sleep each night for optimal health and recovery.

## 5 **MANAGE STRESS**

Practice mindfulness or relaxation techniques to keep stress in check and maintain mental health.

## 6 **SCHEDULE YOUR ANNUAL EXAM**

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# Simple ways to make a diet more nutritious

Nutritious foods are a cornerstone of a healthy lifestyle. The World Health Organization says a healthy diet protects a person against many chronic noncommunicable diseases, such as heart disease, cancer and diabetes. Nutritious foods also help a person get to or maintain a healthy weight, promote stronger bones and teeth, and positively affect long-term mental health.

People often wonder how they can improve their daily diets. Here are some ways to make meals more nutritious.

- **Eat an array of fruits and vegetables.** Healthline notes a diet rich in fruits and vegetables has been proven to offer many health benefits. Incorporating a variety of fruits and vegetables into the meals eaten each day will provide fiber, vitamins, minerals, and antioxidants. Vegetables also are low in calories and fat, which aligns with diets designed for weight management. Health experts suggest eating greens and other vegetables first so that you fill up and are therefore less likely to eat

fewer, less nutritious foods during each meal.

- **Consume sufficient healthy sources of protein.** Protein is important for managing hunger and sustaining energy and maintaining muscle. Lean sources of protein are best, and can include skinless poultry, unprocessed lean meats, seafood and fish, legumes, and nuts. Eggs also are excellent sources of protein. Fish tends to be low in calories for the amount of protein it provides. Try to incorporate oily fish like salmon into your culinary repertoire since it's a source of heart-healthy omega-3 fatty acids.

- **Choose whole grain carbohydrates.** When selecting breads, cereals, rice, and other carbohydrates, select higher fiber or whole grain varieties. Whole grains contain more fiber than white or refined starches and will help you feel fuller longer.

- **Cut down on saturated fats and sugars.** Be mindful of food labels when selecting ingredients for meals. Opt for foods that are low in saturated



fats, which tend to contribute to an increase in the amount of cholesterol in the blood. Also, regularly consuming foods and beverages high in sugar increases a person's risk for obesity and tooth decay, says the National Health Service of the United Kingdom.

- **Practice additional smart eating tips.** In addition to the foods eaten, there are ways to eat in a more healthy manner. Slow down when eat-

ing and savor the foods. Gauge whether you feel full before going back for another portion. Eating foods off a smaller plate can trick the brain into thinking you ate more, a tactic that can help to reduce portion sizes. Cook and prepare more foods at home where you can control ingredients.

Eating healthy, nutritious foods is a key to long-term well-being.




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# Exercise solutions for busy people

Lack of time in the day to get enough done is a common lament. Work, family and social obligations have made many individuals busier than ever before, and that can eat into people's ability to find time for daily exercise.

Centers for Disease Control and Prevention says adults need to get at least 150 minutes of moderate-intensity physical activity per week, or 75 minutes of vigorous-intensity activity. For the moderate-intensity recommendation, that boils down to about 21 minutes per day, which is manageable even for the busiest of individuals. To that end, here are some ways busy people can get the exercise they need.

- **Wake up early.** Starting your day 30 minutes early can allow you to fit exercise in before a day becomes hectic. Put workout gear out the night before, and when the alarm sounds in the morning, get up and out, whether it's to head to the gym or go for a morning walk or jog around the neighborhood.

- **Use your lunch hour.** If



you're not a morning person, use a portion of your lunch break for exercise and then eat your lunch afterwards.

- **Take part in high-intensity workouts.** High-intensity exercise regimens typically pack exercises into routines that get the heart rate going, but don't require a lot of time.

They may only be 20- to 30-minute sessions, which is doable for most people.

- **Recognize exercise comes in many forms.** Many people would be surprised that activities they engage in each day can be classified as exercise. Intense gardening or lawn care sessions and even home

cleaning and improvement projects can work the body. Also, exercise can be built into regular activities, such as taking the stairs rather than an elevator or parking further away in parking lots to ensure a lengthy walk.

- **Consider doing the "Daily 50."** The Daily 50 is an informal exercise routine that can occur anywhere and utilizes body weight to get the job done. Exercises can include 50 squats, 50 lunges, 50 wall push-ups, 50 crunches, and/or holding a plank position for 50 seconds. Some also perform 50 knee lifts or hold a wall sit for 50 seconds. These exercises don't require much time and work most of the major muscle groups.

- **Exercise as a family.** Turn family leisure time into enjoyable exercise time. Take hikes, go for bike rides or even kayaking trips together to get everyone up and moving.

Busy people can make time for exercise with some easy solutions.





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# Why handwashing is so important and effective

Winter is historically marked by an increase in people getting sick. That's because certain conditions common to winter can make it easier for infectious agents to spread. Handwashing becomes even more essential as winter rears its chilly head.

Medicine says the body is not as effective at fighting a virus when cold air enters the nose and upper airways. That means the flu, common cold and even COVID-19 can spread more easily in the winter. Also, people tend to huddle indoors where it is warm when the mercury outside drops. That puts people in closer contact with others who may be harboring these viruses or other infectious diseases in their bodies. Individuals often get less exposure to sunlight during the winter, which can adversely affect their natural production of vitamin D. Low levels of vitamin D have been linked to a weakened immune system, which can make fighting illnesses more difficult.

The Centers for Disease Control and Prevention says

handwashing is an important step in staying healthy all year long, and especially during the winter when conditions are ripe for the spread of disease. Many diseases and conditions are spread by not washing hands with soap and clean running water. The CDC says that, in addition to the viruses mentioned above, people can become ill from exposure to even small amounts of feces from people or animals, which can contain Salmonella, E. coli and norovirus. It also may spread some respiratory infections like adenovirus and hand-foot-mouth disease. These germs can get onto hands after people use the toilet or change a diaper, but also after handling raw meats that have minute amounts of animal feces on them.

The Cleveland Clinic advises that a person can prevent one in three illnesses that cause diarrhea and one in five respiratory infections simply by keeping hands clean. Germs from unwashed hands can be transferred to objects like tabletops, door handles and



even foods and beverages, which underscores the significance of handwashing.

The best way to wash hands involves some easy steps.

1. You should wash your hands frequently, and especially after using the toilet; changing diapers; before, during and after preparing food; before eating; before touching your nose, eyes or mouth (including handling dentures or orthodontic aligners); after sneezing, coughing or blowing your nose; and when you arrive home from shopping or being in high-traffic public areas.

2. Wet your hands with clean, running water and use soap if it is available. Any soap

will do. Antibacterial products are not essential.

3. Lather up for about 20 seconds, says Nemours Kids-Health, and make sure to get in between fingers, on the back of hands and under the nails where germs like to linger. Don't forget to also wash the wrists.

4. If possible, remove rings and watches before washing hands, or try to at least move the rings to wash under them.

5. Rinse hands well under running water to remove all traces of soap.

6. Dry hands using a clean towel or air dry them. It is best to use paper towels or a single-use cloth towel.

7. Use a clean paper towel to turn off the faucet and open the door in public restrooms. People at home should routinely wipe down faucets and handles with cleansing products to remove germs from these high-touch points. Frequent laundering of towels also can be effective.



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# Get skilled in self-defense

A perfect society would have no need for self-defense disciplines, but in an imperfect world, having some skills to protect oneself against various dangers is advantageous. Self-defense disciplines employ various techniques that enable people to defend their health and well-being.

There are many different ways people can defend themselves from potential aggressors. The disciplines of martial arts, boxing and even wrestling/grappling are some examples of such defense strategies. De-escalation and firearm training also may fall under the umbrella of self-defense preparation. The following are some self-defense disciplines that can help people gain confidence and skills, all the while protecting themselves.

## Krav Maga

Developed for the Israeli Defense Forces in the 1940s, Krav Maga uses techniques derived from various martial arts, including judo and karate. It is known for a focus on real-world situations. Striking,



grappling and ground fighting are hallmarks of this technique designed to quickly neutralize threats.

## Judo

Judo is a Japanese discipline that is known to be one of the more gentle martial arts. It focuses on grappling and other close-range self-defense tactics that can derail attackers' efforts to grab another person or subdue them, according to Defender Ring, a manufacturer of self-defense products.

## Karate

Many people are familiar with karate, which means "empty hand" in Japanese. Traditionally, the practice of karate teaches self-control and discipline. Spiritual development and self-mastery are parts of karate, which focuses on defense rather than offense.

## Boxing

Boxing employs punches and footwork as means to self-defense. Boxing focuses on defensive skills, intense conditioning and powerful striking

techniques. Boxing teaches a person to block the blow of an attacker and to actively defend oneself.

## Aikido

Another form of martial arts, aikido practitioners employ various skills to immobilize joints and fend off their opponents. Aikido limits the amount of violence doled out, so a person stops an attack rather than fighting back. Aikido relies on timing and technique instead of strength and size.

## Muay Thai

This is a Thai boxing technique, and some also refer to it as kickboxing. This form of martial arts uses close-combat actions that involve strikes, sweeps and various clinching techniques. Tiger Muay Thai says the discipline uses the entire body as a weapon.

Individuals interested in developing self-defense skills can enroll in any number of training classes that can teach maneuvers to keep them safer on the streets.

A large advertisement for Reichl &amp; Kolstad Orthodontics. On the left, a man and a young boy are posing. The man is wearing a blue and yellow baseball jersey with "BREWERS" on it, and the boy is wearing a white and blue baseball jersey with "BREWERS" on it. They are both holding baseball bats and gloves. The background is a light gray with a faint baseball field pattern. The text "SWING into a new smile" is prominently displayed in the center, with "SWING" in large blue letters and "into a new smile" in a smaller, yellow, cursive font. Below this, the text "AT REICHL &amp; KOLSTAD ORTHODONTICS" is written in red, bold letters. Further down, it says "We offer traditional braces and Invisalign" in black, followed by "Board Certified Doctors Peter Reichl and James Kolstad look forward to meeting you!" in a black, italicized font. At the bottom right, it says "Voted TOP ORTHODONTISTS by our peers in Milwaukee Magazine!" in black, followed by "Waukesha, Hartland, Mukwonago and Oconomowoc" in black, and the phone number "262-547-2827" in large, bold, black letters. The bottom of the advertisement features a red banner with the text "REICHL &amp; KOLSTAD ORTHODONTICS" in white, bold letters, and a small logo of a red and blue checkmark on the right.



# Tips to get children excited about exercise

Human beings need to engage in physical activity to stay healthy. But too many children are not getting the exercise they need. Only 50 percent of boys and less than 34 percent of girls between the ages of 12 and 15 are adequately fit, according to the Centers for Disease Control and Prevention. Children who are not physically fit are at greater risk for chronic diseases. In addition, children who are overweight or obese are at a higher risk of retaining that extra weight into adulthood.

Getting children to exercise regularly can be an uphill battle with so many distractions, such as electronic devices, vying for their attention. But parents can explore the following ways to get children more excited about physical activity.

• **Choose interactive toys.** Select toys for kids that require movement. These can include sporting activities, scooters, bicycles, and even video games that involve physical activity. Kids will be moving while they play, which is a first step.



• **Set an example.** Children may be more likely to embrace physical activity if they see their parents exercising regularly. Adults can share their passions for activities that encourage movement, whether it is hiking, heading to the gym, swimming, or rock scrambling.

• **Make it a contest.** People

can be very competitive, especially young children. If kids know there is a prize or reward attached to doing something, they may have more motivation to engage with it. Offer a prize to the person who can log the most minutes of physical activity each week.

• **Make things social.** The more people involved in an

activity, the greater the chance kids will want to be involved. Therefore, invite their friends, cousins, classmates, and other relatives to participate.

• **Look for new ways to exercise.** Plan vacations and day trips around an activity. Perhaps the family can learn how to surf or snorkel on a trip; otherwise, a trip to the zoo or a museum can involve a lot of walking.

• **Find reasons to walk.** Kids and parents can walk to or from school each day to get exercise. Parking further away from stores ensures some extra steps as well. Take the stairs in malls instead of elevators or escalators.

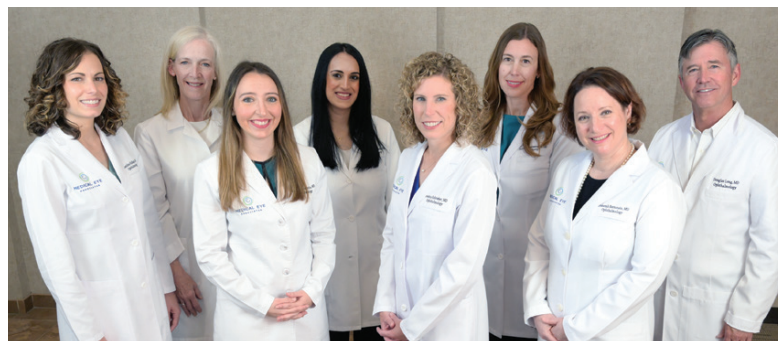
• **Encourage participation in team sports.** Afterschool athletics often involve multiple days of practices and games or meets, which can be all the exercise a kid needs to be healthy. Athletics also present a fun way to exercise with friends.

Kids need physical activity to stay healthy, and there are various ways to make them more inclined to be active.



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# The nutritional value of seafood

Certain types of cuisine tend to inspire a little extra devotion, and seafood is one such food. Seafood is an umbrella term that refers to fish such as salmon and tuna as well as shellfish like shrimp, crab and oysters. That's a wide range of foods, which underscores the versatility of seafood.

is one notable attribute of seafood, and diners can keep that in mind as they plan nights out on the town. Another worthy quality of seafood is its nutritional value, which is perhaps more significant than even the most devoted fish and shellfish lovers recognize.

- **Fish is low in saturated fat.** The American Heart Association notes that fish is not high in saturated fats. In fact, the AHA recommends eating two servings of fish, particularly fatty fish like salmon, each week. Additional types of fatty fish include bluefin tuna, oysters, mussels, herring, mackerel, and anchovies.

- **Certain types of fish and seafood can help lower**



**triglyceride levels.** Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are two types of fatty acids found in fish such as mackerel and salmon that are associated with heart health. The Cleveland Clinic notes that EPA and DHA help to lower triglyceride levels, which is beneficial for a variety of rea-

sons. According to the Mayo Clinic, high triglycerides may contribute to a hardening of the arteries or a thickening of arterial walls, a condition known as arteriosclerosis. Arteriosclerosis is a known risk factor for stroke, heart attack and heart disease.

- **Shellfish are high in protein and low in calories.**

WebMD reports that shellfish are a great source of lean protein. That's a notable benefit, as lean protein is easily digestible and vital for muscle growth and repair. Lean protein sources also can help people feel fuller for longer periods of time, potentially reducing the likelihood that people will overeat. WebMD notes that a single, three-ounce serving of clams contains 22 grams of protein, which is more than 40 percent of the daily recommended intake for people adhering to a 2,000 calorie diet.

That same three-ounce serving also contains just 126 calories.

Many people mistakenly believe that dining out will compromise their diets. However, individuals who make wise choices when dining out can enjoy delicious foods without the guilt. Various dishes that fall under the umbrella of seafood provide a delicious and healthy option when diners want to hit the town without compromising their overall health.





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# Did you know?

Volunteers typically offer their time and services in an effort to help others, but researchers believe volunteering has a profound effect on individuals who lend a hand, particularly when those pitching in are children and teenagers. A 2023 study published in the journal JAMA Network Open found that volunteering is associated with improved overall health and wellness among children and adolescents. Researchers behind the study found that children who volunteered were 34 percent more likely to be in excellent or very good health compared to peers who did not volunteer. In addition, 66 percent of child and adolescent volunteers were more likely to be seen as “flourishing” and 35 percent were less likely to develop behavioral problems compared to their peers who did not volunteer. These findings are nothing to scoff at, as mental health issues continue to affect young people at rates that many find alarming. For example, recent data from the Centers for Disease Control



and Prevention indicates nearly one in three girl high school students considered suicide in 2021. Though additional research into a potential link between volunteering and improved mental health among modern adolescents is necessary, it's worth noting that studies have long since determined that volunteering is good for volunteers' mental health, with volunteers often reporting greater life satisfaction than individuals who do not volunteer.



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