

IN THIS ISSUE:

- National Colorectal Cancer Awareness Month*
- What You Can Do to Manage Workplace Fatigue*
- 4 Steps to Protect Your Financial Future*
- How Much Activity Do Adults Need?*

National Colorectal Cancer Awareness Month

In 1999, the Prevent Cancer Foundation led the charge to designate March as National Colorectal Cancer Awareness Month. This year, more than 145,600 people will be diagnosed with colorectal cancer, and more than 51,000 will die of the disease.

If you are age 50 to 75, get tested regularly for colorectal cancer. A special test (called a screening test) can help prevent colorectal cancer or find it early, when it may be easier to treat. You may need to get tested before age 50 if colorectal cancer runs in your family. Talk with your doctor and ask about your risk for colorectal cancer.

How Do I Decide Which Test to Take?

There are different ways to test for colorectal cancer. Your doctor can help you decide which test you would prefer.

Before you talk with your doctor about which test to get, it can be helpful to think about your values and preferences.

Answer these questions to find out which test you would prefer – then share the results with your doctor.

Together, you and your doctor can make a screening plan that's right for you.

What Do I Ask the Doctor?

Visiting the doctor can be stressful. It helps to have questions written down ahead of time. You may also want to ask a family member or close friend to go with you to take notes. Print out these questions and take them to your appointment.

- What is my risk for colorectal cancer?
- When do you recommend that I start getting tested?
- What are the different types of screening tests for colorectal cancer?
- Which screening test do you recommend for me? Why?
- How often do I need to get tested?
- What happens during the test? How do I prepare?
- Does the test have any risks or side effects?
- How long will it take to get the results?
- What can I do to reduce my risk of colorectal cancer?

What You Can Do to Manage Workplace Fatigue

Adults need 7–9 hours of sleep per night, along with opportunities for rest while awake, optimal health, and well-being. Long work hours and shift work, combined with stressful or physically demanding work, can lead to poor sleep and extreme fatigue. Fatigue increases the risk for injury and deteriorating health (infections, illnesses, and mental health disorders).

Recognize these are stressful and unusual circumstances and you may need more sleep or time to recover.

Tips to Improve Sleep:

- You'll sleep better if your room is comfortable, dark, cool, and quiet.
- If it takes you longer than 15 minutes to fall asleep, set aside some time before bedtime to do things to help you relax. Try meditating, relaxation breathing, and progressive muscle relaxation.
- Avoid sunlight or bright lights 90 minutes before you go to sleep, when possible. Exposure to light just before bedtime can cause you to feel more awake.
- Consider using blackout shades at home when sleeping.
- Take naps when you have the opportunity.
- Eat healthy foods and stay physically active, as it can improve your sleep.
- Avoid alcohol, heavy meals, and nicotine for at least 2–3 hours before bedtime.
- Don't drink caffeine within 5 hours of bedtime.

Make Every Bite Count!

The foods and beverages we consume have a profound impact on our health, yet we're still not following a healthy dietary pattern. On December 29, 2020 the Department of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA) released the Dietary Guidelines for Americans, 2020–2025 to help Americans to consume a healthy, nutritionally adequate diet.

More than half of the U.S. population meets or exceeds total grain and protein foods recommendations, but are not meeting the subgroup recommendations for each food group.



of people have dietary patterns low in vegetables, fruits, and dairy



exceed the limit for added sugars



exceed the limit for saturated fat



exceed the Chronic Disease Risk Reduction limits for sodium

It's never too early or too late to improve food and beverage choices, and to establish a healthy dietary pattern. Focus on nutrient-dense foods and beverages, limit those higher in added sugars, saturated fat, and sodium, and stay within calorie limits.



Working Adults: Care for Yourself One Small Way Each Day

- **Unplug from technology:** Leave the electronics alone until you've given yourself time to prepare for the day.
- **Remind yourself that you are fabulous:** Remind yourself of all the things you have accomplished, and don't get caught up in problems or failures.
- **Stay hydrated:** Hydration is the key to vitality and health. Try infused water – strawberry and mint, peach and sage, cucumber and basil.
- **Find new ways to safely connect with family and friends:** Get support and talk about the good things that are happening in their lives.
- **Take care of your body:** Get moving to lessen fatigue, anxiety, or sadness.



4 Steps to Protect Your Financial Future

Finances are consistently a top concern for many Americans, with “saving money” a top-10 most common New Year’s resolution. This year, Americans are more concerned than ever before due to the uncertainty in the economy.

Saving money is more than just putting spare change into a coffee can, or simply ordering takeout less often. While those things can add up over time, people may find that their greatest savings can come from taking a look at the necessary expenses they pay for every month, such as insurance.

1 Check your auto insurance coverages. There’s no reason to pay for more coverage than you need, but being underinsured can leave you exposed. It’s important to make sure you have the right amount of auto insurance coverage to protect against unforeseen events.

2 Know what your homeowner’s insurance covers. First and foremost, be sure to read your policy so you’re clear about what it does and doesn’t cover. It’s a good idea to check in with your insurance agent each year to ensure you have adequate coverage. Also, maintain a home inventory to ensure you have an accurate record of your belongings and property.

3 Be aware of potential gaps in coverage. A standard homeowners insurance policy often doesn’t cover mechanical failures to your home’s appliances. Adding home systems protection and service line protection endorsements can help provide coverage for costly repairs and replacements, saving money and ensuring peace of mind. Pennies spent now can save you thousands of dollars later.

4 Regularly shop for the best coverage and price. Insurance prices can vary significantly from company to company, so it’s a good idea to take a few minutes to see if you’re getting a good deal. Shop around at least once a year – making sure to look for the exact same coverage limits. You may be able to find a more affordable rate.

The most effective way to make sure your finances are minimally impacted by insurance costs this year is to speak to an independent insurance agent. They can help make sure you have the proper amount and type of coverage to keep yourself, your family and property protected.



How Much Activity Do Adults Need?

During stressful times, it's important to remember that some physical activity is better than none! Adults should move more and sit less throughout the day. If you're working from home, try taking activity breaks throughout the day or using a standing desk for conference calls.

According to the Physical Activity Guidelines for Americans, adults need a mix of activities to stay healthy, including at least:

- 150 minutes of moderate-intensity aerobic activity a week
- 2 days of muscle-strengthening activity a week

Staying Active

Physical activity can provide immediate benefits. Physical activity can help boost your mood, reduce stress, improve sleep, and sharpen your focus – benefits that can be especially important during stressful times. Physical activity can also help you live a longer, healthier life by reducing the risk of many common chronic diseases, like type 2 diabetes and some cancers.

How to Be Active Without a Gym

There are all kinds of ways to get active at home. Workout videos, dancing, and even active video games are great ways to get moving. This might be the perfect opportunity to try something new!

- Try streaming a group workout online in your home. Many gyms and organizations across the country are offering free streaming or on-demand fitness options.
- Are you used to lifting weights at a gym and don't have any at home? Try some bodyweight exercises – they can help you build strength, just like lifting weights.
- Household chores and gardening are also good ways to get moving, and a great way to multitask.
- Take a walk, run, or bike ride in a quiet neighborhood, or hike on a local trail.

The **Move Your Way Activity Planner** is a great way to identify activities you can do at home! Your local parks department or recreation center website might also have guidance.