

OFFICE OF THE CHIEF WELLNESS OFFICER

# Boosting Immunity and Sustain Energy with Healthy Lifestyle Behaviors

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## Stay Calm and Well

### Part II

Learn strategies and  
resiliency skills to reduce  
anxiety and overcome  
today's issues.

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*Partners: College of Nursing, Buckeye Wellness,  
YP4H, OSU Health Plan, Office of Human  
Resources, Employee Assistance Program and  
Office of Student Life*



# Skills Building - Week #3

## Financial Wellbeing: Managing Credit and Debt Reminders:

- Obtain a free copy of your credit report from the credit reporting agencies by logging onto [www.annualcreditreport.com](http://www.annualcreditreport.com) or by calling 877-322-8228 to ensure accuracy regarding what is being reported about you.
- Develop and implement a strategic plan to reduce debt, specifically high interest unsecured debt. Contact the OSU EAP to request assistance as needed 1-800-678-6265
- Monitor debt payment levels and achieve a 15% debt ratio, begin saving for an emergency savings account.

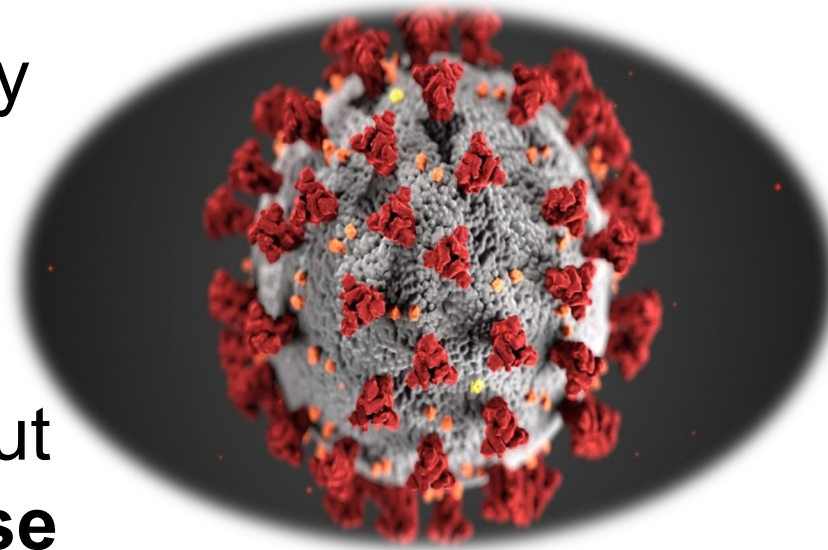




# COVID-19 is Triggering Mental Health Problems and *Unhealthy Lifestyle Behaviors*

***You are Not Alone!***

- Feelings of despair
- Fear for loved ones
- Decreases in job security
- Increases in loneliness
- Mindset switch from “thriving” to “survival”
- Zoom fatigue and burnout
- **Increases in alcohol use**
- **Unhealthy eating patterns**



- Feelings of hopelessness
- Increases in anxiety
- Decreases in financial security
- Social withdrawal
- Sleep disturbances
- **Declines in Physical Activity**





# Boosting Immunity with Healthy Lifestyle Behaviors

Every part of your body, including your immune system, functions better when protected by healthy-living strategies such as:

- Not using tobacco
- Regulating stress
- Eating a diet rich in fruits and vegetables
- Exercising regularly
- Maintaining a healthy weight
- Drinking alcohol in moderation
- Getting adequate sleep
- Hand-washing hygiene and other health and safety protocols





# From a Small Coal Mining Town to Buckeye Nation: My Story





# Considering all Causes of Morbidity and Mortality, Behaviors are the #1 Killer of Americans





# Based on Evidence, What Do We Know?

People who have the following behaviors have 66% less diabetes, 45% less heart disease; 45% less back pain, 93% less depression, and 74% less stress

- **Physical activity** - 30 minutes 5 days per week
- **Healthy eating** - 5 fruits and vegetables per day
- **No smoking**
- **Alcohol only in moderation** - 1 drink per day

*Getting 7 hours of sleep and regularly engaging in stress reduction will result in even greater reductions in chronic disease.*





# Not the Size of Alcoholic Beverages in Vegas!



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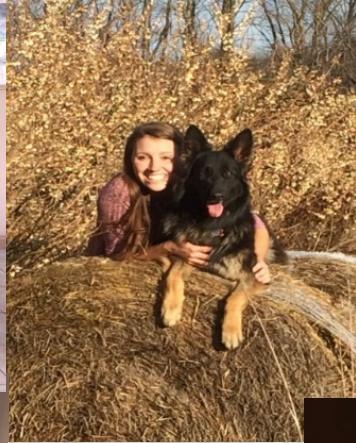
**We Make Behavioral Choices Every Day  
Make Today Your January 1 and Commit  
To One Healthy Lifestyle Change for the Next 30 Days!**





# My Main Reasons for Engaging in Healthy Lifestyle Behaviors

## Who/what are yours?













# Nutrition can positively or negatively impact our energy and health



Going too long without eating:

- inadequate glucose to cells
- function declines in all energy dimensions
- decline of lean muscle mass and slowed metabolism

Human Performance Institute, Inc  
(2010)



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# Nutrition can positively or negatively impact energy and health

Eating too much:

- a bolus of glucose that the body can't use
- decreased energy and lack of engagement
- increase of insulin and fat storage

Human Performance Institute, Inc (2010)



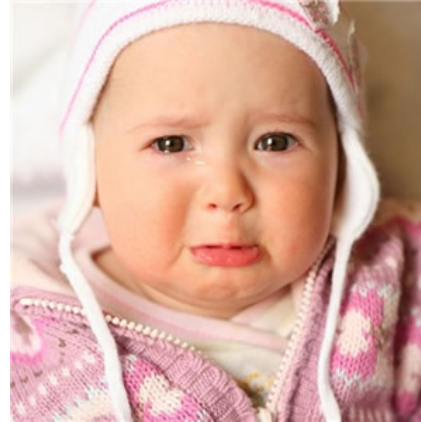


# Immune Supporting Nutrients

- **Beta Carotene** is found in plant foods, such as sweet potatoes, spinach, carrots, mango, broccoli and tomatoes.
- **Vitamin C**-rich foods include citrus fruits, berries, melons, tomatoes, bell peppers and broccoli.
- **Vitamin D** is found in fatty fish and eggs. Milk and 100% juices that are fortified with vitamin D also are sources of this important nutrient.
- **Zinc** tends to be better absorbed from animal sources such as beef and seafood, but also is in vegetarian sources such as wheat germ, beans, nuts and tofu.
- **Probiotics** are “good” bacteria that promote health. They can be found in cultured dairy products such as yogurt and in fermented foods such as kimchi.
- **Protein** comes from both animal and plant-based sources, such as milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans and lentils.



# Eat Light and Eat Often





# Snacking



## Fuel up between light meals!

- 1 lower sugar yogurt
- 15 almonds or cashews
- ½-1 nutrition bar
- hard-boiled egg
- 1 oz. (30 g) of cheese
- 1 apple, peach or pear
- 1 tablespoon (15 g) of peanut butter
- baked chips and hummus
- ½ bagel and cream cheese
- 100-200 calories





# Portion Control



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# 80/20 Rule

80%



20%







## **PHYSICAL ACTIVITY & EXERCISE**



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- Our bodies are made to move!
- Activity promotes good circulation, which allows the cells and substances of the immune system to move through the body freely and do their job efficiently.
- Movement increases metabolism
- Non-movement leads to:
  - Impaired blood circulation
  - Decreased metabolism

Human Performance Institute, Inc (2018)







## Movement Tips

- Small movements every 30-45 minutes
- Large movements every 60 minutes
- Low to moderate intensity
- Some movement is better than no movement

Human Performance Institute, Inc (2010)

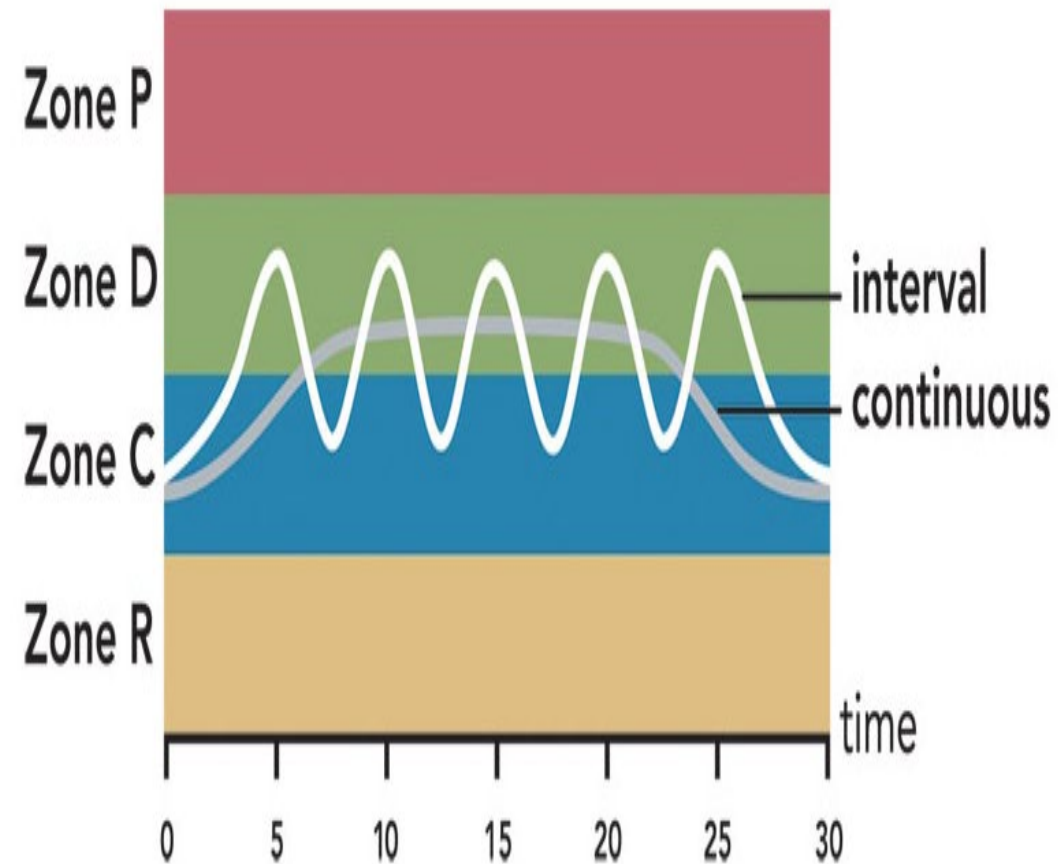


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# Exercise

- Do at least 2 strength training workouts per week.
- Do at least 2 cardiovascular interval workouts per week.
- Think quality, not quantity, to help maximize potential.





# We need to recover!

## **Stress impacts the immune system.**

- Chronic or long-term stress is linked to numerous immune health problems, including:
  - Suppression of the immune system.
  - Premature aging of the immune system.
  - Enhanced risk of illness and age-related diseases.
  - Increased upper respiratory tract infection symptoms.
- Deep breathing
- Micro-breaks throughout the day
- Vacation time
- Meditation/yoga
- E-less
- Mindfulness
- Laugh
- Journal





# Sleep

- Period of planned non-movement
- Recover energy
- Grow and repair



- During **sleep**, your **immune** system releases proteins called cytokines, some of which help promote **sleep**. Certain cytokines need to increase when you have an infection or inflammation, or when you're under stress. **Sleep** deprivation may decrease production of these protective cytokines.
- Go to bed same time every night; wake up at the same time every morning
- Caffeine
- Exercise





# Today, *Make Just 1 Change* for Your Wellness

- Decide to take the stairs instead of the elevator
- Hold 50 minute meetings instead of 60 minutes, and use the 10 minutes for a recovery break
- Read 5 to 10 minutes in a positive book every morning
- Take 5 slow deep breaths when stressed
- Drink water instead of a sugared beverage
- Laugh more
- Sit less, stand more
- Exercise for 10 minutes
- Sleep 10 more minutes





# Skills Building Week 4

- By taking care of our health, we can boost our immune system.
- Eat a variety of food so you get vital immune-boosting vitamins and minerals.
- Engage in physical activity and exercise to keep your cardiovascular system running efficiently.
- Get 7-9 hours of sleep a night.
- Take time to recover and rest.







# Thank You

Office of the Chief Wellness Officer and  
Buckeye Wellness

We appreciate your feedback!

Please complete a brief survey following this  
presentation



This survey will be sent via email to all registrants.  
This and all future series recordings can be found at:

<https://u.osu.edu/keepcalmcovid192/recorded-webinars/>



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# Next Week

September 9, 2020 12:30 - 1:00 pm

Helpful Strategies for Dealing with Grief

Jodie Leister, MSed, LPCC-S, CEAP

Employee Assistance Plan Counselor

