

WELLNESS @ MINUTE

December 2022



TIPS FOR CHOOSING SAFETOYS

PROGRESS AND CHALLENGES WITH HIV/AIDS

RECIPE OF THE MONTH

THE PROS AND CONS OF SPIN CLASSES

TIPS FOR CHOOSING SAFE TOYS

If you're shopping for toys this holiday season, it's important to keep safety in mind as you make selections. There are various factors to consider especially the child's age.

HERE ARE SOME SPECIFIC GUIDELINES:

- Avoid toys with small parts for children 3 or under. Young children tend to put everything into their mouths, creating a choking hazard. If the toy or any part of it fits through a toilet paper roll, it's too small.
- Toys for infants or toddlers should be unbreakable and able to withstand chewing. You should also avoid toys with strings longer than 7 inches since these can pose a strangulation hazard.
- Battery-operated toys should have battery compartments that close with screws to prevent children from opening them. Batteries are not only a choking hazard, but the fluid can cause internal bleeding and chemical burns.

Reference:

<https://www.akronchildrens.org/inside/2021/12/16/safety-toy-checklist-for-toddlers/>



PROGRESS AND CHALLENGES WITH HIV/AIDS

December 1st is World AIDS Day with the goal of raising awareness about the HIV epidemic. HIV/AIDS is a disease that has now been around for four decades. While a lot of progress has been made with treatment, the disease continues to be a public health challenge globally and in the United States.

- Approximately 1.2 million people in the U.S. are living with HIV.
- Certain populations are disproportionately affected, including gay and bisexual men, Blacks and Latinos, transgender women, and those living in the Southern U.S. In fact, African Americans have higher rates of new infections.

Despite these ongoing challenges, many advances have been made related to treatment, improved care, and prevention.

- At the height of the epidemic in the mid-80s, there were about 130,000 HIV infections annually. In 2019, there were 34,800.
- Taking medication known as PrEP (pre-exposure prophylaxis) has significantly lowered the risk of becoming infected.
- Those with HIV who take medication as prescribed can live long, healthy lives without transmitting it to others (as long as the treatment keeps them at an undetectable viral load).
- In 2019, 66% of those with HIV infection were virally suppressed with medication compared to 60% in 2015.

This is progress that can be celebrated, but we still need to continue working toward ending the epidemic.

For more information on prevention, testing, and treatment, go to cdc.gov/stophivtogether/hiv-prevention/index.html

Reference:

<https://www.hhs.gov/blog/2021/06/07/after-40-years-progress-it-time-end-hiv-epidemic.html>

MAPLE ROASTED BEETS & CARROTS

4 servings

This colorful recipe makes for an easy and healthy holiday side dish.

INGREDIENTS:

- 5 large carrots, peeled and sliced
- 4 medium beets, peeled and diced
- 2 tbsp. olive oil
- Salt & pepper to taste
- 2 tbsp. butter
- 3 tbsp. pure maple syrup

INSTRUCTIONS:

1. Preheat oven to 425 degrees F and move the rack to the middle position.
2. Cut the beets and carrots into pieces that are roughly the same size, and place the pieces on a large baking sheet.
3. Drizzle the olive oil onto the beets and carrots and add salt and pepper. Toss until they're coated. Spread them out in an even layer.
4. Roast for about 15 minutes, or until the veggies are tender-crisp (this will vary depending on the size of the pieces).
5. Take the baking sheet out of the oven and add the butter and maple syrup directly to the baking sheet. Let the butter melt then toss the veggies again until everything is coated.
6. Return the baking sheet to the oven for another 5 minutes.
7. Serve immediately.

Reference:

<https://www.saltandlavender.com/maple-roasted-beets-and-carrots/#recipe>



THE PROS AND CONS OF SPIN CLASSES

Indoor cycling classes can be a fun and exhilarating way to get fit, whether you combine them with other workouts or make them your main workout.

However, spin classes are not for everyone. What are the benefits and downsides?

PROS:

- They offer a vigorous cardio workout without putting stress on the joints.
- They can build muscle strength without adding bulk when done consistently.
- You can burn 400-600 calories depending on the duration and intensity.
- They help build endurance.
- They offer a supportive community and instruction to help you cycle safely and avoid injury.

CONS:

- It can be easy to push yourself too hard by trying to keep up with the class. If you're a beginner, it's important to pace yourself instead of getting caught up in the competitive atmosphere.
- Classes at spin studios can be expensive and costs can add up if you're doing multiple classes per week at \$15-25 per class. However, some gyms may offer classes that are covered by the monthly membership.
- It is not a well-rounded workout since even those classes that include hand weights don't provide enough of an upper-body workout.

While expensive initially, investing in a Peloton is another option that can pay off in the long run and the monthly subscription not only offers virtual spin classes but many other types of workouts as well.

Reference:

<https://www.healthline.com/health/benefits-of-a-spin-class>

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National Handwashing Awareness Week

December 6 – 12, 2022 is celebrated as National Handwashing Awareness Week to remind us of the importance of good hygiene and preventing infections, especially during cold and flu season.