

Health and wellness tips for your work and life—brought to you by the insurance professionals at

Johnston Park McAndrew



## Here's Why You Should Eliminate Energy Drinks From Your Diet

The government recently [announced](#) that it is considering creating legislation to ban the sale of energy drinks to children under the age of 16, associating the beverages with rising levels of childhood obesity. Although the ban would only affect children, energy drinks carry consequences for consumers of all ages. Consider the following reasons for eliminating energy drinks from your diet:

- **Tooth troubles**—Due to the high levels of sugar often found in energy drinks, these beverages are known to increase the risk of tooth decay.
- **Health issues**—Despite the concept of using energy drinks to stay focused, excess caffeine can have the opposite effect, resulting in hyperactivity, low concentration and anxiety.
- **Mixing mistake**—Energy drinks have emerged as a popular mixer for alcohol. This practice is exceptionally dangerous as caffeine reduces the drowsiness caused by alcohol, increasing the likelihood of poor decision-making, risky behaviour and loss of inhibition.

## Say Goodbye to Summer with a Smile: How to Avoid Autumn Blues

As October makes a debut on the calendar, summer has officially come to a close. While the time for sunny holiday travels and warm weather has passed, don't let the seasonal transition get you down. Follow these tips to make the most of autumn and avoid the post-summer blues:

- **Appreciate your home town**—For many, the summer is filled with travels to new and exciting destinations. However, autumn is the time to appreciate what is right in front of you. Savour where you live by taking a detour during your commute or going for a walk outside your usual route. You may be surprised to find that unique experiences and novelties exist just outside your doorstep, such as tasty restaurants or creative clubs.
- **Celebrate the season**—Summer offers many fun seasonal activities, such as going to the beach and soaking up the sun. As autumn approaches, keep things interesting by updating your seasonal habits. Potential examples include creating an October reading list, planning out an autumn wardrobe or trying new recipes filled with fresh [seasonal foods](#). Popular autumn produce consists of apples, beetroot, butternut squash, kale, and pumpkin.
- **Develop a resolution**—Although we often associate resolutions with the beginning of the year, it's never a bad time to set a personal goal. Start the season with a little momentum and strive to achieve something you've always wanted, like training for a marathon or joining a new club related to your passion.

## Reducing Risk Factors:

Here's What You Can Do to Help Prevent Dementia



Eat a balanced diet.



Avoid smoking or excessive drinking.



Entertain your brain.



Stay active.

## Developing a Healthy Routine Can Decrease Your Dementia Risk

Dementia, a disease common among those over age 65 and associated with symptoms of memory decline and reduced cognitive abilities, has become a growing problem across the globe. In the UK alone, almost 850,000 people are currently living with dementia. This number is expected to grow to nearly 1 million by 2025, according to [research](#) by the Alzheimer's Society.

Although there is currently no cure for dementia, medical experts suggest that reducing controllable risk factors can significantly decrease your chance of suffering from the disease later in life. Consider the following tips to help reduce your risk of developing dementia:

- **Stick to healthy eating habits**—Eating a healthy and balanced diet can reduce your risk of dementia. Aim for at least five servings of fruits and vegetables each day, limit sugar and salt intake, eat starchy foods such as bread or potatoes, and stay hydrated with six to eight glasses of water each day. Consider adopting the Mediterranean diet, which consists of lean meats and fish, wholegrains, fruits, vegetables, nuts and olive oil.
- **Avoid alcohol or smoking**—Apart from healthy eating, it is important to get rid of poor habits such as smoking and drinking excessive amounts of alcohol, which can increase your risk for dementia. Be sure to talk to your doctor about methods for quitting smoking and try to limit yourself to one alcoholic beverage each day. Keep yourself accountable by creating a healthy habits log to track how often you are smoking and drinking.
- **Keep your mind active**—A key method for lowering the risk of dementia is engaging in daily cognitive activities to energise your brain. Stay involved in social activities, such as volunteering or joining a club. In addition, consider trying new hobbies or learning new skills, such as learning a different language, reading a book or attempting a daily crossword puzzle.
- **Engage in aerobics**—Maintaining daily physical activity is a great way to reduce your risk of dementia, according to medical experts. Aim for either 150 minutes of moderate aerobic activity (such as walking or biking) or 75 minutes of vigorous activity (such as running or fast swimming) a week.