

Wellness
Coordinator:
Mandy Gray

The Heartbeat

January 1, 2010

Wellness For Life 1st Quarter Events

- January 21: Wellness presentation at 10 and 12:15 in Crusader Hall Conference Room A and B
- February 17 and 18: Yearly Health Assessments, locating TBA
- February
- March 18: Wellness presentation at 10 and 12:15 in Crusader Hall Conference Room A and B. Lunch provided!

Goals and Resolutions

For many of us, New Year's resolutions are grandly made and easily broken. To make a life change, you need more than a decision. You need a plan. The plan is the guide to put your decision into action so that you can reach your goal. It's up to you to take steps to get closer to your goal. Learning how to set goals takes practice.

Setting a small goal, like getting up half an hour earlier in the morning so that you can get where you need to be on time,

may be challenging - it just takes practice. After a few weeks or months, it will just be a positive habit. Knowing that you can make small changes can give you the motivation and confidence to tackle a bigger goal.

Setting realistic goals can lead to a healthier lifestyle and improved self-esteem. The temptation to make New Year's resolutions can be strong, but you can set all kinds of goals at any time during the year. Pick a day that's meaningful for you - your birthday, your anniver-

sary, your child's birthday, or any personal date.

Children also benefit from learning how to plan and reach goals. It helps them learn how to manage their time and make good decisions - skills that can have a lasting and positive impact on their future. Together with your child, set a healthy goal and create a plan! Working toward goals can improve your life in many ways. Once you've accomplished a goal, be it big or small, you'll know it can be done and you'll have confidence for your next goal!

Exercise Quick Tip

Too tired to exercise at the end of the day? Break your workout into three 10-minute segments each day. Find another time during the day to work out or sneak physical activity into your normal work schedule by taking the stairs or make an extra lap around your building as you deliver a message. All those extra steps will lead to long-term success.

Smart Eats for Healthy Weight Loss

Eating for healthy weight is not about going on (and then off) the latest diet. The best way to achieve - and maintain - a healthy weight is to make small changes that you are willing to do forever. These six smart eating habits can help you reach your health goals:



1. **Eat early: Kick-start the day with a power breakfast.** Start with a protein (like yogurt, peanut butter, lean deli-meat or an egg); add a whole grain (like high-fiber cereal, whole-wheat toast or bran muffin); and finish it off with a fabulous fruit treat (like a banana, canned peaches, frozen blueberries or orange juice).
2. **Eat regularly: Snack smart to curb the munchies.** Getting over-hungry usually leads to overeating. With power snacks

nearby, you won't be tempted by donuts or vending machines. For long-lasting energy, enjoy a handful of nuts or trail mix; a piece of string cheese or beef jerky; or some creamy yogurt with fruit.

3. **Eat bright: Fight disease with a rainbow of produce.** The phytonutrients in produce help fight cancer, heart disease, high blood pressure and the effects of aging. They also add great taste and bright colors to every meal. Eat green (broccoli), red (tomato), orange (cantaloupe), yellow (squash), and purple (grapes).
4. **Eat whole: Enjoy the nutrient combos in whole foods.** Nature does an amazing job of putting nutrients together. Whole grains have a bundle of fiber, folic acid, and B-

vitamins for healthy hearts. Dairy foods have calcium, magnesium and protein for strong bones. Lean beef has zinc, iron and protein power.

5. **Eat strong: Put some protein in every meal and snack.** Protein, more than carbohydrates or fat, leads to feelings of fullness and satisfaction. Solid protein is more satisfying.
6. **Eat half: Re-size super-portions to fit your needs.** Today's portions - fast food, restaurant, vending and cookbook - have all been supersized. Many servings are two to four times what your body needs or wants. One simple solution - cut your food portions in two - eat half and save the rest for another time.

The Fight Against Obesity with Fiber

While diets low in carbohydrates and high in protein continue to attract the public's attention, new research indicates "normal-weight" adults tend to eat more fiber and fruit than people who are overweight or obese.

Researchers at the University of Texas at Austin looked at dietary intakes of more than 100 people of generally the same age and height; half were considered normal weight and half were overweight or

obese. The researchers found the diets of the two groups were similar in many ways, including intakes of sugar, bread, dairy products and vegetables.

The main difference between the groups: Normal-weight adults consume about 33% more dietary fiber and 43% more complex carbohydrates each day than people who were obese.

As the Texas researchers acknowledge, "no magic formula exists for weight loss". But this study appears to of-

fer more evidence that consuming a balanced diet that includes an adequate amount of fiber from plant foods (25 grams to 38 grams per day for adults - nearly twice the current national average) can benefit your health and weight.

Eating enough fiber helps bowels function properly, can alleviate symptoms of chronic constipation and diverticular disease and may help lower your risk for heart disease and some cancers.

Eat Your Water

Water does far more for your body than just satisfy your thirst. Almost every body cell, tissue, and organ needs water to function. In fact, water is the nutrient your body needs in greatest amount.

The Dietary Reference Intakes from the Institute of Medicine advise an Adequate Intake levels of 3.7

liters (125 oz) of total water daily for males ages 19 and over. For females 19 and older, it's 2.7 liters (91 oz) daily. While drinks supply a good portion of your water needs, solid foods also provide a surprising amount.

For example (number in parentheses is the percentage of water by weight):

- Lettuce (95%)

- Apple (86%)
- Watermelon (91%)
- Yogurt (85%)
- Broccoli (89%)
- Grapefruit (89%)
- Carrot (88%)

Keep your body functioning normally and avoid dehydration by eating healthfully.

What Keeps You From Getting In Shape?

Obstacle: Too busy.

Busy people have trouble finding time for regular exercise workouts. Just remember that exercise can impact your ability to do everything else in your life.

Solution: Work out at the same time each day and you are more likely to make exercise part of your routine. Many people who stick with exercise find mornings work best. Or if you are physically able, raise your intensity level to shorten your workout time.

Obstacle: Too tired. At the start, regular workouts can

seem tiring. Yet exercise actually increases energy, allowing you to fit in more activities - and enjoy them more.

Solution: Change your schedule. Energy and strength are generally higher in the morning than in the evening. A snack prior to a workout can help fuel you for exertion. Because exercise is energizing, you may find that it boosts your productivity afterward.

Obstacle: Boredom. Remind yourself of the benefits exercise delivers. Or lower your expectations - does exercise always have to be fun before you'll do it?

Solution: Choose new

activities or alternate your sports. Change your route. Listen to music or a learning tape. Work out with a friend.

Obstacle: Lost interest. Whether due to injury or lack of progress or motivation, nearly everyone temporarily quits at some time or has setbacks with their fitness goals.

Solution: Figure out why you quit and resolve the problem so that you can avoid it in the future. Don't be self-critical and don't give up. You can always start fresh when fitness is a lifetime goal.

