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THE WELL WORKPLACE®

HEALTHLETTER



A Publication Of
The Wellness
Council Of America

☆ HEALTH INFORMATION PRESENTED AS IF YOUR LIFE DEPENDED ON IT ☆

A Year For Prevention

Some of the biggest threats to our health are often preventable. Consider making this the year to get serious about reducing your risks. Take your health into your own hands!

Seven Ways To Maintain A Healthy Lifestyle:

- 1. Don't smoke.** If you smoke or use other tobacco products, ask your doctor to help you quit.
- 2. Eat a healthy diet.** Choose vegetables, fruits, whole grains, high-fiber foods and lean sources of protein. Limit foods high in saturated fat and sodium.
- 3. Manage chronic conditions.** If you have high cholesterol or high blood pressure, follow your doctor's treatment recommendations. If you have diabetes, keep your blood sugar under control.
- 4. Include physical activity in your daily routine.**
- 5. Manage stress.** Take steps to reduce stress—or learn to deal with stress in healthy ways.
- 6. Drive safely.** Motor vehicle crashes are a leading cause of fatal accidents. To stay safe on the road, use common sense and wear your seat belt.
- 7. Wash your hands often and get a yearly flu vaccine.**

This list is based on recommendations from the Mayo Clinic.

Sticking To Those Resolutions

HOW TO CHANGE BEHAVIOR FOR GOOD

No matter how good our intentions to stick with New Year's resolutions, taking on any major lifestyle change can be intimidating. It's hard to adopt a healthy new behavior or change a bad habit, but it doesn't have to be overwhelming. Based on behavior change theory, the following simple, four-step process can help you to change unhealthy behaviors for good:

1 Do Your Homework

Start thinking about the habit, behavior, or aspect of your lifestyle that you want to change. For one week, think about how it makes you feel and why you want to change. Read as much as you can about it—good, bad, otherwise. Find out what other people have done to make the change and gather as much information as you can.

2 Process And Plan

Write down all your feelings about making the change. Make a list of all the behavior change ideas that you think will work for you, based on the research you did. Start envisioning yourself taking those actions, and what you might do to overcome any setbacks.

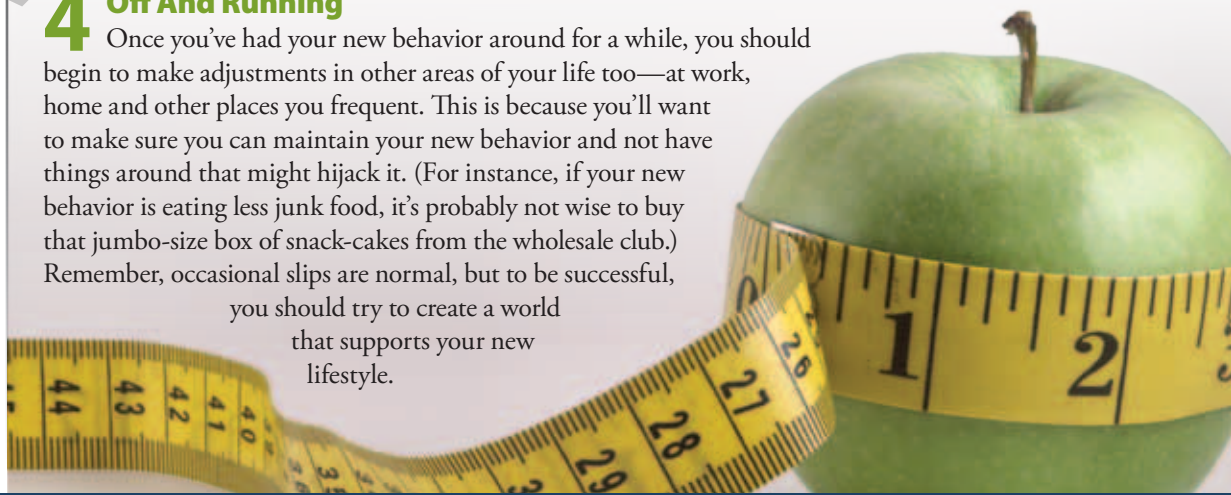
3 Practice Makes Perfect

Set reasonable goals for yourself then get started! Take action and start making your change—little steps at a time. It takes practice to turn a new behavior into a habit. You may have setbacks, but don't get discouraged. You will need to build your skills and get used to your new behavior for a while.

4 Off And Running

Once you've had your new behavior around for a while, you should begin to make adjustments in other areas of your life too—at work, home and other places you frequent. This is because you'll want to make sure you can maintain your new behavior and not have things around that might hijack it. (For instance, if your new behavior is eating less junk food, it's probably not wise to buy that jumbo-size box of snack-cakes from the wholesale club.) Remember, occasional slips are normal, but to be successful,

you should try to create a world that supports your new lifestyle.



A HEALTHY RECIPE BY RICHARD COLLINS, MD



Flourless Lemon Torte

INGREDIENTS

2 cups	canned garbanzo beans, drained and rinsed
1 cup	egg substitute
1-½ cups	sugar <i>OR</i>
¾ cup	Splenda Granular
½ tsp	baking powder
1 tsp	vanilla
2 tsp	lemon zest
	powdered sugar and mint leaves for garnish

DIRECTIONS

Preheat oven to 350 degrees. Place beans in a food processor and puree until smooth. Add the egg substitute, sugar or Splenda, baking powder, vanilla and lemon zest to the puree. Blend to fully combine ingredients. Coat a 9-inch cake pan with vegetable oil spray. Cut a round piece of parchment paper and cover the bottom of the greased cake pan. Pour in batter. Bake on center rack of oven for 45 minutes or until a knife inserted into the center comes out clean.

Remove from oven and cool for 15 minutes. Remove cake from pan. Cool to room temperature until firm. Just before serving, squeeze lemon juice over cake and sprinkle with powdered sugar. Garnish with a mint leaf.

NUTRITION

Calories 160 (Calories From Fat 9), Total Fat 1g, Saturated Fat 0g, Cholesterol 0mg, Sodium 91mg, Total Carbohydrate 31g, Dietary Fiber 3g, Sugars 21g, Protein 7g

SERVINGS

Number Of Servings: 8
Serving Size: ¼ of recipe



ABOUT **Richard Collins MD**

Dr. Richard Collins, a leading authority and speaker on the prevention and reversal of heart disease, emphasizes the connection between eating well and living long. His delicious low-fat recipes have been shared with millions through his cookbook, videos, and his nationally-renowned cooking seminars. For more information, visit Dr. Collins' website at www.thecookingcardiologist.com.

Chicken with Orange-Almond sauce



CHICKEN WITH ORANGE-ALMOND SAUCE

Ingredients

4, 4-oz	skinless, boneless chicken breast halves
1 cup	orange juice
⅓ cup	Splenda Granular
2 tbsp	cornstarch
1, 11-oz can	mandarin oranges, rinsed and drained
2 tbsp	slivered almonds
1 tsp	dried onion flakes
1 tsp	dried parsley flakes
	Butter-flavored cooking spray

Preparation

In a large skillet sprayed with cooking spray, brown chicken pieces over medium heat for 4–5 minutes on each side until cooked through. Meanwhile, in a jar with a cover, combine orange juice, Splenda Granular and cornstarch. Cover and shake well to blend. Pour orange juice sauce mixture into a medium saucepan sprayed with cooking spray. Cook over medium heat, stirring constantly, until mixture thickens. Remove from heat. Stir mandarin oranges, almonds, onion flakes, and parsley flakes into sauce. Spoon sauce evenly over browned chicken. Reduce heat and simmer for five minutes. When serving, evenly spoon sauce over chicken pieces.

Nutritional Analysis

Calories 292 (Calories From Fat 49), Total Fat 5g, Saturated Fat 1g, Cholesterol 87mg, Sodium 80mg, Total Carbohydrate 25g, Dietary Fiber 1g, Sugars 18g, Protein 34g

Servings

Number Of Servings: 4, Serving Size: ¼ of recipe

You Can Eat More And Weigh Less!

If your New Year's Resolution was to lose weight this year, here are some tips to help you eat more and weigh less! Yes, it's true—you can still eat satisfying meals while losing weight.

Eat Food! Not Calories

Research shows that people get full by the amount of food they eat, not the number of calories they take in. You can cut calories from your favorite meals by lowering the amount of fat and/or increasing the amount of fiber-rich ingredients, such as vegetables or fruit.

Don't Pack It In

The number of calories in a particular amount or weight of food is called “calorie density” or “energy density.” Opt for low calorie-dense foods—the ones that don't pack a lot of calories into each bite. Foods that have a lot of water or fiber and little fat are usually low in calorie density.

Make The Switch

You can cut calories by simply exchanging high-calorie foods for healthier choices. You can also modify recipes that call for high-fat ingredients and use lower-fat substitutes instead. (For example, if you're making macaroni and cheese, switch out a heavy cream for low-fat milk, and use a light cream cheese instead of full-fat cheddar.) By consciously trying to make the switch to eating less calorie-dense foods—you can still enjoy the foods you love and feel full without the unnecessary calories.

The chart below can help you make the switch!

These foods will fill you up with less calories. Choose them more often...

- ✓ **Fruits and vegetables (prepared without added fat)**
Spinach, broccoli, tomato, carrots, watermelon, berries, apples
- ✓ **Low-fat and fat-free milk products**
Low- or fat-free milk, low- or fat-free yogurt, low- or fat-free cottage cheese
- ✓ **Broth-based soup (without cream)**
Vegetable-based soups, soups with chicken or beef broth, tomato soups
- ✓ **Whole grains**
Brown rice, whole wheat bread, whole wheat pastas, popcorn
- ✓ **Legumes (beans and peas)**
Black, red kidney and pinto beans (without added fat), green peas, black-eyed peas
- ✓ **Lean meat, poultry and fish**
Grilled salmon, chicken breast without skin, lean or extra lean ground beef

These foods can pack more calories into each bite. Choose them less often...

- ✓ **Fried foods**
Eggs fried in butter, fried vegetables, French fries
- ✓ **Fatty cuts of meat**
Bacon, brisket, regular ground beef
- ✓ **Full-fat milk products**
Full-fat cheese, full-fat ice cream, whole and 2% milk
- ✓ **Dry snack foods**
Crackers or pretzels, cookies, chips, dried fruits
- ✓ **Higher-fat and higher-sugar foods**
Croissants, margarine, shortening and butter, doughnuts, candy bars, cakes and pastries



Source: www.CDC.gov

A Happier, Healthier, More Fit You!

Did You Resolve To Be More Active And Lose Weight This Year?

If so, you're not alone! Now's the time of year when thousands of Americans promise to eat right, hit the gym, and really stick with it this time. Easier said than done, right?

We all know that regular physical activity is important for good health, and it's especially important if you're trying to lose weight or to maintain a healthy weight.

Evidence shows the only way to maintain weight loss is to be engaged in regular physical activity. The burning of calories through physical activity combined with reducing the number of calories you eat creates the "calorie deficit" that ultimately results in weight loss.

How Much Physical Activity Do I Need?

When it comes to weight management, people vary greatly in how much physical activity they need, but here are some recommended guidelines from *The President's Council on Fitness, Sports and Nutrition*:

Most health benefits occur with at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity physical activity, such as brisk walking. That means—if there are 168 hours in a week—you only need to be active for 2.5 of those to get health benefits. Of course additional benefits occur with more physical activity, but you can start with as little as 20 minutes a day. (You can even break that up into 10 minutes twice a day. For instance, park your car at least a 10 minute walk from your desk—and there's your 20 minutes!)

How do you make physical activity part of a routine you can actually stick with?

Plan It, Then Track It!

Research shows that the people who stick with their physical activity routines are those who: 1) make a habit of planning exercise into their daily schedule; and 2) set goals for their personal, long-term achievement.

Planning

We know that sustaining a new health behavior like exercise can be challenging, so proper planning is the first important step. First, spend a few days assessing your current activity level and try to envision what a more active life might look like for you. Picture the types of activities you will engage in, whether that's joining a volleyball league, playing with your children, or walking. Figure out a time of day that would be best for you to fit in some exercise. Then put it down in writing and make a commitment to give it your best attempt the following week. Don't lose sight of your vision, and keep picturing yourself leading that more active lifestyle. Then try on your new routine and stick to it.

Goal Setting

Setting a goal to become more physically active is also a powerful and important first step in the change process. Start by naming a realistic amount of time that you will commit to exercising each week. Then track how often you engage in physical activity and over time, you'll see how well you stick to your plan. It's okay if you fall short of your goals in the first few weeks—the important thing is that you keep trying to stick to your regimen of regular physical activity. It will become a habit in no time!

Here Are Some Tips:

- **Journal:** Maintain a written account of your experiences and the frequency of your physical activity. Jot down any frustrations and make note of your successes. Reflecting on these entries will give you valuable insight about the challenges you are facing and you'll be able to see just how far you have come.
- **Build-In Some Accountability:** Recruit a friend or family member to join you when you exercise. Not only will this add new energy to your workouts but it also makes it harder to skip a session when you know someone is counting on you to do it with them.
- **Try Something New:** Shake up your workouts and try a new activity once in awhile—like tennis or even bowling! Not only will it keep you from getting bored with a workout routine, it will also help you stretch your goals and stay committed.

FIVE EASY HEALTH RESOLUTIONS FOR THE NEW YEAR!

Take a few minutes every day and incorporate these little things that will help you live a safer and healthier life this year—and every year.

1. Commit to making healthy food choices.

Grab a healthy snack on the go, such as an apple, nuts, trail mix, or low-fat cheese.

2. Be more active.

Park farther away and walk. Take the stairs instead of the elevator. Add 10 minutes of walking to your lunch break.

3. Protect yourself from injury and disease.

Remember to put on a helmet, sunscreen, or insect repellent for certain outdoor activities. Wash your hands for 20 seconds, five times a day to prevent illness.

4. Manage your stress.

Take short breaks throughout the day. Stretch. Do breathing and visualization exercises to help yourself calm down.

5. Put your health first.

Schedule a check-up with your primary care doctor. Stay current on vaccinations and preventive screenings. Quit smoking—ask for help from your doctor, or call 1-800-QUIT-NOW for free counseling on how to quit smoking for good.

FUN PHYSICAL ACTIVITY

Here are some ideas for fun activities you can incorporate to get more physical activity into your routine AND burn off those extra calories!

Calories Used Per Hour In Common Physical Activities			
Activity	Intensity	Approx. Calories/30 Min 154 lb Person ¹	Approx. Calories/1 Hour 154 lb Person ¹
Walking (3.5 mph)	Moderate	140	280
Golf (walking and carrying clubs)	Moderate	165	330
Light gardening/ yard work	Moderate	165	330
Heavy yard work (chopping wood)	Vigorous	220	440
Aerobics (i.e. Zumba)	Vigorous	240	480
Swimming (slow freestyle laps)	Vigorous	255	510

¹Calories burned per hour will be higher for persons who weigh more than 154 lbs (70 kg) and lower for persons who weigh less.

Make a pact to yourself to be more physically active and keep that weight off this year! You can do it by creating a plan, setting goals and choosing a variety of activities that keep you engaged. Don't feel bad if at first you find it difficult to stick to your new routine—just keep practicing and eventually you'll get to that happier, healthier, more fit you!

FORGETTING THINGS

Is It A Simple Lapse Or A Serious Problem?

Chances are you've walked into a room and forgotten why you went there, or you've misplaced your keys or eyeglasses at least a few times. Many people worry about these memory lapses. They may fear it signals a serious condition like Alzheimer's disease, which is an irreversible brain illness.

However, occasional forgetfulness is a normal part of life that becomes more common as we grow older. In most cases, it's no cause for alarm—unless it begins to hamper your daily activities. Forgetting where you left the car keys is one thing; forgetting what they do is quite another.

What's Considered 'Normal'

As we age, changes occur throughout the body, including the brain. As a result, you may begin to notice that it takes longer to learn new things. Perhaps you can't remember information as well as before, or you may misplace things. These types of memory lapses are often just signs of normal aging.

No matter what your age, forgetfulness can arise from stress, depression, lack of sleep or thyroid problems. Forgetfulness also can be spurred on by side effects of certain medicines, an unhealthy diet or not having enough fluids in your body (dehydration). Taking care of such underlying causes may help to resolve your memory problems.

Signs Of A Serious Problem

For some older people, though, episodes of memory loss may be a sign of a more serious problem called dementia. Two of the most common forms of dementia in older people are Alzheimer's disease and multi-infarct dementia (or vascular dementia), and both cause memory problems.

In Alzheimer's disease, memory loss begins slowly and gets worse over time. People with Alzheimer's disease have trouble thinking clearly. They find it hard to do everyday things like shopping, driving, cooking or having a conversation. Medications can help during the early or middle stages. As the illness progresses, though, patients may need someone to take care of all their needs (like feeding and bathing) at home or in a nursing home.

Unlike Alzheimer's disease, the signs of vascular dementia may appear suddenly. This is because the memory loss and confusion are caused by small strokes or changes in the blood supply to the brain. Taking care of your high blood pressure can lower your chances of getting this illness.

Check Out Your Concerns

See your doctor if you're concerned that you or someone you know has a memory problem, or if increasing forgetfulness begins to worry you. If a medical problem exists, it's best to start treatment as early as possible and your doctor may be able to diagnose the problem or refer you to an expert who specializes in memory problems.

FOR HEALTHY AGING

While no treatments or drugs have yet been proven to prevent or delay Alzheimer's disease and cognitive decline, these healthy lifestyle choices and behaviors may help the aging brain:

- ➔ Exercise regularly.
- ➔ Eat a healthy diet that is rich in fruits and vegetables.
- ➔ Engage in social and intellectually stimulating activities.
- ➔ Control type 2 diabetes.
- ➔ Reduce high blood pressure and blood cholesterol levels.
- ➔ Maintain a healthy weight.
- ➔ Don't smoke.
- ➔ See a doctor about mental health issues, such as depression.



“As we age, changes occur throughout the body, including the brain. As a result, you may begin to notice that it takes longer to learn new things.”

Smoking & Your Heart:

NOW'S THE TIME TO QUIT!

Cigarette smoking causes about one in every five deaths in the United States each year.

It's the main preventable cause of death and illness in the United States.

Smoking harms nearly every organ in the body, including the heart, blood vessels, lungs, eyes, mouth, reproductive organs, bones, and digestive organs.

Smoking And Your Heart And Blood Vessels

The chemicals in tobacco smoke harm blood cells and can damage the function of the heart and the structure and function of blood vessels. This damage increases your risk of atherosclerosis (ath-er-o-skler-O-sis).

Atherosclerosis is a disease in which a fatty substance called plaque (plak) builds up in the arteries. Over time, plaque hardens and narrows your arteries. This limits the flow of oxygen-rich blood to your organs and other parts of your body.

Coronary heart disease (CHD), also called coronary artery disease, occurs if plaque builds up in the coronary (heart) arteries. Over time, CHD can lead to chest pain, heart attack, heart failure, arrhythmias (ah-RITH-me-ahs), or even death.

Other Health Risks

Smoking by itself is a major risk factor for heart disease. When combined with other risk factors—such as unhealthy blood cholesterol levels, high blood pressure, and overweight or obesity—smoking further raises the risk of heart disease because it damages the heart and blood vessels in many ways.

Quit Smoking For Immediate Health Benefits

Quitting smoking and avoiding secondhand smoke can begin to reverse heart and blood vessel damage and reduce heart disease risk right away.

Quitting smoking is possible, but it can be very difficult. The good news is that millions of people have successfully quit smoking and remained nonsmokers. There are a variety of strategies, programs, and medicines that are available to help you quit smoking. If now is your time to quit, you can get support from hotlines and websites such as 1.800.QUITNOW and <http://smokefree.gov>, or talk to your doctor about the choices available to you.



Worried About Future Finances? You're Not Alone!

Knowing some common financial standards can help you set more realistic goals to guide your future investing, savings and spending. So that you can enjoy better financial health, here are the common financial standards that will help you make sure you're on the right track:

1 Keep a cushion of 'liquid' funds that could cover 3-6 months of expenses in an emergency.

2 Your housing payment ratio should be less than 28% of your gross monthly income.

Add your mortgage, property taxes and insurance payments together then divide the total by your monthly income.

3 Your total debt payment ratio should be less than 35% of your gross monthly income.

Add your housing payment to all of your monthly consumer debt payments such as auto or school loans, credit card payments, etc. then divide the total by your monthly income.

4 At a minimum, capture your 401k plan match from your employer.

5 Withdraw no more than 4-5% per year from your retirement fund, if at all.

6 On average, you will need about 20 times your pre-retirement earnings to retire with the same standard of living.

7 Make sure you have the necessary types of insurance coverage.

The top three recommendations for the majority of workers are: Auto Insurance; Life Insurance (if you have dependents); and a Personal Liability Umbrella Policy (see your auto or homeowner's insurance agent for details.)

8 The percentage of stock in your investment portfolio should be greater than 100% minus your age.

Thus, a 30-year-old would have a portfolio consisting of 70% stock, while an 80-year-old would have only 20% stock. The rest of your portfolio should consist of bonds.

From WELCOA's "Eight Measures of Financial Wellness" by Greg Dimkoff, PhD



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INTERACTIVE MINDS

Forgetfulness: When To Seek Help

People who have a sudden loss of memory or become very confused should get medical help right away. Make an appointment to see a doctor if you notice these symptoms:

- ◆ Asking the same question or repeating the same story over and over
- ◆ Becoming lost in familiar places
- ◆ Not being able to follow directions
- ◆ Getting confused about time, people and places
- ◆ Not taking care of yourself—eating poorly, not bathing or being unsafe
- ◆ Having memory or concentration problems that concern you

