

Information for Healthy Living

A quarterly newsletter to keep you healthy and informed.

Winter, 2015

Recipe Corner

Oatmeal Easy, Healthy

Adopting a healthier diet doesn't have to be stressful. Start by making one healthier choice every day. Oatmeal is a versatile healthy food with a multitude of benefits to your overall health. It has been proven to lower cholesterol and boost your immune system. Steel cut oats contain the most fiber and will keep you full further into your day.

Cooking Oatmeal

1. Bring 1/2 cups water or milk and a pinch of salt to a boil then add 1/4C. Steel Cut Oats.
2. Reduce heat to a low simmer. Cover and cook 3-6 minutes (depending on how chewy you like it). Stir occasionally.
3. Remove from heat and let stand covered for a couple of minutes.

Yields about 3/4C. serving

100 Calorie Topping Options:

- 1/2 slice of bacon and 1tbs cheddar cheese
- 1/4 C. Greek Yogurt
- 1 Tbsp. Creamy Peanut Butter
- 1 Tbsp. Walnuts, Almonds or Cashews
- 1/4 C. Blueberries
- 1/4 C. Sliced Strawberries
- 2 Tbsp. Diced Apples
- 1 Tbsp. Dried Fruit
- 1 tsp. Molasses or Maple Syrup
- 1/4 C. Raisins

Taking Control of Your Health

Manage Your Health, Lower Your Health Risk

Staying Happy and Healthy During the Winter Months

There is a cold wind blowing outside, and the temperatures have dropped below freezing. Daylight hours are at their shortest of the year and the skies are a gloomy shade of grey. As winter gets underway, and the holiday high of family time and festivities fades, it's not unusual for people to begin feeling sad, tired or moody. These symptoms are signs that you may be experiencing **Seasonal Affective Disorder** – or SAD – a type of depression that usually occurs during the winter. As many as one in five Americans experience some level of this disorder.

The winter season can bring challenges that make it more difficult to maintain healthy routines. How are you supposed to maintain your goal of healthy living when Old Man Winter makes outdoor activities so uninviting? Fortunately, there are many ways for us to keep from falling victim to the winter blues and enable us to maintain our healthy lifestyle. Here are some suggestions:



Winterize Your Workout! Winter is a great time to diversify your workout by finding indoor activities to keep you moving. Consider power-walking at the mall, swimming, taking a fitness or spin class, yoga or pilates, salsa dancing, martial arts, indoor skating, resistance training, shooting hoops ... even house cleaning!

Get Outside. Exposure to fresh air, sunshine and even the cold air has health benefits. Get outside for at least 30 minutes a day. Walk your errands at lunchtime, park further away from your destination, walk the dog, do yardwork ... embrace the winter by shoveling snow, skating, skiing, or sledding.

See the Light. Similar to exercise, sunlight exposure releases neurotransmitters in the brain that affect mood and our ability to sleep. Keep your shades up during the day to let more light in. Sit near windows when possible.

Get Plenty of Sleep. The average person needs 6-8 hours of sleep per night. If you're not getting enough sleep, your body is extremely vulnerable to illness. Sleep is very much like fuel that recharges your batteries!

Boost Your Immunity. Staying indoors with little fresh air is a common way germs can transfer from person to person. Keep bugs at bay by washing your hands often and using hand sanitizer. Build up your defenses by taking a multivitamin, maintaining a healthy diet, staying hydrated and getting plenty of sleep. Talk to your doctor about getting a flu shot to increase your chances of having a happy healthy winter season.

A Phased Approach to Better Health in the New Year

Are you overwhelmed by all of those lifestyle changes we are 'supposed' to adopt in order to achieve better health? Exercise more, eat smarter, reduce stress, quit smoking, reduce your alcohol intake, monitor your blood pressure ... it can all seem so overwhelming that it becomes a barrier to getting started on a healthier future. One strategy for successful change is to break the new behaviors down into separate, attainable targets. This way, you can phase-in your health plan gradually so that it is easier to adopt new, healthier habits.

Meet 'Max', a 52 year old man who enrolled in the Total Lifestyle Program in March, 2015. 'Max' had a history of smoking and obesity which, in turn, had a negative effect on his blood pressure, cholesterol and respiratory health. He began meeting with a Total Lifestyle Counselor (TLC) to explore his options and develop a strategy for improved health. His TLC helped him identify and prioritize the lifestyle changes that would improve his overall health and fitness. He was motivated to follow a plan but was concerned about his ability to adopt so many changes at once. His TLC suggested that he start by tackling his most challenging lifestyle change – quitting smoking – as this would have the greatest immediate impact on his health.

His TLC provided 'Max' with education and materials on successful smoking cessation techniques. She also suggested Chantix, a medication that helps smokers quit by blocking nicotine's actions. Used in conjunction with a stop-smoking program, this 12-week treatment has helped many smokers quit. After discussing the risks and benefits of this medication with his TLC, 'Max' consulted his doctor and began treatment.

In March 'Max' was smoking a pack a day. Reinforced by ongoing counseling and encouragement by his TLC, he was motivated to stick to his plan. By the end of August 'Max' was smoke-free and determined to maintain his new healthier lifestyle. He told his TLC that "It feels great not to wake up in the mornings with a smoker's cough" and expressed his appreciation for her support and guidance in making this important lifestyle change. "I now look forward to my next lifestyle challenge: lose some weight!"

Did You Know?

Seasonal flu activity peaks between December and February. The Center for Disease Control recommends everyone ages 6 months and older get an annual flu shot.

Simulate natural light to beat the winter blues by changing the light bulbs in your house to "full spectrum" bulbs.

Exercise Tip:

Peak flu season corresponds with the hustle and bustle of the holiday season. This makes it even more important to maintain a healthy lifestyle to keep you going. Moderate amounts of exercise boost the body's defenses against virus and bacteria. Schedule a time for your work out and stick to it, even if it means bumping something else from your day.

Your Total Lifestyle Counselor (TLC) is your 'health advocate' – a GPS to help you navigate the complex healthcare map. Contact your TLC at (800) 432-8421 for personalized tools and resources to help you maintain your good health.