



WELLNESS NEWSLETTER

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Healthy New Year

Welcome to 2007! The traditional list of New Year's resolutions includes losing weight, exercising or quitting smoking. Many people make these resolutions each year, only to abandon the effort within a few days or weeks. The Medical Association gives these tips to help you keep your resolutions.

- Decide if you're willing to make the effort to kick a bad habit or start a healthy one. Doing it just because it's New Year's Day is not enough to keep you motivated for long.
- Develop a plan of action and be committed. Put your goal in writing.
- Replace your negative ideas with positive thoughts like "Today, I made some progress".
- Get plenty of sleep. Adequate rest and exercise are important if you're trying to quit smoking or lose weight.
- Surround yourself with people that encourage you in reaching your goals.
- Give yourself rewards for your progress.
- Don't quit just because you have a temporary setback. Take one day at a time.

Remember, small changes can lead to long-term healthy habits.

Carbon Monoxide Poisoning

Carbon monoxide is the leading cause of accidental poisoning in the U.S. There are 2,000 lives lost a year. Furnaces, kitchen stoves, water heater, fireplaces and anything that burns fossil fuels are all sources of carbon monoxide.

Protect yourself and your family with these tips:

- Have your heating system and hot water heater checked yearly.
- Install at least one carbon monoxide detector inside your home.
- Never leave your vehicle running in the garage even with the door open.
- If you think you're experiencing carbon monoxide poisoning, get into fresh air immediately. Open doors and windows. Call for help. The initial symptoms of CO poisoning are dizziness, fatigue, headache, nausea, and irregular breathing.

Burn Candles With Care

Candles are an important part of most homes today. The American Lung Association says you can enjoy your candles and still keep the air in your home clean. They recommend keeping the wicks trimmed to ¼ inch. Keep candles away from drafty areas.

Vacuum your home one time a week to prevent particles from circulating.



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soot

Cover Your Cough

It's that time of the year again. Cold and Flu Season. According to the Centers for Disease Control, one way to prevent the spread of germs is to cover your cough. The best way to do this is to cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissues in a waste basket. If you can't do this, cough or sneeze into your



upper sleeve, **Not your Hands.** Wash your hands with soap and water. If water isn't readily available, clean your hands with an alcohol-based hand cleanser.

Safety: One Step at a Time



Holiday decorating is over, but now it is time to take the decorations down. When using a ladder, remember these safety tips:

- Use a ladder of proper length to reach what you need.
- Don't use a ladder if it is damaged or broken.
- Place the ladder on firm even ground
- Make sure not to hit any power lines when standing the ladder up.
- When climbing the ladder stay in the center of the rails, face the ladder and hold onto the side rails.
- Don't overreach.

Food Cravings – Are you in Control?

We all go through sporadic food cravings at some point in time. When you feel a craving coming on and it's time to replenish your body with nourishment, this is a healthy signal that needs your response. Many cravings are not true hunger signals, and if you are coaxed into eating, you'll consume excessive calories that are really not necessary. Whether it's a hormonal imbalance that day (or week), boredom, social comfort, depression, or the "see it and eat it" urge, these are all unhealthy cravings that lead to unwanted pounds.

So how do we control ourselves and push that nagging voice aside? Is it your appetite or your brain that is calling? The answer just may surprise you. Studies have shown that when you eat fatty foods, there's a hormone produced in the brain called *galanin* that actually encourages eating when your body doesn't need it and slows your energy expenditure down. If an elevation in the amount of fat occurs, such as when eating a high-fat diet, triglycerides in the bloodstream activate hormones such as galanin to promote overeating.

Below are some helpful ways to help stay away from these unhealthy cravings:

- **Drink Up.** Often these cravings are merely thirst-related because people don't drink enough water. Drink at least eight 12-ounce glasses of water daily.
- **Don't Skip Breakfast.** Your body has gone hours without eating, which makes breakfast the most important meal of the day. Eat a well-balanced breakfast to get the brain functioning correctly and the body moving without being sluggish.
- **Mind over Stomach.** If you are hungry after you've eaten a well-balanced meal, give yourself 20 minutes for the "I'm full" signal to hit the brain.
- **Avoid Processed Foods.** They're usually stripped of nutritious elements, such as fiber and water, and leave you feeling unsatisfied.
- **Eat Regularly.** Skipping meals can lead to out-of-control hunger, often resulting in overeating.
- **Make Changes Gradually.** If you too much too fast, it can get in the way of your success.

Healthy Recipe of the Month Taco Soup

- 1 lb. lean hamburger
- 1 cup onion chopped
- 3- 16 oz. cans chili or pinto beans (not drained)
- 1 can whole kernel corn (not drained)
- 1 can diced tomatoes
- 1 can peppers (optional)
- 1 can rotel
- 1 package taco seasoning
- 1 ½ cups water
- 1 package Hidden Valley Ranch dressing mix (optional)



Fry the hamburger and onion, drain off the excess grease. Combine all other ingredients, and add water to desired consistency. Simmer for 20 minutes. This recipe will freeze for three months.

Serves 12 - 1 cup servings.

Nutritional Information:

161 calories

3 grams fat

Recipe from Weight Watchers International, Inc.