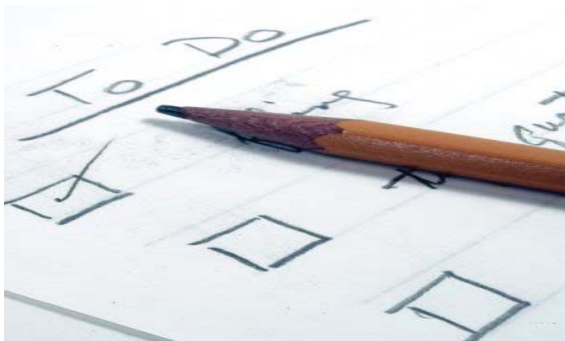




New Year...New You!

Determined to change your habits this year? Whether your goal is to hit the gym regularly, quit smoking, drink more water, or eat more fruits and vegetables, HealthSTAT wants to help you succeed! Follow our tips to help you reach your goals and stay motivated to be healthful throughout the year!



new year's checklist

- Set a realistic goal.** It should be something you can feasibly attain.
- Find an approach that's right for you.** What works for someone else might not work for you. Think about your lifestyle, triggers, resources, etc. and make a plan that will work for you.
- Make yourself accountable.** Write down your goal and the steps you plan to take to get there. Keep a journal of barriers that come up and how you overcome them.
- Think ahead.** Brainstorm pitfalls in advance and find ways to avoid them.

Learn to reward good behavior

Reward the positives but don't punish slip-ups.
 Celebrate small accomplishments.
 Let other people know about your successes.
 Don't over-reward.
 Make the reward match the effort/output.
 Celebrate with others, especially a mentor.
 Celebrate the positive hidden within certain negatives.
 Create a written and signed contract with yourself, outlining behavior changes and rewards.
 Re-evaluate your goals and rewards. If they don't work, change them.
 Reduce rewards as the new behavior becomes a habit.
 Don't use food as your reward

USE THE 21-DAY RULE.

According to experts, it takes approximately **three weeks** for new behaviors to sink in. Remember that the next time you're frustrated with your progress – or lack thereof. It's just part of the process!

Predict barriers and *prepare* for them by brainstorming solutions in advance!

Barrier	Solution
Tempted to eat fattening and high-calories foods at restaurants	Bring your lunch to work, or choose an appetizer portion instead of a full sized meal.
Tend to snack on high-calories treats	Prepare fresh veggies and keep them handy.
Worried about gaining weight if you quit smoking	Quit with a friend and start a fun exercise routine.
Lack motivation to maintain behavior change	Reward yourself for good behavior!
No time to go to the gym	Put 'go to the gym' on your to-do list and consider it as important as anything else – if you still can't make it, go for a walk instead!
Can't afford a gym membership	Exercise outside, or buy a video/DVD to use at home.

Lose weight, earn more money?



A new study shows that **overweight Americans who lose weight tend to build wealth**. On average, the link is strongest for women who drop down to a normal Body Mass Index (BMI) (20-24).

- ❖ Reducing BMI by just one point is associated with **increasing net worth** by an average of \$234.
- ❖ Increasing BMI by just one point, however, is associated with a \$1,300 **reduction of wealth!**

So, losing weight is good for your health and can fatten your wallet. \$\$

Dropping Pounds 101

In a recent study, researchers found that the more sensitive your brain is to food rewards, the higher your Body Mass Index (BMI) and the more likely you are to have food cravings.

How sensitive are YOU to food rewards?

- ❖ Do you regularly turn to chocolate or some other food or candy because you feel like you've **'earned'** it after a stressful workday?
- ❖ Do you **celebrate often with food**, rationalizing that it is a 'special occasion'?
- ❖ Do you usually feel **justified** eating extra at dinner if you've recently been to the gym and worked out?



Stay Hydrated!

- ✓ Take water breaks during the day instead of coffee breaks, or keep a cup or bottle on your desk to drink throughout the day.
- ✓ Anytime you walk past a water fountain, take a drink. Make it a habit!
- ✓ Alternate sparkling water and alcoholic drinks at parties or restaurants.
- ✓ Carry a bottle of water as you commute, work and/or run errands.
- ✓ Do not wait until you are thirsty to drink water; stay hydrated all day long!

If you answered **'YES'** to any of these, you need to find healthy ways to reward yourself that aren't linked to food. For instance, try treating yourself to a manicure or going to the movies.

How to stay... Healthy

- ✓ **DO** take regular breaks.
- ✓ **DON'T** skimp on sleep.
- ✓ **DO** make time for good-for-you activities, like exercise.
- ✓ **DON'T** turn to alcohol or sweets to de-stress. Instead, take a walk or call a friend to vent.
- ✓ **DO** drink enough water.
- ✓ **DON'T** give up if you experience a set-back. Changing a habit takes practice so try again!
- ✓ **Evaluate the 3R's to keep you motivated...**

Evaluate the "3Rs"

Relevance

What are your concerns?
Why did you choose to make a change?

Risks

What do you risk if you don't successfully change your behavior?

Rewards

What are the rewards or benefits of changing?
Keeping these in mind can help you maintain motivation!

7 Rules for Permanent Weight Loss

Millions of Americans vow at the New Year to lose weight...

...What can YOU do to lose weight *for good*?

1 Acknowledge that there is no 'quick fix.'

Many people have tried and failed at the quick-fix dieting approach. After a quick loss, you're elated and convinced that the dieting worked. After you gain the weight back, however, you feel bad and your waistline and health suffer. So, the very first step to success is to accept that there is no 'quick fix.' To lose weight, the calories you expend must exceed the calories you take in. So get up and exercise and watch what you eat – it works every time!

3 Don't deprive yourself of food – eat 5 small meals and never skip breakfast.

Metabolism is the body's process of converting food into energy to maintain vital body functions. If you deprive yourself during dieting, your body senses a reduction in energy coming in and attempts to preserve energy stores (fat) by slowing metabolic processes and by burning prized muscle tissue.

5 Eat protein consistently throughout the day.

Since muscles are active tissues and the body doesn't store the building blocks for protein (amino acids), muscles require consistent protein intake to maintain or build.

6 Eat quality fats in moderation.

Fat serves many important roles in our bodies, including providing stored energy, maintaining skin and hair, storing and transporting fat soluble vitamins A, D, E, and K, protecting cell walls, keeping our bodies warm, and protecting organs. But not all fat is equal. You should embrace in moderation unsaturated ('good') fats (avocado, nuts, fish) since they have been shown to lower the risk for heart disease. Saturated and trans fats (animal fats, whole milk, butter, cheese, fried food), however, should be avoided because they increase blood cholesterol levels.



2 Weight train at least 15 minutes three times a week.

Many people make the mistake of focusing only on cardiovascular training while neglecting weight (resistance training). Weight training provides fat-burning benefits long after you leave the gym since muscles are active tissues that burn calories. So add weight training to your cardio routine!

4 Avoid high glycemic load carbs, not low glycemic load carbs.

The glycemic index (GI) measures how fast blood sugar rises after you eat a carb. The higher a carb's GI, the quicker it is converted to energy and the more likely you are to convert some of it to fat (e.g., potato, rice). A carb that breaks down slowly, releasing glucose gradually into the bloodstream, has a low GI. Low GI carbs (e.g., fruits, vegetables) provide sustained energy.

7 Drink at least 50 ounces of water each day.

Water discharges stored fat, so it's harder to lose fat when you don't drink a lot of water. Water also naturally suppresses the appetite, and aids in digestion and absorption of vitamins and nutrients and removes toxins and waste products from the body. Drinking lots of water also enhances mental performance and prevents headaches (the brain is 74% water) and improves energy by facilitating circulation.

Inspirational Quotes...

...from inspirational people just like you that decided to live more healthfully!

What do YOU have to say?

A Brand-New View

"I'm shocked when I see photos of myself when I was 55 pounds heavier. I don't even recognize the old me."

Putting priorities in order

"I realized I needed to put my health and well-being on my 'to-do' list too."

A high-energy mom

"I used to start the day in a sluggish fog. Now that I'm 45 pounds lighter, I jump out of bed with endless energy."

Finding the Solution

"Keeping off 115 pounds requires permanent changes -- eating healthfully and exercising for the rest of my life."

Thrill of victory

"Losing 80 pounds has been one of the toughest battles of my life, but with regular exercise and the right diet, I've won."

A competitive spirit

"After college, I stopped exercising and gained 20 pounds. Now, with the right balance of healthy eating and regular workouts, I'm fit."

A dream come true

"I didn't realize I was making progress until I had to buy new, smaller-sized clothes."

Finding a balance

"With a common-sense approach to food, I satisfy my hunger and don't feel deprived."

Staying fit for life

"By staying fit, I keep the odds against suffering a heart attack in my favor."

Little changes, big results

"Eating six small meals a day kept me energized and prevented overeating."

Living her dream

"After losing the first 10 pounds, going to the gym was no longer intimidating, and I started to look forward to my workouts."

Slow and steady progress

"I gave myself a year to lose 80 pounds -- from my highest weight of 225 pounds -- before my friend's wedding."