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Get Ready NOW...Wear Red Day is Just Around the Corner!

Join the millions of women, as well as companies, organizations and cities across America that will celebrate **National Wear Red Day** on Friday, February 6, 2009. By wearing red, you'll help the American Heart Association raise awareness about women and heart disease.

Plan a Wear Red Day

It's easy to be a part of this special day. Consider organizing a National Wear Red Day at your workplace or in your community. The American Heart Association has made it simple with their free, downloadable tools available at www.GoRedForWomen.org/discussionguide/. Share it with all the women you know. Use them on February 6, or anytime of the year, to host your own Wear Red Day event. It's a great way to raise awareness and help fight the No. 1 killer - heart disease. To sign up, visit www.GoRedForWomen.org or by calling your local American Heart Association.

Find out more information about the Go Red for Women campaign at www.GoRedForWomen.org.



Motivational Interviewing Corner: The Basics

OARS is the acronym used to define the basic approach to interactions in motivational interviewing: (1) Open-ended questions, (2) Affirmations, (3) Reflective listening, and (4) Summaries.

Open-ended Questions

Open-ended questions invite others to "tell their story" in their own words without leading them in a specific direction. Open-ended questions should be used often in a lifestyle counseling session, but not exclusively. Open-ended questions are the opposite of closed questions. Closed questions typically bring a limited response such as "yes" or "no." The following example contrasts an open vs. closed question.

Closed

Did you have a good relationship with your parents?

Open

What can you tell me about your relationship with your parents?

More examples of open-ended questions:

- How can I help you with starting to exercise more?
- Help me understand what some of your barriers are to eating healthier?
- How would you like things to be different?
- What are the good things about smoking and what are the less good things about it?
- What do you think you will lose if you give up smoking?
- What have you tried before to make a change?
- What do you want to do next?

(Adapted from handouts by David Rosengren and from Miller & Rollnick, Motivational Interviewing, 2nd Edition, 2002)

Kick Your Metabolism into High Gear!

There are lots of things you can do to turn your body into an efficient fat-burning machine, and they don't include depriving yourself of foods you love, resorting to unhealthy gimmicks, or taking expensive "fat-melting" supplements that fail to deliver what they promise.

Metabolism DON'TS

- **Don't reduce your calorie intake too low.** The fact that you gain weight easily is proof that your body likes to shift into fat-storage mode at the drop of a hat, and going too low on calories is one of the easiest ways to trigger that reaction (often referred to as starvation mode). Don't fall for the mistaken idea that the less you eat, the more you'll lose — that's just not how your body works. Staying within your recommended calorie range will keep your internal furnace stoked so that you have more capacity to burn stored fat.
- **Don't skip meals.** Going too long between meals affects your body chemistry in ways that can make weight loss more difficult. Most people can manage their hunger and avoid cravings and overeating by spreading out their calories into four to five small, well-balanced meals or snacks during the day. Try not to go more than four to five hours without eating something.
- **Don't short yourself on shut eye.** More research is showing that chronic sleep deprivation plays a significant role in weight gain. Your body needs plenty of "downtime" for the internal housekeeping that keeps your metabolism in good working order. The occasional late night won't hurt you, but consistently sleeping just one hour less than you need may slow down your weight loss considerably.

Metabolism DO'S

- **Build muscle!** This is the most important action you can take to maintain a high metabolic rate while trying to lose weight. Strength training prevents you from losing a lot of muscle along with the fat you lose when dieting. If you don't strength train regularly, up to 30% of the weight you lose could be muscle tissue. Considering that a pound of muscle burns about 3 times more calories per day than a pound of fat even when you're sitting still (and up to 15-20 times more calories per minute when you're physically active), you can see the problems this can cause. If you lose 20 pounds of weight (and 30% of that weight loss is muscle — seven pounds), you'll be slowing your metabolism and your fat burning capacity down by a significant amount. A simple strength training program twice a week can limit your muscle loss to almost zero, and keep your metabolism running high.
- **Stay as active as possible.** The more you use your muscles, the more calories you will burn. Moderate exercise like walking can burn three to six times more calories per minute than sitting still, and high intensity exercise like interval training can burn more than 12 times as much. Likewise, the more you vary your daily activity and exercise, the more you keep your body on its fat-burning toes.
- **Keep moving!** If you're watching TV or sitting at your desk, get up frequently to do a few exercises. Keep those resistance bands and dumbbells nearby at all times — you can fit a complete strength training workout into the commercial breaks of a one-hour TV show. Ditch your chair and sit on a stability ball (or a stationary bike) instead — even fidgeting can help!
- **Exercise in the morning or in frequent bouts.** Both strength and cardio exercises boost metabolism by increasing your calorie burn even AFTER your session is done. You can get the most out of this perk by starting your day with a workout or by incorporating multiple exercise sessions into your day. Longer or intense workouts have a greater "after burn" but even a 15-minute walk will make a difference.
- **Try interval training.** The harder you work, the more calories you will burn both during and after exercise — plus your fitness level will really improve. Studies show that exercising as intensely as you can, for at least 10 minutes per day, produces the best results. Interval training is an effective way to increase the intensity and duration of your workouts without running yourself into the ground or risking injury.
- **Include mental exercises.** One of the most important (but least recognized) factors in keeping your metabolic fires well stoked is managing stress effectively. Chronic stress disrupts the hormones that regulate everything from appetite to fat storage, and can defeat even the best exercise and eating plans. The more effort you put into recognizing and handling stress, the better off you'll be. Include some time in your schedule every day for relaxation exercises, yoga, journaling, and other stress management activities.

Working Out on a Budget

In these uncertain economic times, many Americans are cutting the bloat out their budgets. For some, this might mean ending their gym memberships or cutting back on sports that come with fees or pricey equipment. But don't let hard times affect your health. There are many ways to get much needed exercise on the cheap.

Walking

Walking requires no memberships, little equipment, and has incredible benefits. Regular walking can help you:

- Shed pounds
- Lower your blood pressure
- Reduce your risk of a heart attack, diabetes, and stroke
- Improve mood and sleep
- Alleviate stress
- Strengthen muscles and joints



Community Centers

Many community centers, church recreation groups, and local high schools offer low-cost fitness, exercise, and weight-training classes for reduced rates to area residents.

DVDs

Exercise and yoga DVDs have exploded in popularity in recent years. They're an easy, low-cost way to exercise at home. To further cut costs, check out discs from your local library.

Equipment Discounts

Numerous websites list previously-owned treadmills and dumbbells for sale at rock-bottom prices. Also check out retails outlet chains devoted solely to the sale of used exercise equipment.

http://www.acsworkplacesolutions.com/files/becausewecare/HL_Jan09.pdf

Tips for Winter Workouts

- Warm up and cool down. Cold weather constricts muscles, so you need to allow enough time for proper stretching to warm up muscles before you exercise. Cooling down with stretches helps keep you limber and flexible. For best results, hold leg, arm, and calf stretches for 30 seconds each.
- Wear proper-fitting shoes or boots that prevent your feet from getting wet and cold.
- Consume foods and beverages that will help fuel your body for cold weather activities, such as whole grain breads, nuts, and sports drinks.
- With the proper clothing, you can continue your summer activities such as running or walking during the winter.
- Winter sports, such as cross-country skiing, snowshoeing, and ice skating, are great aerobic activities that help tone the arms and legs for spring.
- Shoveling snow can be great exercise. Start slowly to build endurance and follow proper technique - your feet and shoulders should face the shovel in order to avoid injuries to the back, neck, and shoulders.
- If you find outdoor exercise too tough in the winter, join a gym or head to a mall for a brisk walk.

http://www.sparkpeople.com/resource/health_news_detail.asp?health_day=622348

20 WAYS TO GET BACK ON TRACK TODAY

Every time you misstep on your healthy journey, you have two choices: to keep walking backwards, which will surely take you even further away from your goals; or to accept your lack of perfection as normal and forgivable, and take not one, but two positive steps down the path that brings you closer to the future you want. When you feel like getting back on track is overwhelming, try one (or more) of these small steps each day.

1. **TRY A SHORT WORKOUT.** Even five minutes is better than nothing.
2. **TRY A NEW RECIPE.** Cooking healthy foods can be fun and it never has to be bland.
3. **EAT A HEALTHY BREAKFAST.** Your morning meal sets the stage for the rest of your day, so start it off right!
4. **DRINK YOUR WATER.** Try to aim for 8 cups each day and you'll feel the difference!
5. **TRACK YOUR FOOD TODAY.** No matter how it adds up, you'll learn from it.
6. **EXERCISE FOR 10 MINUTES.** Jump rope, march in place, or do some crunches. Small amounts do add up to something big!
7. **FIND A BUDDY.** Get support from friends, whether you need someone to listen or a mentor to give you ideas and encouragement.
8. **TAKE A WALK.** Don't worry about how long or far you go — just get out there!
9. **CREATE A MOTIVATIONAL COLLAGE.** Include pictures of your goal and reasons why you want to get there.
10. **GO SHOPPING FOR SOME HEALTHY FOODS.**
11. **CHECK THE NUTRITION FACTS BEFORE YOU GO OUT TO EAT.** That way, you can make an informed choice.
12. **RIDE YOUR BIKE.** Even a leisurely ride has benefits for your body and mind.
13. **WORK IN THE YARD.** Gardening and yard work is a great way to add activity to your day.
14. **TAKE THE STAIRS.** Even if this is the only thing you do all day, you'll feel stronger for it.
15. **LISTEN TO AN INSPIRATIONAL SONG.** Better yet, make a playlist of them so you can turn to it whenever you need a boost.
16. **MEASURE YOUR PORTIONS.** It's a simple way to learn how much you're eating.
17. **EAT A PIECE OF FRUIT.** Even if 5-9 servings of fruit and vegetables sounds impossible to you, one is doable.
18. **SLOW DOWN DURING MEALS.** You'll be less likely to overeat and more likely to enjoy your meal.
19. **PLAY!** What kids call "play," we often call "exercise." Play a sport, a game, or use the playground equipment to bring the fun back into fitness.
20. **LEARN SOMETHING NEW.** Sometimes simply taking a quiz or reading an article about nutrition, fitness, or health can change your mindset and get you back on track.

In tennis, losing one point isn't the end of the world. It happens to the best of them. In fact, if you can consistently win a few more points than you lose, you may end up in the hall of fame. With healthy eating and exercising, as long as you're consistently out-stepping your steps back, you're ahead of the game. If you expect perfection (and many of us do), you're setting yourself up for disappointment and guilt. You CAN get back on track today. Even if you're moving slowly, you'll be moving in the right direction!

10 Healthy (and 10 Unhealthy) Vending Machine Snacks

SMART SNACKS

1. **Planters Sunflower Kernels (1/4 cup) – TOP PICK**
160 calories, 14g fat, 1.5g sat fat, 4g fiber



The Bottom Line: Full of healthy fats

2. **Baked! Lays Original**
210 calories, 3g fat, 0g sat fat, 4g fiber



The Bottom Line: Surprisingly fiber-full

3. **Sun Chips Original**
140 calories, 6g fat, 1g sat fat, 2g fiber



The Bottom Line: Made of whole grains

4. **Snyder's of Hanover Mini Pretzels (20)**
110 calories, 0g fat, 0g sat fat



The Bottom Line: Naturally fat-free

5. **Smartfood Reduced-Fat Popcorn**
120 calories, 5g fat, 1g sat fat, 2g fiber



The Bottom Line: Low fat, and has fiber!

6. **Peanut M&M's**
250 calories, 13g fat, 5g sat fat, 2g fiber



The Bottom Line: Just don't go nuts

7. **Fig Newtons**
190 calories, 0g fat, 0g sat fat, 2g fiber



The Bottom Line: It's fruit!

8. **Nature Valley Granola Bar, Oats & Honey**
180 calories, 6g fat, 0.5g sat fat, 2g fiber



The Bottom Line: Beats hunger

9. **Planters Honey Roasted Peanuts (39)**
160 calories, 13g fat, 1.5g sat fat, 6g protein



The Bottom Line: High in protein

10. **Quaker Chewy Low-Fat Granola Bar, Chocolate Chunk**
110 calories, 2g fat, 0.5g sat fat, 1g fiber



The Bottom Line: Guilt-free chocolate

GUILTY PLEASURES

1. **Drake's Apple Fruit Pie – WORST PICK**
440 calories, 27g fat, 7g sat fat, 8g trans fat



The Bottom Line: Nutritional nightmare

2. **Austin Cheese Crackers with Cheddar Cheese**
210 calories, 10g fat, 2g sat fat, 4g trans fat



The Bottom Line: A trans fat fest

3. **Pop-Tarts Frosted Strawberry**
420 calories, 10g fat, 2.5g sat fat, 40g sugar



The Bottom Line: For sharing only

4. **Doritos**
250 calories, 13g fat, 2.5g sat fat, 2g fiber



The Bottom Line: "Nacho" best option

5. **Skittles**
250 calories, 2.5g fat, 2.5g sat fat



The Bottom Line: More calories and fat than Twizzlers

6. **Cheez-It Baked Snack Crackers (27)**
160 calories, 8g fat, 2g sat fat



The Bottom Line: No fiber, no protein

7. **Ruffles Original**
160 calories, 10g fat, 3g sat fat



The Bottom Line: Nothing but empty calories

8. **Cheetos Crunchy**
160 calories, 10g fat, 1.5g sat fat



The Bottom Line: Not great, but could be worse

9. **Twix**
280 calories, 14g fat, 11g sat fat



The Bottom Line: More "bad" fat than a Snickers

10. **3 Musketeers**
260 calories, 8g fat, 5g sat fat, 40g sugar



The Bottom Line: Lower fat, but still candy