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Healthyroads® Newsletter

Welcome to Healthyroads!

In this monthly newsletter, you'll find a collection of articles on popular health and wellness topics. If you'd like additional guidance and support in your quest to lose weight, improve nutrition, develop an exercise plan, reduce stress, or quit smoking and haven't discovered our Weight Management, Tobacco Cessation, and Wellness programs, we encourage you to call us today. **Some or all of these programs may have been purchased for you by your employer.** To take advantage of all that Healthyroads has to offer, call us toll-free at **877.330.2746** or visit us online at www.healthyroads.com®.

Healthyroads Member Testimonial

“I Look Forward to my Calls Each Week”

For over 20 years, Venus struggled with her weight. She admits that, for many years, she was on the “I think I need to diet” diet. When she *did* try to diet, she'd go on a plan for a few weeks, but then invariably gain the weight back. She didn't like how she looked and started to become depressed.

To make matters worse, Venus developed arthritis. Her blood pressure became too high. She was tired of feeling slow, inactive, and overweight—she hoped Healthyroads would help her make better and healthier choices.

Venus worked one-on-one with her personal Healthyroads Coach™ to change the way she looked at food and exercise. Together, they discussed her habits and created healthy eating plans that worked best for her. Her coach also helped encourage her and motivate her to make the changes Venus felt were necessary for a healthier life. She gave up fried food, started snacking on carrots, and joined a boxing class. It wasn't long before Venus' life began to change.

The motivation Venus received from her Coach encouraged her to join a fitness program at her church. In time, her progress began “snowballing.”

After about 16 months in the Healthyroads program, Venus lost close to 75 pounds! Her Body Mass Index (BMI) has been reduced by 13 points, she has lost almost 10 inches around her waist, and she no longer needs to take arthritis medication. Even better, Venus' doctor told her that her changes in behavior have added “years to her life.”

Venus did it. You can, too.

Imagine...

Your own customized, seven-day exercise program created by a certified personal trainer or a registered dietitian analyzing your diet to build you a healthy eating plan meal-by-meal. Healthyroads offers these great services and much, much more!

Call **877.330.2746**
or visit
www.healthyroads.com
to enroll today.



Diet & Exercise

Keep Kids Fit for the Future

Daily exercise and a proper diet benefit the entire family, from the youngest to the youngest at heart. And kids especially gain a lot from following healthy habits. Data on childhood obesity, diabetes, and other diseases linked to healthy choices are chilling. The good news is that by making the right choices, you can help stave off these diseases.

Exercise

Kids need at least 60 minutes of physical activity each day. Studies done by the American Heart Association (AHA) show that being active helps keep weight off, lowers blood pressure, and perks up kids' self-esteem. The AHA urges parents to role model healthy fitness habits. They also advise limiting the time kids spend watching TV, playing video games, and surfing the Net. Here are some more things you can do to help your kids get active:

- Set some time aside each day to take a walk in a local park, on the beach, or around the neighborhood. Bring balls, Frisbees, and other play toys to keep everybody moving.
- Invite your tweens and teens to log on to the CDC's BAM! Body and Mind Web site (www.bam.gov). There they can plan an activity calendar and read up on sports and fitness activities. Help them make their chosen activities part of their daily or weekly schedules. You might even find yourself wanting to join along!

Diet

A wholesome diet supports growth, promotes learning, and gives kids the energy they need to, well, be kids! The United States Department of Agriculture calls for a diet that has healthy amounts of fruit, vegetables, whole grains, lean protein, and low-fat or fat-free dairy. It also advises a diet low in fats, salt, and sugar. Here are a few tips to help make your kitchen both healthy and kid-friendly:

- Throw out sodas, cookies, cakes, chips, and other high-fat, high-sugar snacks. Stock up on healthy snacks like whole grain crackers and low-fat cheese.
- Shop local farmers' markets for fresh, seasonal fruit and vegetables, as well as fresh eggs.
- Buy and use whole grain breads instead of white, enriched, refined bread when making sandwiches for school lunches.
- For the young ones, cut up healthy foods into fun shapes, or arrange fruits to create the shape of a face.

By making small changes as a family, you can help your children live longer, healthier lives. And if you join in on the action, you might even add a few years onto your own.

Coach Tip:

Feeling hungry? Then it's too late. When you're hungry, you may be tempted to eat whatever seems convenient. You may also have cravings for unhealthy foods, or you may overeat. Eating often and grazing on healthy snacks will leave you satisfied and less likely to fall into bad habits.





The Beauty Myth Behind Smoking

Movies and ads can make smoking seem appealing. Actors and actresses are often depicted with a cigarette in hand. And we all know the dramatic scene in which the suave man lights the beautiful woman's cigarette and they share a lasting look. Such images might have you believing that smoking can make you look cool, smooth, mysterious, or attractive. The truth of the matter? Smoking makes you look old—often much older than you are.

There is a term for the harmful effects of smoking on your appearance: smoker's face. This term refers to the damage done to the face by smoking. Such damage includes:

- **Less Vitamin A and C in the skin.** These vitamins help your skin repair itself, keeping you looking younger for longer.
- **Less collagen in the skin.** Collagen is what gives your skin elasticity. Without it, you are more likely to wrinkle.
- **Less blood flow.** Less blood flow means dryer skin and more wrinkles.
- **Less oxygen to the skin.** Thus, skin heals less quickly.

- **More wrinkles from “puckering” and squinting.** To smoke, your face must hold a wrinkled expression that can cause lines to appear.
- **A yellow or gray hue to the face.** This may be due to the damage that cigarette toxins do to the small blood vessels in the skin.

But it's not just the face that is affected by cigarette smoke, it's the whole body. Smoking promotes hair loss, causing balding and thinning of hair. It can increase your risk of varicose ulcers. These are sores (often on the legs) that do not heal for long periods because of decreased blood flow. The nicotine in cigarettes stains the teeth and fingernails yellow. And smoking can increase your risk of psoriasis, a lifelong skin disease.

While some people may claim that smoking helps keep weight off, the story is more complex. Tobacco use can make it so you are more likely to retain most of your weight in the abdomen. When your fat is stored in your abdomen, you are at an increased risk of many chronic diseases.

With the prevalence of cosmetic procedures these days, you may be thinking that you can reverse the effects of smoking on your skin with surgery. Cosmetic procedures such as Botox and face-lifts can reduce wrinkles. But these procedures come with risks. And consider this: The only way to slow down premature aging caused by smoking is to quit. These procedures merely mask the aging caused by cigarettes. On top of that, surgeons often ask that their patients quit smoking for at least two weeks before and after surgery. That is because smoking can lead to:

- Increased scarring
- A longer healing time
- A higher risk of infection

So if you decide on cosmetic surgery, you can seize the opportunity to quit for good. Or, you can use quitting as a low-cost alternative to help you look younger without going under the knife. Either way, quitting will help you enhance your health—and your beauty.



Serious About Quitting?

We at Healthyroads understand the challenges of quitting smoking. That's why we offer a comprehensive Tobacco Cessation program that provides you with the best techniques to help you quit—once and for all. From our phone-based coaching program and educational materials to our online resources and discounted nicotine replacement therapy products, we give you every chance to succeed. For anyone considering quitting smoking, take the first step and contact us today at **877.330.2746** or visit www.healthyroads.com.

Can Tea Time Be Good for Your Health?

For hundreds of years, people have suspected that tea can help promote better health. (Tea is made from the processed leaves of a plant called *camellia sinensis* and includes black, white, oolong, and green teas.) Recently, researchers have found that some of these beliefs may be correct. Studies show that the possible health benefits of tea include:

- **Stress reduction:** Drinking black tea may help you recuperate from stress more quickly. Chronic stress can contribute to many health problems.
- **Antioxidant power:** All tea contains antioxidants, which work to neutralize free radicals that can damage the cells in your body.
- **Heart health:** Black tea may help lower your risk of coronary heart disease and heart attack. It may even help lower your cholesterol.
- **Cancer prevention:** All tea contains flavonoids. These compounds may help lower your risk of certain types of cancer, including digestive cancers, oral cancer, skin cancer, and ovarian cancer.

Be aware that all tea has caffeine (though white and green teas have less than black and oolong). Caffeine is a natural diuretic, so drinking too much of it may lead to mild dehydration. If you drink tea, be sure to also drink plenty of water. Caffeine may also interact with some medicines. Talk to your doctor if you have questions about the medicines you are taking and how they may react to the caffeine in tea.



Mind-Body Techniques Catching Your Zzz's

Sleep does a body good. Yet, year after year, research confirms that most people continue to get much less sleep than they need. Nearly 30 percent of Americans polled in 2008 admitted to falling asleep or becoming very sleepy while at work. A shocking 36 percent admitted to nodding off or falling asleep while driving. But lack of sleep affects more than just your job or commute. The amount and quality of your sleep affect everything from your mood to your weight.

Research suggests that a nightly seven- to eight-hour sleep cycle should be the goal for most people. Here are ten tips that you can put into practice today that will help you get the restful sleep you need:

- Avoid drinking too much before bedtime.
- Enjoy your last cup of coffee, tea, or other caffeinated drink no later than 3:00 p.m. (for some people the cut-off should be noon.)
- Limit or pass up alcohol since it upsets normal sleep patterns.
- Avoid heavy, high-fat, or spicy foods for dinner.
- Exercise regularly.
- If you nap, limit the nap to 20-30 minutes during the day.
- Spend at least 30 minutes each day in natural sunlight. Of course, wear sunscreen if you're in direct sun.
- Keep a worry log to jot down your worries long before bedtime. Let your mind let go—the log will 'remember' everything for you.
- Enjoy a hot, fragrant bath, a small cup of chamomile tea, or a few pages of light reading before turning in for the night.

Sometimes, it may feel like you just don't have the time for sleep. But by making time for a good night's slumber, you may find you have more energy for the rest of your day.

Get rewarded for starting today!

Healthyroads has been purchased for you by your employer. Enroll at no cost and we'll send you a Welcome Kit containing products to support you in achieving your healthy living goals.

Members also receive these great features at no cost:

- Telephone coaching sessions with dietitians and personal trainers
- Award-winning materials
- Password-protected Web site for tracking your progress
- Customized meal and exercise plans

For more information, call us toll-free at **877.330.2746** or visit us online at www.healthyroads.com.