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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](http://www.healthyroads.com)®.

## Healthyroads Member Testimonial

### “I Learned I Have the Ability to Make Myself Better”

Throughout most of his adult life, Bob Webber didn't have a problem staying physically active. All four of his sons were in the Boy Scouts and they all camped and hiked on a regular basis. Because of this, Bob never really worried about his weight. But as his sons grew older and left Boy Scouts, Bob got caught up in his job and found himself too busy to stay active. Even worse, he “just quit caring” about it—and eventually found himself weighing 362 pounds.

Bob realized he needed to make a change when he could not walk around the block without feeling winded. He felt that he was not able to keep up with his granddaughters. It became harder to enjoy life. When Bob moved closer to his kids, he realized that his weight was becoming dangerous. He decided to make the necessary health changes that would allow him to be around his family for many years to come.

Through an agreement between his employer and Healthyroads, Bob was offered the Healthyroads Coaching™ program free of charge. His weekly sessions with a trained health coach helped Bob make healthy health changes. His coach gave him “the push and understanding to do it.”

So far, Bob has lost over 50 pounds in the program. His diet is more “organized” and includes more fruits, vegetables, and wheat products. He walks several miles five or more times a week and has a more positive attitude toward taking care of himself. He doesn't think he could have done it without the support from his coach. He plans to continue down his healthy path and lose another 50 pounds this year!

### Comments From Bob

“Last fall I went with my son and many other younger guys to a conference in Louisville, KY. One day, as we were ready to leave, it was raining. Since we were parked a long way from the building, my son offered to go in the rain and fight the traffic and come and get me. I told him it was unnecessary and took off running to the car. I was the first one there. Once inside the car, my son looked at me and laughed as he said ‘a year ago you would have probably stopped 4–5 times or had a heart attack.’ When he said that—and that he was proud of me—that made it all worth while.”



## 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](http://www.healthyroads.com)**  
to enroll today.

## Diet & Exercise

### Spring Cleaning: The Air You Breathe

When people think of spring cleaning, they usually imagine a mop and broom. But have you ever thought to question the cleanliness of the air you breathe? The Environmental Protection Agency (EPA) warns that the air in your house may be even more polluted than the air outside. Luckily, there are measures you can take to control air quality in your home.

The air you breathe can have a big impact on your health. Poor air quality can lead to problems such as allergies and asthma. Over time, breathing pollutants may contribute to more serious health problems, like cancer. Some of the most common indoor air pollutants include:

- **Tobacco smoke:** Smoke from tobacco products can cause serious health problems such as heart disease and lung cancer.
  - **Biological sources:** House dust, pet dander, and mold can cause allergic reactions, asthma, and other respiratory problems.
  - **Chemicals:** Room fresheners, glue, paint, and cleansers are all examples of harmful chemicals. They often cause irritation of the eyes, nose, and throat. They may also increase risk of kidney damage or even cancer.
- **Radon:** This gas occurs naturally in rocks and soil. It can accumulate within basements and building interiors and can be dangerous. Exposure to radon has been linked to lung cancer.

As you embark on your spring cleaning process, there are some easy ways you can help improve air quality in your home. Try the following tips:

- Give natural cleaning products a try. Use baking soda or vinegar instead of chemical cleansers. Your local health food store may have other alternatives to harsher chemicals.
- Keep the air flowing. Open windows and doors whenever possible. Turn on attic and window fans.
- Have a “no smoking indoors” policy.
- Clean the house regularly.
- Use paint and glue outside whenever possible.
- Test your home for radon gas.

When you pick up the mop, chemicals, and sponge for spring cleaning, think about the cleanliness of your counters *and* the quality of your air.

## Coach Tip:

There are no shortcuts. Losing weight the safe and healthy way is the only way. There are no magic pills or drugs. You can start by making seemingly small changes in your life. For example, cut down on a few calories a day—small changes can add up to big rewards!





## Exercise Your Way to a Tobacco-Free Life

When it comes to smoking, it can seem like there is a quitting method for every day of the week. You can quit cold turkey, use nicotine patches or gum, or try hypnosis—just to name a few. The choices may seem overwhelming. Some can be costly. And some may not even help you quit. But there is one quitting method that is both cheap and helpful: Exercise.

Though it may not be the most obvious choice, starting an exercise routine, or taking your current one up a notch, may help you quit smoking. Several studies have found that exercise can help with quitting in the first few months. And if exercise can help people quit in the short-term, it may be able to help them stay tobacco-free in the long-term. What's more, working out may help limit the weight gain that many smokers fear when quitting.

One reason that exercise may help with quitting is that, for many people, smoking is linked to stress. Stress often prompts people to reach for a pack, and quitting can be an especially stressful time. Exercise can be a great stress reliever. Not only that, regular exercise may help boost your confidence—and confidence is key to kicking a habit like smoking. Exercise can also help with the feelings of frustration and depression that sometimes come with nicotine withdrawal.

In addition to helping lower your stress, exercise and quitting can work together to improve your overall health. Just by quitting smoking, you can cut your risk of heart disease by 50 percent in one year. Add to that a workout routine and, in time, your heart can be as healthy as a nonsmoker's. Exercise can also improve the health of your lungs. Smoking

reduces lung capacity, which means that your lungs are not able to hold as much air. If you make aerobic exercise a part of your routine, you can regain the lung capacity lost to cigarettes.

The benefits of quitting tobacco are huge. An exercise routine can help you quit, *and* can add to the health benefits of quitting. As always, talk to your doctor before increasing your exercise. Together, you and your doctor can develop a plan to exercise your way to a tobacco-free life.



## 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](http://www.healthyroads.com).

## Enriched and Fortified Foods

You have probably seen the words “fortified” and “enriched” while grocery shopping. They appear on cereal, juice, milk, even chips—but what do they mean?

*Enrichment* means adding vitamins and minerals to a food or drink to replace the nutrients that have been lost during processing. *Fortification* means adding more vitamins and minerals—or even different ones—than naturally occur in the food. Milk and salt are often enriched. Cereals and juices are often fortified.

Enriched and fortified foods can be a good source of healthy nutrients. But keep in mind a few concerns:

- **Your main source of nutrients should come from whole foods.** Whole foods are foods that are in their natural forms, such as fresh fruits and vegetables.
- **You can have too much of a good thing.** If you already get the recommended daily amount of a vitamin or mineral in your diet, avoid foods that are fortified with it.

- **Fortified doesn't always mean healthful.** Check the nutrition facts label for too much sugar, fat, calories, and salt.

Next time you go shopping, take a look at fortified and enriched foods and drinks to see if they would make a good addition to your diet.



## Mind-Body Techniques

### Writing Good for Your Health?

You've probably had to write a term paper or memo at some point in your life, and chances are high that it may have been stressful or frustrating. Does it surprise you to learn that writing may actually be able to reduce stress and help your general health?

*Expressive writing* is a kind of writing in which you express your feelings. It means writing about memories and feelings, not just facts and details. Journaling, letter-writing, and poetry are all forms of expressive writing.

This type of writing was first used as a form of therapy in the 1960s. Since then, it has been linked to a number of health benefits.

Expressive writing may help:

- Lower blood pressure
- Reduce heart rate
- Boost the immune system

- Reduce pain such as headaches, back pain, and neck pain
- Lower stress levels
- Manage certain conditions, such as asthma and rheumatoid arthritis

You don't have to be a novelist to do expressive writing. The purpose is to express your emotions, or “speak” your mind, so that you can cope with stress and feelings. Don't worry about how your writing sounds. Some people choose to do their writing in private, while others choose to write and share with a group. With expressive writing, you make the rules. If this sounds interesting to you, get out a pen and paper—you may be writing the first step toward less stress and better health.

# 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](http://www.healthyroads.com)**.