



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/GetHealthy.

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Healthyroads Member Testimonial

"Some People Are Even Calling Me Skinny!"

Richard says he was on a weight roller coaster for way too long. He ate whatever he wanted without thinking about the amount of calories and fat he was putting into his body. In time, Richard developed kidney stone problems and pain in his knees. One Christmas, Richard found it hard to get down on the floor and play with his granddaughter because of his weight. This was a wake-up call. He felt that if he continued to live this way he would not live very long.

Richard realized that he needed to change the way he looked at food before his habits could follow suit. He felt that he had to stop looking at food in terms of a reward or a comfort. Richard longed to change his unhealthy habits and start living a new life.

Utilizing the weekly sessions with his Healthyroads Coach™, Richard began to see how to turn his life around. The calls made Richard feel accountable to someone and it helped him reach his goals. Each week, Richard would report his progress to his coach. Not one to fail, Richard made sure to do his best to reach his goals. He started by cutting out soft drinks and bringing a healthy lunch to work with him every day.

He used nutrition advice to change his eating habits—without feeling like he was starving himself.

By being patient and sticking to his new habits, Richard has lost over 50 pounds in the past year. He just finished a 12-mile hike and is planning another one. He no longer wears extra-large size clothes and his kidney stone problems have cleared up. Now he's "enjoying" his new healthy body and mind—and the attention he gets from friends and coworkers is just an added benefit.

Comments from Richard:

"I don't remember ever getting one of those 'I'm hungry headaches' while losing weight this time around. On past diets I used to get those and would give up and go and get a candy bar."

"I'm enjoying it now. I get comments from church friends and coworkers—some people are even calling me skinny! The journey's been worth it, but I don't feel I'm done."

February Healthyroads Coach™ Tip:

This lifestyle change will not happen overnight. . . you have to stay focused and stick with it.

Imagine...

Your own customized, seven-day exercise program created by a certified personal trainer. . . 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/GetHealthy to enroll today.

Diet & Exercise

Stages of Change

If you could change one of your habits, what would it be? Would you want to exercise more, eat less? No matter what change you want to make, it is helpful to examine the actual process of how people make changes to their lives and behavior.

Psychologists James O. Prochaska, John C. Norcross, and Carlos C. DiClemente have studied behavior change theory extensively. They have developed a framework to describe the process of change. This framework, called "The Stages of Change," includes the six stages listed below. As you take a look at these stages, think about your goals and consider what stage you are in.

- **Pre-Contemplation:** If you are in this stage, you have not realized that you need to make a change or that your behavior may be unhealthy. You may resist change when it is recommended to you.
- **Contemplation:** If you are in this stage, you know that you need to make a change but you are not sure exactly how or if you can do it. To move out of this stage, you can set goals, ask questions, brainstorm solutions, and keep track of current behaviors.
- **Preparation:** This is the planning stage, which is critical for successful change. Get help from your doctor and other sources of support.

- **Action:** This is the stage in which you work actively to change your behavior. Support from friends and family is critical during this time. It can also be helpful to reward yourself for reaching milestones.
- **Maintenance:** Maintaining the new behavior is the focus of this stage. Setbacks are normal, so you must continually renew your commitment to change.
- **Termination:** In this stage, your new behavior becomes a habit and a part of your everyday life. Reaching this stage may take a while, but it is well worth the time and effort.

Think about the changes you want to make. Be honest with yourself when you evaluate what stage you are in. What can you do to make yourself ready for the next stage? Don't try to rush through these stages, but try to see if you can reach the termination stage at a pace that is healthy and comfortable. This way, the changes you make will be more lasting.



Quitting Smoking

Social Smoking

I don't smoke, except when I'm drinking.

I only smoke when I go to concerts.

I used to smoke, but now I only have a cigarette when I meet up with old friends.

You may have heard someone say something like this—you may have even said something along these lines yourself. These statements are common for “social smokers”—those who use tobacco as a social activity.

Tobacco use is considered a social activity if you use it:

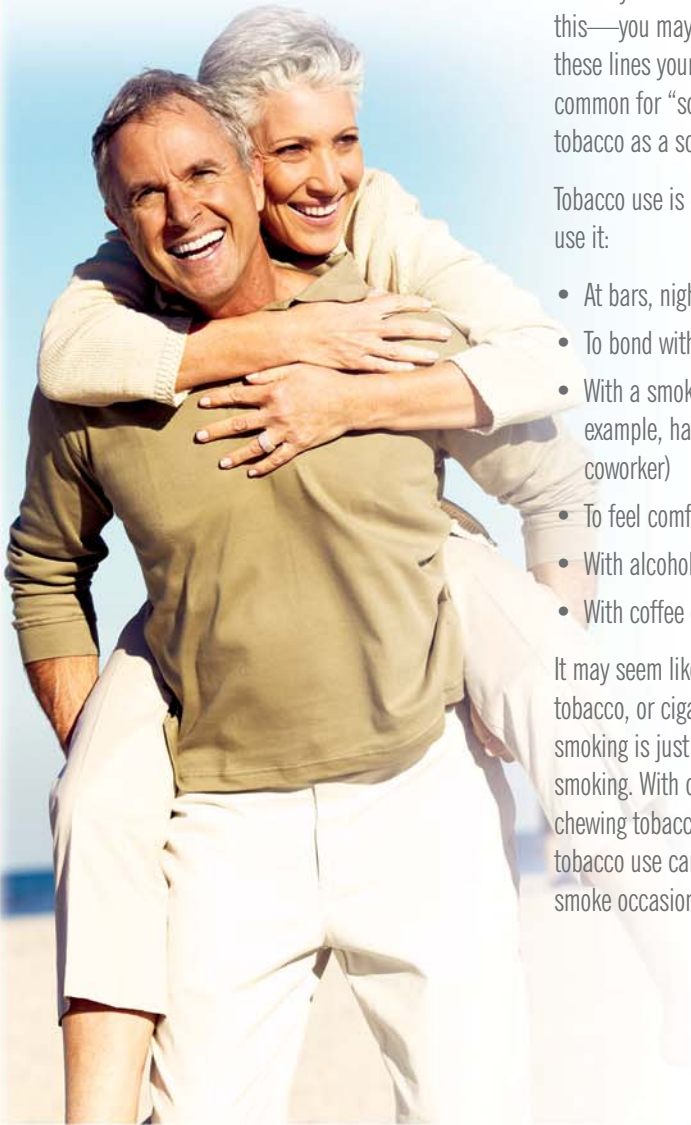
- At bars, nightclubs, parties, and restaurants
- To bond with friends or family
- With a smoking or chewing “buddy” (for example, having a smoke break with a coworker)
- To feel comfortable in social situations
- With alcohol, in social situations
- With coffee or soda, in social situations

It may seem like an occasional cigarette, chew of tobacco, or cigar is not a big deal. But social smoking is just as dangerous as any other type of smoking. With or without friends, cigarettes and chewing tobacco contain the same toxins. And tobacco use can be addictive even if you only smoke occasionally.

It can be especially hard to quit social smoking because being around your friends and family can be a trigger. Not only that, but your relationships may change when you decide to quit. Friends may want you to have “just one last cigarette.” But there are steps you can take to help overcome these obstacles and stay tobacco-free. Try these tips:

- Talk about it.
- Walk away.
- Avoid alcohol.
- Create new routines and habits.
- Join a new scene.
- Remember why you are quitting.
- Put up no smoking signs in your house and car.
- Form a social network with a healthy common interest (for example, walking or bicycling).

Social smoking is smoking. All the health hazards of tobacco use come with social smoking. If you smoke with friends or at certain events, think about switching to a healthier social activity.



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/GetHealthy.



Mind-Body Techniques

Friends Good for the Brain

Want to keep your brain sharp? Make friends. Does that sound strange? Research suggests that maintaining social relationships can help your general health, and help keep your mind sharp as you age.

Doctors have been recommending intellectual “exercises” to keep your brain sharp for years. Now, research shows that socializing can be just as effective at boosting your brain power as mental exercises such as crossword puzzles and reading. In fact, talking on the phone or getting together with friends, family, or neighbors can improve memory and test scores.

Socializing has other benefits, too. In fact, people who lead social lives tend to have:

- Longer lives
- Less pain
- Stronger immune systems and fewer illnesses
- Lower risk of heart disease
- Lower blood pressure and cholesterol
- Less alcohol and drug abuse (including prescription drugs)
- More optimism and less depression
- Overall higher quality of life

Help your body and your mind by taking the time to get socially involved. Set aside time each day to chat with those you care about. And don't be afraid to meet new people. Join a club, start a new hobby, or volunteer. You can consider the friends you make a dose of good health.

Supplement Corner Are You Getting Enough Nutrients?

Malnutrition is the condition of not getting the nutrients you need to stay healthy. Believe it or not, it's possible to be malnourished and never feel hungry. That's because whether or not you are getting enough nutrients does not depend on *how much* you eat, but on *what* you eat. To get enough, it's important to eat a wide variety of foods.

Malnutrition can put you at risk of many medical problems. It is important to pay attention to your diet to ensure that you are getting enough nutrients. Some signs of malnutrition include:

- Fatigue and weakness
- Dizziness
- A lower immune system (getting sick often)
- Dry skin
- Bleeding gums or decaying teeth
- Osteoporosis
- Underweight

If you think that you may not be getting the nutrients you need, talk to your doctor about your symptoms and your diet. He or she may recommend that you make changes to what you eat, refer you to a dietitian, and may even recommend certain supplements to help you get back to 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/GetHealthy.