



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.

In This Issue

1 Healthyroads Member Testimonial

"I Have Made Lifestyle Changes That Will 'Stick'"

2 Diet and Exercise

Focus on Fitness for Longevity

3 Quitting Smoking

Hookahs—Not A Safe Alternative

4 Mind-Body Techniques

Clear Your Mind With Meditation

4 Supplement Corner

Check in on Your Folate Levels

Healthyroads Member Testimonial

"I Have Made Lifestyle Changes That Will 'Stick'"

For many years, Fern was a classic "yo-yo dieter." When she started to diet, she would be motivated enough to lose anywhere from 35 to 65 pounds. But just after reaching her goal, she would revert to her old eating and exercise habits. This resulted in weight gain—and she'd end up back at square one. Counting calories was just not working for Fern's long-term goals. She needed to make some bigger changes to her life to see and feel a difference in her health.

Then Fern heard about Healthyroads. She works for an insurance broker that was planning to sell the Healthyroads program to client groups. Fern's boss figured that they could not rightfully sell the product without trying it out for themselves. Fern "jumped at the opportunity" and began embracing all that the Healthyroads program had to offer.

Fern began setting up appointments with her Healthyroads Coach™ right away. She actively started reading the newsletters, and she worked various exercises into her daily routine to help her stay on track. She and her coach pinpointed her issues with food. They talked about ways to change some of her unhealthy

habits (such as eating out of boredom at night). Fern began walking daily, eating more fruits and vegetables, drinking more water, and working out while watching TV.

The difference in Fern's health is noticeable. She has lost 40 pounds. She doesn't obsess over food and feels that she can "relax and know that [she] can make healthy choices at meal time," even when eating out. No longer does she stress over the potential to overeat. She continues to use her coach and the Healthyroads newsletters and manuals to stay on track. And because of the healthy habits she has learned in the Healthyroads program, Fern sees herself reaching a healthy weight in the very near future—and staying there for good.

Comments from Fern:

"My lifestyles coach . . . is great. She is always positive and upbeat. If I have a week where it has been hard to stay on track, she always tries to come up with some motivating idea about a new type of exercise, or just doing something different one day—like weight training, watching an exercise DVD, or doing Pilates or yoga . . ."

March Healthyroads Coach™ Tip:

It is always important to reward and recognize your positive changes.

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

Focus on Fitness for Longevity

People have all kinds of goals for their health. Some people want to stop smoking. Others want to eat less junk food, start exercising, or get their stress under control. But one of the most common health goals is to lose weight. Losing weight can be an important health goal. After all, overweight and obesity have been linked to a number of diseases, including type 2 diabetes and heart disease. However, if losing weight is your main health goal, research suggests you also may want to think about focusing on fitness, not just fatness.

Recent research shows that people who are overweight but physically fit live longer than those who are unfit. They even live longer than *thinner people* who are unfit. In fact, this study showed that unfit people had at least twice the mortality rate (risk of dying) as people at any other level of fitness. When compared to the most fit people in the study, unfit people had up to four times the mortality rate. If you are overweight or obese, you may be able to improve your health not only by losing weight but by getting fit.

The goals of keeping fit and keeping the fat off often go hand-in-hand. The same activities that help keep your body in good shape may help you lose or maintain weight. And healthy weight loss means physical activity. So if your main goal is to lose weight, you can focus on healthy habits such as

exercise and a balanced diet. Just be sure that you don't turn to unhealthy tactics to lose weight. For example, if you start taking diet pills without getting active, you will not be doing your health any favors.

Here are some tips that can help you get fit and maintain a healthy weight:

- Get at least 30 minutes of moderate exercise a day, at least five days a week.
- Go for three, 10-minute walks a day, and keep the pace brisk.
- Start swimming or water aerobics.
- Find a fitness buddy.
- Start a new active hobby, such as dance.
- Organize activities with friends, such as flag football or beach volleyball.

Positive health goals can take many forms. No matter what goals make the top of your priority list, working on your level of fitness can complement all of your health improvements. Staying fit can help you improve your general well-being and may help prolong your life.



Quitting Smoking

Hookahs—Not A Safe Alternative

Smoking out of a hookah—a kind of water pipe—is gaining popularity among college students and teens. And many believe this to be a “safer” form of tobacco use. But there is no “safe” way to smoke, and recent studies show that smoking out of a hookah carries its own set of risks.

Hookah bars and cafes have taken off in college towns and cities all over the United States. They are particularly popular among students and young adults aged 18–21 who cannot legally gather in bars. Hookah “bars” are set up to allow groups of friends to get together and chat in a relaxed environment—around a hookah. A hookah is a kind of water pipe. When a person uses a hookah, the smoke passes through water before it is inhaled. Many people think that the water “cleans” the tobacco smoke and “filters out” harmful chemicals. Not true.

In fact, hookah smoking can mean taking in more chemicals than are inhaled when smoking a cigarette. Research shows that after one hour of gathering around a hookah and casually smoking, people ingest as much carbon monoxide as if they were to smoke a whole pack. What’s more, if hookah smoking takes place inside, the carbon monoxide in the room can reach unhealthy levels. This means that, just as with cigarettes, any nonsmokers in the room can be harmed by the secondhand smoke.

Carbon monoxide is not the only hazard of smoking a hookah. Nicotine, heavy metals, and chemicals that cause cancer are all present in hookah smoke. In other words, the same hazardous substances found in cigarette smoke are also found in smoke from a hookah. The difference is that hookah smokers tend to inhale a lot more smoke. For every hour of hookah use, a smoker gets 100 to 200 times the volume of smoke inhaled from a cigarette.

Hookahs may also pose some specific health risks that cigarettes do not. For one, a heat source (such as wood cinders or charcoal) is used to burn the tobacco. These fuels give off their own set of chemicals when burned. So smokers are not only getting the toxins from the tobacco, but chemicals from the fuel as well. In addition, the tobacco used in hookah smoking is often flavored to be very sweet. This may entice people who are not usually smokers to start.

There is no way to use tobacco that does not put your health at risk. Hookahs are just as dangerous as any other form of tobacco. Being tobacco-free is the only safe alternative to smoking.



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

Clear Your Mind With Meditation

Meditation is a mind-body practice that involves focusing and controlling your attention. There are a number of different techniques but most are geared to help relax the body and calm the mind. By focusing your attention (usually on an object, your own breathing, or a word), meditation aims to quiet the stream of thoughts that usually fill the mind. In other words, meditation helps you shush the chatterbox inside your head.

Scientists are still exploring the benefits of this mind-body technique, but some studies have linked meditation to:

- Increased energy
- Less fatigue
- Lower levels of anger
- Less anxiety
- Less depression
- Significantly lower levels of the hormone cortisol, which is linked to stress
- Stronger immune system

If you practice meditation or want to try it, keep the

following tips in mind. They can help you have a more rewarding meditation experience:

- Set aside the same time each day for meditation. For many people, morning is the best time, but you can meditate at any time of the day.
- Find a quiet place that does not have too many distractions. If you can, practice in the same place every day.
- Try brief, mini-meditations from time to time throughout the day, especially when you are feeling extra stressed. These can help relieve stress before it builds up and becomes overwhelming.

Supplement Corner

Check in on Your Folate Levels

Are you getting enough folate? Recent research shows that Americans, especially American women, are not getting as much folate as they should. You can take this as an opportunity to focus on your folate levels.

Folate, also called folic acid, is an important B vitamin. It is used to make and maintain new cells, including blood cells. Without enough folate, you can experience anemia.

Folate is especially vital for pregnant women. Healthy amounts of folate can help prevent *neural tube defects*—defects to the brain and spine. Most of these birth defects occur within the first couple of weeks of pregnancy. It is recommended that every woman who may become pregnant get at least 400 micrograms of folic acid per day.

You can get folate from a number of sources. It is available in both multivitamins as well as folic acid supplements. It may also be found in fortified foods, especially cereals. Naturally, it is found in the following foods: leafy green vegetables, fruits, dried beans, peas, and nuts.

The news that folate consumption in the United States has dropped can serve as a reminder to turn to these sources of folate—especially if you are a woman who may become pregnant.



Get rewarded for starting today!

Healthroads 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.healthroads.com.