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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

“It Has Made My Life Worth Living”

Richard, a teacher in San Diego, California, wasn't just overweight—he proclaimed himself the “ultimate couch potato.” And his waist showed it. Richard was 5'7” and weighed over 250 pounds. He ate a steady diet of donuts and pizza. He never touched a salad, and didn't like fruits and vegetables. He even developed sleep apnea and gastro-esophageal reflux disease (GERD) because of his weight.

Worst of all, Richard was depressed. He found himself in what he calls a catch-22 cycle—he didn't exercise because he was depressed, and he was depressed because he didn't exercise. Though he joined the Healthyroads program in an attempt to get back to his lean Navy physique, he didn't fully embrace it. When his fiancée started to work out more, Richard finally began to take his health seriously.

After deciding to really make a change, Richard felt the program “click.” He began working closely with his “exceptional” Healthyroads Coach™—she taught him how to work healthy foods and exercise into his daily life. Richard enjoyed his coach's support so much that he only missed one weekly appointment in two years! When he was in a slump, Richard says his coach supported him and didn't make him feel bad for slipping.

After committing to the program, Richard started to see the pounds fall off. He started working out on the treadmill for an hour a day. In his second year in the program, Richard worked with a personal trainer three times a week. In two years, Richard lost about 80 pounds. His sleep apnea and GERD disappeared and his blood pressure dropped. He reduced his body mass index by over 13 points and his pant size dropped six to eight inches. The best part is that

Richard has kept the weight off for over two years! All of these changes have improved Richard's quality of life—and he sees nothing but good health in his future.

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

Gardening for Fitness

What does exercise mean to you? Does it mean a costly membership at a gym? Hours on the treadmill? How about tending to flowers on a sunny afternoon? Believe it or not, gardening can be a great form of physical activity. And by making small changes to your gardening routine, you can make the most of this activity to better your health.

While you may not think of it as exercise, studies show that 45 minutes of gardening can burn as many calories as a half an hour of aerobics. On top of that, gardening has been linked to many of the health benefits offered by other forms of exercise, including:

- Lower blood pressure and cholesterol
- Less risk of diabetes and heart disease
- Prevention of osteoporosis

Gardening can be a terrific way to get fit. Many people find it relaxing and fun. And you are much more likely to stick with activities that you enjoy. Plus, gardening uses all major muscle groups. This includes your arms, legs, back, and shoulders. Because it is a moderate intensity form of exercise, you are less likely to strain your body. But this also means that you may want to combine gardening with regular aerobic activity like walking.

If you enjoy gardening, you can take certain steps to get the most out of your workout. Try these tips:

- Bend your knees when you are doing an activity like raking.

- Use a push lawn mower, rather than one you ride.
- Make every movement big (exaggerated).
- Use both sides of your body (rake with your right arm, then with your left).
- Change tasks often.

If you haven't been active in a while, it is important that you start slowly and build up to more activity over time.

Keep these safety precautions in mind while gardening:

- **Protect your knees and back.** This means smart lifting and digging, and caution when crouching for long periods.
- **Protect yourself from the sun.** Use hats, long sleeves, and plenty of sunscreen.
- **Stay hydrated.** Drink plenty of water.
- **Plan your garden** so that it is easy to work in. For instance, make paths wide so that you can use a wheelbarrow for heavy loads.
- **Stretch** before and after a session in the garden.

By keeping both safety and fitness in mind, you can create a fun workout that improves the health of your body and the beauty of your yard.

Coach Tip:

Don't look at a change of seasons as a reason to stay inside. Instead, look at it as an opportunity to try something new. If you like warm weather, take advantage of hiking, swimming, cycling, and other outdoor activities in the warmer months and join a gym in the colder months to stay warm. If you prefer cooler weather you can work out in the comfort of a cool, air-conditioned gym in the summer and enjoy activities like walking, cross-country skiing, and snow-shoeing in the winter.





Nicotine Replacement Therapy

Making the decision to quit smoking is a big step toward better health. After that, it takes motivation, planning, and a commitment to quit for good. And even if you have these, you may still need extra help to overcome the physical addiction to nicotine. That is where Nicotine Replacement Therapy (NRT) comes in.

NRT products give your body nicotine in small, controlled doses. They can help you control cravings and slowly cut down on the level of nicotine in your body when quitting. NRT products include:

Patches

Patches are usually worn on the upper body like a Band-Aid. The nicotine in the patch goes through your skin to help curb withdrawal symptoms. The patches come in different strengths. It's usually recommended to start with the strength that is closest to the amount of nicotine you are getting now.

Gum

Nicotine gum must be chewed and “parked” between the teeth and gums to work properly. The nicotine in the gum goes through the lining of the mouth to help curb withdrawal symptoms. The gum works best when used on a fixed schedule (for example, one piece per hour) rather than in response to a craving.

Nicotine Lozenges

Nicotine lozenges need to slowly melt in your mouth to work. They are not meant to be chewed or swallowed. The nicotine is absorbed through your mouth tissues to help curb withdrawal symptoms. The lozenges come in two different strengths, based on how soon your cravings start in the morning.

Nicotine Spray or Inhaler

The spray delivers nicotine through the lining of the nose. The inhaler delivers it through the mouth and lungs. Both help to curb physical withdrawal symptoms. Like nicotine gum, these tools are most

effective when used at regularly scheduled times, rather than in response to a craving. These items cannot be bought over the counter; they require a prescription from your doctor.

If you are interested in NRT, talk to your doctor about whether or not it is a good option for you. NRT is not right for everyone, but it can help some people quit. Even if you use NRT, you still need motivation, planning, and commitment. NRT can be a useful tool, but it is you and only you who has the true power to change from smoker to nonsmoker.



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.

Reading the Supplement Label

If you're like many, you are used to reading the nutrition facts label on the food that you buy. But fewer people know how to read the label of the supplements that they take. And this label contains important information for your health.

Supplement labels include the following information:

- What vitamins and minerals are in the product
- How much of each nutrient is in the product
- Percent *Daily Value*. This number tells you how much

of the nutrient you are getting from the supplement, in terms of the percent of your diet. It is based on a 2,000 calorie diet.

- Recommendations on how much to take (dose)
- When you should *not* take the product (e.g., when pregnant)
- What can happen if you take the product along with other medicines

You can use this information to make informed decisions. Compare the nutrients to your diet. Are you

already getting enough of a certain vitamin or mineral? Most of the time, it is not a good idea to take more than you need of a nutrient. Use the label to ensure that you are getting the right amount.

If you are taking supplements now, go back and take a look at the labels. If you are thinking about starting a supplement, compare the labels of products that are out there. Just like the nutrition facts, this label can help you make healthy choices.



Mind-Body Techniques Massage: More Than a Luxury

Picture yourself on a remote tropical island. You can hear the soft lapping of the waves. You can feel the warmth of the sun on your back. And you are getting a massage. Sound luxurious? Now picture getting a massage in your hometown every two weeks. While it may not be as lavish, it can be just as relaxing—and it may help improve your health.

Not All Massage Is the Same

There are two main types of massages: relaxation and therapeutic. In both cases, a massage therapist rubs, strokes, or kneads your soft tissues. (Your soft tissues include your muscles, tendons, and ligaments.) The goal of a relaxation massage is to help relax the body and soothe the mind. The goal of a therapeutic massage, on the other hand, is to help the body recover from an illness or injury. This type of massage can also help you cope with chronic pain.

Therapeutic massage may benefit:

- The immune system
- The blood system
- The nervous system

Some doctors believe that both types of massage may help balance the hormones in your body. This can help improve your mood and sleep patterns. It may also help decrease anger, anxiety, and stress.

Safety Concerns

In general, massage is very safe. But there are times when it is not a good idea to get a massage. Talk to your doctor before getting a massage if you are pregnant or if you have:

- Heart or blood vessel disease
- Weak bones for any reason (for instance, osteoporosis or a recent break)
- Cancer
- An open sore, infection, tumor, burn, or swelling

You may not be able to relax at the beach on a tropical island. But by getting a massage, you can feel like you are—and enjoy the health benefits, too.

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.