



## In This Issue

- 1 **Healthyroads Member Testimonial**  
“It Has Made My Life Worth Living”
- 2 **Diet and Exercise**  
Staying Safe to Stay Active
- 3 **Quitting Smoking**  
So You’ve Given In to a Craving—  
Now What?
- 4 **Supplement Corner**  
Can Supplements Make You Stronger?
- 4 **Mind-Body Techniques**  
The Benefits of Yoga

# 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

### “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 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

### Staying Safe to Stay Active

Ah, summertime. The sun is out and the sky is bright. It is a perfect time to take advantage of the clear weather to get active. But if you do, be careful. Your risk of injury goes up as the weather clears up.

#### Did You Know...

A study just came out showing that from 2004 to 2005, almost 213,000 people went to the ER due to accidents linked to outdoor activities.

Even if you are fit and used to working out every day in the gym, outdoor activity may still pose a risk. There are a number of elements that you face when you take your activity outside in the summer:

- Wildlife, including plants (for instance, stinging nettle or poison oak)
- Hot weather and sunlight
- Steep hills and rocky, uneven paths and loose dirt
- Large waves and undertow

The most common injuries caused by outdoor activities are injuries to the arms and legs. These include sprains and fractures. An injury like this can be a big setback to your usual activity level. It takes time to recover, and you will have to build back up to health.

#### What You Can Do

You can stay active and stay safe by taking some precautions. Try these tips:

- **Keep fit.** Don't be a "weekend warrior" (don't squeeze all of your activity into the weekend). Likewise, don't plan a long and strenuous hike or bike ride if you have not been active for a while. Stay consistently active.
- **Warm up, cool down, and stretch.** Some activities, like beach volleyball, may not feel like exercise. Treat the activity like a workout anyway. This means a proper warm-up, cool-down, and stretching period.
- **Keep your equipment in shape.** It's not just you that needs to be in good shape—it's also your gear. For example, make sure your shoes are in good shape if you are going to go walking or hiking.
- **Keep in touch.** Make sure someone knows where you are going and how long you plan to be out.
- **Be prepared.** Have a first-aid kit handy. Bring plenty of water and snacks. Wear sunscreen and a hat. And bring a map of the area you are going to.

Don't be afraid to take advantage of the summer weather to get out and get active. But consider your safety when you do. This way, you can actively enjoy the outdoors all summer long.

## Coach Tip:

*Think about it.*

To avoid temptation, ask yourself one question: "How will I feel ten minutes after I eat this?"





## So You've Given In to a Craving—Now What?

If you've quit smoking or are trying to quit, you know how hard it can be. It can feel impossible to say no to a cigarette when you are having a craving. In fact, most people have to try quitting a number of times before they are able to give up the habit for good. So what can you do if you give in to a craving?

**First, try not to beat yourself up.** You had a setback, but it doesn't mean you need to give up on quitting—instead, get right back on track with your quit plan. Beating yourself up won't help you quit. In fact, if you are too hard on yourself, you may be more likely to keep smoking. You need to believe in yourself to succeed. So, accept that you slipped up, let it go, and move forward.

**Second, reflect.** Take the time to think about why you wanted to smoke. What enticed you to light up? Was there a specific trigger? Were you having withdrawal symptoms? Were you stressed? Were you with friends who were smoking? Write down all of the factors that may have added to your decision to smoke.

**Third, plan.** In all likelihood, this won't be the only time you will face a craving like this. What can you do to avoid giving in the next time? For each factor that you listed, write down a nonsmoking solution. Can you go for a walk? Find something else to do with your hands? Talk through the craving with a friend?

One approach to dealing with cravings is to focus on the four Ds:

- **Delay:** Delay the urge to smoke or chew for at least five minutes while you do something else. This can lessen or get rid of a craving.
- **Distract:** Get busy doing something else. Spin a coin, chew gum, or take a walk. Just do something long enough to let the craving pass.
- **Drink water:** Always carry a water bottle with you. When you feel the urge to smoke or chew, take a drink. Drinking water can satisfy that hand-to-mouth urge.
- **Deep breaths:** Don't forget to breathe. It will help you relax and clear your mind. Take three deep breaths whenever you feel a craving.

You may also want to consider Nicotine Replacement Therapy (NRT) if you are not yet using it. NRT products can help reduce cravings and increase your odds of success. Talk to your doctor about which NRT product may work best for you.

Remember, giving in to one craving is not a good reason to throw in the towel and start smoking again. Use your setback as a learning experience. And stay positive—you are making an important change for the better.



## 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).

## Can Supplements Make You Stronger?

There is a big market for supplements aimed to help you gain muscle. Some of these products claim that you can build muscle fast, “maximize” your workout, or look like a bodybuilder without spending hours at the gym. What’s the truth?

Dozens of products claim to build muscle. Common items include:

- Creatine
- Nitric oxide ‘boosters’
- Growth hormones
- Protein supplements
- Specially marketed multivitamins

Many of these products have not been studied for long-term effects on the body. Most are made for people who have a rigorous workout routine. Some may not even do what they claim to do. Growth hormones, for example, may be able to increase your muscle mass but not your strength. But whether or not these even work is a big question. And they can have side effects, including high blood pressure, headaches, and bloating.

Just as with weight loss, there is no quick way to gain muscle. Exercise and proper nutrition, not pills or powders, are the best ways to improve your body and your health. Talk to a personal trainer if you need help getting started.



## Mind-Body Techniques The Benefits of Yoga

Your image of yoga may consist of people with perfect bodies contorted into pretzels. But you don’t have to be an athlete, or a meditation guru, to do yoga. And you don’t have to tie yourself in knots to gain the health benefits. The truth is, starting a yoga practice is simple. Anyone can do it.

### What Is Yoga?

Yoga is a type of mind-body exercise. It trains the body as a way of calming and focusing the mind. To do so, yoga uses a series of poses. Each pose is held for several moments. It also uses breathing exercises and meditation.

### What Are the Benefits?

Both your body and mind can benefit from practicing yoga. With regular practice, yoga may help:

- Improve strength
- Improve flexibility
- Improve balance
- Lower blood pressure
- Make the heart work more efficiently

- Slow down breathing
- Promote relaxation
- Reduce stress and anxiety
- Improve mental focus

Yoga may also help in managing:

- Heart disease
- Hypertension
- Asthma
- Osteoarthritis
- Musculoskeletal problems
- Mood disorders

### How Can I Get Started?

You can get started on a yoga program at home or by going to a class. You don’t need any equipment to get started, but you may want to get a yoga mat. Give yoga a try and see if you reap the benefits.

# 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).