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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)®.

## Wellness & Healthy Living Turn Off the Tube and Trim Up

It can be fun and relaxing to “veg out” in front of your favorite TV show. But recent studies show that too much TV may be linked to poor health.

Spending hours watching TV has been linked to specific health risks. These include:

- Overweight and obesity
- Type 2 diabetes
- Heart disease

In fact, TV watching ranks worst among activities where you sit down. When it comes to risk for obesity, it is worse than office work. It's also worse than sewing, driving, or reading.

Why is TV watching so much worse for your weight than other activities? One reason may be all of the ads for food. One recent study shows that young people who watch a lot of TV eat much more of the most heavily advertised foods.

TV watching has been linked to consuming more of the following:

- Total and saturated fats
- Red and processed meats
- Snacks and sweets
- Fast foods
- Refined grains
- Soft drinks

On top of this, watching TV burns very few calories. Even tasks like sewing or reading burn more calories than watching TV. Light activities such as standing or walking can, in fact, *reduce* your risk of obesity.

All of this does not mean that you have to give up watching TV. You can still enjoy your favorite shows. But it is a good idea to be aware of how much time you spend in front of the tube, and how it may affect your health habits. Consider these ideas to make TV watching a healthier part of your life:

- **Use commercial time to get moving.** Stretch, walk around, do jumping jacks, or work on your balance.

- **Multitask for your health.** Put weights next to your remote or replace your recliner with a yoga mat or balance ball. If you can, set up a treadmill or stationary bicycle in front of your TV.
- **When you take a seat, don't eat.** Have a “no eating in front of the TV” rule and stick to it. This will help prevent mindless overeating.
- **Use your hands.** Consider picking up an activity such as knitting or beadwork. Or, just hold onto a stress ball, work a Rubik's Cube, or pet an animal while you watch TV. This will help keep your hands off the snacks and your mind and body a little more active as you tune in to your favorite show.

By adopting healthy habits, you can enjoy your shows and avoid the health risks of watching too much TV.



# 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

### How About an Exercise Center?

If you were to plan a weekend of activity, what would you do? Would you decide to go to the gym both days? Or would you go dancing with friends each night? How about trying yoga? If these activities sound more fun than a treadmill, you might want to ditch the fitness club idea and get yourself to an exercise center.

Exercise centers focus on a specific sport or activity, like rowing or dance. They can be a fun way to get fit and meet people with similar interests. If you don't like working out at the gym, here are some exercise centers you might want to try:

- **Dance:** There are many different kinds of dance centers. Some examples are ballroom dance classes and salsa studios. Some centers focus more on form and others focus more on fitness.
- **Water sports:** In some centers, you can sign up for a variety of water activities. You can do lap swimming or water aerobics. Water sports can help you get more fit without putting strain on your bones or joints.

- **Rowing clubs:** These clubs offer boat rowing on a team or on your own. Give it a shot if you want to get a full-body workout and work with a team.
- **Pilates or yoga:** These exercises can help you become stronger and more flexible. They may also help relieve stress and calm your mind.
- **Rock climbing:** Some exercise centers offer indoor rock climbing walls. These walls may help you build endurance, gain strength, and get fit. Some of these centers also offer classes to help you get started.

Most exercise centers are different from gyms. They do not have a broad range of fitness equipment. Nor do they have a variety of group exercise classes. Instead, they focus on a specific activity. But they have some advantages. For example, if you find an activity you really like, you will *want* to be more active.

Try out some different exercise centers in your area. See if you find something you enjoy doing. You can make an ideal weekend of activity.

## Coach Tip:

Did you know you can bake that jack-o'-lantern? The best tasting pumpkins are pie pumpkins or sweet pumpkins. Pumpkin is high in beta-carotene and potassium. After scraping out the pulp and seeds, cut the pumpkin into pieces and place cut sides down on a baking sheet. Bake at 350 degrees until tender. Enjoy as a fall side dish!





## A Pill to Quit Smoking?

Every smoker dreams of a world where they can just take a pill to quit. Sadly, this world doesn't exist. But there are pills your doctor can prescribe that may improve your chances of quitting successfully. These pills aren't magic, and they do have risks. But they may be an option for some people.

The two "quit pills" on the market today are Zyban and Chantix. Zyban is also called Wellbutrin. These drugs can significantly increase your chances of quitting. In fact, one study showed that people who took Chantix had a success rate three times greater than those who did not. These drugs contain no nicotine. So how do they work?

**Zyban** was first made to help with depression, but then it was found to help with nicotine addiction. It triggers chemicals in the brain that reduce cravings.

**Chantix** blocks the effects of nicotine (so it can no longer make you feel good) and helps curb withdrawal symptoms. The drug also affects chemicals in the brain that influence habits.

These drugs are not for everyone. Both may cause serious mood and behavior symptoms. These can include:

- Depression
- Thoughts of suicide
- Changes in behavior

If you are taking these drugs and have any of these symptoms, you need to talk to your doctor right away. If you are not currently taking these drugs but want to learn more about them, talk to your doctor as well. Be sure to go over your medical history; talk about:

- Any major health problems you have had
- Medications and supplements you are currently taking
- Whether or not you are pregnant or breastfeeding
- How much alcohol you drink, and how to drink safely while on these meds

Even if you take these medicines, you will still need to work at quitting. You will need to come up with strategies to handle the triggers that make you want to smoke. For example, if you take a "smoke break" with a coworker or friend each day, you will need to plan something else to do on your break.

Pills can't change your habits—that's up to you. But in some instances, prescription medications may give you the boost you need to quit. Talk to your doctor about all the options available to you to help you quit for good.



## 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).

## Safe Storage of Herbs and Dietary Supplements

Pharmacists often tell customers how to safely store medicine. Safe storage can keep medicine from changing or going bad. It can also ensure that the medicine doesn't get misused. Many of the same rules of home storage that apply to medicines also apply to supplements.

To keep them safe, store herbs and supplements:

- Away from other medications
- In a cool, dark, and dry location (they can lose their potency if in heat, light, or humidity)

- Away from household chemicals
- Out of the reach of children and pets
- In their own, labeled containers or in a pill organizer

When you use products, be sure to:

- Double-check labels, especially if two containers look alike
- Read the labels for instructions
- Check the expiration date

Work safety into your process as you buy and get rid of supplements. Buy products with childproof tops whenever possible. When you're done with a product, dispose of it safely. Don't just put it in the trash, where kids or pets may get into it.

Use these tips to store your supplements safely. That way, you can be improving the safety of your home while also improving your health.



## Mind-Body Techniques Facing Stress as a Family

Family life isn't always easy. Even the happiest families can face fights and tears when confronted with the stresses of daily life. But there are ways to face those stresses and challenges together. You'll have to work on how you handle stress yourself. And you'll have to work on how you interact as a family.

Families that deal well with stress tend to share certain traits. These traits may be the keys to a healthy home life. They include:

- Supporting each other. Resilient families show support through words and actions, such as attending a child's school play.
- Doing things as a family. These families work and play together.
- Reaching out as a family. These families may also volunteer at a charity or take part in community events together.

If you have children, it is especially important to deal well with stress. To be a good role model for your child, work on how you handle stress. Below are some examples of healthy

ways to cope with stress. You can also teach these skills to your children.

- **Mental imagery:** This involves forming pictures in your mind that can cause changes in your body. For instance, in order to relax you can imagine a calm place and take yourself there in your mind. Ask your child to come up with a calm place, too, and practice this skill together.
- **Relaxation skills:** These skills ask you to focus your attention on your body. You can focus on taking a couple of deep breaths when you are stressed.
- **Exercise:** Go for a walk as a family, toss a football, or head to the beach. Exercise is a great way to let off steam and have fun together.

You may not be able to shield your home from stress, but you can improve the way you and your family respond. This way, when you do go through stress, you go through it as a team—as a family.

# 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).