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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)®.

## Healthyroads Member Testimonial

### “You Will Have the Willpower to Go On”

Sheila, a Bossier City, LA casino worker, knew she needed to improve her health, but she wasn't sure how to go about doing so. How do you suddenly learn to eat healthier? How do you jump right into a workout routine and adopt healthy living habits overnight? Sheila just didn't know how to do it alone.

Fortunately, Sheila's employer offered her access to the Healthyroads® program as part of her health benefit package. Healthyroads assigned Sheila a dedicated health coach to help guide her on her journey toward a healthier life. Sheila's coach listened to her and provided Sheila with suggestions, guidebooks, and other materials to help her stay on track.

It wasn't long before Sheila began feeling more confident about the health changes she was making. Not only was she eating more fruits and vegetables, she got back into a workout routine and her energy increased. Talking to her coach about her struggles—her ups and her downs—helped give Sheila “the willpower to go on.”

With the help of her coach, Sheila has seen real results—she has lost 20 pounds in the Healthyroads program so far. What's more, Sheila has learned how to live in a healthier way, and this will help her manage her weight and her nutrition far into the 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](http://www.healthyroads.com)**  
to enroll today.



## Diet & Exercise

### Fill Up on Fruits and Fiber

Every day, thousands of people try to shed excess pounds quickly. You may be one of those people. While there is no quick fix for weight loss, one rule-of-thumb may help: Fill up on fruits and fiber. One study suggests that this habit could help you avoid obesity and weight-related problems.

The study took a look at the eating habits of two groups of people—an obese group and a normal-weight group. Both groups were matched for the same sex, age, and height. It may sound strange, but both groups ate about the same amount of calories.

How can the weight difference be explained? It turns out that overweight and obese people ate more meat and less fruit than those of a healthy weight. So more of the overweight group's calories came from fat than from fiber.

Why would fiber help fend off weight gain? It may help you feel full and avoid overeating. And fiber has other benefits. It aids in digestion and may help lower your cholesterol.

Many fruits are good sources of fiber. They also contain antioxidants and other important nutrients. A diet with a variety of fruits and vegetables may help prevent heart disease, stroke, and certain forms of cancer.

Dietitians recommend that you try to eat five to nine servings of fruits and vegetables a day. This may be easier than you think. Serving sizes are small. Make a list of all the fruits and veggies you enjoy. Work them into your diet little by little. Store some cut up fruit to munch on or sprinkle berries on your morning cereal. Carry a bag of mini-carrots with you to work. Before you know it you will be eating five or more servings a day.

If you need help eating more fruit or fiber, talk to your doctor or a dietitian. With enough fruits and veggies you may find that you feel fuller, and you may even lose some weight.

## Coach Tip:

The key to any success is having a plan. Think, talk, and write out your plan for healthy change.





## The Link Between Smoking and Drinking

Picture this: A party. Food, drinks, and people. One person is weaving through the crowd, mingling, while carrying a cigarette and a cocktail. It's a pretty common sight, cigarettes and alcohol in the same place. Why is this? Are smokers drawn to drink? Are drinkers enticed to smoke? Both may be the case.

Research shows that smokers are more likely to report heavy or binge drinking than nonsmokers. In one study, smokers were four times more likely to drink heavily than those who had never smoked. They were twice as likely as those who had quit. A similar pattern was true for binge drinkers. (In this study, heavy drinkers were people who had more than 60 drinks a month. Binge drinkers were those who had three or more binges of more than four drinks in a row per month.)

On the other hand, drinking alcohol can perpetuate smoking by an individual. Many “social smokers” have cigarettes only when they are around friends and alcohol. If you smoke mainly in social settings, you may start to link the smells, tastes, and sounds of social activity to cigarettes. Bars, clubs, and even barbecues can trigger a craving to smoke. On top of this, alcohol impairs your judgment. When you're drinking, you may smoke more than you intend. Or, if you're trying to quit smoking, you may think “just one won't hurt.”

This link can lead to a deadly cycle. Smoking and drinking are two of the biggest risks to your health. If you are a smoker, quitting may be the first step to a healthier life. And in order to quit, you may want to think about your drinking habits.

If you drink more than one drink a day (if you are a woman) or two drinks a day (if you are a man), you may want to cut back or talk to your doctor.

Cigarettes and alcohol are a dangerous duo. Don't let yourself end up on a cycle of drinking and smoking. Protect your health: Drink in moderation (if you choose to drink at all), and give up on those smokes altogether.



## 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).

## Take Care When You Mix and Match

Take a look at your medicine cabinet. How many medicines are in there? Do you have painkillers? Prescription medications? Cold remedies? Now think about any supplements you may take. Do you take vitamins, minerals, or herbs? If so, you may want to think about what substances you are mixing and how they could affect your health.

Just because a supplement is natural doesn't mean it is always safe to take. Some combinations of drugs and supplements can be harmful. Certain medicines can change the way other drugs work. This is called

an interaction. Some supplements can interact with drugs, too, changing the way they work. Some can stop a drug from doing what it is supposed to do or change its potency. In the same way, certain drugs can change the way supplements work.

The best thing to do before taking a new drug or supplement is talk to your doctor. And keep an updated list of everything that you take. Bring your list to visits with your doctor and to the pharmacist. If some of your meds are interacting with your supplements, there may be other options.

Your doctor can help you find the right combination of drugs and supplements that's safe for you.



## Mind-Body Techniques Follow Your Nose to Relaxation

Have you ever heard someone say, "stop and smell the roses"? This may be very good advice. *Aromatherapy* may help calm your nerves and improve your well-being.

Aromatherapy uses essential oils from plants and flowers. The aroma of these oils may affect parts of the brain that control your emotions. And each oil may trigger a different response. For example, lavender may calm you down. Mint may pick you up. Essential oils may help you feel relaxed, safe, alert, or more energized.

Scents may also help your mood because of their link to memories. For example, say the smell of pine trees reminds you of a calm moment in your life. You may be able to use this scent to calm down when you are stressed.

But it's not just your mood that scents may affect. They may also help treat chest colds and the flu. For example, eucalyptus oil can help clear the sinuses.

Some oils have qualities that may help fight germs or reduce swelling. More research is needed to know how these oils may help fight illness. But some researchers suggest that aromatherapy can help in the treatment of:

- Muscle pain
- Anxiety and depression
- Nausea
- Skin disorders
- PMS

It is believed that aromatherapy works only when you use essential oils. This means that products made with synthetic fragrances may not work. Talk to your doctor if you are pregnant or have certain health conditions; some oils may not be safe for you.

So, the next time you pass a bunch of roses, stop and smell. You may just find yourself more relaxed.

# 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).