



## In This Issue

- 1 **Healthyroads Member Testimonial**  
“It Has Made My Life Worth Living”
- 2 **Diet and Exercise**  
Break Up Your Workout
- 3 **Quitting Smoking**  
“But I Only Smoke a Little!”
- 4 **Supplement Corner**  
Spotlight on Zinc
- 4 **Mind-Body Techniques**  
Teen Stress

# 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](http://www.healthyroads.com)**  
to enroll today.

## Diet & Exercise

### Break Up Your Workout

Imagine you are standing in your kitchen looking at a heaping pile of dirty dishes. The pile is so full of pots and pans that you don't know where to begin. It can be tempting to ignore the mess for another day. But what does this do for the tidiness of your house?

Now imagine that you haven't been fit for a while. Does exercise seem like a daunting task? Too daunting to even try? It may seem easier to just keep following your usual routine than to start getting active. But what does that do for your health?

What if you just needed to wash five dishes? What if, instead of creating a whole workout routine to get you in tip-top shape, you just need to go for three, ten-minute walks a day? Doesn't sound so bad, does it? Even a small step like a 10-minute walk can have a big impact on your health—an impact for the better.

Experts recommend 30 minutes of physical activity at least five days a week. This may sound like a lot, but you can break it up into several sessions. For example, you could go for one ten-minute walk after breakfast,

lunch, and dinner. Not only that, but even if you only get your 30 minutes in three days a week, you may still reap benefits. Research suggests that just 30 minutes of walking, three days a week can lower blood pressure and shrink waist and hip size. It can also increase your overall fitness.

What's more, if you get active more than 30 minutes a day, taking breaks during your workout may be able to help burn weight more quickly. Research suggests that those who sit down to rest for 20 minutes between 30-minute sessions of a workout burn fat at a faster rate than those who don't take a rest.

Don't let the magnitude of your goals discourage you or slow you down. Instead, focus on small changes. Pretty soon, your dishes will be done and your body will be in better health.

## Coach Tip:

*"I can't do this, it's too hard. I want that chocolate cake. Feed me now!"*

The voice inside your head may be strong, but your will can be stronger. Say "no" to that voice and take control of your life.





## “But I Only Smoke a Little!”

A man goes into a doctor’s office and the doctor asks if he smokes. “Yes, but I only smoke once a day,” the man replies. “Oh,” the doctor says, “that’s a bit like me—I only shoot myself once a day.” While a cigarette is not the same as a gunshot, the doctor in this story is making the point that in both cases, you do direct harm to your body. Even if you only smoke a little, that doesn’t mean you should feel safe.

People who smoke just one to four cigarettes a day are called light smokers. And as it turns out, they may face many of the same health problems as heavy smokers. In studies, death rates are higher for light smokers than nonsmokers. In fact, light smokers are almost three times more likely to get heart disease than nonsmokers. So just a few cigarettes a day can seriously harm your health.

It may seem like giving up on a couple of cigarettes a day should be a piece of cake. After all, you’re holding onto your habit by a thread. And it is true that heavy smokers tend to have more intense withdrawal symptoms. But even if you are a light smoker, it can be tough to get out of the grip of nicotine. So how can you cut down from some to none?

- **Get to the bottom of why you are smoking.** Take note of when you smoke. Most smokers light up in response to “triggers,” events and situations that make them want to smoke. Knowing your triggers can help you quit. For example, say you smoke every day with a morning coffee and the paper. You can move your routine to an indoor café where you can’t smoke.
- **Get rid of any reminders.** Get rid of all cigarettes, ashtrays, lighters, and matches. Also clean your carpets and clothes so that you don’t smell smoke.

- **Get calm.** Quitting can be a stressful time. Find healthy ways to control your stress.
- **Get support.** Talk to family and friends about your decision. You can also talk to your doctor.

If you are a light smoker, know that you are risking your health. Take the steps to go from “just a few” to none and you’ll greatly improve your health for your whole smoke-free life.



## 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).

## Spotlight on Zinc

The ancient Egyptians may be known best for their pyramids, but did you know that they also commonly used zinc to help heal wounds more quickly? Zinc, a mineral found in the air, soil, water, and in some amount in all foods, is a key part of a healthy diet. It may also be able to help treat certain ailments.

Zinc is a key nutrient for growth since it helps your body make new cells and repair damaged cells. It also helps your body turn what you eat into energy. So your body needs zinc simply to work at its best—even when you are healthy.

Some people also take zinc to try to treat certain medical concerns. Many use it to help heal wounds or prevent colds. It is also sometimes used for acne, ulcers, diarrhea, and other concerns. There is some research that says zinc may help in these cases. But the research is limited and more studies are needed to know the exact role that zinc plays in treatment.

Zinc is best found in foods of animal origin like lean meats, poultry, and some seafood. It is also in lima beans, milk, eggs, whole-grain foods, nuts, and fortified breakfast cereals.

Zinc may interact with certain medicines. Talk to your doctor about how much zinc you should be getting and how to get it.



## Mind-Body Techniques Teen Stress

When you think of the life of a teen, you may think that it would be great to not worry about the price of gas or deadlines at work. It may seem like stress doesn't set in until adult life. But teen years can be full of stress, and today's youth are feeling overloaded. If teens don't know how to cope with this stress in healthy ways, it can harm their health.

According to research, one in every three teens reports feeling stressed-out everyday. It's no surprise. Teens' hormones, bodies, and lives are constantly changing. They learn to drive, start to work, and start dating. Teens report stress from:

- School and the pressure to get good grades
- Money
- Balancing school and part-time work
- Friends and peer pressure
- Family
- Relationships with boyfriends or girlfriends

Many teens have trouble handling stress. They may not have developed healthy ways to cope. Some turn to unhealthy habits. Stressed-out

teens are at risk for smoking, drinking, having unprotected sex, and getting into trouble with the law. They may also turn to unhealthy eating habits.

Be on the lookout for signs that your teen may be stressed. If your child gains or loses weight really quickly, or if his or her grades suddenly drop, it may be a sign of stress. To help a teen who is stressed-out:

- Be a good role model. Cope with your own stress in healthy ways.
- Offer your teen support. Give praise, not just punishment.
- Make sure that your child has at least one adult that they feel comfortable talking to.
- Talk to your child about ways to handle stress. Mental imagery and relaxation skills may help.

Help your child look back at their teen years as fun by supporting healthy ways to deal with stress. Teen stress is common, but you can help.

# 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).