

"An ounce of prevention is worth a pound of cure."

Stand up for the health of it



Source: JustStand.org

Most of us sit — a lot. Unfortunately, our daily lives require it. We sit during commutes, while at work, and when at home. Even if we get the recommended 30 minutes of daily exercise, we spend a majority of the rest of our days sitting.

The American Medical Association states that sitting for extended periods can be bad for personal health.

Think about times when you could stand or move instead of sit.

Work-related opportunities

- Stand when on the phone.
- Walk more at work: Park your car farther from your building; use stairs instead of elevators; take a long route to the restroom or mail room.

- Don't send e-mails if recipients are near; walk over and talk to them.
- While computing at your desk, set a timer to remind you to stand and stretch every half hour.

Personal-time opportunities

- When watching TV, get up to change channels.
- Stand or exercise while watching TV, or during commercial breaks.
- During gaming (e.g., online gaming such as *FarmVille* or using a system such as *Wii* or *PlayStation*), stand between sessions and screen loads.



To calculate the difference just standing makes, go to Jan.HopeHealth.com

Quick-Read!

A probiotics primer

Just what are these bacteria and are they really good for you? Pg. 2

So... you want to buy some exercise equipment

Before you shop, make sure you study up. Pg. 3

Weighing options on weight-loss programs

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Discover the lowest number of calories you should consume to safely lose weight. Pg. 8

"The difference between try and triumph is a little umph."

— Author Unknown

OuterAisleFresh:

A probiotics primer

Probiotics have been a sound-bite staple lately in many food and fitness communities. But what are they? Where are they found?

And do we need them to be healthy?

Probiotics are live, active cultures that naturally occur in some foods, such as yogurt. Simply, they are good bacteria. The human body hosts more than 500 different types of bacteria that aid in digestion, intestinal health, and immunity.

In addition to yogurt, probiotics can be found in:

- Kefir (a liquid yogurt that offers different cultures than regular yogurt)
- Cultured cottage cheese
- Miso (a traditional Japanese seasoning)
- Sauerkraut
- Kimchee (A Korean dish of fermented, pickled cabbage)
- Some soft cheeses (e.g., Gouda)
- Sour pickles

Although research is ongoing, preliminary evidence suggests probiotics may improve a wide range of ailments:

- Childhood respiratory infections
- Inflammatory bowel disease
- Eczema
- Diarrhea
- Tooth decay
- Vaginal yeast infections

Check with your doctor to see if incorporating probiotics into your wellness plan would be beneficial.

Sources: California Dairy Research Foundation; National Center for Complementary and Alternative Medicine

Making ordinary oatmeal outrageously yummy

Oatmeal is the cornerstone of many health-conscious eating plans, but a big diet downer is slipping into a routine that lacks excitement. Step away from raisins and skim milk; here are some fresh ideas for oatmeal that are anything but ordinary.

- **Top with grilled or roasted fruit.** Roast berries in the oven with a splash of orange juice, or grill fruit (varieties with pits, such as peaches, work best) and drizzle with agave.
- **Swirl in natural peanut butter** and no-sugar-added jelly.
- **Dry roast** (roast with little or no oil) walnuts, almonds, and pecans in a skillet until fragrant; add a dusting of cinnamon and a spoonful of sweetened low-fat ricotta cheese.
- **Stir in pumpkin puree**, cinnamon, maple syrup, and orange zest for a powerful punch of vitamins.



Overnight Oats

- 1/2 cup uncooked old-fashioned oats
 - 1/4 cup almond milk
 - 1 Tbsp. honey or agave nectar
 - 1/4 tsp. cinnamon
 - 1/4 cup nonfat plain Greek yogurt*
 - 2 Tbsp. roasted walnuts
- Directions:** Combine the first four ingredients in a bowl and stir. Leave in refrigerator for four hours or overnight. Before serving, top with Greek yogurt* and walnuts. *Greek yogurt can be mixed into the oats with the almond milk for a creamier, thicker texture. **Serves 1.** Per serving: 417 calories, 13.5 g fat (1 g saturated fat), 0 mg cholesterol, 129 mg sodium, 56 g carbohydrates, 21 g protein

GetMoving:

Going backward to get ahead

Walking or running backward may provide new physical benefits.

Your muscles, which may have gotten used to your typical forward fitness routine, may be challenged in different ways.

Find a clear, open space with few or no required turns for your backward session. Be sure to keep a good posture with a straight back. You'll also want to start at a slower rate so you don't trip and hurt yourself. If you live in a region with snow and ice this time of year, you may want to stay indoors for this exercise.



One way to determine how hard you're working is to use what's called the rate of perceived exertion. You estimate exercise intensity by judging how hard you feel you're working during physical activity.

How hard are you really working?

- **Level 0 – 1: no exertion.** What you feel like when you're resting on the couch, watching TV.
- **Level 2 – 3: light exertion.** What you should feel when you're warming up and cooling down.
- **Level 4 – 5: medium exertion.** You're breathing slightly faster than normal, and your heart is beating a little faster than normal.
- **Level 6 – 7: moderate exertion.** You're breathing fairly hard and sweating, but can still talk.
- **Level 8 – 9: hard exertion.** You're breathing really hard, and can only say a few words at a time.
- **Level 10: hardest exertion.** You can't speak, and you can't keep up your current pace for more than a minute.

The idea is to work hard, but not too hard. For most individuals, levels 6 to 8 are where you should be during the most intense part of your workout.

Source: American Council on Exercise

So... you want to buy some exercise equipment

Before buying equipment, here are tips to make sure your purchases don't end up collecting dust:

- **Start working out.** Don't expect the equipment to change your habits. Are you ready to act on your good intentions? If you're not active already, start now.
- **Find the right equipment.** Before you buy, try different equipment options at a local gym, recreation center, retailer, or a friend's home.
- **Read reviews.** Check consumer and fitness magazines that rate exercise equipment. Also, type the product or manufacturer's name into a search engine, along with terms like "complaint" or "problem."
- **Find the right price.** Don't forget sales tax and shipping or delivery charges. Check into extended warranties, and whether shipping or restocking fees apply if you decide to send it back.

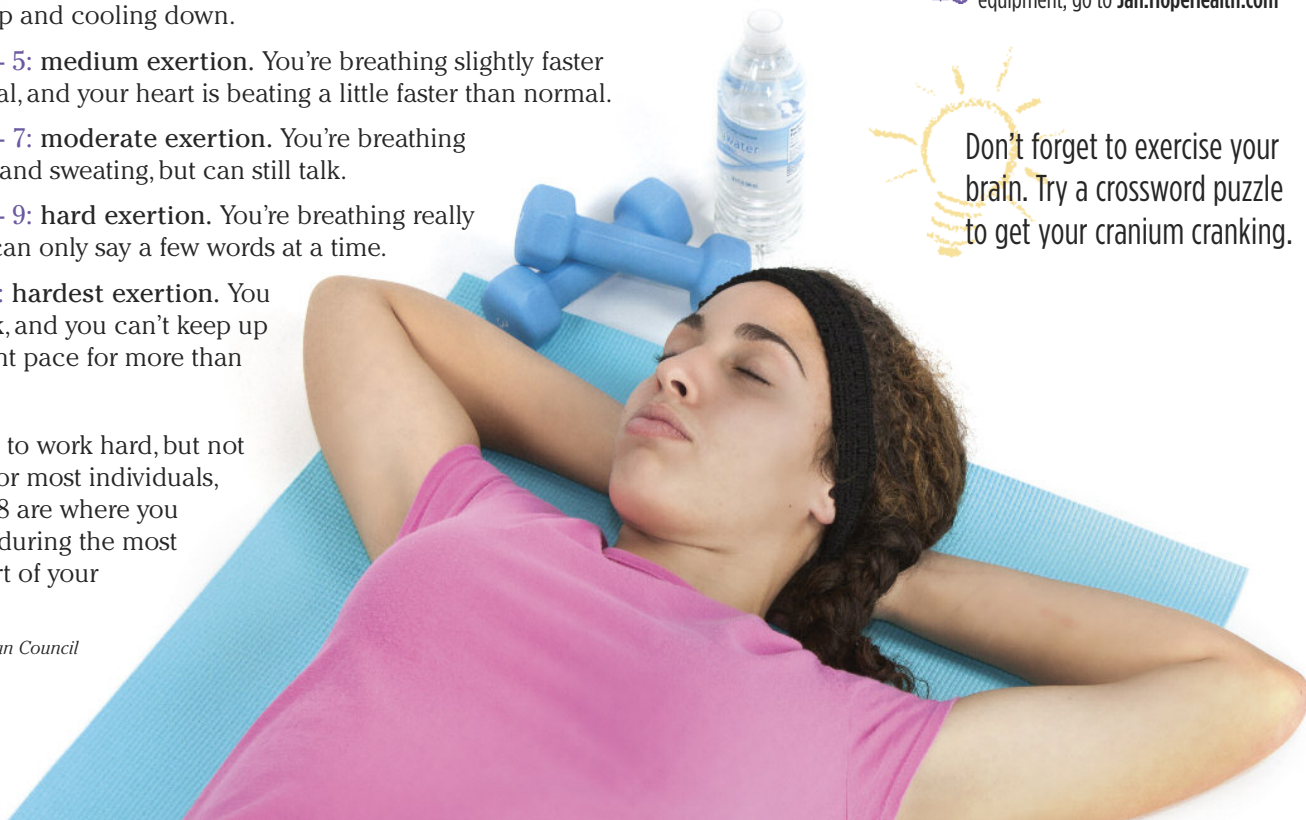
Source: Federal Trade Commission



For more information on buying exercise equipment, go to Jan.HopeHealth.com

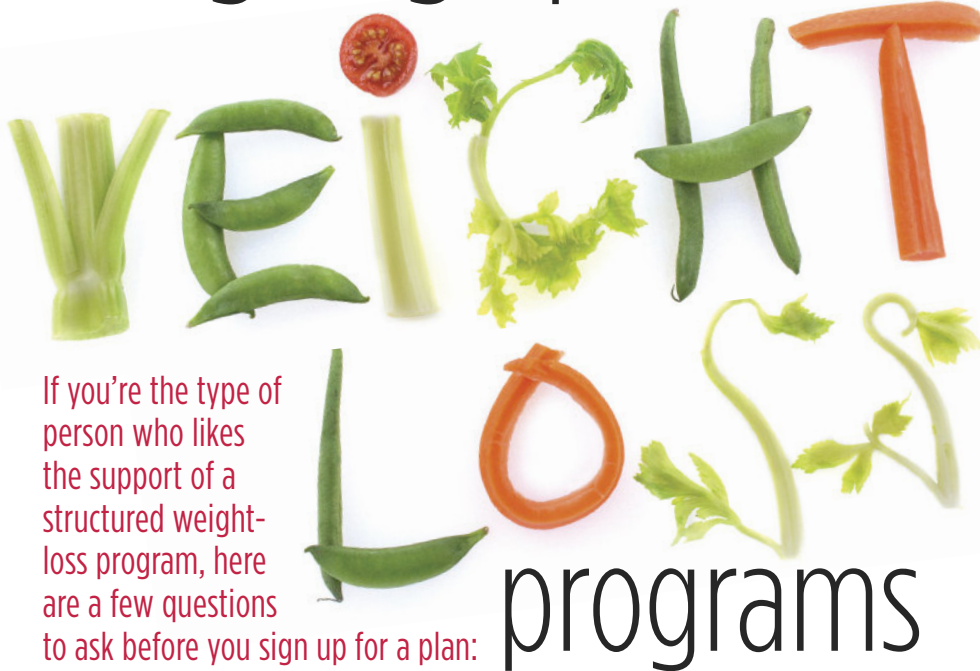


Don't forget to exercise your brain. Try a crossword puzzle to get your cranium cranking.



TheWholeYou Physical Health:

Weighing options on

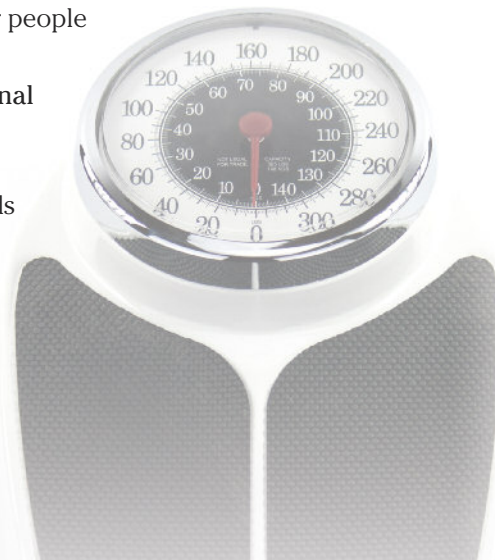


If you're the type of person who likes the support of a structured weight-loss program, here are a few questions to ask before you sign up for a plan:

- Does the program provide counseling to help you change eating and overall lifestyle habits?
- Is the program staff qualified — composed of health professionals such as registered dietitians, doctors, nurses, psychologists, and exercise physiologists? Having the right team is crucial, especially if you have a health condition. Ask staff members for their certifications.
- Is the focus of the program on *keeping off* the weight? Does it teach you skills and techniques to make permanent changes?
- Are food choices flexible, and do they suit your likes and dislikes?
- How many people successfully complete the program?
- What negative side effects can you expect?
- What's the average weight loss for people who complete the program?
- Are there fees or costs for additional items, such as dietary supplements or special foods?

Remember: Quick weight-loss methods typically don't provide lasting results. Plans that rely on diet aids, such as drinks, prepackaged foods, or diet pills, usually don't work by themselves long-term.

Source: National Heart, Lung, and Blood Institute



Be wary of retractable leashes

Before you hook up Fido to a retractable leash and head out for a walk, take care to avoid potential injuries — for both you and your canine companion.

- Grasp the handle fully at all times. Be especially mindful of hanging on to it when you're preoccupied with something else (*e.g., a conversation with someone else*).
- Keep dogs within a reasonable distance in crowded places or near roads. A good distance is no more than 6 feet. Be sure to use the locking feature.
- Treat the retractable leash like a regular leash. Insist that your dog not pull on the leash so your pet learns to walk on a loose leash.
- Always make sure the leash is in good working order before you go for a walk. Look for frays or breaks in the line, and test the locking mechanism.

Source: Intermountain Pet Hospital & Lodge

Erasing restless leg syndrome

If you feel like something is often tugging or pulling on your legs, or your legs throb and all you want to do is move them, you could have a condition known as restless leg syndrome. The good news is that there are things you can do to ease symptoms.

- Limit use of caffeine, alcohol, and tobacco.
- Keep a regular sleep schedule.
- Get regular, moderate exercise.
- Gently massage your legs.
- Heat your legs in a bath or with a heating pad.
- Use an ice pack on your legs.

Source: HealthFinder.gov

TheWholeYou

Emotional Health:

Is your friendship toxic?

Friendships play key roles in many people's lives. Friendships should make you happy and more fulfilled. If they don't, they may not be healthy for you.

Look out for these toxic traits:

- Your friend makes negative or hurtful comments toward you.
- Your friend shows signs of being jealous of you — your lifestyle, relationships, physical health, etc.
- Your friend is too demanding of your time.
- Your friend is unreliable.
- Your friend doesn't show any real interest in your life. The relationship is all about him or her.
- Your friend only wants to be around you during good times and doesn't provide support during bad times.

If you have friends with any of these qualities, you may want to give some thought as to whether you want to continue the friendship. If you do want the friendship, it may be time to talk some things over.



What is your 'what'? Discover your life's purpose

Here are proactive steps to discover your life's purpose. On paper (or in your smartphone) write down:

1. What you absolutely love.
2. What you loathe.
3. What you would do if you had an hour of free time.
4. People you most admire and their character traits.
5. Moments when you accomplished something you put your mind to.



Gather the information from these five steps and make a list that you can easily refer to. For a more thorough explanation of the steps, go to Jan.HopeHealth.com

Source: Steve Olsher, author of "What Is Your WHAT? Discover The ONE Amazing Thing You Were Born To Do," WhatsYourWhat.com

Curb your appetite for emotional eating

- **Find your triggers.** Think about events in your past that make you sad, angry, or anxious. Half the battle is realizing what's going on in your mind that triggers emotional eating.
- **Journal about foods and feelings.** Write down what you eat and what you're thinking and feeling at the time. What was the underlying emotion that led to eating an entire bag of chips or a carton of ice cream?
- **Develop a strategy, a plan, for how to respond** when you're tempted to overeat. A simple suggestion: Wear a rubber band around your wrist. When you feel the urge to eat what you shouldn't, snap the band against your wrist to help "snap out of" the underlying emotion.
- **Exercise daily.** Work exercise into your schedule.
- **Talk more, eat less.** When out to eat with friends, come prepared with stories to tell so you talk more. As a result, you may eat more slowly. Eat your salad first so you fill up on good food instead of sugary, fattening stuff. Remember your body's needs and respect them.

Source: Bradley Nelson, chiropractor, DrBradleyNelson.com



FiscalFitness:

Make financial resolutions stick with a money buddy

If one of your New Year's resolutions involves your financial health, you may want to enlist someone's help.

According to the National Endowment for Financial Education, 85% of respondents to an online survey of 2,132 U.S. adults said they believed having someone who understands their financial goals and who can assist with accountability would be helpful.

A financial buddy can be anyone:

- A spouse • A trusted friend
- A family member • A co-worker

You don't necessarily need to share all of your financial information with that person. Think of him or her like a workout buddy, someone who can help you stay the course, reaching both your short- and long-term goals.

- Share your struggles and your successes
- Help each other solve problems and make smart choices

For assistance with setting goals and getting finances in order, visit SmartAboutMoney.org.

Source: National Endowment for Financial Education

Read the fine print on fees

Understanding credit-card fee terminology can help you avoid unnecessary charges.

- **Balance transfer fees —**

A fee charged to move a balance from one credit card to another. A 3-4% charge is not uncommon. You need to decide if you'll really save money by transferring a balance after factoring in the fee.

- **Telephone payment fee —**

Some cards charge a fee if you pay by telephone.

- **Late payment fee —**

If you're sending payment by mail, allow enough time for the payment to arrive. If you pay online, do so before the end of the business day when your payment is due.

- **Annual fees —**

Some cards charge upwards of \$135 to use the cards. Opt for cards with no annual fee.

- **Transaction fees —**

Cash advances on credit cards usually come with transaction fees, higher interest rates than those charged on purchases, and no grace period.

- **Over-the-credit-limit fee —**

Watch how close you are to the limit. You can be charged for going over the limit.

- **Travel penalty —**

You may be charged a currency exchange fee if you use your card outside the United States. Know before you go.

Source: National Credit Union Administration


Master financial self-defense

When you consider hiring financial professionals:

- Ask if they are a fiduciary. This means that they must base recommendations on your best interests, fully disclosing any conflicts of interest (*actual, potential, or perceived*).
- Ask them to identify the organizations that license or supervise them.
- Don't leave blanks on forms that someone else could fill in without your knowledge or consent.
- Ask them to send you copies of the final, submitted documents.

 For more on financial self-defense, go to Jan.HopeHealth.com

Source: Certified Financial Planners Board of Standards, U.S. General Services Administration, Federal Citizen Information Center

 Scan important documents onto your computer to make sure you have them available if something happens to the originals.

IssueInsight:

Is radon on your radar? January is National Radon Action Month.

Now is a good time to check the radon levels in your home. Your home is likely sealed up for the colder winter temperatures outside, so radon levels may be their highest now.

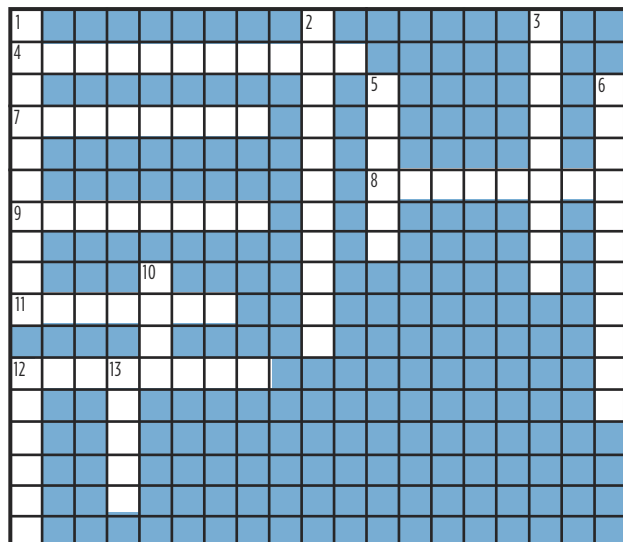
Each year, about 21,000 lung cancer deaths are attributed to excessive radon exposure. Radon is colorless and odorless. It comes from the natural decay of uranium found in nearly all soils.

Radon can move up through the ground and into your home through cracks and other holes in the foundation. Your home can trap radon inside, where it can build up. Any home — new or old, well-sealed or drafty, with or without a basement — may have a radon problem.

For radon-related questions and concerns, call:

- 1-800-767-7236 for general information on fixing or reducing the radon level in your home, to get live help for your radon questions, and to purchase radon test kits by phone.
- 1-800-426-4791 Safe Drinking Water Hotline. For general information on drinking water, radon in water, testing and treatment, and radon standards for drinking water.

Source: U.S. Environmental Protection Agency



ACROSS

- If you feel like something is often tugging or pulling on your legs, you may have this type of syndrome (*two words, no space*)
- Walking/running this way may provide new physical benefits
- One way to determine how hard you're working is to use the rate of perceived ____.
- To curb emotional eating, find your ____.
- Assuming this position for extended periods of time can be bad for personal health.
- To roast with little or no oil (*two words, no space*)

Crossword Workout —

Find out how well you know the health topics covered in this issue of the newsletter.

DOWN

- Live, active cultures that naturally occur in some foods
- Be careful of this type of leash
- What a financial professional should be
- Someone who could be your financial buddy
- Cash advances on credit cards usually come with this type of fee
- A traditional Japanese seasoning
- Weight-loss plans that rely on this diet aid usually don't work long-term
- A colorless, odorless gas often associated with lung cancer



For the crossword puzzle answer key, go to Jan.HopeHealth.com



Tool Box Your Source for Cool Tools & Resources

Go to Jan.HopeHealth.com to find:

- **More information on buying exercise equipment** and discovering your life's purpose.
- **A calculator that shows the difference standing makes** — Simply getting up from the sitting position when you can could help improve your health.
- **A target heart-rate calculator** — Find out how hard you're working out based on your target and maximum heart rate.
- **A financial self-defense guide** — Learn to spot various warning signs that a supposed financial professional might be trying to scam you.
- **The Crossword Workout answer key** — Stumped by a clue in our monthly puzzle? Find the answer online.

Scan the Quick-Response Code with your smartphone.



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If you have a question or comment on a story, or a suggestion for topics you'd like to see covered in a future issue of the newsletter, leave a comment on our Facebook page.



To keep mold from growing on the door of a front-loading washing machine, keep the door open between washes so the machine airs out.

The information in this publication is meant to complement the advice of your health-care providers, not to replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor.

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Add a little more activity to your day

Getting started with exercise can be slow going. Instead of losing momentum and stalling altogether, develop a plan to ease into exercise, one week at a time. Before you know it, you'll be on the fitness fast track.

Jan 1 – 7: Get in the habit of stretching when you get up and before you go to bed.

Jan 8 – 14: Add a cardio component. Walking is usually a safe activity for almost anyone. If you live in a cold climate and can't go outside, no worries. Head to a mall or supermarket.

Jan 15 – 21: Incorporate some strength training into your fitness efforts. Consider using resistance bands or your own body weight (*think pushups, planks, and leg lifts*) to work out your muscles a few days this week.

Jan 22 – 31: Continue with your stretching, cardio, and strength training, and outline some exercise goals for 2014.



Weight control:

How low should you go?

If you're trying to lose weight, you need to readjust your calorie intake. But how many calories should you eat if you want to shed some pounds?

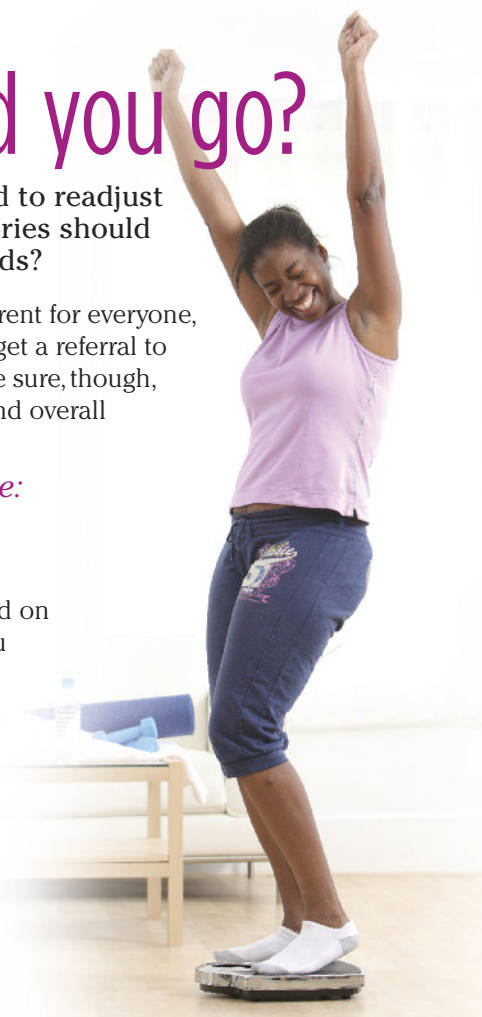
There is no magic number. The answer is different for everyone, so it may be a question to ask your doctor or get a referral to consult a registered dietitian. You should make sure, though, not to go to extremes, or your diet efforts — and overall health — may suffer.

A typical low-calorie diet may provide:

- 1,000 – 1,200 calories/day for a woman
- 1,200 – 1,600 calories/day for a man

The number of calories may be adjusted based on your age, weight, and how active you are. If you plan to go below these numbers, you should consult with a doctor or a registered dietitian.

Source: Weight-control Information Network



“Well done is better than well said.”

— Benjamin Franklin

“Attitudes are contagious. Are yours worth catching?”

— Dennis and Wendy Mannering

“Your time is limited, so don't waste it living someone else's life.”

— Steve Jobs

“Bad habits are easier to abandon today than tomorrow.”

— Yiddish proverb

“The time is always right to do what is right.”

— Martin Luther King Jr.