

TOPHEALTH®

We Care About Your Health

The Health Promotion and Wellness Newsletter

JANUARY 2011

Take Advantage of Your Exercise Personality



Exercise programs aren't "one size fits all." Exercise needs to be customized to keep your interest, enjoyment and motivation levels high. It'll be easier to find the right fit if you keep your goals and personality in mind. Ask yourself, are you:

A competitive type or a team player? If you love to compete, racquetball or tennis might be right for you. If you like team sports, consider joining a soccer, basketball or Frisbee team. Look for sport groups in your area, or start one with co-workers or friends.

Goal or rules oriented? Need a goal to shoot for?

You may enjoy an exercise where you can track progress, such as weightlifting or walking using a pedometer. Tennis and golf have specific regulations that might appeal to those who like to "play by the rules."

Introvert or extrovert? If you're a "people person," sign up for social activities such as exercise classes, hiking groups or active outings with your family. If you're a solo type, seek inner-focused workouts — yoga, swimming, cycling or kayaking — which are also good choices if you like to set your own pace.

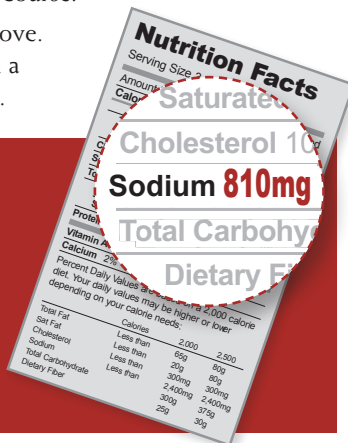
Risk taker or free bird? Want more excitement? Secured rock climbing might fit the bill. Craving spontaneity? Simply join a friend on the spur of the moment for a walk one day and go horseback riding the next. For something new, try a dance class or scuba course.

You might have a combination of the traits above. Satisfy different sides of your personality with a variety of activities that will keep you moving.

Know Your Numbers

Sodium Watch

Cured meats, such as hot dogs, may have high amounts of sodium per serving. Got hotdogs in the fridge? Check the label, and keep your sodium in check.



"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day." ~ Edith Lovejoy Pierce

Quick Course in HEALTHY WEIGHT Goal Setting

If you're starting a new eating plan, setting a sensible weight-loss goal is key for success. But how do you know whether your expectations are reasonable or if they're over the top?



Think short term and long term when deciding how many pounds you want to shed. A reduction of 5 to 10 percent may be a good start and can bring great health

benefits. For the long haul, getting your body mass index (BMI) to a healthy level might be a good target.

Be realistic about how fast you can lose the weight. A loss of one to two pounds per week is usually best. To do this you'll need to take off 500 to 1,000 calories per day by eating less and exercising.

Take into account your fitness level, health concerns and available time to devote to weight loss. You may need help from your health care provider.

Evaluate your goals weekly. Make changes if you need to, and remember that roadblocks and setbacks are normal.

Plan for success. Credit yourself for any accomplishment — it's a step in the right direction.

What are the best ways to make resolutions stick? This QuikQuiz™ will get you thinking. Turn the page.

CHANGING NEEDS

Childhood Obesity: What You Can Do



Obesity rates in children and adolescents have increased in recent years. Youth who struggle with excess weight may feel sluggish, find it harder to move around and, eventually, end up with health problems that could likely have been prevented.

Did you know? Kids are considered overweight when their body mass index (BMI) is at or above the 85th percentile. The key is their BMI number in relation to their age and gender. Having a BMI above the 95th percentile qualifies them as obese.

What can you do?

- > **Clear** the house of junk food and sugary drinks. If you have something around for an occasional treat, keep it out of easy reach.
- > **Read** the Nutrition Facts label of favorite foods and the foods pitched in advertisements children often see on TV or in kids' magazines.
- > **Engage** children in active pursuits to beat boredom, since this can drive them to eat when they're not really hungry.
- > **Get creative** so kids will be attracted to healthier food choices at parties or family events. Spend quality time making these dishes together!

ON THE MENU: Veggie Magic

A bag or can of mixed vegetables can jazz up your recipes. Try an Asian mix of baby corn, mushrooms and water chestnuts in stir-fry or fried rice made with a cooking spray or light oil. Peas and carrots can enhance a frittata or be tossed into stews or shepherd's pie; mixed peppers can be pureed to make a sauce for pasta. Turn a bag of broccoli and cauliflower into vegetable curry, or add mixed vegetables to chicken broth for a quick soup.



TOP 5 WAYS TO WINTERIZE YOUR SKIN

Got dry skin? Cold, dry winter climates, indoor heating and friction from heavy garments can wreak havoc on any complexion, but here are several ways to keep your skin baby-soft:

- 1. Add water.** Consider using a humidifier to put moisture back into the air so it can be absorbed by your skin.
- 2. Forgo long, hot showers.** Hot water strips away natural, protective oils in the skin. Use lukewarm water, and keep the bathroom door closed to retain humidity. Use a mild, moisturizing, fragrance-free soap or body wash.
- 3. Slather on moisturizer.** Apply moisturizer right after bathing. If skin is very dry, put on cotton socks and gloves after applying lotion.
- 4. Keep your home cool.** Too much heat will dry out the indoor air.
- 5. Go easy on antibacterial soaps, gels, wipes and hand sanitizers.** These often contain alcohol, which can be drying. Look for products that also contain moisturizers, or apply moisturizer after using these products.

LONGEVITY CORNER: Caring for Caregivers

More than 5 million people suffer from dementia. Many are cared for at home by family members. One study suggests ways to improve care: Health professionals made up to 12 home and telephone contacts with patients and caregivers over a four-month period. This hands-on approach improved both patient function and caregiver satisfaction. **It pays to reach out to elderly patients and their caregivers.**

~ Zorba Paster, M.D.

QUIKQUIZ™ Keeping Resolutions

What are the best ways to make your resolutions stick? *Choose the best answer:*

- 1** **A.** First, pull together any necessary resources and information. **OR**
B. Don't worry about preparation — just jump in and get started.
- 2** **A.** Pick your top 10 goals for 2011. **OR**
B. Pick one goal that you can realistically accomplish.
- 3** **A.** If you're striving for a goal, keep it to yourself until you achieve it. **OR**
B. Announce to others the change you'll be making, and enlist their support.
- 4** **A.** Remind yourself why you're making the change with positive statements. **OR**
B. Affirmations don't work; just keep chugging along and you'll get there sooner or later.
- 5** **A.** Keep track of your progress with a chart or journal. **OR**
B. Paperwork will only distract you. You'll know when you've reached your goal.
- 6** **A.** Reward yourself with nonfood treats — a movie or massage. **OR**
B. Forget the treats — achieving the goal should be a sufficient reward in itself.
- 7** **A.** Don't worry about snags. Cross those bridges when you come to them. **OR**
B. Identify possible barriers to change and triggers for relapse, and plan for them.

Keep these pointers in mind as you take small steps toward big health gains. Here's to a healthy you!

ANSWERS:
1 A 2 B 3 B 4 A 5 A 6 A 7 B



Smart moves and a toolkit for reaching your personal best are at www.personalbest.com/jan11goals.