



## The Emotional Side of Losing Weight

**The prospect of losing a significant amount of weight can be discouraging.** We want to look and feel better quickly with little sacrifice. However, people who lose weight gradually and steadily – about 1 to 2 pounds per week – are most likely to avoid regaining those extra pounds.

**The best weight plan includes adopting an ongoing lifestyle** through eating smart (e.g., more fruits and vegetables) and staying active. It takes self-confidence and a fresh attitude. For many people, overcoming the emotional challenges of losing weight is essential to reaching weight-loss goals.

**Start by strengthening your resolve to succeed.** Here are 5 predictors that can make a positive emotional difference:

- 1. Be ready for change.** Ask yourself if now is a good time to commit to new habits that affect your lifestyle.
- 2. Identify specific goals in your diet and activity level** that result in burning more calories than you consume. **Example:** Walk 30 minutes a day, 5 days a week; cut back on added sugars and portions; and track your results.
- 3. Allow time to adapt.** Rather than rush to reach unrealistic goals, patience can help you handle the challenges and minor setbacks along the way.
- 4. Stay positive.** Even a modest weight loss of 5% to 10% can produce several health benefits, including improvements in blood pressure, blood sugar and cholesterol levels.
- 5. See it as a journey, not a final destination.** While the overall goal may seem huge and faraway, remember you want sustained change. And always learn from your previous attempts.



*Weight loss is the outcome but it's the process that leads to success.*

## QuikQuiz™: Exercise Blunders >> Answers on other side.



Are you going about exercise in the right way?  
**True or false:**

- T F **1.** Doing the same workout month after month is recommended for maximum fitness improvement.
- T F **2.** Vague or impractical exercise goals can lead to dropout and injuries.
- T F **3.** The best time for stretching is after a workout warm-up.
- T F **4.** The key to strength training is to lift more weight than your muscles can handle.



## ✓ Checklist: Safeguard Your Health

**Does life keep getting in the way of your wellness goals?** You may be juggling a busy schedule, but don't leave your health priorities behind. For starters, here are several important health and fitness indicators and ways to strengthen them.

| TO IMPROVE:                   | CHOOSE:  |
|-------------------------------|--|
| <b>Physical Fitness</b>       | cardio and muscle workouts; weight control; no smoking   |
| <b>Muscle Mass</b>            | strength-training exercises 2 to 3 times a week  |
| <b>Bone Mass</b>              | muscle workouts; adequate dietary calcium; no smoking  |
| <b>Mobility &amp; Agility</b> | daily stretching exercises, especially for back, hips and shoulders; core strengthening        |
| <b>Memory &amp; Thinking</b>  | daily mental challenges (reading, writing, puzzles, word games, conversation); cardio exercise |
| <b>Sleep</b>                  | routine bedtime; avoid excess caffeine; regular exercise; stress control                       |
| <b>Immunity</b>               | minimum 7 to 9 hours of sleep daily; diet high in fruits and vegetables; moderate exercise     |
| <b>Arthritis Control</b>      | weight control; moderate exercise, tai chi or daily stretching                                 |

>> Continued on other side.

# Cool Meals for Hot Days

By Cara Rosenbloom, RD

As the temperature soars, your desire to turn on the stove likely wanes. Keep cool and stay healthy with these delicious, no-cook dinner ideas.

**Rely on fresh produce:** In the summer, vegetables and fruit are plentiful and at their flavorful peak. Use them for salads, appetizers, side dishes and dessert. Try pre-washed greens as a quick salad base, and for a meal, add protein-rich options such as canned tuna or salmon, chickpeas, cubed cheese, nuts, seeds or last night's leftover chicken. Top off your meal with fresh fruit for dessert.

## Quick vegetable-based dishes include:

- ✓ Southwestern corn, avocado and cilantro salad.
- ✓ Tomato and mozzarella salad with basil.
- ✓ Gazpacho.
- ✓ Greek salad.
- ✓ Peach salsa with corn tortillas.
- ✓ Eggplant dip (baba ghanoush) with whole-grain pita.
- ✓ Lentil and sweet pepper salad.



**Make a sandwich:** You can also cool off at dinner with a well-stacked sandwich. Start with whole-grain bread and load it with vegetables and high-protein fillers such as chicken or turkey breast, canned fish or crab meat, sliced leftover steak, hummus and cheese. Go easy on high-sodium condiments such as pickles, mustard and mayo.

**Try a cold soup:** Minestrone or hearty chowder may warm you up in the winter, but don't ignore soup as a dinner staple in hot weather. Simple blends such as gazpacho are a refreshing change and simple to make with no heat required. Try fruit soups (cherry, watermelon, etc.) with a dollop of Greek yogurt. Don't forget fragrant fresh herbs!

## QuikQuiz™: Answers >>Continued from other side.

1. **False** – Lack of variety in exercise can lead to fitness plateaus, overuse injuries and boredom. **Goal:** Try to fit in a mix of cardio activities, stretching and strength training both the upper and lower body. Change your routine every few weeks.
2. **True** – **Goal:** Choose a plan that is specific and suitable for your lifestyle and skill level – a bit challenging but not so difficult you get discouraged.
3. **True** – Stretching can prevent injuries, prepare your body for exercise and improve flexibility. **Goal:** Stretch *after* warming up your muscles and again after vigorous exercise.
4. **False** – Hefting too much weight may cause abnormal motions that lead to strain. **Goal:** Gradually increase the resistance guided by proper form.

**Listen to your body:** If exercise movements are painful or feel clumsy, lower your intensity, take a break or choose another activity.

## Checklist: Safeguard Your Health

>>Continued from other side.

|                                |  |
|--------------------------------|--|
| <b>Respiratory</b>             | avoid common allergens; prevent colds and flu; cardio exercise |
| <b>Cholesterol Control</b>     | weight control; no smoking; exercise; monitor levels           |
| <b>Type 2 Diabetes Control</b> | weight control; exercise; monitor blood pressure and glucose   |
| <b>Stress Control</b>          | meditation; regular relaxation and exercise                    |

**The common denominator here is regular exercise.** Strive for 30 minutes of cardio exercise (you can exercise in 3, 10-minute segments) at least 5 days a week; include 2 to 3 strength-training sessions weekly. Join your workplace wellness activities, if available, such as smoking cessation or diabetes education.



## Eyeglasses or Contacts?

**Choosing between glasses and contact lenses mostly comes down to your preferences, ease of use and appearance.** Both can correct common vision problems, and each has pros and cons. The most essential factor is the health of your eyes.

**Eyeglasses are the most popular lens choice.** They require little maintenance and you may have less risk of eye infection than with contact lenses. While some people don't like the look and feel of glasses, others enjoy the fashion statement they make.

**Contact lenses offer obvious advantages.** They float directly on the eyes and move with the eye for vision correction that feels and looks natural. Unlike eyeglasses, contacts improve peripheral vision and are especially suitable during sports, driving and other activities. Children often favor contacts for convenience and appearance.

**Contacts may require time to learn proper use.** Conditions that make it harder to wear contacts include allergies and dry eyes. General discomfort can occur when wearers don't follow instructions for proper use and care.

**When choosing contacts, review the types that best meet your needs.** Most people can wear contacts, even if they prefer glasses as their primary form of vision correction.

*"I believe that the greatest gift you can give your family and the world is a healthy you."  
– Joyce Meyer*



Smart Moves toolkit is at [www.personalbest.com/extras/15V7tools](http://www.personalbest.com/extras/15V7tools).

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