Wellness and You

Feeling Good, Feeling Fit
Agenda

1. Introduction
2. How’s Your Health?
3. Key Factors Influencing an Individual’s Health
4. Balance
5. Barriers
6. MyPlate
7. Eliminating Barriers and Health Risks
   Creating an Action Plan
8. Closing
**Goals:**

- Equip participants with information regarding the components of a healthy lifestyle
- Encourage participants to develop a personal healthy living plan

**Objectives:**

*Participants will:*

- Measure participant’s own lifestyle against a healthy lifestyle
- Recognize the short and long-term benefits of a healthy lifestyle
- Examine barriers to living healthier
- Become aware of the biopsychosocial connection and find ways to achieve lifestyle balance
- Understand the benefits of exercise and how much is needed to get and stay fit
- Understand health risks such as the use of tobacco and the misuse of alcohol
- Identify how excessive stress adversely affects health and learn stress management tools
- Apply the MyPlate guidelines to participant’s lifestyle
- Create an action plan to facilitate change
How’s Your Health?

1. Are you within the desired weight for your height and age?
   Yes
   No

2. Do you eat a nutritious, well-balanced, low fat diet?
   Yes
   No

3. Do you find opportunities to get exercise for a minimum of 30 minutes at least three times a week? (Even normal activities such as gardening or housework can count).
   Yes
   No

4. Do you sleep soundly and wake up feeling refreshed and energized?
   Yes
   No

5. Do you drink, on average, less than two alcoholic beverages per day?
   Yes
   No

6. Are you a non-smoker?
   Yes
   No

7. Do you have a positive outlook and generally feel good about your life?
   Yes
   No

8. Do you have at least one nurturing relationship and get support from family and friends?
   Yes
   No

9. Do you practice effective stress management techniques?
   Yes
   No

10. Do you practice good preventive maintenance (i.e. regular check-ups, cholesterol screening and other recommended procedures)?
    Yes
    No
Key Factors Influencing an Individual’s Health

10% Health Care System
19% Hereditary Factors
20% Environment
51% Lifestyle


Modifying your lifestyle can add years to your life!
Lifestyle Balance: The Biopsychosocial Connection

Bio:
- Nutrition
- Exercise
- Relaxation
- Sleep
- Moderation
- Regular maintenance

Psycho:
- Emotional well-being
- Positive attitude
- Spiritual needs
- Humor
- Stress management
- Continuing education

Social:
- At least one close relationship
- Attention to friendships
- Community involvement
- Support from outside resources

Lifestyle Balance:
The Biopsychosocial Connection
Signs of Trouble

If these or other related factors play a significant role in your life, this might be a good time to speak to your Employee Assistance Professional about ways to increase self-care, reduce stress, increase control over your life, improve relationships and learn different ways of coping.
Health Benefits of Regular Exercise

• Exercise helps your body use oxygen more efficiently, thereby increasing your energy level.
• By improving your circulation, exercise helps your heart, muscles and major organs work together more effectively.
• A steady routine of moderate level exercise appears to correlate with lower levels of mortality; exercise may help you live longer.
• Exercise increases the output of endorphins, a chemical produced in your brain making you feel good.
• Exercise helps you dissipate stress and tension.
• Exercise enables you to relax and sleep better.
• Exercise may help address, prevent or reduce the risk of back pain, particularly lower back pain. If back pain is a concern, consult with a medical professional about appropriate exercises. Remember, also, to establish and maintain good posture.

The most effective form of exercise is aerobic exercise. Also known as dynamic or isotonic, aerobic exercise involves motion and uses the major muscles. It increases your heart rate, enriches your cells with oxygen and improves your lung capacity and coordination. Examples of aerobic exercise are running, brisk walking, brisk dancing, bicycling and cross-country skiing.
Tips for Starting an Exercise Program

Check with your doctor before beginning, particularly if you are over thirty-five, have health problems or conditions or are currently inactive or overweight.
Find exercise that you enjoy and that fits with your lifestyle.
Even activities that you normally do, such as gardening or vigorous housework, can count.
Begin slowly, then gradually increase your time and intensity.
Warm up by stretching your muscles; cool down by decreasing speed and intensity.
Stretch muscles after exercising. This is particularly important as muscles constrict with exercise and need to be stretched out to prevent pain or injury.
DON’T do it ‘til it hurts!’; if an exercise is painful or causes unusual soreness afterwards, you’re overdoing it.
Try to exercise at least thirty minutes a day, three to four days a week. Establish a routine, stick with it; if you can do it for a month, you can make it a habit.
Reward yourself for having undertaken an activity that will help you feel better and live longer.
Smoking Cessation

Health Risks
• A smoker’s estimated life expectancy is eight years shorter than a nonsmoker’s.
• Smokers have an increased likelihood of developing lung cancer or heart disease.
• Smoking elevates the risks of other cancers, emphysema, bronchitis, ulcers, stroke and cirrhosis of the liver.
• Some health risks may be due to other associated factors: Smokers as a group are likely to engage in other risky behaviors such as excess drinking, overeating, consuming unhealthy foods and exercising less.

How To Quit
• Giving up smoking requires strong motivation. Become informed about the effects of smoking on your health.
• Studies show that people who enroll in formal smoking cessation classes, and people who quit on their own, experience about the same success rates.
• Try to quit cold turkey. Some studies have demonstrated that this method is more effective than a more gradual withdrawal.
• Consider nicotine substitutes.
• Try to avoid situations that lead to craving a cigarette, cigar or pipe.
• Visualize yourself as a nonsmoker—how do you look, act and feel?
• Build in short and long-term rewards for going without tobacco.
Because alcohol is a legal drug, many people use it casually without thinking about the short and long-term consequences. Here are some risks that can result from the irresponsible use of alcohol:

**Health Risks**
- Liver disease
- Ulcers
- Malnutrition
- Pregnancy complications
- Heart disease
- Stroke
- Brain damage

**Social Costs**
- Murders and assaults
- Traffic injuries or deaths
- Damaged family relationships; abuse or assault in the home
- Drownings and other accidental deaths
- Damaged relationships
- Alcohol-related job absenteeism and lowered productivity
Using Alcohol (Continued)

Signs and Symptoms of Problem Drinking

Review the following signs and symptoms. If you or a loved one exhibits these on a repeated basis, it’s time to get help. Call Care24 to access resources for problem drinking.

• Drinking to get drunk
• Using alcohol to cope with or avoid problems
• Becoming loud, angry or abusive after drinking
• Drinking at inappropriate times, such as before driving, before going to work or while at work
• Relationship problems stemming from drinking
• Legal or financial issues related to drinking
• Being unable to stop after one or two drinks
• Strategizing on where and when to get the next drink
• Drinking alone
• Passing out
• Experiencing blackouts (memory loss) due to drinking
• Suffering from withdrawal symptoms
Dealing With Stress

What is Stress?

Stress comes from the act of doing any mental, emotional or physical activity. We couldn’t live without stress. However, prolonged or frustrating stress can be harmful.

Hans Selye, M.D., a leading expert on stress, calls it “the nonspecific response of the body to a demand.”

Whether we face a positive or negative situation, our bodies respond the same way. Hormones are released into the bloodstream which prepare us for fight or flight.

Stress can give us the energy and the courage to succeed in challenging situations. Or, it can cause high blood pressure, headaches, heart attacks, depression, and alcohol and drug abuse.

Stress Management Tips

• If you keep a busy schedule, take a proactive approach toward managing your time. Savoring the here and now is more important than getting everything done.
• Take breaks throughout the day—breathe slowly, stretch, check your body for muscle tension, go for a quick walk or find a quiet space to meditate.
• Stress comes at us from outside sources, but also is produced by our internal thought processes; changing your thought patterns can reduce your stress; perform a reality check on the standards and expectations you set for yourself and your loved ones.
• Beware of “red flag” language, such as “should,” “ought,” “must” and “can’t.”
• Decide to roll with stressful situations which you cannot control, such as rush hour traffic or the stock market.
• Brisk exercise is a wonderful way to dissipate stress.
• Find ways to incorporate more fun and humor into your everyday life; a hearty laugh pumps refreshing oxygen into your blood and brain cells, increases your circulation and flexes your muscles.
• Call Care24 if you notice stress having a negative effect on your health, relationships or self-esteem.
The Health Benefits of Good Nutrition

- Reducing consumption of foods high in cholesterol and fat, such as red meats, soft cheeses, butter, eggs and whole milk, appears to decrease the risk of heart disease and certain kinds of cancer.
- Studies have shown that cruciferous vegetables, such as cabbage, Brussels sprouts and broccoli can actually prevent some types of cancer.
- Lowering salt intake may decrease the risk of developing hypertension.
- Increasing calcium intake appears to lower ones’ vulnerability to osteoporosis, the loss of bone mass experienced most commonly by women after menopause.
- If you are overweight, losing weight decreases your chances of developing heart disease, hypertension, stroke, respiratory problems and a wide range of other ailments.

Tips for Better Nutrition

- Go for the grains. Pasta, brown rice, whole grain breads and oats are delicious, low fat, inexpensive, and provide necessary starch and fiber.
- Substitute ingredients to avoid excess fat and cholesterol. Cook with egg whites only, use skim milk instead of whole and try low-fat, plain yogurt instead of sour cream.
- Variety is a key concept; your body needs 40 different nutrients to stay healthy. Jazz up your smorgasbord by experimenting with different types of food.
- Balance your use of processed “convenience” foods with basic, simple foods that are high in fiber and complex carbohydrates. Instead of visiting the candy machine for your afternoon energy boost, eat an apple.
- If you need to lose weight, develop a program in conjunction with your doctor. Avoid drastic diets which are impossible to sustain. Successful dieting means making permanent dietary changes and choosing an eating modification program you can live with.
- Drink water. It can help you feel full and, consequently, eat less. It also keeps your joints and muscles lubricated, can help cleanse your body of toxins, is a good moisturizer for your skin, can help you feel energized and alert, and reduces the risk of bladder, kidney and urinary tract infections.
MyPlate

**Grains**
Make half your grains whole

Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice or pasta daily

1 oz. is about 1 slice of bread, 1C. of cereal or 1/2C. of cooked rice, cereal or pasta

**Vegetables**
Vary your veggies

Eat more dark green veggies like broccoli, spinach and other dark, leafy greens

Eat more orange vegetables like carrots and sweet potatoes

Eat more dry beans and peas like kidney/pinto beans and lentils

**Fruits**
Focus on fruits

Eat a variety of fruit

Choose fresh, frozen, canned or dried fruit

Go easy on fruit juices

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPlate.gov.

- Eat 6 oz. daily
- Eat 2-1/2C. daily
- Eat 2C. daily

**Find your balance between food and physical activity**
- Stay within your daily calorie needs
- Be physically active at least 30 min. most days of the week; 60 min. to prevent weight gain; 60-90 min. to sustain weight loss
- Children/teens should be physically active 60 min. most days
MyPlate (Continued)

Milk
Get your calcium-rich foods

Go low-fat or fat-free when choosing milk, yogurt and other milk products
If you don’t or can’t consume milk, choose lactose-free products or other calcium sources such as fortified foods/beverages

Get 3C. daily
2C. for kids 2-3
2½ C. for kids 4-8

Meats/Beans
Go lean with protein

Choose low-fat or lean meats and poultry
Bake, broil, roast, poach or grill it
Vary your protein routine—choose more fish, beans, peas, nuts and seeds

Women: 5-5½ oz. daily
Men: 5½-6½ oz. daily

Know the limits on fats, sugars and salt (sodium)

• Make most of your fat sources from fish, nuts and vegetable oils
• Limit solid fats like butter, margarine, shortening and lard as well as foods that contain them
• Check the Nutrition Facts label to keep saturated fats, trans fats and sodium low
• Choose food/beverages low in added sugars; added sugars contribute calories with few, if any, nutrients
Obesity is the result of long-term energy imbalance due to:

- Genetics
- Individual behavior
- Environmental factors.
  - Increased portion size
  - A greater food product selection
  - An abundance of pre-packaged foods
  - Labor-saving devices which have contributed to a sedentary life style

Health consequences connected to obesity and overweight:

- Heart disease
- Some cancers
- Diabetes
- Stroke
- Arthritis
- Respiratory problems
- Mental health issues such as depression.

Using the MyPlate guidelines on the preceding page or other medically approved nutritional guidelines can help reduce and control this health concern.
Eliminating Health Risks

**Changes to consider:**

___ Develop a regular exercise program.
Barriers_____________________________________________________________
Solutions___________________________________________________________

___ Make a plan to stop smoking.
Barriers_____________________________________________________________
Solutions___________________________________________________________

___ Reduce or limit the use of mood-altering chemicals.
Barriers_____________________________________________________________
Solutions___________________________________________________________

___ Learn and practice stress management techniques.
Barriers_____________________________________________________________
Solutions___________________________________________________________

___ Practice better nutrition.
Barriers_____________________________________________________________
Solutions___________________________________________________________

___ Lose weight.
Barriers_____________________________________________________________
Solutions___________________________________________________________

___ Other changes I want to consider:____________________________________
Barriers_____________________________________________________________
Solutions___________________________________________________________
My Plan Toward a Healthier Lifestyle

Nutrition:

I will eat more: ______________________________________________________
I will eat less: ______________________________________________________
I will adjust my weight by: ____ pounds by: ____________________________

Exercise:

Type of exercise I do: ________________________________________________
Minutes per day: ________________ Days per week: ______________________

Risk Factors:

I will stop smoking by: ____________________________ (Date)
I will modify my alcohol use according to the following plan: ______________
_________________________________________________________________
I will modify my use of other chemicals according to the following plan: _____
_________________________________________________________________
Other healthy habits I plan to adopt: _________________________________
_________________________________________________________________
_________________________________________________________________

Stress Management:

I will reduce my stress level by: ________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
Books


For Further Reading and Additional Resources (Continued)

Web Sites
Due to rapid changes occurring on the Internet, we cannot guarantee the availability of these Websites

www.americanheart.org/presenter.jhtml?identifier=1200009
www.fda.gov/hearthealth/lifestyles/lifestyles.html
www.fns.usda.gov/eatsmartplayhardhealthylifestyle/
www.helpguide.org/life/healthy_eating_diet.htm
www.nhlbi.nih.gov/index.htm
www.prevention.com/cda/categorypage.do?category=healthy.lifestyle&channel=health
www.realage.com/ (This site contains a test to determine your real age, based on health habits, as opposed to your chronological age)

Phone Number
♥ The American Heart Association
1-800-AHA-USA1 (1-800-242-8721)