# WORKPLACE WELLNESS MEMBERSHIP

# WELLNESS NEWSLETTER
# JANUARY 2023

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# HIGHLIGHTS for the January 2023 Newsletter

**Healthy Habit Makeover: 4 Strategies for Success**
Want to drop some bad habits for healthier ones this year? Use these four strategies for success to say buh-bye to bad habits and build healthy habits…at the same time.

**No Gym, No Problem: 6 Benefits of Bodyweight Exercises**
You don't have to join a gym to build strength and endurance and improve your health. No gym, no problem. Bodyweight exercises can help you achieve your health and fitness goals. Here's what you need to know…

**Soup's On! January is National Soup Month**
Hungry for something healthy this month? January is National Soup Month. And there's lots of healthy ready-made soups and simple recipes you can make on your own. Here's what you need to know…

**Y-Axis: Follow the Declutter Diet**
Want to improve your diet and cut back on junk food and overeating? Here's a surprisingly simple way to make a change that has nothing to do with food…

**Recipe: Quick Chicken & Vegetable Soup**
Looking for a quick and easy soup recipe that's healthy, hearty, and packed with flavor? Give this soup recipe a try..

**Take the January Health Challenge!**
Set Healthy SMART Goals: Create a plan to improve your health

**Ask the Wellness Doctor:**
This month Dr. Don Hall answers the question: What are some health benefits of eating more plant-based foods?

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# Healthy Habit Makeover: 4 Strategies for Success

### How to replace bad habits with healthier ones

If you think you could handle a healthy habit makeover in 2023, you might need to start by taking a hard look at your bad habits. For example:

- Smoking, drinking too much, and overeating are habits that can directly affect your health.
- For others, bad habits like overspending, wasting time, or nail biting can put a dent in your self-esteem or your pocketbook.

Fortunately, bad habits can be replaced with good ones.

"Habits play an important role in our health," says Dr. Nora Volkow of the National Institutes of Health. "Understanding how we develop habits can help us change our lifestyles and adopt healthier behaviors."

If you're ready for a healthy habit makeover this year, here's how to get started:[3]

### 1. Recognize your bad habits

Then come up with a plan to counteract them. For example:

- Bring a healthy snack to work instead of plugging the candy machine with quarters every afternoon.
- Take up a healthy hobby, and spend less time on the Internet or watching TV.

### 2. Visualize your response to temptation

If you salivate at the thought of your favorite brand of potato chips or sleeping in an extra 30 minutes in the morning, you need to change the way you think.

Start by visualizing the way you would like to respond. For example:

- Imagine yourself eating a healthy snack instead of the chips, or waking up early to fit in a workout at the gym.
- Then imagine how great it feels to make the better choice.

### 3. Get help from family and friends

One of the best ways to be successful at breaking old habits and forming new ones is by joining a support group.

- Be accountable.
- Ask your family, friends, or co-workers to help you.
- Give them a regular report on your efforts, and welcome their advice and encouragement.

### 4. Be patient

Keep in mind that you didn't develop your bad habits overnight. And you don't have to keep them if you don't want them. But you may need a little patience in turning them around.

If you slip up, don't give up. Just start over.

With a consistent effort, you can develop healthier habits this year that will last a lifetime.

# No Gym, No Problem: 6 Benefits of Bodyweight Exercises

### Bodyweight training improves overall health

Got a goal to get more exercise this year? Let's start by removing any barriers or excuses that might get in the way…

You don't need a gym membership, expensive equipment, or a personal trainer. You can get adequate exercise using your own body weight.

**Bodyweight exercises include things like:**

- Push-ups
- Curl-ups
- Planks
- Squats
- Lunges
- Jumping Jacks

**6 health benefits of bodyweight exercises**

Buh-bye excuses, you can exercises anytime, anywhere with bodyweight exercises.

Did you know bodyweight training is one of the top-ranked ways people like to exercise?[1] It's convenient, doesn't cost any money, and you can exercise whenever you want.

**Research also shows bodyweight training can:**

1. Build muscle strength & endurance
2. Improve agility and flexibility
3. Strengthen heart and lung function

# Soup's On! January is National Soup Month

## A simple & healthy way to beat the winter blues

Archeological evidence suggests that the first bowl of soup cooked up to cure ailments was made around 6,000 B.C. And the main ingredient wasn't anything you'd find at your local grocery store (hippopotamus!).

For ages, soup has been a mainstay of diets around the world. And **January is National Soup Month.**[2]

Fun facts about soup…

- The late President John F. Kennedy almost always had soup and a sandwich for lunch.
- Frank Sinatra dined on chicken and rice soup before he went on stage.
- And French ladies of King Louis IX's court preferred soup because they thought chewing food caused wrinkles.

Whether you slurp it, drink it, or eat it with a spoon, people consume billions of bowls of soup every year.

Soup can be tasty, healthy and filling. But not all soups are created equal.

- **Canned soups** contain high levels of sodium, and often skimp on the good stuff like tomatoes, legumes, carrots, peas, onions, celery, broccoli, and spices.
- **But prepared the right way**, soup can aid in weight loss and deliver a host of health benefits with a palate-packed punch of flavors, vitamins, nutrients, and antioxidants.

**If you're going to eat soup**, give it a shot and make your own with broth and fresh or frozen vegetables.

**If you're pressed for time**, look for low-sodium, canned options. Also look for broth-based soup rather than cream-based, because they're generally lower in fat and calories.

Soup, it's mmm-mmm-good for you.

**MORE**

Try these 6 healthy-soup recipes
https://tinyurl.com/svwzr3wa

## Quick Chicken & Vegetable Soup

Looking for a quick and easy soup recipe that's healthy, hearty, and packed with flavor? Give this soup recipe a try:[4]

**Ingredients**

1 T onion (chopped)

1 can tomatoes (14.5 ounce, broken up)

1 C potatoes (cut in pieces)

2 C chicken broth, low-sodium (14.5 ounce can)

1/2 C chicken, cooked and chopped

1 package mixed vegetables (10 ounce frozen)

1/4 tsp thyme

1/8 tsp ground black pepper

1/8 tsp salt

**Directions**

1. Use only cooked chicken for this recipe.
2. Put the tomatoes, potatoes and broth in the pot.
3. Cook on medium heat until boiling. Then add onion.
4. Turn heat to low, and simmer for 10 minutes.
5. Add remaining ingredients, and cover pan.
6. Cook for at least 5 more minutes over low heat until vegetables are tender.

Makes 4 servings. 148 calories per serving.

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## No Gym, No Problem: 6 Benefits of Bodyweight Exercises (continued from page 1)

4. Aid in weight management
5. Improve quality of life
6. Improve overall health

No time to exercise? Don't want to go to the gym or buy expensive equipment? Keep it simple, and do bodyweight exercises at home. Here are a few ways you can do this:

- Create your own workout routine with a group of bodyweight exercises.
- Stop what you're doing and hold a plank for as long as you can.

- Perform jumping jacks during commercial breaks
- Do push-ups between phone calls or appointments or after completing a task
- Set aside 15 to 30 minutes, and do a bodyweight exercise workout

Start with a simple workout, and gradually increase repetitions and exercise time as you get stronger. You'll feel better, get stronger, and be healthier.

**MORE**

Bodyweight exercise benefits
https://tinyurl.com/5n92jj87

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## Take the January Health Challenge!

Set Healthy SMART goals: Create a plan to improve your health

## Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
What are some health benefits of eating more plant-based foods?

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# WELLNESS CHALLENGE

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# Set Healthy SMART Goals

## Requirements to complete this HEALTH CHALLENGE™

1. Read "Set Healthy SMART Goals."
2. Create a plan to improve your health with SMART goals.
3. Keep a record of your completed challenge in case your organization requires documentation.

What would you do to celebrate turning 100 years old? Oregon resident Bud Lewis wanted it to be something big, and something that would help other people.

So he set a goal to walk 100 laps around a local track and raise $100,000 for the Sunshine Division, a local non-profit that helps people in need. If he walked at least one lap every day all summer, he could walk 100 laps by his birthday.

That might seem like an impossible goal. But instead of getting stuck, Lewis laced up his walking shoes, headed to the track with a smile, and told everyone about his big goal.

What's on your bucket list? Are there things you want to do or change? Do you want to improve your health, lose weight, be more active, stress less, or sleep more?

Having a goal in mind is a great place to start. But it's not enough to get from where you are to where you want to be. You have to break down a big goal into daily steps you can take to make progress.

Want to learn how to do this? Take the month-long health challenge to Set Healthy SMART Goals.

### The SMART Way to Get Healthy

How much do you know about setting goals to improve your health? Take the quiz to find out.

**T F**
1. ☐ ☐ You can increase the odds of achieving a goal by writing it down, sharing your plans with someone you trust, and reviewing your progress regularly.
2. ☐ ☐ Visualizing success, the perfect outcome and all the steps it takes to get there can help you achieve your goal.
3. ☐ ☐ Too much stress makes your brain focus on short-term rewards. But to reach your goal, you need to focus on the daily steps you need to take to make long-term progress.
4. ☐ ☐ It takes an average of 21 days to form a new habit. It can take longer to break old habits.
5. ☐ ☐ Measuring your efforts each day, week, and month and reviewing your progress can help you achieve your goals.

How did you do? If you want to improve your health, change your eating habits, or be more active, developing a plan with simple action setps you can take will help you be successful. Be patient. Research shows it takes an average of 66 days to form a new habit.[1]

Answers: 1.True. 2.True. 3.True 4. False. 5.True.

## The SMART Way to Set Healthy Goals

Once Lewis got started walking at least one lap a day, he learned something from a bit of simple feedback. He could walk more than that. And his positive attitude inspired people to improve their health and support his cause. He walked more than 200 laps (53+ miles) and raised $125,000 for the Sunshine Division by the time he celebrated his 100th birthday.

Reach your goals the SMART way
https://tinyurl.com/y84w58dy

Do you want to change a behavior, master a healthy habit, or accomplish a goal? Do it the same way Lewis did. Set a Healthy SMART goal, and take it one step at a time.

## 8 Goal-Setting Tips to Improve Your Health

Taking one step at a time is the best way to reach your health goals.[4] Here are eight tips to help you stay on track to reach your goal:

1. **Focus on one goal at a time.** Taking on too much can overwhelm you and lead to failure.

2. **Pick a health goal you're ready to tackle** and have a genuine desire to improve.

3. **Start with small steps.** Set goals that challenge you but that you are confident you can accomplish.

4. **Get help and support.** Take a class or join a support group. Join a wellness challenge for added knowledge, motivation, and support.

5. **Log your progress daily.** It helps keep you on track – and seeing progress is motivating!

6. **Reevaluate your progress often.** Do more of what is working. If something isn't working, try a new approach. Don't give up!

7. **Set new goals.** When you complete a goal, repeat the process to improve other areas of your life.

8. **Be optimistic.** Focus on the positive and the process. You can do it!

*Goals: Stop waiting for motivation https://tinyurl.com/ppxrhsc9*

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**Create Your Healthy SMART Goal:**

Use 1 to 2 sentences to describe each part of your goal.

Specific: _____

Measurable: _____

Achievable: _____

Realistic: _____

Timed: _____

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## How to set a Healthy SMART Goal

Describe your goal and how you will accomplish it using the SMART goal strategy. Use 1 to 2 sentences to describe each part of your healthy SMART goal.

**SPECIFIC:** Define your goal with as much detail as you can. Write it down. Be specific about what you want to achieve.

- **Example:** I want to lose weight by making better food choices and being more active.

**MEASURABLE:** You need a way to measure your efforts. Keep a daily, weekly, and monthly record. Track your progress. Use a journal, logbook or mobile app.

Research shows being able to measure your progress can help you with goals like lose weight, improve sleep, eat healthier, and be active each day.[2]

- **Example:** I will weigh myself today. I'll weigh in once a week, and keep a record.

**ACHIEVABLE:** Whether you have a big goal or a small goal, you need to be able to define how you are going to accomplish it. Is it possible for you? What actions are you going to take to be successful? Explain what you will do. Break down your goal into daily action steps you can take.[3]

- **Example:** I will eat 2 to 3 cups of vegetables per day. I will walk for 30 minutes every morning.

**REALISTIC:** Set goals you can reach in a few weeks or a few months. Keep it real. If you have a big goal like walk 100 laps or lose 100 pounds, break it down into smaller goals. When you complete short-term goals, it proves you have the ability. This helps keep you motivated.

- **Example:** I will wake up 15 minutes earlier to prepare a healthy breakfast, and make my lunch. I will increase walking 15 minutes a day to 30 minutes a day.

*10 healthy lifestyle goals https://tinyurl.com/ybp5s4xu*

**TIMED:** Have a start date and finish date by which you expect to reach your goal. This gives you a clear target to work toward.

- **Example:** I will lose 10 pounds in 10 weeks

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# Set Healhty SMART Goals

**CHALLENGE**
Create a plan to improve your health

## Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar.
2. Create a plan to improve your health with SMART goals.
3. Use the calendar to record your actions and choices to set healthy SMART goals to improve your health.
4. Review your progress at the end of each day, each week, and at the end of the month. Then keep up the practice for a lifetime of best health.

| MONTH: | | | | | HC = Health Challenge™   ex. min. = exercise minutes | | |
|---|---|---|---|---|---|---|---|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | Weight & weekly summary |
| HC<br><br>ex. min._____ | HC<br><br>ex. min._____ | HC<br><br>ex. min._____ | HC<br><br>ex. min._____ | HC<br><br>ex. min._____ | HC<br><br>ex. min._____ | HC<br><br>ex. min._____ | |
| HC<br><br>ex. min._____ | HC<br><br>ex. min._____ | HC<br><br>ex. min._____ | HC<br><br>ex. min._____ | HC<br><br>ex. min._____ | HC<br><br>ex. min._____ | HC<br><br>ex. min._____ | |
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_____ Number of days this month I worked on SMART goals
_____ Number of days this month I exercised at least 30 minutes

**Other wellness projects completed this month:**

_____
_____

Name _____ Date _____

# WORKPLACE WELLNESS MEMBERSHIP

# ASK THE DOCTOR

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# Q. What are some health benefits of eating more plant-based foods?

## ASK THE *Wellness* DOCTOR

**A.** Eat more fruits and vegetables. Load up on leafy greens. Choose whole foods. Follow a plant-based diet. You've heard the advice before. But does eating this way really make a difference? Yes, yes it does.[1]

Here are FIVE reasons to eat more fruits, vegetables, whole grains, nuts, seeds, and legumes...

### 1. Support weight management

Fruits, vegetables, and other plant-based foods are low in calories and high in vitamins, antioxidants, and other nutrients. Eating more plant-based foods can support weight management and help control hunger.

### 2. Control blood sugar levels

Plant-based foods with a low Glycemic Index take longer to digest and help control blood sugar levels. Research shows that following a plant-based diet can help treat and prevent type 2 diabetes.[2]

### 3. Improve heart health

Heart disease is the leading cause of death in the United States, yet it's largely preventable. Poor eating habits over time are a primary cause. In a Johns Hopkins University study, researchers found that people who ate the

### 5 Health Benefits of Plant-Based Foods

most plant-based foods cut their risk of dying from heart disease by 32 percent.[3]

### 4. Lower blood pressure

Your blood pressure should be less than 120/80. But what if it's not? You have elevated or high blood pressure. It's the leading risk factor for heart attacks and strokes. One recent study found that eating more plant-based foods lowers blood pressure and reduces the risk for heart attack, stroke, and early death.[4]

### 5. Prevent cancer

After heart disease, cancer is the leading cause of death in the United States. But eating more plant-based foods can dramatically lower the risk for cancer and other diseases. One study found that eating 7.5 fruits and vegetables a day lowered the risk of dying from cancer by 13 percent.[5]

### Hungry for better health?

Eat more plant-based foods. This includes:

- Fruits and vegetables: Berries, broccoli, citrus fruits, spinach, etc.
- Whole grains like brown rice, steel-cut oats, and whole-grain bread.

- Legumes like lentils, black beans, and pinto beans.
- Nuts. Try unsalted walnuts, almonds, and cashews.
- Seeds. Try pumpkin, ground flax, and sesame.

You don't have to become a vegetarian or a vegan. But eating more plant-based foods will improve your health, lower your risk for disease, and help you feel better.

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