

Healthy workplace

Your monthly Anthem wellness newsletter



Start these Healthy Habits NOW!

Lose weight, get organized, save money, quit smoking, learn something new... sound familiar?

According to forbes.com, more than 40% of us make News Year's resolutions but only 8% of us are successful with these changes. One of the best ways to stick to a resolution is to keep it simple. Small changes in behavior add up over time; here are some suggestions you can work into your daily routine starting right now.

The following article from clevelandclinic.org: Exercise physiologist Christopher Travers, MS, and dietitian Laura Jeffers, MEd, RD, LD has helpful diet, nutrition and fitness ideas that you can incorporate into your daily life.

1. Don't just take the stairs — use them

If you have stairs at your home or office, take them every chance you get. But don't stop there; run up them for a quick break at work.

2. Drink one extra glass of water

There are health benefits to drinking more water including temperature regulation and cushioning for joints. Add fruit to your water to help up your intake.

3. Take a 10-minute walk

Walk during your lunch hour or to a store that is a block away to buy a gallon of milk — add up those steps throughout the day!

4. Focus on sitting up straight

Good posture can prevent aches and pain and reduce stress on your ligaments. Walking with your shoulders back and head held high can also make you feel good about yourself.

5. Go to bed a half hour earlier

Do you sleep seven or eight hours most nights? Many of us don't but experts say this is a marker of good heart health.

6. Replace one can of diet soda with carbonated water

If you drink diet soda, try substituting carbonated water. Research suggests the brain reacts to artificial sweeteners much like it does to sugary sweets. Ingesting them frequently can increase your desire for high-calorie foods and put you at risk for weight gain.

7. Balance on one leg for ten seconds at a time, then switch to the other leg

Do this simple exercise while brushing your teeth or standing in line. It's a part of neuromotor training, which helps you improve your balance, agility and mobility, all things you need in everyday movement and in other forms of exercise.

8. Weigh yourself every week

To keep your weight from creeping up, set a weekly maintenance or loss goal for yourself, write it down, and check yourself against that goal. Weigh yourself each week on the same day and at the same time – and wearing the same amount of clothing for consistency.



9. Eat a healthy breakfast every day

Eat something high in fiber that includes protein to keep you full and energized. If you start the day out right, you tend to eat better overall. Tired of the same bowl of oatmeal? Add different toppings to make it more exciting.

10. Include greens and lettuce in your meals

Incorporate lettuce into your meals to add nutrients and water to your diet. The fiber in lettuce helps to fill you up, and it does so at just 20 calories per serving. Lettuces that are dark green and reddish in color are the most nutritious and the most flavorful. But even the popular, pale iceberg lettuce provides water, fiber and folate.

11. Find creative substitutions for unhealthy foods

Work to eliminate foods and snacks that you buy regularly that are high in calories but low on their health benefit. Eat them less often, as an occasional treat. Try using low-fat dairy, whole-grains, healthy oils (avocado and olive oil) and natural sweeteners (fruit) instead of high-fat or sugary alternatives.

Building new healthy habits can take time!

Stay focused on your goal, and if you slip along the way, start again!

The Winter Blues – Seasonal Affective Disorder

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons — SAD begins and ends at about the same times every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months; sapping your energy and making you feel moody.

Symptoms specific to winter-onset SAD, sometimes called winter depression, may include: Irritability, tiredness or low energy, problems getting along with other people, hypersensitivity to rejection, heavy, "leaden" feeling in the arms or legs, oversleeping, appetite changes, especially a craving for foods high in carbohydrates, and weight gain – *article from mayoclinic.org.*

Tips to beat the winter blues

- ✓ Stay active
- ✓ Book a tropical vacation
- ✓ Bring in the light with light therapy
- ✓ Do a good deed for someone else or volunteer
- ✓ Practice self care

Remember! LiveHealth Online Offers Psychology Visits



Now you can see a therapist or psychologist from home, usually in four days or less.

If you're feeling stressed, worried or having a tough time, you can talk to a licensed psychologist or therapist using LiveHealth Online Psychology.

Depending on your coverage, the cost of an online therapy visit may be similar to what you would pay for an office visit, considering benefits, copay or coinsurance. You must be at least 18 years old to see a therapist online.

Make your first appointment — use our free app or go to [Livehealthonline.com](https://www.livehealthonline.com) and log in. Select LiveHealth Online Psychology and choose a therapist.

Or, call 1-844-784-8409 from 7 a.m. to 11 p.m.



Layering for Winter Weather

Layering your clothing is a tried-and-true way to maximize your comfort in the outdoors. The beauty of this simple concept is that it allows you to make quick adjustments based on your activity level and changes in the weather.

Each layer has a function. The base layer (against your skin) manages moisture; the insulating layer protects you from the cold; the shell layer (outer layer) shields you from wind and rain. You simply add or subtract layers as needed. Read the full article with more detail and suggestions here: <https://www.rei.com/learn/expert-advice/layering-basics.html>

Your Base Layer: Moisture Management

This is your next-to-skin layer. It helps regulate your body temperature by moving perspiration away from your skin.

Keeping dry helps you maintain a cool body temperature in the summer and avoid hypothermia in the winter. For outdoor comfort, your base layer should be made of merino wool, synthetic fabrics, or, for less-active uses, silk. Rather than absorbing moisture, these fabrics transport (or "wick") perspiration away from your skin, dispersing it on the outer surface where it can evaporate. The result: You stay drier even when you sweat, and your shirt dries faster afterwards.

Your Middle Layer: Insulation

The insulating layer helps you retain heat by trapping air close to your body.

Natural fibers such as wool and goose down are excellent insulators. Merino wool sweaters and shirts offer soft, reliable warmth and keep on insulating even when wet.

Classic fleece, polyester, and other synthetics provide warmth for a variety of conditions. They're lightweight, breathable and insulate even when wet. They also dry faster and have a higher warmth-to-weight ratio than even wool. Classic fleece's main drawbacks are wind permeability and bulk (it's less compressible than other fabrics).

You're Shell Layer: Weather Protection

The shell or outer layer protects you from wind, rain or snow. An outer shell is an important piece in bad weather, because if wind and water are allowed to penetrate to your inner layers, you begin to feel cold. Furthermore, without proper ventilation, perspiration can't evaporate but instead condenses on the inside of your shell.



Yogi Trail Mix Bar



Recipe from eatliverun.com
Makes about 16 bars

Ingredients

1 cup honey
2 tsp vanilla extract
1/4th tsp salt
2 T granulated sugar
1/4 cup peanut butter
1 1/2 cups rolled oats
1/2 cup oat bran
1/2 cup dark chocolate chips
1/2 cup unsweetened shredded coconut
1/2 cup sunflower seeds
3/4 cup dried cherries, cranberries or berry mix

Instructions

Combine the honey, vanilla, salt, sugar and peanut butter in a medium sized saucepan and bring to a boil. Reduce heat to simmer and cook for about four minutes, stirring occasionally.

In a large bowl, combine all other ingredients except for chocolate chips. Pour the boiling honey mixture over the oat mixture and toss well. Finally, add the chocolate chips and fold together (being careful not to over mix and melt the chocolate).

Press mixture into a greased nine inch pan and pat down with wet hands. Chill in fridge for an hour, or until firm, before cutting into bars.

In Season Winter Produce List December- February



Belgian Endive
Brussels Sprouts
Buttercup Squash
Cactus Pear
Cardoon
Cherimoya
Clementines
Collard Greens
Date Plums
Dates
Delicata Squash
Grapefruit
Kale
Kiwifruit
Leeks
Mandarin Oranges
Maradol Papaya
Oranges
Passion Fruit
Pear
Persimmons
Pomegranate
Pummelo
Red Banana
Red Currants
Sharon Fruit
Sweet Dumpling Squash
Sweet Potatoes
Tangerines
Turnips



Check out fruitsandveggiesmorematters.org for more information!

Newsletter images from:

<http://addapinch.com/happy-new-year-2016/>

<http://kodioworkout.com/2012/12/tips-for-staying-active-in-the-winter/>