

To YOUR Health™

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WELCOA'S ON-LINE GENERAL WELLNESS BULLETIN

CONSIDER THIS...

RESERVATIONS GALORE

The Juggling Act

We hear so much lately about balancing work and life. And after all, we should—both are very important. Here's a quick juggling lesson.

Learn To Say No. As hard as it may be, we simply must learn to prioritize. Saying no is part of keeping things balanced.

Plan Ahead. By making plans in advance, your family, and those at work, will be "in the know" and there will be fewer disappointments.

Run Errands With The Family. It may take a little longer to finish the errands, but it's a good opportunity to be with the family.



★ ★ ★ FEATURE ARTICLE ★ ★ ★

Calories Are Calories

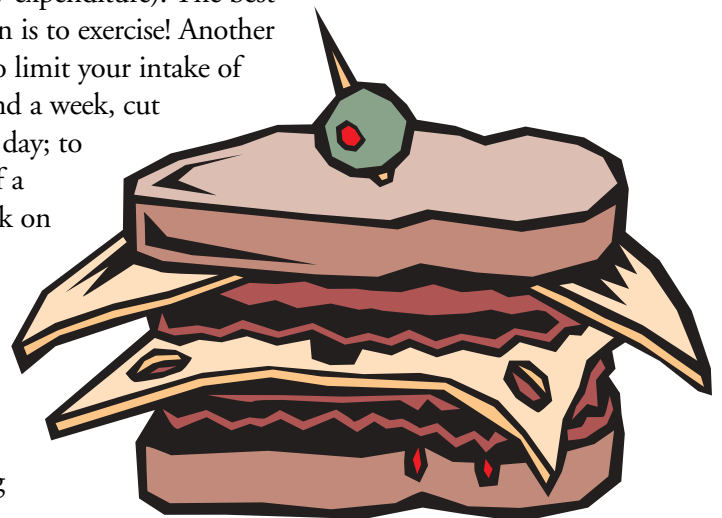
Many people think if certain foods are low fat, they can eat them until their heart's content. What they're forgetting, however, is the amount of calories still in the food. That advice is true only with naturally low-fat, high-fiber foods like veggies, fruits, and whole grains. Try this with the low-fat, processed products available in the grocery store, and your body will be in big trouble.

All Calories Are Not Equal

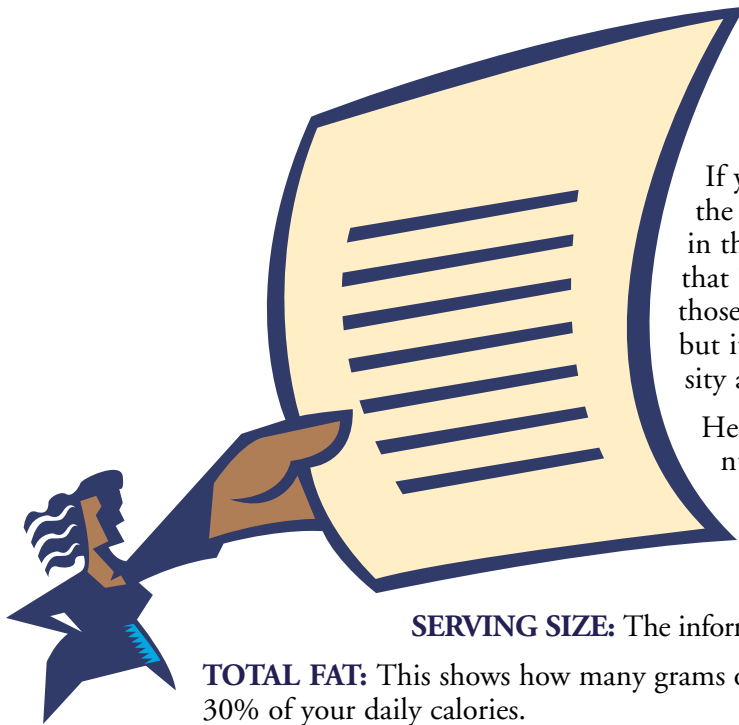
Scientifically, all calories are the same—every calorie generates the same amount of energy whether a fat or protein calorie. Fundamentally, however, calories are different because of their density. It's better to eat calories that are naturally low-fat (whole foods) than to eat enriched, processed, or refined foods. Whole foods take longer to digest and therefore keep you feeling full longer.

A Shift In Mind And Body

If you are interested in losing weight, cut down on caloric intake and increase calorie exertion (energy expenditure). The best way to increase exertion is to exercise! Another way to lose weight is to limit your intake of calories. To lose a pound a week, cut back on 500 calories a day; to lose approximately half a pound a week, cut back on 250 calories a day. Just losing half a pound a week can result in losing 25 pounds in one year. Never go below 1200 calories a day without consulting your doctor.



"The Wellness Councils of America is dedicated to building world-class corporate wellness programs."



Label Of Love

How To Read Nutrition Labels

If you're trying to stay healthy, that little nutrition label on the packaging of your food should be your best friend. A study in the Journal Of The American Dietetic Association found that "people who read food labels consume 6% less fat than those who don't read them." That may not sound like much, but it may be enough to decrease your risk for diseases like obesity and cancer.

Here are some things to remember when reading nutrition labels:

PERCENTAGE DAILY VALUE: This percentage is always based on a 2000 calorie daily diet. These figures aren't accurate if you eat more or fewer calories.

SERVING SIZE: The information listed is only based on one serving.

TOTAL FAT: This shows how many grams of fat are in one serving. Your fat intake should be less than 30% of your daily calories.

SATURATED FAT: A healthy diet for women is less than 22 grams a day, and less than 30 grams a day for men.

CHOLESTEROL: Foods high in cholesterol can lead to heart disease, so try to eat less than 300mg a day.

SODIUM: Avoid foods high in sodium. Try to eat less than 2400mg a day.

TOTAL CARBOHYDRATE: Foods with a high percentage of complex carbohydrates are good choices. Women should average 299 grams a day, and men need 405 grams a day.

FIBER: Fiber reduces the risk for cardiovascular disease. Try to digest 25-35 grams a day.

SUGARS: Many foods like sodas and fruit juices are high sugars. Try to stay away from these sugary-sweet treats, but don't deprive yourself completely.

PROTEIN: Average protein intake is 50 grams or less a day for women, and 63 grams a day for men. If you're pregnant or nursing, increase your daily intake.

Gotta Be Prepared

We all know we have to be comfortable in order to produce good work. And while many of our employers are doing their part to ensure that we are comfortable and productive, there are some things we can do to make our lives at work a little more enjoyable. Try some of these recommendations and watch your day fly by!

- Store a bottle of aspirin in your desk drawer—just in case.
- Think of something to look forward to every week.
- Treat yourself to lunch at a favorite restaurant occasionally.
- Eat a mid-morning snack to re-energize.
- Wear foot-friendly shoes.

If we're mindful of the little things and look to add treats to our work week, not only will we be happier, but our co-workers will appreciate it, too.

