



Healthy Eating @ Work

Best Environment

Take a break from your workspace. Go to the cafeteria or outdoors to eat. The point is to savor your meal. If you do stay at your desk, set aside your work as often as possible while you eat.

Best Choices



Low-calorie, low-sodium soups are a best bet. Low-sodium, high-fiber

vegetable juice can serve as a tasty snack drink.



Easily portable dairy. String cheese comes prewrapped in individual portions.

Be sure to eyeball the sodium counts in cheeses, and pick one with the lowest per serving. In yogurt, choose part-skim varieties with less than 6 grams of fat per serving. Check the sugar in yogurt and aim for the lowest there too.



Fruits or nuts. Apples, pears and oranges are easy to pack and provide fiber and essential nutrients. Choose dried fruits without added salt, sugar or preservatives. Almonds and walnuts deliver filling, heart-healthy fats and essential minerals. A serving size for nuts is 1 ounce — that's about 23 almonds or 14 walnut halves.



Whole grains such as cereal, popcorn and oatmeal are fiber-filled, whole-grain foods. Be sure to check the fat, sodium and sugar content. Pass up products featuring “enriched” as part of the first ingredient.

BEST ADVICE: Snack calories count. **Eat no more than three snacks**, and limit total calories to no more than 100 to 200 calories per snack. Remember, sometimes thirst can feel like hunger, so you can possibly curb your appetite by drinking water or some herbal tea before reaching for food. And don't forget, calories in drinks count too.

The Fitness Punch



The Benefits of Boxing

Boxing is not just for pro fighters — this sport has now gone mainstream. Boxing classes, sometimes mixed with other martial arts, are popping up in gyms everywhere. Participants mostly direct jabs and punches at an imaginary enemy, but some classes include heavy bags as targets.

3 Knockouts:

- 1 Burns 350-450 calories per hour (great for people trying to bring their weight down)
- 2 Builds strength in arms and legs, and improves muscle definition, flexibility, balance and reflexes
- 3 Instills a feeling of inner strength and confidence and teaches self-defense

Boxing is a great at-home exercise too, requiring little space and no equipment.

QUESTION & ANSWER

After a serious injury or a long absence from work, you should:

- A. Start right back where you left off.
- B. Meet with your physician and your employer before returning to work to discuss your abilities and work schedule.
- C. Return with a vengeance — after all, you have a lot of work to make up.
- D. Exercise vigorously at the beginning of each workday.

Answer B. Always meet with your physician to determine any restrictions you may have. Ideally, meet with your employer and physician at the same time. If not, get a note from your physician with your limitations, if any.

Your Personal Wellness Program

Making successful lifestyle changes requires a plan with measurable, realistic goals. You can design your own wellness program and get started today.

Step 1: Consider your health broadly, and **select a few areas to improve.** Some examples might be cholesterol control, dental care, addictions, stress management or social support. Next, set specific goals for the next month.

Step 2: **Set specific, achievable weekly goals** such as “Walk for 10 minutes at lunch.” Mark these in your calendar or post them somewhere visible (*see the example below*).

Category	Date
Weight Loss	6/1/12
Current Weight	Monthly Goal
..... 165	Lose 5-10 lbs
Actions	Check-in
Track foods and calories ...jog/walk 30 minutes per day	

Step 3: **Get support or assistance in reaching your goals.** Find out if your employer or health plan offers a wellness program. Easy access to wellness includes health fairs, gym membership discounts, or smoking cessation or nutritional counseling.

Step 4: **Track your progress,** and review your goals regularly. Change takes time, so be patient with yourself. To keep motivated, remind yourself of your reasons for changing. Finally, check off the goals you’ve accomplished and reward yourself for progress.

“And you will succeed? Yes indeed,
yes indeed! Ninety-eight and
three-quarters percent guaranteed!”
— Dr. Seuss



Men’s Wellness

Guys, has it been a while since you’ve seen your doctor? Keep the “s” out of health care — avoid a health scare. Please check into the screenings you might need. Someone somewhere needs you to stay well.

Your blood pressure should be checked every two years starting at age 18. If your blood pressure is over 135/80, request a diabetes screening as well.

Get your cholesterol levels measured starting at age 35 — or as early as age 20 if you have certain risk factors such as tobacco use, obesity, diabetes, high blood pressure or heart disease.

Look into intimate partner concerns. One is HPV (human papillomavirus) and other sexually transmitted infections, which can have long-term health consequences for you and the ones you love. The CDC recommends the HPV vaccine for males 11-21, though it is available through age 26.

Are you age 45 or older? Talk with your doctor about whether taking aspirin might help ward off heart disease.

Are you age 50 or older? Have a screening test for colorectal cancer. Those with a family history of this type of cancer may require earlier screenings.

Prostate cancer screening, such as the PSA test and digital rectal exam, is not recommended, according to the U.S. Preventive Services Task Force.

Get a flu shot annually and receive immunization against pneumonia if you are age 65 or older.

Smokers and former smokers ages 65-75 may benefit from a screening for abdominal aortic aneurysm (AAA), a bulge in the body’s largest artery.

LONGEVITY CORNER ----- Zorba Paster, MD

Brain Food: For years we’ve known that the Mediterranean diet — largely fruits, vegetables, whole grains, legumes and nuts — is good for the heart. A recent study in the *Archives of Neurology* showed that those eating a more Mediterranean diet were also less likely to have small vessel damage (small strokes) in the brain. Bottom line: Eating more fruits and veggies and reducing animal fat is good for your heart and your brain.

Painted Fingernails That Hide Danger

Melanomas sometimes occur in areas not typically exposed to the sun — including under a fingernail or toenail. Melanomas appear as a brown or black discoloration that can be mistaken for a bruise, and are more common in people with darker skin color. If you keep your nails painted, raise your awareness. Remove the polish and conduct a quick check.



Smart moves for your personal wellness program are at www.personalbest.com/extras/june12tools.