



THE BEACON

Wellness Edition - February 2016

Weight Loss - Keeping It Off

If you've recently lost excess weight, congratulations! It's an accomplishment that will likely benefit your health now and in the future. Now that you've lost weight, let's talk about some ways to maintain that success.

The following tips are some of the common characteristics among people who have successfully lost weight and maintained that loss over time.

Watch Your Diet

Follow a healthy and realistic eating pattern You have embarked on a healthier lifestyle, now the challenge is maintaining the positive eating habits you've developed along the way. In studies of people who have lost weight and kept it off for at least a year, most continued to eat a diet lower in calories as compared to their pre-weight loss diet. For more suggestions regarding a healthful diet, visit Healthy Eating for a Healthy Weight (http://www.cdc.gov/healthyweight/healthy_eating/index.html).

Keep your eating patterns consistent Follow a healthy eating pattern regardless of changes in your routine. Plan ahead for weekends, vacations, and special occasions. By making a plan, it is more likely you'll have healthy foods on hand for when your routine changes.

Eat breakfast every day Eating breakfast is a common trait among people who have lost weight and kept it off. Eating a healthful breakfast may help you avoid getting "over-hungry" and then overeating later in the day.

Be Active

Get daily physical activity People who have lost weight and kept it off typically engage in 60 - 90 minutes of moderate intensity physical activity most days of the week while not exceeding calorie

needs. This doesn't necessarily mean 60 - 90 minutes at one time. It might mean 20 - 30 minutes of physical activity three times a day. For example, a brisk walk in the morning, at lunch time, and in the evening. Some people may need to talk to their healthcare provider before participating in this level of physical activity.

Stay on Course

Monitor your diet and activity Keeping a food and physical activity journal can help you track your progress and spot trends. For example, you might notice that your weight creeps up during periods when you have a lot of business travel or when you have to work overtime. Recognizing this tendency can be a signal to try different behaviors, such as packing your own healthful food for the plane and making time to use your hotel's exercise facility when you are traveling. Or if working overtime, maybe you can use your breaks for quick walks around the building.

Monitor your weight Check your weight regularly. When managing your weight loss, it's a good idea to keep track of your weight so you can plan accordingly and adjust your diet and exercise plan as necessary. If you have gained a few pounds, get back on track quickly.

Get support from family, friends, and others People who have successfully lost weight and kept it off often rely on support from others to help them stay on course and get over any "bumps." Sometimes having a friend or partner who is also losing weight or maintaining a weight loss can help you stay motivated.

Source: Centers for Disease Control and Prevention (www.cdc.gov)

App of the Month - Yoga Monkey



Whenever & Wherever - Relieve stress, lose weight, and keep fit by yoga pose and breath. You can either take it as a supplement workout to your yoga class or morning routine, or follow the appealing 3D animated monkey as your own yoga teacher for self-learning - step by step.

This app is available for free on iPhone and Android devices.

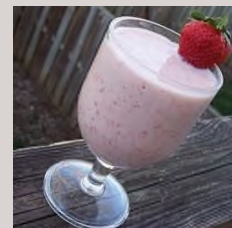
Recipe of the Month - Quick Start Breakfast Drink

Ingredients

- 2 cups pineapple juice
- 2 bananas
- 2 cups vanilla yogurt
- 1 cup strawberries, hulled
- 1/4 cut wheat germ
- 1 tsp vanilla extract

Nutrition (per serving)

- Calories - 263 kcal
- Fat - 2.7 g
- Carbs - 53.1 g
- Protein - 9 g
- Cholesterol - 6 mg
- Sodium - 85 mg



Directions

In a blender, combine pineapple juice, bananas, yogurt, strawberries, wheat germ, and vanilla extract. Blend until smooth.

Makes 4 servings

Fight Stress with Healthy Habits

Healthy habits can protect you from the harmful effects of stress. Here are 10 positive healthy habits you may want to develop.

Talk with family and friends

A daily dose of friendship is great medicine. Call or write friends and family to share your feelings, hopes, and joys and ask them to share theirs.

Engage in daily physical activity

Regular physical activity can relieve mental and physical tension. Physically active adults have lower risk of depression and loss of mental functioning. Physical activity can be a great source of pleasure, too. Try walking, swimming, biking, or dancing every day.

Embrace the things you are able to change

While we may not be able to do some of the things we once enjoyed, we are never too old to learn a new skill, work toward a goal, or love and help others.

Remember to laugh

Laughter makes us feel good. Don't be afraid to laugh out loud at a joke, a funny movie, or a comic strip, even when we're alone.

Give up the bad habits

Too much alcohol, cigarettes, or caffeine can increase blood pressure. If you smoke, decide to quit now. If you do drink alcohol, do so in moderation.

Slow down

Try to "pace" instead of "race." Plan ahead and allow enough time to get the most important things done without having to rush.

Get enough sleep

Try to get six to eight hours of sleep each night. If you can't sleep, take steps to help reduce stress and depression. Physical activity also may improve the quality of sleep and life in general.

Get organized

Use "to do" lists to help you focus on your most important tasks. Approach big tasks one step at a time. For example, start by organizing just one part of your life - your car, desk, kitchen, closet, cupboard, or drawer.

Practice giving back

Volunteer your time or spend time helping out a friend. Helping others helps you.

Try not to worry

The world won't end if your grass isn't mowed or your kitchen isn't cleaned. You may need to do these things, but right now might not be the right time.

Source: American Heart Association (www.heart.org)

Mental Health and Heart Health

For years, doctors thought the connection between mental health and heart health was strictly behavioral - such as the person who is feeling down seeking relief from smoking, drinking, or eating fatty foods. That thinking has started to change. Research shows there could be physiological connections, too. The biological and chemical factors that trigger mental health issues also could influence heart disease.

Depression and Other Issues

Many forms of mental health issues can affect heart disease. There's the temporary state of depression or a more severe, clinical case. You can also have varying levels of anxiety and stress, just to name a few of the most well-known problems.

Research does not firmly link stress and heart disease, but there's a growing belief that it's an additional risk factor, and maybe even more dangerous than some others. Stress can increase hormones like adrenaline and cortisol, which can impact both your blood pressure and heart rate.

Heart, Stroke Patients Must Be Wary

Having heart disease or a stroke can cause anxiety or depression. It is important to handle these in a healthy way. It makes sense that someone might think, "I just had a heart attack, I should be depressed." But minimizing their sadness, and dismissing it, could start them down a slippery slope."

What should be done?

Start by discussing how you are feeling, both physically and mentally, with your healthcare provider. He or she will be able to help, refer you to the most appropriate care, or provide the best place to start. You should monitor yourself and your loved ones, especially those dealing with heart disease or stroke.

Source: American Heart Association (www.heart.org)

Do you have a question or concern?

If there is a topic you would like us to cover in an upcoming newsletter, please contact us at beacon@reschini.com with "Newsletter" in the subject line, along with a detailed description of a topic or question you would like to be addressed.

Additional Resources

- **American Heart Association**
www.heart.org
- **Centers for Disease Control and Prevention**
www.cdc.gov