

Be Well !

# The Buzz



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## Give yourself the gift of health

It's always nice to spend time with friends and family, to receive and to give gifts, and to carry on our cherished holiday traditions. The holidays really can be a lot of fun. But the seemingly endless onslaught of holiday meals, cookie trays and 'grandma's special eggnog' can lead to a unhealthy holiday season.

To make matters worse, the holidays are a time in which we often focus on the happiness of others instead of ourselves. Such selflessness can have a negative impact on our health by increasing stress and reducing the time we have for health-promoting activities.

So what can be done? While each person will have their own unique strengths and weaknesses, we can ALL start by focusing on ourselves just a little bit more. This can be done in so many ways:

### Healthy Holiday Ideas

Put on your list or give as gifts!

- Gym membership
- Motivational or self-help books
- Personal training or fitness class
- A day at the spa
- Full body massage

- ◆ Include healthy options on your gift list
  - ◆ Take 15 minutes each day to relax and unwind
  - ◆ Don't be afraid to say no or to ask for help when feeling overwhelmed
- Treat yourself to a healthy gift for a change and this holiday season be just little selfish. Go ahead and give yourself the gift

of health, after all, you deserve it!

## Setting SMART goals

It is important to set goals in all aspects of your life—personal, financial, spiritual, and of course your health. Goals help keep you on track and moving in the right direction, they are the roadmap to success. Much like a map, a good goal will help steer you in the right direction while a not-so-good goal may result in straying from your path and getting lost. For the greatest chance of success when setting goals, it is important to make your goals SMART (Specific, Measureable, Action-oriented, Realistic, and Timely).

Remember to make your health goals SMART:

<b>S</b>	<b>Specific</b> goals address what you want to do, why you want to do it, and how you plan to accomplish it
<b>M</b>	Find a good way to <b>measure</b> your progress towards your goals
<b>A</b>	Make your goals <b>action-oriented</b> , by planning ahead for the steps that need to be taken
<b>R</b>	Setting <b>realistic</b> goals will help make sure that you are successful and avoid repeated failure
<b>T</b>	Goals must have proper <b>timing</b> —too soon can be discouraging, too far away may not be motivating

### Do you make New Year's Resolutions?

Take the Be Well poll by clicking on the button.



Results from last month's poll: Do you like to hike? 95% said YES!

## 10k-a-day Club

Coming in January...

Join us in this fun challenge & track your walking with Be Well!

Details coming soon

Check out the Produce of the Week fliers at: **POW!**

### Health Tip!

Sometimes the simplest things can help you get past the candy dish or dessert tray. When you are ready to reach for the sweets, try fresh or dried fruit, nuts and seeds or—our personal favorite – a cup of hot peppermint tea.

**Be Well !**

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**An EHHD Wellness Program**

## Resource for Resolutions...

Being Well isn't just about food & physical activity. We know your New Year Resolutions span a wide spectrum of ways to improve your life. The Be Well website has a great page filled with credible resources to support your efforts to Be Well!

**Find it HERE**

## Maintain Don't Gain!

Whether or not you weighed in with Be Well before Thanksgiving, you can still challenge yourself to maintain your weight over the holiday season. Don't be a holiday casualty this year. Maintain your weight and feel great come January 1st!

Request the weekly Maintain Don't Gain Newsletter by sending Be Well an email message—you can receive all the encouragement and tips even if you didn't weigh in. [Email Be Well](#)

**National Hand Washing Week  
December 2-8**



*An EHHD Wellness Program*

Be Well is an employee wellness program provided through the Eastern Highlands Health District, and offered at your worksite through funding from the CT Department of Public Health. The goal of this program is to improve the overall health and wellness of employees through wellness initiatives that target risk factors and wellness issues that influence health.

## Cranberry Cornbread Stuffed Acorn Squash

### Ingredients:

- 1 medium sized acorn squash
- 6oz package dry cornbread stuffing mix
- 1 medium red onion, diced
- 2 cloves garlic, finely diced
- 1 cup fresh cranberries
- 1/4 cup walnuts, chopped
- 1/4 cup parmesan cheese, grated
- 1 cup low sodium vegetable broth

### Directions:

Slice acorn squash in half and remove seeds. Place cut side down in a microwavable baking dish. Microwave until just beginning to soften. Remove and cool. When cool, scoop out the cooked squash leaving the shell intact. Mix together, cooked squash, cornbread stuffing mix, onion, garlic, cranberries, walnuts and vegetable broth. Fill empty squash shells with the mixture. Place them right side up in an oven proof baking dish. Sprinkle with parmesan cheese. Bake at 350 for 20 minutes or until warmed through.

Serve with a grilled pork or chicken cutlet & garden salad

### Nutrition Facts 6 Servings

- Calories: 211
- Fat: 6 g
- Cholesterol: 3 mg
- Sodium\*: 467 mg
- Fiber: 7 g
- Protein: 6 g
- Carbohydrates: 35 g



Winter squash is packed with nutrition! Try a new variety each week .

\*Reduce the sodium level by making your own cornbread

## Active Living Tip:

Keep moving during the holiday season! Sneaking in physical activity while you are at work can help. Try standing for a little while rather than sitting, deliver the message in person rather than sending an email or making a phone call , try a few push-ups off your desk, or knee-lifts while sitting to keep moving!