

Be Well !

# The Buzz



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## Plan now for Successful Resolutions!

One sure way to increase your success with your New Year's resolution is to put a plan in motion before January 1st. Would you like to be healthier in 2011? Be Well offers two basic suggestions for you to consider: Eat more whole foods and walk more.

Selecting **WHOLE FOODS** as often as possible can be one of the single most beneficial changes you can make in your diet. **WHOLE FOODS** are ones with 'nothing added': they have *only one ingredient*. Some examples of **WHOLE FOODS** include produce (fresh or frozen); whole grains (brown rice, quinoa, whole oats, whole wheat flour); unprocessed meats (frozen or fresh) like chicken, pork or beef; nuts,

**You can combine WHOLE FOODS to make wonderful meals—WHOLE FOODS does not mean dull foods!**

seeds & legumes; and unprocessed seafood (fresh or frozen).

You can start making **WHOLE FOODS** a part of your diet by building one meal a day around **WHOLE FOODS**, or by only selecting whole foods snacks.

Walking can be a great boost to your health! It is a free, low-risk, readily accessible activity that is good for your heart, abs, and thighs!

There are many opportunities throughout the day to walk; and it all starts with **ONE STEP**. Park a little farther from your destination, walk instead of driving for short trips, try an evening constitution...



## Finding the right diet

With the New Year around the corner, many will be looking for a diet to lose weight. Since no one diet is right for everyone, how do you find the best? First, remember the ultimate objective: it should result in **safe, permanent** weight loss. Keeping this in mind, it is fairly easy to identify diets that fall short (for example, medically **unsupervised** very low calorie diets; liquid diets; and diets that depend upon a pill, supplement, or prepackaged meals). For long term results, it is best to follow a diet that provides a variety of foods from all food groups in moderation. For more information about evaluating diets, contact Be Well.

Keep your eye on the prize:  
Healthy and permanent weight loss!

## Interval Training

Try mixing it up! Cardio training does not need to be 20—30 minutes of continuous intensity to be beneficial. The May Clinic reports that interval training can help you burn more calories and improve your cardio fitness. Interval training (periods of moderate intensity exercise followed by periods of high intensity exercise) is not as complicated as it sounds. It can be as simple as alternating walking 1 minute then jogging 1 minute. Another approach is Fartlek training — meaning "speed play" similar to interval training but not on a fixed schedule. (For example, running for 3 minutes, walking for 5 minutes, sprinting for 30 seconds, jogging for 2 minutes, then walking for 6 minutes.)

## Coming in January...

10k-a-day Club: get resources for walking including options for step counting pedometers and a walking log

Check out the Produce of the Week fliers at:

**POW!**

## Health Tip!

Drinking **WATER** can promote wellness!

**Water** keeps your metabolism primed so you burn more calories than if you were not well hydrated.

**Water** helps keep your skin healthy.

**Water** is Calorie-free.  
**Water** is caffeine-free.

Although there is no magic in 8 glasses a day, try to make water your drink of choice!

## Be Well !

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[www.ehhd.org/be\\_well](http://www.ehhd.org/be_well)



## Maintain Don't Gain!

Whether or not you weighed in with Be Well before the holidays, 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'!

Be Well is an employee wellness program provided through the Eastern Highlands Health District, and offered at your worksite through a grant 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.

CT Poison Control 24 hour hotline: 1-800-222-1222

## Crock Pot Stew

15 minutes in the morning... Dinner at night! 6 servings

18 oz lean stew meat	1 onion, chopped
1 1/2 cup water	2 cloves garlic
2 potatoes, washed	1 lb baby carrots
1/2 cup whole wheat flour	1 cup shredded cabbage
1 tsp salt & pepper	

(Substitutions: Add other vegetables as desired—corn, peas, green beans, etc; 1/2 cup red wine can replace 1/2 cup of water)

1. Trim & cut stew meat to bite size pieces.
2. Place meat in a gallon size plastic bag; add flour, salt & pepper. Shake well.
3. Dice the potatoes (keep skin on) and place all vegetables (potatoes, carrots, cabbage, onion, & garlic in a crock pot. Add stew meat & extra flour from bag.
4. Add water to crock pot; set on low setting.
5. Cook for 8 - 9 hours on low.

Serve with tossed salad, whole grain rolls & fresh fruit

### Nutrition Facts per serving:

Calories: 302  
Total fat: 4 g  
Saturated fat: 1.4 g  
Cholesterol: 68 mg  
Sodium: 500 mg  
Fiber: 5 g  
Protein: 28 g  
Carbohydrate: 37 g



Eating well does not have to take  
all day in the kitchen; plan  
ahead and enjoy!

## Active Living Tip:

Stay hydrated. When its cold, some people feel that they need less water. Not true! The cold, dry air can suck the moisture from your body just like sweating in the summer heat.

Drink water!