



Positive Pulse Wellness Newsletter

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"Promote and protect the wellness of our community through education, programs, and services".

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Special points of interest:

* January 2015 Monthly Challenge Options: Choose at least one wellness related New Year's Resolution for 2015 and stick with it throughout the entire month of January and hopefully the entire year!!!; Exercise (any exercise method you want) for at least 30 minutes continuously, at least 3 times weekly.

10 Better-For-You New Year's Resolutions

Making a New Year's Resolution this year? If it's to lose the same 10 pounds you have been trying, year, after year, after year, consider making a new doable resolution with equally big health payoffs! Take your pick of these 10 attainable resolutions that you can actually tackle this year:

1. **Get More Sleep**—What can help you feel more energized during the day, improve your mood, and even help you lose weight? Sleep!
2. **Eat a Veggie or Fruit with Every Meal**—According to research, Americans eat far fewer

veggies and fruits than they need, and given the evidence linking veggie and fruit consumption to disease prevention, this is a smart resolution anyone can make and earn rewards from.

3. **Find a Form of Exercise That You Love**—Don't care for jogging or aerobics? That doesn't mean you should give up on exercise! What works for one person might not work for the other person. It may take some trial and error to find a form of exercise that is enjoyable for you. Find one that you enjoy so you

will be more consistent.

4. **Make More Social Dates With Friends**—What? A resolution to party?!?! It's true—an active social life can have major payoffs when it comes to your health. "Research shows that a healthy social life can help you stick to your healthy habits, fight disease and depression, reduce stress, enhance your sense of purpose in life, promote greater happiness, and even live longer".
5. **Extract Yourself from a Toxic Relationship**—Whether it's from a

romance gone bad or a friendship that leaves you feeling unhappy, 2015 is the year to set yourself free!

6. **End the Negative Self-Talk**—We all talk negative about ourselves from time to time but too much negative self talk can create a self-fulfilling prophecy. The more you tell yourself you

are not worthy, the more you feel that way, and you may even act accordingly. Every time you notice you talking negatively about yourself turn things around with positive thoughts like "I can learn from the past", "I know I can do this". The result will be greater empowerment and inspiration to make and sustain positive

changes.



10 Better-For-You New Year's Resolutions (continued)

7. **Stop Sweating the Small Stuff**—Resolve and let the annoying but insignificant stuff go this year. Yes, this means no more crying over spilled milk! Psychological stress, even in small doses, can cause physical and emotional stress in our bodies. When we are emotionally overwhelmed, angry or frustrated, our bodies release cortisol, also known as the "stress hormone". Excessive cortisol can deplete immune functioning, resulting in our bodies having trouble fighting off disease.

It can also suppress thyroid function, decrease muscle tissue, and increase abdominal fat. So when something starts ruffling your feathers, take a deep breathe and stop sweating the small stuff!

8. **Cook More at Home**—While relying on restaurant food after long days at work can be convenient, it can have health consequences. The problem with a lot of restaurant food is that the portions can be larger, more caloric, and higher in

fat and sodium than a home-cooked meal. Try planning your meals for the week ahead of time for convenience.

9. **Cut Back on Sugar**—Don't worry, you don't have to give up your favorite indulgences to make this resolution work. Simply take a look at the added sugar in foods, and try to eat as little of the sweet stuff as possible. Try preventing cravings before they start by making sure you're eating regularly

throughout the day. Skipping meals is one sure way to lead yourself to make poor choices. A midday snack of a plain low-fat yogurt can help stop you in your tracks long before you hit the vending machine. Enjoy natural sweets such as fruits, cinnamon, and even a sweet potato in your diet to give your body the sweet taste you're longing for.

10. **Come Up With a Healthy Living Mantra**—Whether it's "one step at a

time" or something simpler, falling back on a phrase that can help you refocus your mental and physical health can have big payoffs. To find your mantra, designate a calming, motivating phrase that rings true to you, and think about

it or whisper it to yourself when you need encouragement.

"Having a positive mantra can counter any negative thoughts you may be having while helping you stay hopeful and motivated to live a happy and healthy life". ~Dr. Lombardo~



Physical Activity—Choose the One For You

Once you've decided to build physical activity into your daily life, the next most important decision is the activity you choose. Look for a type of physical activity that you're likely to enjoy. You are more likely to abandon a healthy lifestyle change if your chosen activity doesn't suit your preferences or lifestyle.

See your doctor for advice, support and

a medical check-up before you start any new physical activity program. This is particularly important if you are over 40 years old, overweight, haven't exercised in a long time, or suffer from a chronic medical condition.

What is your style? Do you like things organized or prefer a more casual approach? Do you like to do things on your own or to be part of a group-based

activity?

Tips to help you choose the right physical activity. Try to choose an activity you enjoy and that suits your lifestyle. Suggestions include:

- Don't choose an outdoor activity if you are bothered by weather extremes such as heat or cold.
- Don't pick an activity solely because

Physical Activity—Choose the One For You (continued)

you think it would be “good” for you—enjoyment is the key to sticking to your plan.

- Think back. Did you enjoy a particular physical activity as a child, such as cycling or basketball? If so, give that activity another go.
- Keep your budget in mind. Some physical activities, such as skiing or sailing, can require a big financial investment. Decide whether you can afford expensive equipment.
- Be realistic about your current

health and level of fitness. If you are a beginner, the physical demands of certain activities (such as running) may be too much at first. Choose a gentler alternative and work your way up.

- Choose at least a couple activities to help keep you interested. You may get bored and lose motivation if you stick to only one form of physical activity.

Consider the advantages and disadvantages of the physical activity to help

you decide which may be best for you.



How to Be Successful at Maintaining Your Weight Loss

Maintaining weight loss is the most difficult part of any weight loss program. After losing weight, it is easy to return to the old eating and exercise habits you had before, which is where the big problems occurred in the first place. A major factor that many people forget is that as your weight goes down, so does your caloric needs. Here are two tips that can help you maintain your weight loss.

1. Reduce your energy intake or increase your energy expenditure by as little as 100kcal/day. This can be done by walking for just 15 minutes, or eating a few bites less at each meal.
2. Switch up your exercise routine! While working on losing weight, it is easy to stick with what you knew worked, but that's not the case

anymore. With your new weight and hopefully new confidence, try different things that you would have never dreamed of doing before. Go dancing, rock climbing, yoga, backpacking, etc...You've already accomplished something great by getting down to the weight you wanted to, so now it's time for some fun!

~Jared Sabin, Registered Dietician Student~

