

NO MORE DIETING

Determined to drop those extra pounds? Instead of trying one of the latest fad diets – usually hard to maintain anyway – think weight management. Use this checklist to get started:

- EAT BREAKFAST.** Skipping breakfast often results in binge eating later in the day. Good start: a whole-grain cereal with fruit.
- COUNT CALORIES.** To lose weight, you need to burn more calories than you take in. *Tips:* Read nutrition labels to learn calories per serving. For unpackaged foods, keep a calorie guide handy or bookmark one online.
- SOOTHE EMOTIONS WITHOUT FOOD.** If you tend to eat when you are bored, angry, lonely or stressed, find other ways to cope. Exercise, call a friend or watch a funny movie.
- TRY WEEKLY WEIGH-INS** to stay focused on your goal. *Tip:* Since weight can fluctuate during the day, weigh yourself first thing in the morning on the same day each week.
- LEARN YOUR BODY'S SIGNALS.** Avoid eating when you're not hungry, and stop eating before you feel full.
- EAT SLOWLY.** It takes about 20 minutes for your brain to receive the signal that you're full. Eating too fast can lead to overeating.



- GET A HEAD START.** Eat a healthy snack and drink a large glass of water or non fat milk before a restaurant meal or party to prevent overeating.
- OBSERVE THE 500 RULE.** To lose a pound/.45 kilogram in a week, take in an average 500 fewer calories or burn 500 more calories per day than you do now. Try eating a little less and exercising more. Gradually increase exercise time to 60 to 90 minutes most days of the week.

Important: Check with your health care provider before making significant changes in your exercise or eating habits.

HEALTH notes

■ **It's not too late to get a flu shot.** While the best time to get vaccinated against seasonal flu is in October or November, getting a shot in January or later may still help. Concerned about the H1N1 virus? Talk to your family health care provider or local Public Health Unit.

■ **While convenient, frozen dinners may not always meet our nutritional or weight control needs.** Here's what nutritionists recommend: **Fat** – 10% or fewer calories from saturated fat and no more than 30% from total fat. **Salt** – No more than 200 milligrams of sodium for every 100 calories of food. **Calories** – Look for entrées that provide at least 300 calories.

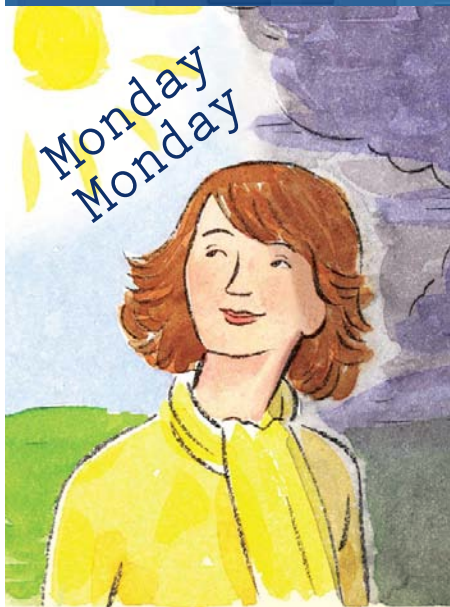
■ **Exercise when sick?** With a head cold you can usually maintain a soft or shortened workout, provided it doesn't make you feel worse. Note: For fever, chest cough or other miseries lower than neck level, rest until your symptoms subside. When in doubt ask your health care provider.

■ **Four factors can have a big impact on your health:** never smoking; healthy weight (BMI less than 30); exercising at least 3-½ hours a week; and a diet low in red meat and rich in produce and whole grains. In a study comparing people who lacked at least one of these habits, those with all 4 habits had a lower risk of getting diabetes (by 93%); heart attack (by 81%); stroke (by 50%); and cancer (by 36%). The study involved 23,153 middle-aged Germans.



JANUARY GOAL

Not sure how hard to exercise? Buy a heart rate monitor to find your optimal workout zone.



How to Jump Start Your Week

Maybe it's a holdover from our school days, but reporting to work on Monday after the weekend often brings on the blues. We have to switch gears mentally from a carefree respite to a schedule full of responsibilities. Studies have shown that most people feel "down" to some degree on the week's first work day.

If Mondays get you down, this is a good time to pamper yourself, from beginning to end:

Get up a few minutes earlier than usual to adjust to the demands of your day. Feeling rushed can aggravate your negative feelings so give yourself some space.

Go out to breakfast with your favourite co-workers before heading to work. Catching up after the weekend can help you start the work day, brighten your outlook and energize you.

Scheduling exercise on this day can give you some positive energy and help you feel in control. Take a brisk walk at lunch – it will refresh you and lift your spirits.

If deadlines aren't an issue, save some work projects from the previous week that you especially enjoy; you'll feel more encouraged about working as you start a new week.

Do something pleasurable after work that you can anticipate – dinner with a friend, renting a movie, or doing absolutely nothing but relaxing. **Life has its rewards, even on Mondays.**

SMART SAVING for the NEW YEAR

Living on a budget is easier said than done. Yet most financial experts would agree that a budget is critical to reducing spending and saving for the future.

If smart spending is one of your New Year's resolutions, here's a step-by-step guide to help you develop a workable budget, regardless of income. **Ready, set, save:**

- 1 **Use a notebook or budgeting software** to plan for upcoming expenses such as car or home repairs and health care or other insurance costs.
- 2 **List all of your expenses.** Include cash purchases and flexible and discretionary spending.
- 3 **Allocate amounts to all your fixed expenses first**, such as monthly home or car payments.
- 4 **Choose your first goal** – such as increased savings or reduced debt – and how much money you need to meet it.
- 5 **Analyze your flexible and discretionary spending** and adjust it, if possible, to meet your priority goal.

Remember: You can revisit your spending plan as often as necessary to make it more workable. After all, your needs can change quickly. What's important is that you operate in the black and, hopefully, add to a savings plan.



Altering your spending habits is as big a step as any other healthy lifestyle change. Make small, gradual changes. Your reward: peace of mind through greater financial security.

5 Reasons to Budget

1. **CONTROL.** You take power over your money and how it works for you. Your money does not control you.
2. **OPPORTUNITY.** Living on a budget allows you to focus on a savings plan and other financial goals.
3. **EMERGENCIES.** A budget helps you prepare for unexpected expenses.
4. **DEBT.** A realistic spending plan helps keep debt down and paid off.
5. **STRESS RELIEF.** Managing your money better can ease worries and improve relationships, which helps your overall health and well-being.



Persistent Pertussis

Pertussis, or whooping cough, is a highly contagious bacterial infection that has been on the rise since the 1980s. It gets its name from the high-pitched "whoop" sound that people make as they struggle to inhale after a coughing fit.

Whooping cough is the most frequently reported disease in the nation that can be prevented by a vaccine, says Health Canada. Be in the know and practice prevention:

In adults and adolescents, pertussis begins with cold-like symptoms followed by intense coughing that can last from 6-12 weeks. It's rarely serious at this stage. Many do not know they have pertussis and unknowingly pass it on to others.

In children and infants, pertussis is much more serious, causing shortness of breath, pneumonia, seizures and even death. Early symptoms include runny nose, sneezing and low-grade fever and eventually, coughing fits that last over a minute that often leave children gasping for air. Infants

sometimes stop eating, resulting in weakness, weight loss and malnutrition.

Pertussis is highly contagious the first 2 weeks, at the beginning of coughing episodes. It's less contagious after 3 weeks, even if the cough remains.

Get vaccinated: Talk to your health care provider about a booster shot, especially if you're in close contact with ill people. The vaccine prevents pertussis about 85% of the time, according to Health Canada.

Whooping cough is spread through coughing, sneezing and unclean hands. Avoid contact with ill people. Wash hands with soap and warm water or use hand sanitizer frequently. Cough or sneeze into a tissue or upper sleeve rather than on your hands and discard used tissue.

The SKINNY on Belly Fat

Science shows a strong connection between excess abdominal fat and some of our most serious diseases. People with wide girths often have large amounts of “hidden” visceral fat around their internal organs, which raises the risk of type 2 diabetes, heart disease, stroke and some cancers.

Belly fat concerns health experts because it can produce inflammatory substances that promote these diseases. Though overweight people often have too much belly fat, even normal-weight adults are at risk if they carry excess fat around the middle. So what is “excess” fat? It’s a waist measurement of more than:

40 inches/102 cm for men **35 inches/88 cm for women**

If you exceed these measurements, it’s time to reduce fat through diet and exercise. The good news is that fat in your belly appears to be the first to go when you lose weight. Several studies show that 30–45 minutes of brisk exercise 5 times a week trims expanded waistlines. The exercise should be intense enough to increase your heart rate, but allow you to converse; some sweating is OK.

Gradually increasing your exercise time to an hour a day is even more effective. Along with regular physical activity, eat a balanced diet and watch your calories. Get your health care provider’s



Tip: To measure waist circumference: Run a tape measure around your torso just above your navel.

okay before changing your level of physical activity or diet if you are sedentary or have a medical condition such as type 2 diabetes or heart disease.

Losing a little around the middle could gain you a lot – reduced risk of disease and disability and a new, lighter you!



Outdoor Winter Fun

Cozying up to the fireplace is nice, but going outside can be much more fun! If you get snow this time of year, enjoy the winter wonderland just outside your door:

Lace up the snow boots and walk to the grocery store, instead of driving on slick roads. You get a heart-pumping workout while saving on gas.

Round up the family and build a snowman – or snowwoman. Model your snowy friend after a peer, celebrity or yourself. Use props, such as walking sticks, buttons, hats and sunglasses.



Grab a bucket or 2 and help your kids (or someone else’s) build the perfect fort or snow sculpture. What a fun, creative way to burn calories!

Go cross-country skiing or snowshoeing.

Whether you drive out to the wilderness or roam in a local park, both activities improve your cardio-respiratory fitness and are fairly inexpensive. And don’t forget to wear a helmet!

Snow sledding and tubing are low-cost loads of fun, regardless of age. Preschoolers love sled rides – choose gentle hills or pull them on the sidewalk or flat ground in your favourite park.

Arrange an ice skating party with family and friends at a skating arena. Don’t know how? Take lessons.

Play safely with these reminders: Wear sun block (even when it’s cloudy). Bring plenty of water to stay hydrated. Dress in warm layers that you can remove as you start to get warm. Don’t forget hats and earmuffs. Watch for signs of frostbite and hypothermia. Ski and sled only in appropriate areas (never on streets).

Like all seasons, winter can be short-lived. Take advantage and get out and enjoy before it melts away!



First Aid at Home

Test your first aid sense with these emergency scenarios.

1. You splash ammonia-based cleanser in your eye. First thing to do:

- Get to the nearest emergency room.
- Use eye drops to flush out the chemical.
- Flush the eye with cool water for 15 to 20 minutes, then get medical help.

2. Your child has found your prescription medicine and several capsules are missing. First thing to do:

- Induce vomiting with syrup of ipecac.
- Call your poison control centre.
- Make the child drink water to dilute the drug.

3. Your neighbour is hit on the head and becomes unconscious. First thing to do:

- Splash cold water on his face until he regains consciousness.
- Call 911. If he’s breathing and there’s no spinal injury, position him on his side facing you.
- Both a and b.

4. To treat minor (first-degree and small second-degree) burns:

- Rub butter on the burn and bandage it.
- Blow on it.
- Flush the burn under cool – not cold – tap water.

5. A friend suffers a severe cut that is bleeding heavily. First thing to do:

- Elevate the area that is bleeding and apply pressure to the wound.
- Clean the wound to wash away bacteria.
- Use a tourniquet to stop blood flow to the affected area.

ANSWERS

1. c; 2. b*; 3. b; 4. c; 5. a.

*The Canadian Pediatric Society does not recommend using syrup of ipecac to treat poisonings.

First step when someone is hurt: THINK.

Don’t panic. Quickly study the situation and act promptly. Learning to recognize symptoms can help you determine whether an ailment requires self-care or emergency medical aid. Two tips:

- Take a CPR or first aid class from the Canadian Red Cross (if such training is not provided by your employer).
- Keep a first aid kit in your home and vehicles.

Keep those questions and suggestions coming!

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GO NUTS FOR NUTS By Cara Rosenbloom, RD

From almonds to pecans to walnuts, nuts are a healthy addition to your diet. Once maligned as a “fattening” food, nuts are finally being recognized for their high nutrient content and the beneficial fats that they contain.

When choosing nuts, it’s best to opt for a mixed variety, since each type has different health benefits. For example, almonds are a superb source of calcium; walnuts have the most omega-3 fat; Brazil nuts are tops for the mineral selenium; and pecans have the highest antioxidant content. Plus, all nuts contain a mix of healthy mono- and polyunsaturated fats, fibre, and a good dose of protein. Stick with unsalted varieties for a perfect mid-day snack.

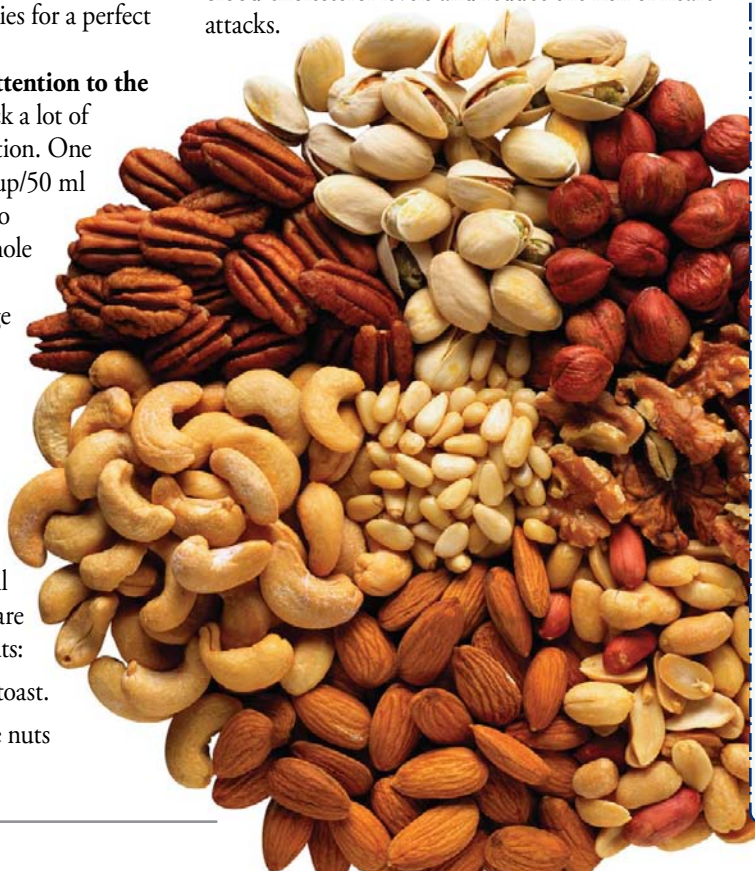
However, you should pay attention to the calorie content of nuts. Nuts pack a lot of calories, so enjoy them in moderation. One serving of nuts is small – just ¼ cup/50 ml – and this small portion has 150 to 200 calories. If you gobble one whole cup/250 ml of nuts (which is easy when you’re snacking out of a large bowl or bag), you’ll be scarfing down about 800 calories – that’s the caloric equivalent to eating a burger and fries!

Nuts can be a healthy addition to your eating plan as long as you watch your portions and eat them *instead* of your usual snack, not in addition to it. Here are some easy, delicious ways to go nuts:

- Use almond butter on morning toast.
- Add a sprinkling of toasted pine nuts or pecans to your salads.

- Coat fish or chicken with ground nuts.
- Make trail mix with your favourite nuts and dried fruits.
- Top yogurt or cereal with mixed nuts.
- Add crushed walnuts to muffin or pancake batter.

If you can manage to keep your nutty munching under control, enjoying ¼ cup/50 ml of unsalted nuts about 5 times a week has been shown to help lower the risk of developing heart disease by 25%. Eating nuts may also help lower blood cholesterol levels and reduce the risk of heart attacks.



Recipe of the Month

Spiced Walnuts



- 1 egg white
- 3 tbsp/45ml cold water
- 3 cups/750ml walnut halves
- ½ cup/125ml sugar
- 1 tsp/5ml cinnamon
- ½ tsp/2ml nutmeg

- 1 Beat egg white and water until frothy.
- 2 Stir nuts into mixture to coat, then drain slightly in a colander for 3-5 minutes.
- 3 Mix sugar and spices in a plastic bag; add nuts and shake to coat.
- 4 Spread coated nuts in a single layer and roast for 10 minutes in a 375°F/190°C oven, stirring once mid-way.

Cool, then store in a sealed container.

Nutrition Facts

Makes about 21 servings (7 walnut halves).

Amount Per Serving	Calories	101
	Protein	2g
	Total Fat	9g
	Saturated Fat	.85g
	Polunsaturated Fat	6.7g
	Monounsaturated Fat	1.3g
	Carbohydrate	4g
	Fibre	.9g
	Sodium	1.6mg