

Be Well !

## The Buzz

### 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 2012? Be Well offers two 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,

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 food snacks.

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

**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 constitutional...



### 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 pre-packaged 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.

[The Center for Disease Control and Prevention offers some reliable advice; click here!](#)

### Interval Training

Try mixing it up! Cardio training does not need to be 20—30 minutes of continuous intensity to be beneficial. The Mayo 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 the idea is to truly mix it up! (For example, run for 3 minutes, walk for 5 minutes, sprint for 30 seconds, jog for 2 minutes, then walk for 6 minutes.)



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### Coming in January...

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

Check out the Produce of the Week fliers at:

**POW!**

### Health Tip!

Knowing your Family Health History can be a great tool for prevention or early intervention for many diseases.

The Surgeon General encourages families to share health history, & has developed an on-line tool to make it easy:

**My Family Health Portrait**

## Be Well !

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An EHHD Wellness  
Program

Hand washing  
Awareness Week  
December 4-10



Wow! A quick  
dinner made with  
WHOLE FOODS

## 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 (1 yam 1 white)	1 lb baby carrots
1/2 cup whole wheat flour	1 cup shredded cabbage
1 tsp salt & pepper	

(Substitutions: Add any vegetable desired—corn, peas, green beans, etc; also, 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. Wash & 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

## 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](#)

## 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](#)

Be Well is an employee wellness program provided through the Eastern Highlands Health District, and offered at your work-site 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.

### 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 more WATER!