

# THE HEALTHY Perspectives

"Your Source For A Happy and Healthy Lifestyle"

NOVEMBER 2012 DIGEST



## INSPIRE TO MOVE

### Dressing For Cold Weather Activities

Don't let the cold of winter put you into hibernation. Being prepared is critical when dealing with cold weather. A little planning and dressing right for temperatures at or below freezing can get you ready for enjoying outdoor activities, despite the elements.

**Dressing in layers** will help keep you dry and regulate your temperature. Match your layers to the climate conditions you are in, your activity level and whether you tend to get too hot or too cold.

**Outer layers** should protect from wind, rain and snow. Jackets and pants made of Gore-Tex are an ideal outer layer.

**Middle layers** hold in your body heat. Materials include fleece, polyester, down, wool or synthetic and natural blended materials.

**Inner layers** are the first layer of clothing closest to your body. This base layer should fit snug and keep moisture away from the body to prevent becoming chilled by wet clothing. Materials are usually polyester, polypropylene, silk or a mix of synthetic and natural insulating fibers.

Peel off layers as you need to, in order to regulate your comfort level when you're active. Better to have too many layers to take off, than to be left exposed. You'll be more comfortable outdoors, if you are properly dressed.

*"A grown up is a child with layers on."  
- Woody Harrelson*



Click on the arrow for  
10 Dead of Winter Motivators from SparkPeople

# NOURISHING YOU

## Thanksgiving Eating Strategy

It's time to start planning now, so you can indulge in some of the traditional foods of Thanksgiving and feel okay about it afterward. Overeating on Thanksgiving can set you on a course to gain excess weight throughout the holidays. Balance the desire to eat as much of the tasty fare as possible while being sensitive to your limits. Some suggestions to eating your meal mindfully are:

- Accept this as a day of indulgence. Cut yourself a little slack. If you are feeling deprived, that sense of "missing out" may cause you to overeat anyway.
- Control your portions. It's not always easy to control yourself in the moment. Try to choose only the foods you love and take a small portion to savor. Try to avoid seconds and when dessert comes around, take only a small slice and enjoy every bite.
- Start planning now. Look up calories for your favorite classics and plan what you will put on your plate.
- Modify your choices. Try to eat white meat turkey without the skin and fill up on larger portions of vegetables and salad. Limit your alcohol intake before dinner as you may lose some inhibitions that will allow you to overeat.
- Don't skip meals. If you are feeling satisfied from eating a moderate breakfast and lunch, you are more likely to control your desire to overindulge at dinner.

4 oz. Turkey Meat .....350 cal.  
1C Mashed Potatoes .....150 cal.  
1C Homemade Stuffing . .400 cal.  
Gravy .....300 cal.  
Pumpkin Pie . .150 cal./slice  
Apple Pie ... .411 cal./slice



## Cancer Fighting Cuisine

Some studies say that up to 30% of cancers could be avoided by making cancer fighting "super" foods a consistent part of your everyday diet. Rather than focusing on the scientific details of why, let's be specific about which foods provide the biggest bang for your buck and are convenient to locate and purchase. Try adding these foods:

- Start your day with cereal fortified with foliate and fat free milk high in Vitamin D.
- Tomatoes are at the top of our everyday list. The good news is, this includes tomato sauces. Cooking tomatoes actually releases more vitamins than raw. However, a tomato in any form is an important contributor to cancer fighting foods.
- Brussels sprouts, broccoli, green beans and spinach are next and readily available, so when it comes time to pick a green vegetable, these are the right choices. If some of these vegetables are not your favorite, try tossing them into a salad, or adding them to soup or sauces.
- Berries of any kind are an excellent choice and are easily included with any meal or snack, so load up on these in whatever form you prefer. If berries aren't your choice for fruit, apples may be the most super fruit of all and much more portable.
- Green and Black Tea (hot or cold) include key antioxidants that contribute toward the prevention of many diseases, including cancer.
- Garlic lovers - mince garlic and add it to every dish possible!!



*"An optimist is a person who starts a new diet on Thanksgiving Day."*  
- Irv Kupcine

### Green Bean Salad

- |   |                            |
|---|----------------------------|
| 4 C Fresh green beans                                     | 1/2 Tsp Honey              |
| 1 Tbsp Olive oil  | 1/2 Tsp Paprika            |
| 1 Tbsp Red wine vinegar or lemon juice                    | 1 Tsp Low-sodium soy sauce |
| 2 Tbsp Vegetable broth                                    | 1/2 Tsp Dijon mustard      |
| 2 Minced cloves of garlic                                 | 1 Large diced tomato       |
| 1 Tbsp Fresh herbs (basil, tarragon, parsley or cilantro) | 1/2 Can Chick peas         |

Cut green beans into bite size pieces and steam until tender. Mix all other ingredients except chickpeas and tomato to make salad dressings. Pour dressing over green beans, chickpeas and tomato. Stir well. Marinate for 2-3 hours before servings. Serves 4.



For Cancer-Fighting Recipes  
from the National Foundation  
for Cancer Research



# HEALTH HARMONY

## Smoking Cessation – Time To Quit!

(Great American Smokeout is Nov. 15th)



If you smoke, you have probably given a lot of thought to the reasons you want to quit. What you may not have thought about, are other ways to cope with life without cigarettes. It helps to know what to expect when attempting to quit. Talk to friends, family, or co-workers who are ex-smokers. Ask them what they did to get through tough cravings. Whether you are trying to quit or aiming to support a friend or family member, there are general do's and don'ts that can help a person through the tough process. General hints include:

- Ask the person how they are doing, or how they are feeling, rather than if they are still smoke free.
- Help provide quitting aids such as hard candies, straws to chew on and fresh cut up veggies to munch on.
- Spend time distracting the quitter to keep their mind off smoking and get past the craving by going to the movies or taking walks.
- Don't offer advice. Just ask how you can help. Respect that the quitter is in charge.
- Make your home smoke free. Remove lighters, ashtrays and other triggers.
- Don't take the quitter's bad mood personally. The symptoms of physical withdrawal from nicotine are real, and usually start to get better in about 2 weeks.

The belief that you can stop smoking can increase your odds of success. Look for inspiration from others who have quit smoking.

## Family Stress

Holidays are approaching and that also means family gatherings, travel, house guests and spending more time with relatives. You may find that rather than feeling cheerful, the holiday season has you feeling stressed or overwhelmed. Here are a few tips to manage your time and handle conflicts and holiday stress that may arise.



- 1. Be prepared for some conflict.** When visiting relatives try to keep your expectations realistic. If you usually have conflict, try to prepare for it. Change your responses to the other person. Use active listening. For instance if your mother tells you that you are putting on weight, repeat back to her, "I understand that you're concerned I'm putting on weight."
- 2. Take turns with relatives.** Most married couples like to celebrate time with both sides of the family. Families with a divorce or separation have challenges, such as, dividing time with children. Taking turns is an easy solution. Alternating years or holidays so that everybody can be together, is a healthy plan.
- 3. Stay home.** If the stress of traveling is too much to handle, you may want to have family at your home. If seeing family causes you great amounts of stress each year, it's okay to say "no" to the visit.
- 4. All things in moderation.** Doing too much, even of a good thing can cause stress. Plan ahead and don't over extend yourself. It's okay, and important to maintain a healthy balance between family bonding and alone time.

*"I don't have to look up my family tree, because I know that I'm the sap." – Fred Allen*

**If An Ex-Smoker "Slips"...**  
**DON'T** assume that they will start back smoking like before.  
**DO** remind the addict how long they went without a cigarette.  
**DO** help the person remember all the reasons they wanted to quit.  
**DON'T** scold, tease, nag, blame or make the person feel guilty.

# GOOD DECISION\$

## Tools For Pricing Health Care

If your car needs new tires, the first thing you may do is start comparison shopping, and pricing deals at different tire centers. But what if you need a kneecap replacement or back surgery? Nowadays, it's difficult to know just how much doctor visits, procedures or hospital visits will cost. This mystery around health care pricing has partly been due to the fact that how much hospitals and providers are paid varies depending on who's paying them. Insurers have different negotiated rates. As the consumer, have a stake in the cost of your care because there is still a share coming out of your pocket.

So where can you turn to get an idea of costs before you schedule care? If you're insured, a good place to start is your health plan website. Many of the national insurers are now offering pricing tools. There are also sites for consumers to search for pricing in their area.

[HealthcareBluebook.com](http://HealthcareBluebook.com) offers a suggested "fair price" for a service based on a database of rates paid by private insurers.

[NewChoiceHealth.com](http://NewChoiceHealth.com) lists prices providers charge. According to New Choice Health Inc., this list is derived from Medicare data. These sites aren't perfect, but can give a rough estimate of typical costs, which can help to budget for medical expenses.

If you're seeking information to compare quality of care, visit sites like [HospitalComparehhs.gov](http://HospitalComparehhs.gov) and [LeapfrogGroup.org](http://LeapfrogGroup.org).



to watch a video with more tips to prepare for your next doctor visit.

*"The human body is the only machine for which there are no spare parts." – Herman M. Biggs*



**Live Healthy!**

## LIVE HEALTHY!

All of our medical plans offer tobacco cessation programs to help you stop smoking.

For details on how your program works call the customer service number on your ID card. In addition to your medical plan coverage, our Wellness Program provider, Guidance Resources, offers tobacco cessation coaching from certified health coaches.

Contact them by calling 800-311-4327 anytime.



The information in this publication is meant to complement the advice of your health-care providers, not replace it. Before making any major changes in your medications, diet or exercise, talk to your doctor. ©2012 Inspired Perspectives LLC.  
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