



Wellness at Work

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12 Ways to Create a Healthful Eating Style

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“One reason exercise is so good at controlling blood pressure is that it stimulates the production of nitric oxide—a substance that keeps your blood vessels open, Nitric oxide is produced by the endothelial cells that line the blood vessels. When you exercise, the pumping of your heart forces more blood to flow through the vessels and push along the lining—which the endothelial cells release more nitric acid.”

1. **Forget the fads:** Diet fads come and go without offering a permanent solution. When you hear about the latest diet, always ask yourself: Can I eat this way for the rest of my life?
 2. **Be realistic:** Any eating plan needs to work for your family and your situation. It needs to fit with your schedule, your food budget and your cooking skills.
 3. **Make a commitment:** Write down some important reasons for changing your eating habits. Share a written or verbal promise to make healthy food choices with your friends or family.
 4. **Start Slow:** Making drastic changes can be a recipe for failure. Small changes can make a big difference, if they last. Pick one change, like eating breakfast, and make it a habit.
 5. **Be consistent:** The human body responds well to consistency. For example, if you decide to want to start eating breakfast, have at least a small breakfast every day.
 6. **Stick with it:** Research suggests that it takes about 21 days for a behavior to become habit. If you want to start eating breakfast, plan ahead what you will eat in the morning.
 7. **Be flexible:** Life is full of surprises, and sometimes plans need to change. If you have to leave early and don't have time for breakfast at home, pack something to take with you.
 8. **Be creative:** Make a list of all possible foods—like all the breakfast options at home, in the car, on the bus or at work.
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Add Fruits and Veggies to Your Diet

Eating lots of fruits and vegetables can help reduce your cancer risk. That's one reason the American Cancer Society recommends eating at least 5 servings of these foods every day. The sample menu on this page show how to fit more fruits and vegetable into your diet without much fuss or expense.

“According to the American Heart Association, omega-3 fatty acids can help your heart stay healthy. To get enough heart-protecting omega-3s in your diet, eat a variety of fish- in particular, salmon, herring, mackerel, sardines, lake trout, and albacore tuna- at least twice a week. Other foods rich in omega-3s are walnuts, flaxseeds, and canola and soybean oils.”

Breakfast: Usually do cereal? Slice a medium or half a large banana on top. Your morning juice can count, too. With 2 servings at breakfast you're on your way.

Midmorning snack: An individual-sized container of applesauce, 5-6 baby carrots, or a small handful of dried fruit will add 1 more serving.

Lunch: When you need a quick lunch, try ordering a pita sandwich or wrap loaded with vegetables, or a cup of hearty vegetable soup. Either of these gives you 1 more serving. Add a small side salad with low-fat dressing, and your count just jumped to 5 servings for the day so far.

Dinner: Even if you have only 5 minutes, dinner veggies are easy and delicious. Heat canned or frozen peas or cauliflower in the microwave for a quick side dish. Or make a meal out of a microwave-cooked sweet potato with 1 teaspoon of butter, a splash of apple juice or squeeze of lemon, and a light sprinkling of cinnamon and brown sugar. Any of these will add 1 more serving to your day, and now you're up to 6 servings.

Dessert: Savor a frozen treat made from 100% juice or place ½ cup of berries, peaches, or other favorite fruit on low-fat yogurt and you have added another serving to your day—bringing your daily total to 7 servings

For More Information on company wellness programs and how they may help your company, contact **Healthsync** today.

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Wellness at Work Pays Off

The average company that implements a wellness program sees a 4 to 1 return on investment. When companies add the increased productivity and decreased absenteeism, they often save more than \$500 per employee per year. Companies who are seeing 15% to 20% increases in health related costs each year should look at implementing wellness programs immediately to help stop this expensive trend. For more information about company wellness and productivity planning, call Ed Dyer at Healthsync.

Starting a Company Wellness Program

Many companies are faced with healthcare cost increases of 15% or more per year. In most cases, insurance premium rates are based on the health claims of the employee group. Leading companies throughout the country are getting a grip on their healthcare costs by starting wellness programs with their employees.

A wellness program that is well organized generally has a 5 to 1 return on investment, and can be implemented with very little disturbance in a company's workflow. Here are 4 major ingredients to a successful wellness program.

- * Get support from senior management for the wellness program
- * Collect data on the company and employees to set a baseline
- * Based on the data, set an action plan to reduce health risks and cost
- * Evaluate the success of your activities and change course as needed

Today, wellness programs are an important part of strategic planning. As healthcare costs eat up company profits, companies need to aggressively plan their financial defense.

“A wellness program that is well organized generally has a 5 to 1 return on investment . . . “

Healthful Eating Style

9. **Have items on hand:** Once you have a list of possible foods, keep them around at home, at work, or anywhere you might eat.
10. **Plan ahead:** Plan ahead of time to have healthy foods available so that you don't have to eat whatever is handy when you get hungry.
11. **Forgive yourself:** Healthy eating does not have to be perfect eating. If you make a mistake or miss a few days of healthy eating, no problem. Just get back on track as soon as possible.
11. **Congratulate yourself:** Changing your eating habits can be tough. Just think how long you've had your current habits. Give yourself a pat on the back for any healthy changes.



Maintaining proper body weight has tremendous health benefits.

HEALTH CHALLENGE

Eat More Whole-Grains

Whole-grain wheat, steel-cut oats, corn, brown rice, and legumes (beans, lentils, peas, etc.) help protect against obesity, heart attack, diabetes, and certain cancers. Eat at least 3 servings daily.