



Wellness at Work

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Eat Smart in March National Nutrition Month

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This year eat better by focusing on the basics to build your health from the ground up. It's common knowledge that a helpful diet is an important part of a healthy lifestyle, but most people have trouble figuring out what to do when planning a complete diet overhaul. Use these tips from the food and nutrition experts at the American Dietetic Association:

- Focus on fruits and vegetables: Take a good look at your current diet and you'll probably realize you're not eating enough fruit and veggies. Add a serving each day to one meal and increase it every few weeks. Adding more of these foods into your diet is important whether you buy frozen, fresh or organic.
- Make calories count - focus on nutrient-rich rather than "good" or "bad" foods. Most food choices should be packed with vitamins, minerals, fiber and other nutrients - -and lower in calories. Right size your portions. Even low-calorie foods can add up when portions are larger than you need. To figure out how many calories you need, visit www.mypyramid.gov.
- Test your taste buds: A healthy eating plan emphasizes fruits, vegetables, whole grains, low-fat or fat-free dairy and includes lean meats, fish, beans and nuts. Those are the basics, but within this wide range there are always opportunities to try new things and find new favorites. Expand your horizons. Try fish you've never eaten before or find a new vegetable recipe. By testing yourself, you might find new healthy favorites to add to your grocery list.
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"By starting slowly and giving yourself a good foundation, you can work towards a healthier life. Change doesn't have to be dramatic to make a difference."

Eating Vegetables the Healthy “Weigh”

Here are six reasons to eat your veggies!

“Are you one of the millions of Americans suffering from a serious vegetable deficit? Everyone knows that veggies are healthy, but do you know how good for you they really are?”

1. Eat VEGGIES to maintain a healthy weight

As a group, vegetables are low in calories and virtually fat-free. (Avocados, technically a fruit, are the only real exception.) Increasing your vegetable intake is the easy, tasty way to cut back on calories, maximize nutrients and protect your health - all at the same time.

2. Eat VEGGIES to protect your heart

Vegetables are packed with nutrients that can reduce your risk of heart disease - like folic acid (spinach, asparagus, and Romaine lettuce), antioxidants (tomatoes, sweet potatoes and peppers) and fiber (corn, peas and legumes - dried beans and peas).

3. Eat VEGGIES to fight cancer

High vegetable intakes have been shown to reduce risk of almost all types of cancer. Two potent cancer fighters are cruciferous vegetables (broccoli, cabbage, cauliflower and Brussels sprouts) and those high in lycopene (tomatoes, red peppers and red fruits).

4. Eat VEGGIES to preserve your vision

Vegetables do more than help you see in the dark. High intakes of produce rich in lutein and zeaxanthin (dark green vegetables like broccoli, spinach, kale and collard greens) help prevent macular degeneration, the most common cause of blindness in older people.

5. Eat VEGGIES to save your skin

Vitamin C (found in tomatoes, peppers, potatoes, broccoli and cabbage) has long been known as a super nutrient for maintaining collagen and connective tissue under the skin.

6. Eat VEGGIES to build strong bones

Bone up with vitamin K (spinach and broccoli), potassium (potatoes and mushrooms) and magnesium (spinach, limas, and black-eye peas).

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.

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.

National Nutrition Month

- Focus on variety by eating a variety of foods from all the food groups. Fruits and vegetables can be fresh, canned or frozen. Add variety in your protein choices with more fish, beans and peas. Eat at least three servings of whole grain cereals, bread, crackers, rice or pasta every day.
- Enjoy family mealtimes. Eating meals together provides the opportunity to help children develop a healthy attitude toward food. It also helps parents to serve as role models, introduce new foods and establish a regular meal schedule.
- Trick yourself with treats: A healthful diet doesn't mean deprivation. If you have a sweet tooth, have fruit and yogurt for dessert. If you want a snack in the afternoon, have some trail mix or nuts. There is no reason to go hungry just because you're making healthful changes. For more tips on building your healthful diet from the ground up, visit www.eatright.org and click on "For the Public."
- Balance physical activity and a healthful diet - this is your best bet to manage weight and promote overall health and fitness. Set a goal to be physically active at least 30 minutes every day

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Maintaining proper body weight has tremendous health benefits.