



Wellness Newsletter

January 2017



New Years Resolutions...

The top 10 New Years Resolutions for 2017 as listed by www.statisticbrain.com are:

1. Lose weight/ improve eating habits
2. Life style improvements
3. Be more financially stable
4. Quit smoking
5. Do more exciting things
6. Spent more time with family/ close friends
7. Workout more often
8. Learn something new
9. Do more good deeds for others
10. Find the love of my life

Did your New Years resolution make the top 10? How long do your resolutions normally last? Here are some tips to help be successful with keeping and maximizing your resolutions.

Quit Smoking

A very common and important resolution is to quit smoking. Luckily there are many tools to help in the process of quitting smoking, and yes, it is a process. Within minutes of when you quit smoking physical changes occur; on average, it takes 20 minutes after smoking a cigarette for heart rate and blood pressure to decrease. Approximately 12 hours after the last cigarette carbon monoxide levels are back to normal. Circulation improves as well as decreased coughing within weeks of the last cigarette. These are the positive effects of quitting but beware of the unpleasant symptoms of nicotine withdrawal such as increased anxiety, irritability, headaches, trouble sleeping, fatigue and increased hunger. Some of these withdrawal symptoms can start to occur within the first hour without a cigarette, peak within 3 days, then subside around the two-week mark. Have a support system



to help get you through this period and be prepared before you quit. Here are some suggestions to help prepare you:

- Keep a list of reasons to quit smoking, this list can be helpful during tough times
- Know your triggers to smoke – where, when, and with whom
- Work on a plan to change your habits that trigger the desire to smoke such as after a meal or with morning coffee; know ahead of time how you will handle the situation
- Pick a reasonable “quit day” – avoid quitting during a stressful time
- Have a support system – family, friends, physician, cessation programs, etc.

Our top 10 weight-control tips

This is your year! See ideas you can start using right away...



So how do you take your weight-loss wishes from resolutions to reality? Here are 10 smart strategies that may help you reach your goal.

1. Plan to succeed

Take the time to plot out and shop for healthy meals. When hunger strikes, it’s easier to make good decisions when you have a solid plan in place.

2. Master the munchies

Be ready with healthy snacks too – such as low-fat yogurt, whole-grain crackers, and air-popped popcorn. Keep chopped vegetables handy in the fridge. Buy grab-and-go fruits like apples, oranges, and bananas.

3. Give labels some love

As you shop for foods, look at the nutrition facts. Among other things, you can compare calories, fat, and fiber to make smarter picks. Why fiber? Foods high in it, such as veggies, fruit, whole grains, and beans, can help you feel fuller.

4. Find the fun in fitness

It’s a simple truth: You’re more likely to stay active if you like what you’re doing. Think about what you might truly enjoy — maybe that’s dancing to hip-hop, cycling to and from work or trying a boot camp class. Another great way to combine fun and fitness:

Make regular exercise dates with friends.

5. Give portion sizes a trim

This is an easy way to cut calories. You may be surprised that you’re perfectly satisfied with less. More portion-control pointers: Leave large serving bowls off the table. Use smaller plates and bowls. Ask for half your restaurant meal to go — before it’s served.

6. Lock it down

Schedule your exercise time — and treat it like unbreakable appointments. This can take time and practice. So, don’t get discouraged if you miss a workout. Just reschedule and recommit.

7. Sneak around to burn calories

Add short bursts of activity to your day whenever you can. Set your coffee break or tea time in motion — with a travel mug and a quick walk around the block. Pace while you’re on hold or waiting for someone. Do jumping jacks while your laundry fluffs. Think of your own sneaky ways to move more. Every little bit helps.

8. Track your food and fitness

Whether you use a digital app or a simple notebook, you may find this helps you stay on track. Even doing this for a week or two could help you see patterns you want to celebrate or change.

9. **Give meals an easy-freezy boost**

Keep frozen veggies on hand to add flavor and substance without many calories. For example, turn a small serving of plain pasta into a plentiful primavera with a medley of peas, green beans, and carrots.

10. **Go the distance**

Remind yourself: This is about the long haul, not a sprint to the finish. So, set realistic goals — and celebrate each success. Don't be too hard on yourself if you have a setback. Just plan how you'll get back on track. Finally, spend time with people who support your new healthy habits.

References:

<http://www.statisticbrain.com/new-years-resolution-statistics/>

<http://www.weeklycitizen.com/news/20170108/nutritionists-urge-consumers-to-forget-fads-follow-sensible-advice>; Toby Blanchard, January 8, 2017.

<http://www.webmd.com/smoking-cessation/features/surviving-without-smoke>; Surviving Without Smoke: Month 1; Gina Shaw, Reviewed by Louise Chang, MD., 2011

<https://pages.unitedhealthcare-hmhb.com>; ProSential Group, Wellness 2017



Follow SavFit on Facebook!

The [SavFit Facebook](#) page is updated regularly with a variety wellness topics. Please like the page and share the page with your friends. Here is a link to the page:

<https://www.facebook.com/SavageFitWellness/>

The time is now for employers to help improve the health of their most valuable resource – employees. With our expertise in healthcare, we at Savage and Associates can help you design and administer a worksite wellness program appropriate for your company's size and budget. Helping employees have the tools to live a healthy lifestyle is imperative. Let Savage help you create a culture of wellness and prevention, promoting personal responsibility.

Michelle Cleland, MPH, RD, LD, CDE
Wellness Coordinator
michelle.cleland@savageandassociates.com
419.725.7271



[follow on Twitter](#) | [friend on Facebook](#)

Copyright © 2016 Savage & Associates, Inc., All rights reserved.
Our mailing address is: wellness@savageandassociates.com