

Take Advantage of Your Exercise Personality

Exercise programs aren't "one size fits all" — they need to be customized to keep your interest, enjoyment and motivation high. It'll be easier to find the right fit if you keep your goals and personality in mind.

Are you...

A competitive type or recreational?

If you love to compete, consider joining a soccer, basketball or Frisbee team.

Look for sport groups in your area or start one with co-workers or friends. Many activities can also be done non-competitively to meet your needs and at your own pace.

Goal- or rule-oriented?

Need a goal to shoot for? You may enjoy an exercise where you can track progress such as weightlifting. Golf and baseball have specific regulations which might appeal to those who like to "play by the rules."

Introvert or extrovert?

If you are a "people person," sign up for social activities such as exercise classes, hiking groups or active outings with your family. If you're a solo type, seek



inner-focused workouts — swimming, cycling or kayaking — which are also good choices if you like to set your own pace.

Risk-taker or free bird?

Want more excitement? Secured rock climbing might fit the bill. Craving spontaneity? Simply join a friend on the spur of the moment for a walk one day and go horseback riding the next. For something new, try a dance class or scuba course.

Many people have a combination of the traits above. Satisfy the different sides of you with a variety of activities that will keep you moving most days of the week.

HEALTH NOTES

◆ **There are several common myths about stress.** One is that everyone should rely on popular techniques for stress relief. In fact, everyone's needs are different, so a good stress management program must be individually tailored. A walk might work for some people, for example, while others might find running helpful. Self-help literature can offer some guidance. **Best advice:** As long as your approach is healthful, use a method that works best for you.

◆ **How could there be good news about uterine cancer?** Uterine cancer can seem like a scary topic, but there is some good news. First, it's curable when it's caught early. Second, the most common symptom, unexpected vaginal bleeding, is often obvious. Important: Abnormal bleeding can have many causes other than cancer, but play it safe and report postmenopausal — or — other unexpected bleeding to your health care provider.

◆ **Do supplements work?** Millions of North Americans take glucosamine and chondroitin to reduce the pain of osteoarthritis in their hips and knees. However, a recent review of 10 published trials — concludes — that — these supplements may be ineffective. Still many people are convinced they help. What to do? If you're not taking these supplements, there's probably no reason to start. If you have been using them, consult your health care provider on whether to continue.

Healthy Weight Goal Setting

QUIKQUIZ™: Keeping Resolutions

What can help you succeed?
Choose the best answer.

A OR B

- A.** First, pull together any necessary resources and information. OR **B.** Just jump in and get started.
- A.** Pick your top 10 goals for 2011. OR **B.** Pick one goal that you can realistically accomplish.
- A.** Keep your goal to yourself until you achieve it. OR **B.** Announce to others the change you'll be making and enlist their support.
- A.** Remind yourself why you're making the change with positive statements. OR **B.** Affirmations don't work; just keep chugging along and you'll get there sooner or later.
- A.** Keep track of your progress with a chart or journal. OR **B.** Paperwork will only distract you — you'll know when you've reached your goal.
- A.** Reward yourself as you make progress. OR **B.** Forget the treats — achieving the goal should be a sufficient reward.
- A.** If you run into snags, you can cross those bridges when you come to them. OR **B.** Identify possible barriers to change and triggers for relapse, and plan for them.

ANSWERS:

1.A 2.B 3.B 4.A 5.A 6.A 7.B

Keep these ingredients for success in mind as you take small steps toward big health gains. Here's to a healthy you!

If you are starting a new eating plan, setting a sensible weight loss goal is key for success. But how do you know if your expectations are reasonable or over the top?

Think short-term and long-term in terms of how many pounds you want to shed. A reduction of 5 to 10% may be a good start and can bring great health benefits. For the long haul, getting your body mass index (BMI) to a healthy level might be a good target.

Be realistic about how fast you can lose the weight. A loss of about 1 to 2 pounds or .45 to .90 kilograms per week is best for most. To do this you will need to take off 500 to 1,000 calories per day — by eating less and exercising more.

Begin a new routine for good health — body and mind — in 2011.

Take into account your fitness level, health concerns and available time to devote to weight loss. You may need your health care provider's help.

Evaluate your goals weekly. Make changes if you need to. Roadblocks and setbacks are normal.

Plan for success ... and for occasional setbacks. Remember your accomplishments — a step in the right direction.



Childhood Obesity: What You Can Do

More children and adolescents are overweight as they go about their daily routines. People who struggle with excess weight may feel sluggish, find it harder to move around and, eventually, end up with health problems that possibly could have been prevented.

DID YOU KNOW? Kids are considered overweight when their body mass index (BMI) is at or above the 85th percentile. The key is their BMI number in relation to their age and gender. Having a BMI above the 95th percentile qualifies them as obese.

You Can Help!

CLEAR the house of junk food and sugary drinks. If you have something around for an occasional treat, keep it out of easy reach.

READ the Nutrition Facts label of favourite foods and the foods pitched in advertisements children often see on TV or in kids' magazines.

Since boredom sometimes drives people to eat when they're not really hungry, **ENGAGE** children in active pursuits to beat boredom.

When planning parties or family events, **GET CREATIVE** with foods to draw kids in to healthier choices. Spend quality time making one together!



Winterize Your Skin

Got dry skin? Cold, dry winter climates, indoor heating and friction from heavy garments can wreak havoc on any complexion, but there are several ways to keep your skin baby-soft:

Add water. Consider using humidifiers to put moisture back into the air where it can be absorbed by skin.

Forgo long, hot showers. Hot water strips away natural, protective oils in the skin. Use lukewarm water and keep the bathroom door closed to retain humidity. Use a mild, moisturizing, fragrance-free soap or body wash.

Slather on moisturizer. Apply moisturizer generously right after bathing. If skin is very dry, put on cotton socks and gloves after applying lotion.



Keep your home cool. Too much heat will dry out the indoor air.

Go easy on antibacterial soaps, gels, wipes and hand sanitizer. These often contain alcohol, which can be drying. Look for products that also contain moisturizer, or apply moisturizers after using these products.

Dangerous Distractions

You glance down to check a text message ... you look up and you're in the path of an oncoming vehicle. You're chatting with a co-worker and you miss a step on the stairs ... down you go.

DISTRACTION and **DANGER** are the two Ds that seem to stick together. Stay out of danger's way. **Here's how:**

Postpone unnecessary conversations until break time, or make arrangements so that your conversation does not create a safety hazard during your work task or as you make your way around your worksite.

Before you operate machinery or tools, turn off your cell phone. Check it during break time or when you can give it your full attention.

While driving, keep electronic and mobile devices, such as your phone or e-reader, put away. Keep your focus

where it belongs — on the road and other vehicles around you.

On a construction or industrial site (or anywhere else you could hear a warning signal, back-up alarm or co-workers), don't listen to music through ear buds or headphones. Wear hearing protection as advised though.

Final thoughts: Stay refreshed and think clearly by getting a good night's sleep. At work, take your scheduled breaks, including lunch. If you find that personal problems are causing distractions, seek help from a friend or professional counsellor.



PRODUCE PICK of the Month

With more than 100% of your daily vitamin A requirement in a half-cup/125 ml serving, sweet potatoes are a nutritional powerhouse. Vitamin A is an antioxidant that's important for maintaining good eyesight and helping with night vision. Sweet potatoes are also high in vitamin B₆, vitamin C and fibre.



BONUS?

The natural sugar might help satisfy your sweet tooth.

KNOW YOUR Numbers

Sodium watch:

Cured meats, such as wieners, may have high amounts of sodium per serving. Got wieners in the fridge? Check the label and keep your sodium in check.

Nutrition Facts	
Serving Size 1 wiener (75 g)	
Amount Per Serving	
Calories 180	
Fat 15 g	Cholesterol 45 mg
Saturated 6 g	Sodium 890 mg
+ Trans 0 g	Carbohydrate 3 g
Cholesterol 45 mg	Fibre 0 g
Sodium 890 mg	Sugars 3 g
Carbohydrate 3 g	Protein 10 g
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 4 %

STAY IN TOUCH

Keep those questions and suggestions coming!

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Short-Cut Cooking

Convenience is always on the menu for today's busy cook who wants to provide nutritious meals at home. The key ingredients for fast food: a well-stocked pantry and short cuts in the kitchen.

When life gets hectic, try these 10 ways to help you prepare healthy food in short order.

1] Buy cookbooks with easy recipes with few ingredients. Build a master list of recipes; then take 15 minutes a week to choose menus and create a shopping list.

2] Use quality convenience foods, such as ready-packed vegetables and salad greens; pre-trimmed meats and poultry; frozen shrimp; and frozen or canned fruits and vegetables.

3] Stock up on staples such as canned low-sodium or no-salt-added beans, tomatoes and broth; nonfat or low-fat yogurt, sour cream, or dressings; and brown rice and other whole grains. *Tip:* Choose low-sodium or reduced-fat options.

4] Arrange your kitchen so it's easy to use. Invest in quality cookware, knives and cutting boards.

5] Use no-fuss cooking methods, such as steaming, broiling, or microwaving. Clean up as you go.

6] Cook once, eat twice.

When you have time to cook, double or triple the recipe. Freeze or store the leftovers for additional meals.

7] Design balanced meals with 3 ingredients. Example: a small serving of fish, lean meat, or tofu; a big portion of vegetables or salad; and quick-cooking grain. Add fruit for dessert.

8] Create one-dish meals that pack variety, such as stir-fried dishes, kabobs, or salads — all made with fresh-cut vegetables and chunks of poultry, fish or lean meat.

9] Have fun with assembly-line meals. Get help pulling all the ingredients together and then invite everybody to build their own plates. *Example:* deli sandwiches; chicken fajitas; bean and vegetable wraps; and chef salads.

10] Do your best but don't stress. Even when you can't eat healthy meals, choose foods that provide nutritional value, variety and balance.



Thyme-Roasted Sweet Potatoes

- 2 pounds/0.9kg **sweet potatoes**, peeled*
- 2 tbsp/25ml **olive oil**
- 1-2 tbsp/15-25ml **fresh thyme leaves**
- 1 tbsp/15ml **fresh lime juice**
- $\frac{1}{2}$ tsp/2ml **salt**
- $\frac{1}{4}$ tsp/1ml **red pepper flakes**

* Use orange- or yellow-fleshed sweet potatoes; the orange are softer and a bit sweeter.

- 1 Pre-heat oven to 450°F/232°C.
- 2 Cut potatoes into chunks $\frac{3}{4}$ -inch/2 cm thick; dry with a paper towel to remove excess starch and moisture. Place in a mixing bowl.
- 3 Mix remaining ingredients, pour over potatoes and toss well. Transfer to baking sheet.
- 4 Bake potatoes for 15 minutes; turn and bake 10-15 minutes more, until potatoes are tender and edges brown.

Serving suggestions: Garnish with chopped walnuts or hazelnuts, or sprinkle with grated Parmesan cheese.



Nutrition Facts

MAKES 8 HALF-CUP/125ml SERVINGS.

Amount Per Serving	
Calories 116	
Total Fat 3.5g	Total Carbohydrate 20g
Saturated Fat .5g	Dietary Fibre 2.8g
Cholesterol 0mg	Sugars 6.5g
Sodium 179mg	Protein 12.4g

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