



Shed Those Holiday Pounds

It's a couple of weeks after the holidays and you decide to step on the scale. Disappointed? Here are 6 steps for shedding that extra weight you've put on after that darn pumpkin pie has settled in.

1. **Eat 3 Meals Each Day** Skipping meals, especially breakfast, makes your body think it needs to compensate for the lack of nutrients in the next meal. This means overeating later in the day.

2. **Eat Slowly** It takes 30 minutes for our brain to know we are full. Eating fast, therefore, also tends to result in overeating and feeling bloated at the end of meals. Take your time chewing, and eat with a friend so you can talk between bites.



3. **Drink Lots Of Water** Water helps curb your appetite by keeping the stomach full. It also flushes out wastes from your system and keeps you hydrated.

4. **Exercise, Exercise, Exercise** Enough said.

5. **Don't Weigh Yourself Everyday** Your weight can fluctuate each day because of the changing amount of water in your body. Your best bet is to weigh yourself once a week, preferably in the morning before you eat.

6. **Be Patient!** Losing weight the proper way takes time.

Just remember, healthy eating habits and regular exercise are the best gifts you can give yourself this new year.

No Zzzzz's? Try These!

Sleep is just as important to your health as eating right and exercise. Lack of sleep not only impacts your mood in the morning, but can also negatively affect your immune system, blood pressure, memory, weight, and ability to function normally. Here are some suggestions for getting a good night's sleep:

- Wind down for the night at least 30 minutes before going to bed. Take a warm shower or just relax.
- *Good Bed = Good Sleep.* Hard or saggy mattresses and pillows cause painful pressure points on your body, making you toss and turn all night.
- Remove distractions from the room. This means no TV, computers, or, for some, clocks. "Clock watching" fuels insomnia, so turn it away from you, or put it in a drawer.
- Don't allow worries into the bedroom. They prevent you from focusing on sleeping.
- Exercise in the day to encourage drowsiness at night, but refrain from strenuous activity within 3 hours of bedtime.
- Avoid tobacco, caffeine, alcohol, or large amounts of liq-



uids before bedtime. They may help you fall asleep initially, but they contribute to frequent awakenings during the night.

- Avoid long naps in the day.
- Make your bedroom "sleep friendly." Keep it *dark, quiet, and cool.* Heavy curtains, thick rugs, and low-wattage bulbs can help with this.
- Go to bed only when you feel sleepy. If you lie awake for more than 15 minutes, get up and do something boring or relaxing, but don't expose yourself to bright light as it gives your brain the cue to wake up. Go back to bed when you feel drowsy.
- Lastly, and *most importantly*, establish a regular sleeping schedule. Sleep at or around the same time every night and wake up around the same time every morning, *even on weekends!* Who knew sleeping could be so eZZZZZZZ....

Did You Know?

Peanuts are used to make dynamite? These popular nuts are used to process glycerol, a sweet, colorless liquid. This is then used to make nitroglycerin, the main component in dynamite!



JUST FOR LAUGHS

A woman walked up to a little old man rocking in a chair on his porch. "I couldn't help noticing how happy you look," she said. "What's your secret for a long happy life?"

"I smoke three packs of cigarettes a day," he said. "I also drink a case of whiskey a week, eat fatty foods, and never exercise."

"That's amazing," the woman said. "How old are you?"
"Twenty-six."

Medical Definitions:

- Benign - what you be after you be eight
- Seizure - a Roman emperor
- Tumor - more than one
- Labor Pain - getting hurt at work

Why do people become bakers?

Because they need the dough!



Fruit & Veggie of the Month:

ORANGE



&

ARTICHOKE

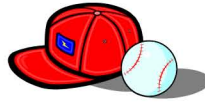
Strive for 5-9 servings of fruits and vegetables daily!

See page 2 for a healthy, hearty artichoke recipe!

February 1, 2008 is National Wear Red Day !!



This is a day when people nationwide will wear red in support of heart disease awareness. This observance provides an opportunity for everyone to unite in this life-saving movement by showing off a favorite red dress, shirt, or tie, or by wearing a red pin, hat, earrings, shoes, or other accessories. Show your support for heart disease awareness and join us in wearing red!



Did You Know?

The only food that doesn't spoil is honey?

Honey that was found in the tombs of Egyptian pharaohs that lived thousands of years ago was tasted by archaeologists and found to still be edible!

And...

It takes the nectar of over 1.5 million flowers to produce just one pint of honey!



Questions? Comments?

Rynette DeCastro, CDM, CFPP
Health & Wellness Coordinator
(671) 472-3610, ext. 248
rdecastro@
netcarelifeandhealth.com



TEST YOUR KNOWLEDGE!



The orange pigment in carrots is called:

- Tannin
- Flavonoids
- Beta-Carotene
- Uric Acid

There are ___ calories in one gram of fat:

- 4
- 7
- 9
- 10

Difficulty swallowing is known as:

- Dysentery
- Dysuria
- Dyspepsia
- Dysphagia

The bad type of cholesterol is:

- LDL
- HDL
- HMO
- Lipase

When washing your hands, the temperature of the water should be:

- 120 degrees F
- As hot as you can stand
- As cold as it can get
- 98.6 degrees

The number one preventable risk factor for heart disease is:

- Age
- High Blood Pressure
- Obesity
- Smoking

1: C, 2: D, 3: B, 4: C, 5: A, 6: D

Healthy, Hearty Recipes



Cheesy Spinach & Artichoke Dip

1 Tbs. canola oil



1 medium onion, finely chopped

3 cloves garlic, chopped

1 (9-ounce) pkg. artichoke hearts, defrosted, rinsed, and dried

1 (10-ounce) pkg. chopped spinach, defrosted, and squeezed

½ cup reduced-fat sour cream

2 Tbs. light mayonnaise

½ cup reduced-fat cream cheese, or Neuf-chatel cheese

½ cup shredded part-skim mozzarella cheese

½ tsp. salt

¼ tsp. black pepper

Wheat-Thins



Preheat oven to 350 degrees F. Heat oil in sauté pan over medium heat. Add onions and cook 4-5 minutes, stirring occasionally. Add garlic and cook additional 3-4 minutes, or until onions are light-golden, but not brown. Remove from heat and cool.

Nutrition Facts

Serving Size ¼ cup
Servings Per Recipe 12

Amount Per Serving

Calories 100

Total Fat 7 g

Saturated Fat 3 g

Cholesterol 13 g

Sodium 211 mg

Protein 4 g

Carbohydrates 5 g

Fiber 2 g

In food processor, combine artichokes, spinach, sour cream, mayonnaise, cream cheese (or Neufchatel), mozzarella, salt, and pepper. Process until smooth. Fold sautéed onions and garlic

into this mixture, then spread into an 8-inch baking dish that has been sprayed with cooking spray. Bake for 25-30 minutes, or until heated thoroughly. Serve with Wheat-Thins.

