

2015



Coordinator's Bulletin

What motivates you to lose weight or keep your New Year's Resolutions?

The most critical element of weight loss is your own personal drive to succeed. Odds are, you already have a pretty good idea of what you need to do to lose weight such as eat less and move more. That's the basic equation of weight loss. Now that it's February many have already lost their New Year's Resolution, why?

You may not have found the necessary motivation. Knowing the how to, eat-this/don't eat-that of weight loss is certainly important. But to be successful at losing weight, you need to figure out what will give you an ongoing, burning desire to succeed. The best motivators come from within. How do you unlock your inner motivation?

Start by asking yourself this, "Why do I want to lose weight?" There may be several reasons. Improved health, more energy, or an upcoming beach vacation. Whatever it may be just make a list of what's

important to you. Then under each item, write down specific reasons why it matters. For example, let's say your top reason for losing weight is that you have a high school reunion coming up. (OK, maybe that's not as important as improving your health, but big life events can be great motivators.) Under that, write why exactly you want to lose weight and what you plan to do to succeed. There are no wrong answers here because it's what matters to you.

Make a record of all the benefits of losing weight and staying fit. Keep that list of motivators in front of you, especially at moments of decision (do I really want that candy bar?). It's a great way to find the strength to get through challenging moments.

February Health Observances and Holidays

February 6: National Wear Red Day

February 14: Valentine's Day

February 14: National Donor Day

February 16: President's Day

February 23-March 1: National Eating Disorders Awareness Week

American Heart Month

"THE MOST
WASTED
OF ALL DAYS
IS ONE WITHOUT
LAUGHTER."

E.E. CUMMINGS

Power Down Hour

Our minds are going 24/7! Between staying up on all the social media tweets and posts and updates, or the news feeds that are constantly streaming through our inboxes, televisions and radios...we are being inundated with information. No wonder our minds have a hard time shutting down when our bodies say it is time for bed! Here's a novel idea...institute a power down hour. A power down hour is just that, an hour before going to bed turn off anything that requires power (except maybe a reading light to read a really boring novel). This will allow time for your body and brain to relax and get ready for bed.

Which Diet is the Healthiest? Experts Weigh In

The DASH eating plan, which was developed to lower blood pressure without medication, was also chosen by a panel of health experts as the top diabetes diet and the best plan for healthy eating. Weight Watchers retained the No. 1 spot as the best diet for weight loss, followed by the HMR (Healthy Management Resources) low-calorie, meal-replacement plan; and Jenny Craig, which offers prepared meals to drop excess pounds. "The DASH diet has been our top diet overall for five years now and this is the fifth year we are evaluating and ranking diets," said Angela Haupt, senior health and wellness editor at U.S. News & World Report. "Our experts, who rate these diets for us, say it will end up being very good for your waistline, in addition to your high blood pressure, because it is such a common-sense, balanced diet," she added in an interview.

The TLC (Therapeutic Lifestyle Changes) diet, which is designed to lower levels of cholesterol, came in second in the best overall category, followed by the Mediterranean diet, Weight Watchers and the Mayo Clinic Diet, which each tied for third place. At the opposite end of the scale is the Paleo Diet, which focuses on meat, fish and vegetables, and the four-phase Dukan Diet, tied for last place. "The Paleo Diet never does well in our rankings," said Haupt, adding both are restrictive eating plans. Weight Watchers, based on a point system assigned to foods, Jenny Craig and the Mediterranean Diet, with its emphasis on vegetables and olive oil, were deemed the easiest diets to follow.

A panel of two dozen experts in diet, nutrition, obesity, heart disease, diabetes and food psychology ranked 35 eating plans to compile the annual list. They looked at sample menus and published medical studies to rate of top diets overall as well as the best for weight loss, diabetes, heart disease and the easiest to follow. "We provide people with all the facts, comprehensively, in the hope that they can make the best decision for themselves," said Haupt. The panel selected the Ornish Diet, which is focused on fruits, vegetables and grains, as the top heart-healthy diet, along with TLC and DASH.

Not familiar with the DASH diet or want to learn more? Abby offers a class on this top-ranked eating plan and would be happy to offer it at your worksite. Contact her at adipasquale@memun.org to schedule!

Schedule Your Fitness Assessments!

The Fitness Assessment replaces the previous Personal Wellness Profiles that became too lengthy and cumbersome for many employers to offer during the work day. Our new Fitness Assessments can be offered right on site and takes only about 20 minutes to complete. Employees leave with valuable fitness baselines including blood pressure, waist girth, flexibility, grip strength, aerobic capacity, body fat, and BMI...just to name a few.

This information is a great starting point for people who are setting health goals this New Year to track their progress and show their successes!

If you are thinking about doing any sort of challenge for employees this year...a Biggest Loser, Maintain Don't Gain, or any other challenge that you may create, this can be a great way to start and end. We are able to come back to your site to reassess your progress in conjunction with your programs.

If you would like more information on the Fitness Assessment or are ready to schedule, contact Abby at adipasquale@memun.org or Danielle at dyale@memun.org



It may not be exciting, but the healthiest diet is one focused on fruits, vegetables and whole grains!



Upcoming...March Health Observances

- National Nutrition Month
- Brain Injury Awareness Month
- National MS Education and Awareness Month
- National Sleep Awareness Week (March 2-9)
- National Poison Prevention Week (March 16-22)
- American Diabetes Alert Day (March 24)