

Wellness Newsletter

November 2015

November Is Healthy Weight Management Month.

The holidays are approaching quickly. Most people gain weight during the holiday season and some don't lose the weight after and carry it into the following year. This year, to help you stay on track, we are encouraging healthy eating this holiday season by offering the Healthy Holiday Eating Team Challenge. Let's eat healthy together and come out of the holidays feeling great. Register on your Lexington Wellness Website today! The Challenge starts Monday, November 16.

If you would like some tips for healthy weight management, view the "Weight Management" seminar on your Lexington Wellness Website. Eligible employees who view the seminar and take the corresponding quiz may earn 10 Wellness Rewards Points.

THE GREAT AMERICAN SMOKE OUT, THURSDAY, NOVEMBER 19, 2015

On Thursday, November 19, 2015, thousands of Americans who smoke will quit for one day in support of wanting to try and make a healthy lifestyle change for themselves. We are asking everyone in Lexington who uses tobacco to please join in the Great American Smoke Out and go smoke-free for one day, Thursday, November 19, 2015. Here are a few tips on how we can work together to make this day successful for everyone at Lexington:

- Set up help stations. This means putting out baskets of straws that people can carry with them. If you have a stock pile of stress balls, share them with people who are trying not to smoke for the day.
- Carry a pack of gum that day to offer to those trying to remain smoke free for the day.
- Realize that people may feel a little irritable as they try to control their habit. Be patient.

Support each other to make this a great day for all!

If you are interested in attempting to quit and would like to attend the program "The NYS Butt Stops Here," please contact Michelle Peryea, Wellness Program Coordinator, at (518) 775-5420.

"Mother, May I?"



A recent study of over 35,000 sets of parents and their teenage kids found that teens are three times more likely to smoke if a parent smokes. The link is even stronger between mothers and teenage daughters: teen girls whose moms smoke are four times more likely to smoke than other teens. If you're a parent and you smoke, that's a good reason to quit. You may not think your teen shares your values, but in this case, unfortunately, they do.

Source: American Journal of Public Health, September 2015.

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Lexington Wellness Website ONLINE RESOURCES:

Monthly Newsletter
Enroll in a Wellness Workshop
Health Library

LOGS:

Weight Log
Cardio Log
Strength Training Log
Food Log

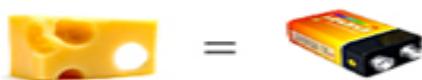
PLANNERS:

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Exercise Planner
Event Registration

Warning: Cheese Ahead, Proceed with Caution

Can you make good decisions in moderation? If so, continue reading. If moderation isn't your strong suit, you may want to skip this article. Here's the scoop:

A growing body of evidence shows that cheese, even though it's high in saturated fat, calories, and sodium, may have some surprising health benefits, *when eaten in moderation as part of a healthy diet*. That's right – you just read “cheese” and “health” in the same sentence. Cheese intake has recently been associated with reduced risk of heart disease, diabetes, colon cancer, and cavities, and also weight control. But before you pick up the phone to order a large pizza, keep in mind that *moderation* is the key. One or two ounces of cheese, about the size of 9 volt battery, should be your limit for the day. That's pretty tiny.



So go ahead, use cheese to flavor and supplement other healthy foods or nibble on a piece for a snack. If you don't go overboard, you can enjoy it guilt-free. And remember – you heard it here first.

Mall Walking

Brrr. As the days get shorter and colder, consider mall walking to keep up or jump-start your exercise routine. Here are some benefits of mall walking:

- Malls are climate-controlled – no rain, sleet or snow to hamper you.
- With the presence of other people, as well as security guards, malls are safer than many neighborhoods.
- It's free (as long as you can avoid shopping along the way!).
- They have water fountains, bathrooms, and benches.
- Some malls have organized walking programs as well as mile markers.

Even if mall walking for exercise doesn't appeal to you, if you do shop at a mall, you can make the most of the exercise you're getting naturally. Park at the opposite end of your primary store destination, far from the door – there are usually lots of spaces available. And always use the stairs, not an escalator or elevator. While you're at it, don't undermine your efforts by stopping at the food court. Pack some healthy snacks so you *don't* shop until you drop!

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The information provided in this newsletter is not intended to be applicable to all individuals and employees. This publication provides general education only. Individuals are advised to follow the advice of their physicians and healthcare providers. Thank you.



National Diabetes Prevention Program

If you've been diagnosed with prediabetes, there's at least a 50% chance that you'll develop diabetes within 10 years. That's the bad news. The good news is that lifestyle changes can significantly decrease those odds. There's a proven program to support you in making those changes – the **National Diabetes Prevention Program** (National DPP.)

Ask your healthcare provider to help you find and enroll in a free program near you. For more information, go to www.cdc.gov/diabetes/prev/entention/prediabetes.htm

