

Wellness Newsletter

November 2016



November Is Healthy Weight Management Month.

According to the National Heart, Lung, and Blood Institute, if you are overweight or obese you are at higher risk of developing serious health problems such as high blood pressure, type 2 diabetes, heart disease, breathing problems, and certain cancers. Maintaining a healthy weight lowers your risk for developing these issues, helps improve your self-esteem, and gives you more energy.

If you are looking for easy information about losing weight, find a free patient booklet titled "Aim for a Healthy Weight" at www.nhlbi.nih.gov/health/resources/heart/obesity-lose-wt-booklet.

If you would like some tips on how to develop goals to manage a healthy weight, enroll in the three-week "Personal Goal Setting" workshop on your Lexington Wellness Website. Eligible employees who complete the workshop may earn 5 Wellness Rewards Points.

The GREAT AMERICAN SMOKE OUT, THURSDAY, NOVEMBER 17, 2016

On Thursday, November 17, 2016, 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 17, 2016. Here are a few tips for how we can work together to make this day successful for everyone at Lexington:

- Set up help stations. This means put 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.
- Everyone 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.

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Just like the seasons, people have the ability to change.

Fat Chance



There's a simple way to get a healthy balance of omega-3 and omega-6 fatty acids in your diet.

What are these fats? Omega-3 fatty acids are the healthy polyunsaturated fats found in fish and some plants. Omega-6 fatty acids are also polyunsaturated fats, found in vegetable oils like corn, soybean, sunflower and safflower. Many margarines, salad dressings, baked goods and processed foods use omega-6 oils.

Some experts recommend that people reduce the ratio of omega-6 to omega-3 fats. Research has been inconsistent on the benefits of this strategy, however, and experts disagree on what defines a healthy ratio. Rather than get caught up in the "ratio-wars", here are three simple steps to keep your fat intake in balance:

- Increase your intake of omega-3 fatty acids through fatty fish like salmon and sardines, as well as flaxseed meal, walnuts and canola oil.*
- Eat more monosaturated oils like olive, canola*, sesame and avocado.
- Reduce the amount of processed and fast foods you eat. This step will benefit your nutrition in *many* ways, so it's a good recommendation for any diet.

*Canola oil is a good source of monosaturated *and* omega-3 fats. There is some controversy around canola oil – for a good review, search "canola oil myths and truths/Berkeley wellness."

Weigh in On Your Healthy Habits

If you have been thin all your life, there's an opportunity for you to help others benefit from your healthy habits. A research project at Cornell University hopes to discover how thin people stay thin. The research will be used to help those who struggle with their weight. You can learn more, and can register, at healthyweightregistry.org.

If you've not always been thin, but have lost 30 pounds or more and kept it off for at least a year, there is also an opportunity for you to contribute to research. You may be eligible to participate in the National Weight Control Registry at nwcr.ws.

Please consider joining one of these studies if you are eligible. Your experiences may provide valuable insight that can ultimately help your family and friends. In addition, you will be part of the effort to understand and combat the obesity epidemic in our country.



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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.



**Lexington
Wellness 4-week
"Ready, Set, Goal"
Individual
Challenge coming
November 21,
2016**

You will be provided the tools to create your own Challenge Goal. It is all up to you. Meet your goal, submit all necessary information and have the opportunity to earn Lexington Wellness Rewards Points and win prizes while building your self-confidence!

**WATCH FOR FURTHER
DETAILS!!!**