



HealthStyles Health and Wellness

HealthStyles Happenings



JANURARY



HealthStyles

Hours

Mon-Fri 5am-9pm

Sat-Sun 7am-3pm

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the web:

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HealthStyles
HEALTH AND WELLNESS

New Year a time for Change

A new year is a great time to think about the changes we want to make in our lives. Being and staying well is a resolution many people make for the New Year but those resolutions can lead to frustration when we have set unrealistic goals. Making a resolution to change one thing that will make us healthier is a priceless gift that only we can give to ourselves.

Try again. Everyone has made, and broken past resolutions, that does not mean that you won't succeed this time. Start with a positive approach, including thinking about what has disrupted your good intentions in the past. Don't discourage yourself with a negative outlook.

Don't make too many resolutions. Trying to eat better, exercise more, quit smoking, and reduce stress is too much to tackle at once. Pick a realistic, attainable goal with a reasonable time frame.

Choose your own resolution. Make sure this is something that you want to accomplish for yourself and not for friends or family. When you attain the goal they will benefit from your success as well.

Make a plan and write it down. Plan what you'd like to accomplish in three or six months. Achieving small goals over time gives you a sense of accomplishment and motivation to keep going. Writing your goals down is a good way to keep track of your progress.

Involve friends and family. They can support your efforts, and can motivate you to keep going. Setting a personal goal is not a "promise" which can never be broken. Don't paint yourself into a corner by overstating what can be a realistic change you plan to make.

Forgive yourself. If you get off track, don't think that you failed. Review your plan and make adjustments.

Congratulate yourself. Reward yourself when your intermediate goals or resolutions are met.

Health Observances

*Glaucoma
Awareness*

*Thyroid
Awareness*

Folic Acid

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Free Calendar

Get one from the [National Women's Health Information Center](http://www.womenshealth.gov).

The 2010 calendar lists recommended health tests, reveals surprising symptoms of various health conditions, and offers important advice on how to read drug labels

<http://womenshealth.gov/pub/calendar>

Eat Breakfast to Lose Weight

Why it's the most important meal of the day

-- By Elizabeth Evans Fryer, Health & Fitness Writer

The first – and easiest – step you should take towards becoming more healthy is so, so simple; it's **eating breakfast**. Breakfast eaters get myriad benefits including:

- Speed up your metabolism start early so that it burns the maximum number of calories to fuel your activities
- Fewer total calories consumed throughout the day
- an increased leptin output
- Since leptin suppresses appetite, it follows that those of us who eat breakfast would take in fewer calories throughout the day. In fact, researchers at the University of Texas, El Paso, studied the [food diaries](#) of 586 men and women and determined that the more food people ate in the morning, the fewer calories they consumed in an entire day. So eat up early – though what we eat for breakfast may affect what we eat later on.
- Feeding yourself a healthy breakfast of complex carbs, proteins and fats should prevent your feeding the vending machine any money before lunch, making you thinner and your change purse fatter.

EGGS ARE FOR BREAKFAST



A scone or bagel may be tempting, but if you eat only refined carbohydrates, you'll likely be hungry again in two hours, Gold says. Include protein in your morning meal: It is digested at a slower rate than carbohydrates, which keeps blood sugar levels steady -- and helps you feel satisfied longer. Good choices include skim milk (on cereal or in a latte or cappuccino), low-fat yogurt, soy or turkey sausage, low-fat cheese, or eggs (hard-boiled, poached, or scrambled in nonfat spray). Eggs may be a particularly smart choice if weight control is important. A recent study in the Journal of the American College of Nutrition reported that those who ate eggs for breakfast consumed fewer calories at lunch and over the next 24 hours than those who had a refined bagel containing the same number of calories. The researchers attributed eggs' superior satiety value to their protein content.



RECIPE PAGE



High Fiber Oat Bar

2 cups rolled oats
1 ½ ounces wheat germ
3 ounces puffed wheat cereal
4 ounces sunflower seeds
4 ½ cups Fiber One cereal
6 ounces chocolate chips
8 ounces honey
2 ounces brown sugar
2 teaspoons vanilla extract
1 ounce butter



Directions: Preheat 350 degrees

Mix oats wheat germ sunflower seeds and place on baking Baking tray. Put in oven 15 minutes. Take honey brown sugar, vanilla, butter, and place in saucepan on medium heat. Combine melted oat mixture with sugar. Add in Fiber One cereal. Flatten in 9 x 12 pan and sprinkle with chocolate chips.

421 cal; 15.3 fat; cholesterol 6mg; sodium 139; carbs 78.9; protein 10.4 grams.

Quick and Easy Breakfast Ideas

Bake bran muffins early in the week, then grab one or two each morning. Or check out a local bakery for healthy varieties.

Make waffles Sunday morning and freeze the leftovers. You can pop 'em in the toaster for a homemade breakfast. Also, grocery stores sell frozen whole grain selections.

Have you ever tried a tortilla for breakfast? Wrap up cold turkey and cheese, grab an apple and you're on your way.

Don't forget cold cereal. We're not talking about those covered with sugar, but the healthy variety. Items such as Wheaties and Cheerios are always good choices.

Whole-egg or egg white omelets with fresh or frozen veggies (carrots, broccoli, celery, peppers, onions and even black beans make great additions). Make a shake or a smoothie. Blend fruit and yogurt and then drink it in the car. A side option is a small bag of finger foods, such as a mixture of granola and grapes.

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MIND-BODY-SPIRIT

FRESH START - Clearing away objects and habits that no longer serve our highest good can make room.....



4 Easy Ways to Assess Your Well-Being

You're committed to a healthy lifestyle. You hit the gym every day when they open their doors, ditch soda for water, and brought healthy fruits and vegetables back to the center of your plate. Then you step on the scale, only to find that you haven't lost a single pound after all your hard work. Is it even worth it?

Of course, the answer is yes. Although weight loss can take time, there are other changes happening in your body—and mind—that you can't ignore. After just a few days of sticking with your healthy lifestyle plan, you might start to notice a difference in your energy level, stress level, quality of sleep and overall feelings about yourself. By tracking your progress in these areas, you can stay motivated and learn to appreciate all the little improvements you are seeing, regardless of what the scale tells you.

Here are some 4 areas for assessing your daily wellness : On a scale of 1-5 (5 being the highest), how is your energy level today?

Energy Level
Stress Level
Quality of Sleep
Self-Esteem

It's easy to get caught up in the numbers—calories, pounds and pants size. But taking these daily wellness measurements is a good reminder that your overall feelings of health and well-being are just as important!

