

wellnessSM me coaching

Information, tools and resources for a healthier you

Connect.
Believe.
Succeed.



Issue

2

INSIDE

Nutrition

*A glance at
nutrition labels*

Exercise

*Staying active
at all ages*

Weight

*Your waist size
and your health*

Heart health

*Shake the
salt habit*



Shake the salt habit

LIKE MOST PEOPLE, you may be getting too much sodium in your diet — most of it in the form of sodium chloride, or salt. That could be a problem because a salty diet can lead to fluid retention. Extra fluid in your blood may increase blood pressure, which raises your risk of heart disease and stroke.

Overdoing salt is easy. It's everywhere. Cereal, salad dressings, sauces and canned foods of nearly every variety can have high levels of salt. That's not even counting the salt you cook with or shake over your plate at the dinner table.

It adds up quickly, often to more than 2,300 milligrams (mg) of sodium — about 1 teaspoon of salt — per day. That's too much. Most Americans need to limit their intake to no more than 1,500 mg per day, about $\frac{3}{8}$ teaspoon.

If you need to cut back, try these sodium-slashing strategies:

- Beware of processed foods — read labels. These items likely account for most of the sodium in your diet. Buy fresh, unseasoned frozen or canned products marked “no salt added,” “low sodium” or “low salt,” when available.
- If canned fish, beans or vegetables aren't low in sodium, rinse before eating.
- Don't simply substitute sea salt. It contains sodium, too.
- Banish the salt shaker from the table. Use herbs, spices, lemon juice, vinegar and other salt-free seasonings when cooking and for a flavor boost on your plate.
- Avoid flavored rice or pasta, or any food that comes with a packet of powdered seasoning. It's likely to contain a lot of salt.
- Keep in mind that many snack foods — such as pretzels, potato chips and cheeses — often are loaded with sodium. Try snacking on apple slices or carrot and celery sticks instead.

Tips to help revitalize your workday lunches

Tired of turkey on wheat? Can't face another lunch brought to you by the vending machine? Try these ideas to make your midday meal tastier — and better for you.

Think outside the brown bag

Bringing lunch from home can mean you have more control over what's in it. But, with all you have to do, when will you find time to prepare quality fare to go?

Try these tips: When you cook a healthful dinner, make a large batch. Soups, stews and casseroles all keep well. Freeze leftovers in microwave-safe single-serving containers.

Or, turn leftovers into a new lunch item. For example, an extra chicken breast and brown rice can become a quick, hearty cold dish. Just add a sliced scallion, toasted nuts and dried fruit to the chopped chicken and rice. Top with a little olive oil and vinegar. Store it in the fridge.

Take charge of meals out

See if the menu has a special section for more healthful choices. And, look for words that often signal less fat and fewer calories, such as *baked, grilled or steamed*.

Try these tips: You can boost the nutrition in sandwiches or pizzas by ordering extra veggies. Ask for low-fat versions of toppings. Order half your meal to go and eat the rest for dinner. Or, split your meal with a co-worker.

Be a wise desktop diner

Need to work through lunch? Stock your workspace with nonperishable foods you can turn to in a pinch.

Try these: whole-wheat crackers, reduced-fat peanut butter, fruit canned in its own juice and tuna packed in water.

NEXT ISSUE

- Tools for your wellness journey
- A checklist for your next checkup
- Secrets to lifestyle changes that last
- Get the skinny on fat
- Brush up on healthy gums and teeth

Wellness Coaching is dedicated to helping people live healthier lives. However, this publication doesn't replace the necessary and individualized medical care offered by a health care professional. Not all treatments mentioned in these program materials are covered by your health plan. Please check with your health plan regarding covered services. Please contact your medical care provider for any additional questions you may have. Unless otherwise noted, all models are used for illustrative purposes only.
© 2011 OptumHealth



Your waist size: A measure of good health

WHEN YOU WANT to look your best, it's one of the tricks: Suck in your stomach. But, an expanding waistline is more than a matter of appearance. It can be a serious health concern. That's because people with too much fat in their midsections increase their risk of certain health conditions, including heart disease and type 2 diabetes.

Ready, check! Here's how to get an accurate measurement of your waist size:

1. Place a measuring tape around your middle — just above your hip bones.
2. Make sure the tape rests directly on your skin. Check in a mirror to see if the tape is level all the way around.
3. Relax, exhale and measure your middle. The tape should be snug, but not too tight.

What's too big? You're at higher risk of obesity-related health conditions if your waist size is larger than:

- **35 inches** if you're a woman. (Pregnant women excluded, of course!)
- **40 inches** if you're a man.

Be sure to share your results with your doctor. Keep in mind that other factors and measures affect your risk of disease. Your doctor can advise you on the best steps to protect your health. Likely parts of the plan: Following a healthful diet and getting regular exercise. Together, both these habits can do wonders for a bulging waistline.

Check your
waistline —
and check
your
health.



Family goal: Healthy weight for kids

With childhood obesity rising, parents need more tools to help their kids reach and keep a healthy weight.

Here's a rundown of what doctors say you should do to help your child reach and maintain a healthy weight for life:

- ➔ **Eat.** That's right — three meals and two snacks a day. Just make it healthy food, such as fresh fruits and vegetables, whole grains, low-fat or nonfat dairy products, and lean meats and skinless poultry. Also, substitute water for sugary drinks.
- ➔ **Size matters.** Use the information included with MyPlate at ChooseMyPlate.gov for one week. And, soon you'll have a clear idea of how much to serve during meals.
- ➔ **Slow down.** Children will feel more satisfied if they eat at a slower pace, take smaller bites and chew their food thoroughly. Set the example at the table. Encourage a slow, relaxed meal time.
- ➔ **Move the family.** Play with your kids and pets. Limit screen time, and do something physical inside or outside the house. If you have a gym membership or gym equipment at home, use it.

Set your life in motion

EXERCISE — IT'S pretty remarkable. You could even call it life-changing. It can pump up your energy, buoy you through stressful times and help protect you from disease. And, as you get older, it can keep you fit and going strong.

In short, physical activity has the power to make your life better. And, even if you haven't been very active in the past, you can still tap into the benefits of exercise. Read on for some timely tips on how to reap its many amazing rewards — through all phases of life.

On your mark, get set...be safe

Whether you're just starting a fitness program or you're a seasoned pro, keep these safety pointers in mind:

Check in with your doctor. This is especially important if you're planning to significantly increase your activity level. It's also wise to ask your doctor about an appropriate exercise routine if you:

- Are pregnant
- Recently had a baby
- Have a chronic condition or live with a disability

Pace yourself. If you've been inactive, start slowly and build from there. If you push yourself too hard, you could get injured. As you gain stamina, you can gradually up the intensity of your workouts.

The 'too busy' excuse exposed

Are you going in circles — but not getting much real exercise? When you're busy, it's easy to feel like you don't have time to work out.

But, remember this: Being active can actually help you better manage your hectic, full life. It doesn't drain the tank — it fills it up!



Grabbing hold for good:

Your 20s and 30s

You may not be in your golden years. But, you have a golden opportunity to establish a lifelong habit of exercise.

You'll discover it's a great stress-buster — and can help keep your weight in check, too. You'll also lower your risk of disease, both now and through the years to come. And, you'll stay youthful longer. How's that? With regular physical activity, you can boost your muscles and bones — rather than losing any ground.

A few fitting tips:

Schedule it into your day. And, as much as possible, consider this time non-negotiable. Walk or jog on your lunch hour — or sign up for an early-morning fitness camp. New parents might look for a stroller-walking club that meets daily.

Find the fun in fitness. Maybe you've always wanted to take a martial arts class, learn to cross-country ski or play on a soccer team. If you find activities you enjoy, you'll be more likely to stay active over the long haul.

Physical activity has the power to make your life better.

on

Sounds like a plan! Maybe you're wondering how much physical activity you need. Most healthy adults should aim for 2.5 hours — or more — of moderate-intensity aerobic exercise a week. And, you need muscle-strengthening activities, too. Add those on two or more days a week.



Living fit and fabulously:

Your 40s and 50s

You likely know people who seem to defy aging. Have you noticed that they often have an active lifestyle? It's a not-so-secret weapon for staying young.

Regular exercise can make you feel vibrant — and help you stay well, too. It fights pesky midlife weight gain. And, it helps prevent or improve a host of serious conditions, including type 2 diabetes, osteoporosis, high blood pressure, high cholesterol and depression. It may also lower your risk of breast and colon cancer.

A few fitting tips:

Champion consistency. Think daily defender rather than weekend warrior. Make a doable plan — maybe that's power walking your pooch every morning or popping in a fitness DVD after work. When you're active on most days of the week, you can minimize age-related weight gain — and lower your risk of injury.

Give yourself a lift. During these decades, most people lose muscle — and gain fat. Buck this trend by making strength-building exercises part of your routine — lifting hand weights or using resistance bands, for example. These and other weight-bearing exercises, such as walking, can help keep your bones strong, too!



Going strong, feeling good:

Your 60s and beyond

Staying active can make this phase of your life healthier — and happier. It can help keep your mind sharp and your energy up. And, the endorphins released during exercise can be a good mood booster.

Physical activity can also help you manage health conditions and slow the aging of your muscles, bones, heart and lungs. Another plus: Fitness fosters good balance. All this may add years to your life — and let you stay more independent as you grow older, too.

A few fitting tips:

Make it social. Maybe you and a friend could make a splash in a water aerobics class. Or, how about hitting the links with fellow golfers? You'll stay active — and enjoy the company, too. And, it's worth noting: People who feel connected to others tend to age better and even live longer.

Be a sport — try something new. You might check at your local gym or YMCA for classes that could be a good fit for you, such as tai chi, yoga or tennis. Learning new moves can benefit your body and your mind — and keep the fun in fitness.

Put your best foot forward. You may feel unsure about exercise if you have health conditions or physical limitations. But, in many cases, regular activity is still important — perhaps even more so. Talk with your doctor about what types of activities are best for you.

Keep setbacks from getting the best of you

ADOPTING NEW HEALTH habits, such as eating better or exercising more, can come with many starts, stops and snags. If that's your experience, don't be too hard on yourself. Remember that you're in good company — stumbling is a natural part of change for most people, even successful ones.

When you encounter a setback, think of it as a chance to learn something new. Then, take these three steps to keep moving forward:

1 Give yourself credit. Recognize what you've been doing right. Maybe you've already lost a few pounds. Or, last week you managed a brisk walk on most days. Congratulate yourself — these are successes! And, when you're in a positive frame of mind, it can help you see a setback as a minor blip — rather than a major problem. That way you'll be better able to look ahead — and think about how you might avoid tripping up next time.

2 Remember what you want. Do you have your short- and long-term health goals written down? Give it a try. People who aim for a specific outcome are more likely to succeed.

Still, you can make your goals even more motivating. Beef them up by adding your reasons for wanting to make a change. For example, these could include to:

- Have more energy to play with your kids
- Prevent health conditions that run in your family
- Finish a 10K with your brother

When you need a pick-me-up, read what you've written. As your plan progresses, you may think of even more rewards you can reap from your efforts. Add them to your list, too.

3 Change your routine. Boredom can sometimes be blamed for bumps in the road to better health. Spicing up your regular routine can make it more appealing — and easier to stick with. For example, you might:

- Seek out an exercise buddy — a partner to share your journey.
- Track your progress on a spreadsheet or smart phone app.
- Try a new healthful recipe every week.
- Take a cooking class — to learn easy ways to prepare healthful meals.
- Book a session with a personal trainer or registered dietitian.
- Add some new gear — maybe that's an MP3 player, a pedometer or a cool kitchen tool.
- Subscribe to a health or fitness magazine for inspiration.

For more info
Visit the Centers for Disease Control and Prevention at
www.cdc.gov.



BEEF UP YOUR GOALS WITH PERSONAL MOTIVATORS. For example, perhaps you want to have more energy to play with your kids.

JUST THE FACTS

A look at nutrition labels

Nutrition Facts	
Serving Size 1 cup (236mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Less than 5mg	0%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	
Sugars 11g	
Protein 9g	17%
Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Vitamin D 25%	
*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

NUTRITION FACTS LABELS may hold the key to making wise choices about your diet. They may even help you improve your health over time. Use these tips to unlock their secrets.

Size up servings. Check the size and number of servings in the package. The label will tell you how many calories are in each serving, too. This information can help you control your portions. Remember that eating two servings will give you twice the calories and other nutrients found on the label.

Find the percent daily value (DV) column. The DV is the total amount of a nutrient recommended for one day. The percent DV on a label tells you what percentage of a nutrient's recommended daily amount one serving of a food contains. It's based on a 2,000-calorie diet, though most people don't need that many calories. You can use it to see if a food is high or low in a certain nutrient. It's easy: 5 percent DV or less is low, while 20 percent or more is high.

Check fats and sodium. Eating too much total fat, saturated fat and cholesterol may increase your risk of heart disease. So may eating any trans fats. So, aim to stay below the 100 percent DV every day. Do the same for sodium, which may contribute to high blood pressure. Avoid trans fats altogether.

Locate healthful nutrients. Use percent DV information to help get adequate amounts of important nutrients, such as fiber and calcium. Eating enough of these and other nutrients may help improve your health and lower some disease risks.

Black bean gazpacho

This cool, refreshing dish is easy to make. Check the nutrition facts label to find beans that are low in sodium. Number of servings: 6

Ingredients

- 2 large tomatoes, seeded and chopped
- 1 large red bell pepper, chopped
- 1 large green bell pepper, chopped
- 1 medium cucumber, peeled and chopped
- 2 celery stalks, thinly sliced
- ¼ cup green onions, sliced
- 3 cups no-added-salt tomato juice
- 2 tablespoons lime juice
- 2 tablespoons red wine vinegar
- 2 teaspoons Tabasco® sauce
- ½ teaspoon low-sodium Worcestershire sauce
- 1 garlic clove, minced
- 2 15-ounce cans low-sodium black beans, rinsed and drained
- ¼ cup fat-free sour cream

Directions

Mix all ingredients except for sour cream in a large bowl. Cover and refrigerate for at least 6 hours, stirring occasionally. Serve with sour cream.

Nutrition information: Serving size: ⅓ of recipe. Amount per serving: calories 140; calories from fat 5%;* total fat 1g (1%); saturated fat 0g; trans fat 0g; cholesterol 0mg; sodium 340mg (14%); total carbohydrate 33g (11%); dietary fiber 9g (36%); sugars 10g; protein 8g; vitamin A 45%; vitamin C 180%; calcium 10%; iron 15%.

*Percent Daily Values are based on a 2,000-calorie diet.

Source: Centers for Disease Control and Prevention

Tabasco® is a registered trademark of McIlhenny Company.





SET your life in MOTION

➔ See pages 4–5

E2 X302102-10091-000000B

O6N27476

Dynamic duo

Encouraging your partner to exercise

AS A WAY to live longer and improve health and self-esteem, it's hard to beat the benefits of regular physical activity. However, your husband, wife or partner may not exercise much at all. As a result, he or she may gain weight and have an increased risk of heart disease and other health conditions.

So, how do you encourage fitness for your couch potato, whose idea of a great workout might be aerobic shopping or climbing aboard the riding lawn mower twice a week?

1 Lead by example. Make daily exercise a priority. As your partner sees the changes in your life, he or she may decide it's time to become more physically active, too.

2 Make a date. Invite your partner to join you — or the whole family — for walks, swims or bike rides. Togetherness and variety can help make fitness fun and motivating for everyone.

3 Offer support. Like many people, your loved one may want to exercise, but a busy schedule gets in the way. Or, maybe exercise seems daunting. You can:

- Suggest exercising in 10-minute



MAKE A DATE. Invite your partner to join you — or the whole family — for walks, swims or bike rides. Togetherness and variety can help make fitness fun and motivating for everyone.

bouts that add up to 2.5 hours a week. The Centers for Disease Control and Prevention recommends at least 150 minutes of moderately intense aerobic exercise, such as walking, each week. Muscle-strengthening exercises on two or more days a week are also recommended. These mini-workouts could be squeezed in before work, during lunch and in the evening.

- Point out that physical activity often improves energy, mood and

sleep. It may also help reduce everyday stress.

- Offer to watch the kids to free time for your partner to exercise.

4 Praise the effort. Finally, acknowledge your loved one's attempts to get active. It isn't always easy to make changes, and it helps to receive a little applause now and then.

Be sure you and your partner have a doctor's OK before significantly increasing your level of physical activity.