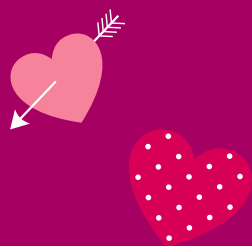




FEBRUARY 2016 HEALTHYROADS® NEWSLETTER

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Welcome to HEALTHYROADS!

In this monthly newsletter, you'll find a collection of articles on popular health and wellness topics. If you'd like additional support in your quest to lose weight, improve nutrition, develop an exercise plan, reduce stress, or quit smoking, visit us online at www.healthyroads.com. There you can find a collection of tools to help you reach your health goals.



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Wellness and Healthy Living Why Am I Always So Sleepy?

Excessive sleepiness can compromise your life in many ways. You might be less productive—or more likely to make mistakes—at work or school. You might eat more junk food, get too much caffeine, and skip working out. And you might not have much quality time with family, friends, or your favorite activities.

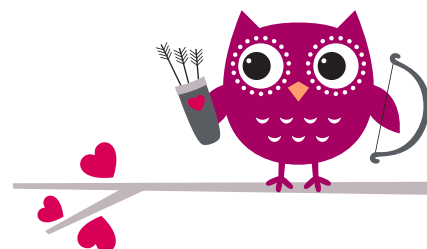
To get to the bottom of the problem, first make sure you're really getting enough sleep. Although it differs from person to person, 7 to 9 hours of quality sleep in a 24-hour period is a good rule of thumb. Any less than that might be part of the problem.

If you believe you get a healthy amount of sleep but still feel sluggish much of the time, there might be a health problem at the root of it. A sleep disorder might be affecting your sleep quality. Or there could be a health issue that causes you to need more sleep. The possible causes of excessive sleepiness are many. Your doctor may be able to help you pinpoint the problem. Here are some problems that can contribute to excessive sleepiness and fatigue:

- * Sleep disorders, such as sleep apnea and restless legs syndrome
- * Some health conditions, such as allergies and viral infections
- * Some vitamin or mineral deficiencies (such as B12 and iron)

- * Caffeine can leave you sleepy when the buzz wears off. Caffeine and alcohol can also harm your quality and depth of sleep.
- * Foods high in refined sugar can cause your energy levels to rise and crash.
- * Frequent changes in routine can disturb your circadian rhythm.
- * Some medicines can make you sleepy. (Always talk with your doctor before starting, stopping, or changing medicines.)
- * Depression

Getting the rest you need is vital to good health. It may also play a role in your productivity and quality of life. Being tired all the time may be a sign of a health issue. If you don't feel rested, talk with your doctor about your sleep habits and for a care plan to help you get a better night's sleep on a routine basis.



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02

Nutrition and Weight Management: Busted: Weight Loss Myths

When you're trying to lose weight, you hear and read a lot of advice. Well-meaning friends and popular books assure you that they hold the keys to your weight-loss success. But not all advice works for everyone. Besides that, some advice is just plain wrong for anyone. There's a lot of misinformation floating around. In fact, many myths return time and time again, even after being discredited. Here are a few that persist:

* **MYTH #1: "Fat is fattening."** Healthy fats, like those found in olive oil, avocados, and nuts, have an important place in a sensible weight management plan. In addition to health benefits, these fats in your eating plan can help satisfy hunger and control your appetite. Fat to limit? Saturated fat, which is found in meats and whole dairy foods. And fat to avoid? Trans fat, which is found in such foods as margarine and many packaged baked goods.

* **MYTH #2: "To lose weight, you have to cut carbs."** As with fats, some carbs are better for weight management than others. Carbs from high-fiber, whole grains, such as whole-wheat bread and brown rice, are rich in nutrients. They may also have a stabilizing effect on your blood sugar—and your hunger. Other sources of quality carbs are fruits and some vegetables. Skip refined carbs, like those in cookies, sugary breakfast cereals, and white bread.

* **MYTH #3: "If it's low in fat, you can eat as much as you want."** Remember that weight gain comes when you take in more calories than you use. Food can be low in fat but still high in calories. In fact, some of the foods that are promoted as "low-fat" or "fat-free" come with added sugar to boost the flavor lost when the fat is taken out. It's no myth that adding sugar adds calories—and unhealthy ones, at that.

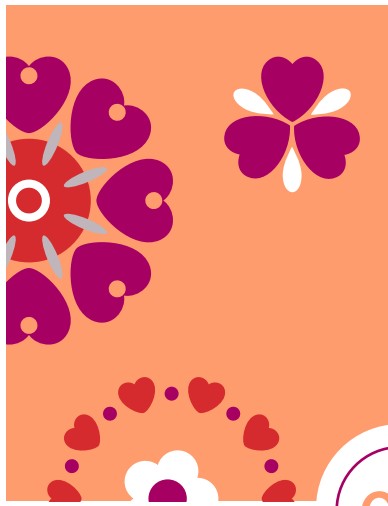
* **MYTH #4: "It's expensive to eat healthy."** Good-for-you foods do not have to cost a lot. Instead of spending money on unhealthy meals at the drive-through, boost your nutrition—and perhaps even cut your costs—with fresh or frozen fruits and vegetables and healthy proteins, like beans, peas, lean chicken, tuna, and salmon. Even canned versions of these foods can be healthy choices for you if you opt for those that are low in sodium and packed in water. And don't forget the king of low-cost, highly nutritious foods: whole grains. Grains like brown rice, oats, and corn can nourish and satisfy you for pennies.

Weight-loss myths will continue to make the rounds. But the best foods for weight loss tend to be those that are also the best for your health. So, when in doubt, go back to the basics of good nutrition: Stick with whole foods, such as whole grains, fruits, vegetables, lean poultry, and fish. Limit trans fats and saturated fats, as well as foods containing refined sugar and flour.

HEALTH TIP:

Weight-loss myths are everywhere. So, which advice can you trust? Choose whole foods, such as whole grains, fruits, and vegetables. Limit trans fats and saturated fats, as well as refined carbohydrates, such as flour and sugar.





03



Active Living Busted: Fitness Myths

There's a slew of popular fitness myths out there. Some are so widespread and long-standing, it's hard to sort fact from fiction. But sort them you must if you want to get the most from your fitness routine and stay safe in the process. Here are 4 such fitness fables, and why it may be time to put them to rest:

* **Myth #1: "If you can't work out for 30 minutes at a time, don't bother."** Long workouts are not the only way to burn calories, help prevent disease, or get fitter. Research suggests that any exercise is better than none when it comes to boosting health. Plus, short cardio sessions spread throughout your day may offer many of the same health and fitness benefits that you'd get from a single cardio session of 30 minutes or more. Getting at least 10 minutes at a time of moderate to vigorous cardio, 3 or more times a day, can also help you reach your health and fitness goals.

* **Myth #2: "Women, watch out: Strength training will give you bulky muscles."** Not so. First, women don't build muscle mass as readily as men because they have far less testosterone. Second, whether you're male or female, to really "bulk up," you might have to strength train daily for hours. Don't let a fear of gaining muscle keep you from strength training. This type of workout can help prevent muscle loss, osteoporosis, weight gain, and low-back pain.

* **Myth #3: "Slow 'static stretching' is the best way to warm up before a workout."** Doing long, sustained stretching is not a great idea when your muscles are cold. A better way to warm up is with "dynamic stretching." It uses large movements and momentum to warm and loosen your muscles and joints. Don't skip static stretching altogether, though. Just save it for your post-workout cool-down.

* **Myth #4: "The best way to lose belly fat is with sit-ups and crunches."** You can't lose fat in one specific area by exercising only that area. To burn fat anywhere on the body, you need to use more calories than you take in. That means regular aerobic and strength training workouts coupled with a healthy, reduced-calorie diet. That's not to say you should skip out on exercises that strengthen your core. They'll help tone your belly muscles and can help protect you from back pain.

These are but a handful of the many fitness fallacies out there. The best way to sort fact from fiction is to do your homework. Visit websites you can trust, like the American Council on Exercise. Or ask your doctor or a certified personal trainer about fitness myths out there and how much truth there is to them.

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Life Skills

Let Go of Perfectionism

Wanting to do your best. Working hard. Having high standards. These are healthy habits that can benefit you in your professional and personal life. But it's all too easy for these habits to veer into something less healthy. Being too controlling, self-critical, and hard to please. If that happens, perfectionism can go from being an asset to a liability.

Perfectionism can have harmful effects on your health. Studies have found that perfectionism may make you more sensitive to stress. So you may get stressed out easily and often. This can lead to chronic stress. And that can, in turn, lead to health problems. These include heart disease, high blood pressure, diabetes, and depression.

Perfectionism can also wreak havoc at work and at home. You may delay doing a task because you feel overwhelmed by your own high standards. You may avoid trying new things due to a fear of failure. You may work too hard and risk burnout. And you may hurt your relationships with friends, family, and coworkers.

To avoid these problems, try to let go of perfectionist habits that are unhealthy. These include negative patterns of thinking, feeling, and behaving. Here are some examples:

- * **Trying to be perfect:** To ease stress, don't aim to be perfect. You don't have to be perfect to be successful in life. So don't be too hard on yourself. All you can do is give it your best shot, learn from your experience, and move forward.
 - * **Expecting too much:** It's good to hope for the best. But you also want to be reasonable and not expect too much. If you do, you may end up disappointed. To ease stress, let go of unreasonable expectations. Set realistic, achievable expectations instead.
- Curbing these and other unhealthy perfectionist tendencies may take time—and practice. But the rewards are worth it. It may reduce stress, which can be good for your health. And it may improve your work and your relationships.
- * **Needing to be in control:** Try to let go of the need to control other people and situations. The only actions you can control are your own. And in some situations, the only thing you can control is your reaction. It's still a good idea to plan ahead. If things don't go as planned, though, learn to let it go.

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