



MARCH 2016

HEALTHYROADS®

NEWSLETTER

01

Wellness and Healthy Living

The Longevity Lifestyle

What are the keys to living a healthy, long, and happy life? One clear answer is that lifestyle choices are linked to health. Some things that play a role in health are out of your control, such as your genes. But you are in control of many other things that can make a difference in your health, such as what you eat and how active you are. These are called lifestyle choices.

Studies of groups of people who live long lives can teach us about making good lifestyle choices. Here are some choices that many of the longest-lived people in the world have in common:

- * **Not smoking.** Quitting can help a smoker's health almost right away. Just one year after quitting, the risk of heart disease is 50 percent lower. After 5 years, risk of stroke lowers to the level of a non-tobacco user. And, after 10 years, risk of lung cancer is cut in half.
- * **Using alcohol in moderation, if at all.** This means no more than one standard drink per day if you are a woman. And no more than 2 standard drinks per day if you are a man. In the United States, one standard drink has roughly 14 grams of pure alcohol, which can be found in 12 ounces of regular beer, 5 ounces of wine, and 1.5 ounces of distilled spirits.
- * **Getting regular physical activity.** The easiest way to be more active may be to walk in your neighborhood or take a walk around the block during your lunch hour.

- * **Eating fresh fruits and vegetables.** Plant-based foods support good health and better resistance to illness.
- * **Enjoying loving relationships.** Whether it's a spouse, friends, family members, or pets, what counts is that you have an active social support network. This helps you feel cared for and loved. Include in your circle of people those who will inspire you to eat healthy and be active.
- * **Managing stress.** Tension and worry are not healthy. Find healthy ways to manage stress. These may include giving to others, having a sense of humor, accepting what can't be changed, praying, or meditating.
- * **Knowing your purpose.** What makes life worthwhile for you? What inspires you? Having such a calling has been linked with longer lives.

Remember that the goal of longevity is not only about years. It's about maintaining good health for as long as possible. Minding these lifestyle principles may help you reach that goal.



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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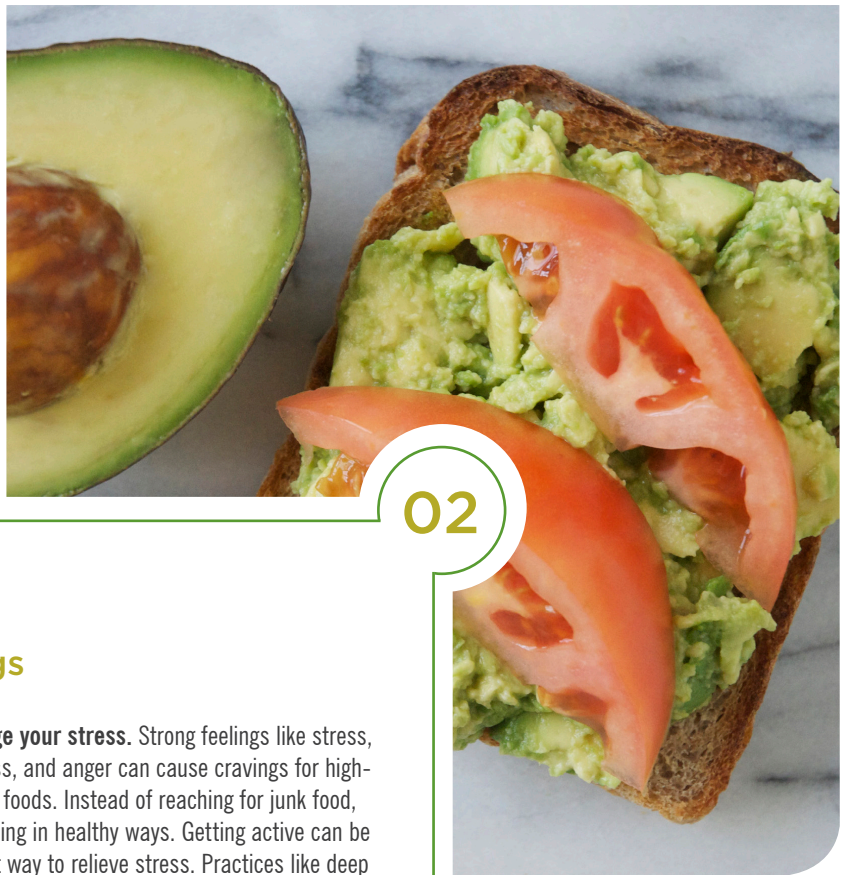
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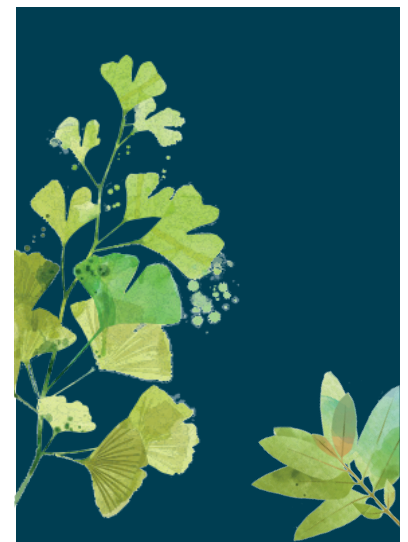
Nutrition and Weight Management: Gain Control Over Your Sugar Cravings

The empty calories of sugary treats can make it hard to manage your weight. And many studies show that a high intake of refined sugar may be linked with several health problems. But cravings for sweets can be powerful. So how can you break the hold that sugar has over you? Here are some tips to help you master your cravings:

- * **Create a quit plan.** Set a date for quitting—or cutting way back—and make a quit plan. Your plan could include a list of strategies for dealing with sugar cravings, like some of the ones below.
- * **Limit or cut out added sugar.** Clear your home of foods and drinks that contain refined sugar. Get rid of the sugar bowl, too. And check food labels to see what has been made with sugar. You might be surprised. Sucrose, dextrose, fructose, honey, molasses, and corn syrup are all forms of sugar. You may also want to steer clear of artificial sweeteners. Some studies suggest they boost cravings. When you want something sweet, reach for the healthy choice: whole, natural fruit.
- * **Eat regular meals and healthy snacks.** If you keep your blood sugar steady throughout the day, you may be less inclined to hit the vending machine for a candy bar. Create a meal plan that includes 3 balanced meals a day, with healthy snacks in between. Plan to eat healthy portions of lean protein, healthy fats (nuts, olive oil), fruits and veggies, and whole grains. Drink plenty of water, too.

- * **Manage your stress.** Strong feelings like stress, sadness, and anger can cause cravings for high-calorie foods. Instead of reaching for junk food, try coping in healthy ways. Getting active can be a great way to relieve stress. Practices like deep breathing and meditation can also help.
- * **Get plenty of sleep.** Too little sleep and sugar cravings often go hand-in-hand. A lack of sleep can boost levels of a hormone that sends hunger signals to the brain. Plus, if you're tired from too little sleep, you may feel more tempted to look for a quick lift from something sweet. Studies also suggest that people who are sleep-starved tend to crave foods high in sugar (as well as fat).

Following these tips may help you gain some control over your cravings. Once you have the upper hand, you may opt for a sweet treat every now and then. But you'll be able to stay true to your health and weight management goals.



HEALTH TIP:

To help beat sugar cravings, keep refined sweets out of sight and out of reach. Clear your home of sugary foods, including those made with sucrose, dextrose, honey, molasses, and corn syrup.



03



Active Living

Take a Stand Against Sitting

Thanks to modern technology, it takes less effort to get many tasks done these days. You can pay bills, shop and send photos and videos to family without getting up from your chair. At work, you can join an online meeting on the other side of the world from the comfort of your desk.

But these conveniences may come at a cost. As it turns out, all that sitting may be worse for you than you realize.

While habits like smoking and eating lots of junk food have long been well-known culprits of an unhealthy lifestyle, less attention has been given to the dangers of sitting until recently. Many people thought that keeping a healthy diet and getting a little exercise would make up for sitting all day. But there's reason to believe that sitting is taking a bigger toll than previously imagined. In fact, prolonged sitting may be when many problems start to take seed.

A recent review looked at 18 studies of nearly 1 million people. It found that sitting for long periods every day raises the risk for serious health issues like type 2 diabetes, heart disease, and stroke. And this holds true even if you work out and eat right.

One simple way to break up the blocks of time spent in your chair is to get up and move at regular intervals. Research suggests that taking short breaks out of your chair each hour can go a long way toward keeping you healthy. Shifting around and being active in your seat can also help you avoid some of the effects of sitting tight for too long.

So what can you do? What if sitting at a desk is a big part of your job? Here are a few ideas to get you out of your chair:

- * Go get a drink of water every hour or so.
- * Take the stairs instead of the elevator, even if you're on the first floor. Go up and down a flight or two.
- * Look into using a sit-to-stand desk and spend time each hour standing at your workstation.
- * Stand up and stretch by your desk for a few minutes every hour or so. You can also do squats, lunges, or other movements using your body weight.
- * Print or fax using a machine that's far away from your desk.
- * Use some of your lunch break to take a walk.
- * At meetings, use breaks to stand, stretch, and stroll.
- * Wear a pedometer and set daily goals for yourself. Do what you can to reach that goal each day.
- * Take the long route to your car at the end of the day.

It's clear that when it comes to taking care of your health, it's wise to take a stand. Just don't be so quick to sit back down.

SERIOUS ABOUT QUITTING?

We at Healthyroads understand the challenges of quitting smoking. That's why we offer a variety of online tools and articles to help you quit—once and for all. Our Web-based tools give you every chance to succeed. For anyone considering quitting smoking, take the first step and visit www.healthyroads.com.





04

Life Skills

Are You Ready for an Emergency?

A disaster strikes and leaves countless people without food, water, power, or even shelter. Are you ready for such a scenario?

Thinking about facing a disaster may not be pleasant. But it's smart to be prepared. That means putting both an emergency action plan and a disaster kit in place.

Make an action plan. First, here are some points to work in to your plan:

- * **Plan evacuation routes.** How would you get out of your home, office, and town during an emergency? Pinpoint safe ways out of each room and routes out of your town or city. Put up-to-date road maps in your car.
- * **Decide on a safe retreat.** Decide ahead of time where to go. Keep family pets in mind when deciding on shelters. Some shelters do not take pets.
- * **Do safety drills.** Teach each member of the household how to turn off the water, gas, and electricity. Designate safe areas in your home for different types of emergencies, such as a basement for a tornado. Include these elements in your safety drills.
- * **Decide how you'll communicate.** Keep a cell phone charger in your car. Teach all the members of the household how to text. Texting is often an easier way to reach each other during a crisis. Designate an out-of-town friend or relative everyone can contact in an emergency.

Assemble a disaster kit. Emergency supplies for your home might include:

- * **Food.** Stock a 3-day supply of canned food, dried beans, and whole grains.
- * **Clean drinking water.** Stock a 3-day supply of one gallon per person for each day.
- * **Flashlight, batteries, and a radio.** Consider buying a solar-powered radio.
- * **Tools.** Pliers to turn off the gas. A hammer and nails to board up windows.
- * **First aid kit and medicines.** Check your first aid kit to make sure it's fully stocked. Replace or refill anything that is running low or has expired.
- * **Pet supplies.** Food, water, beds, medicines, collar, leash, pet tags, carrier, litter box.
- * **Makeshift shelter and blankets.** A tarp and duct tape, or a tent.
- * **Important documents.** Driver's license, insurance cards, birth certificates, credit cards, and extra cash.

To learn more about putting your disaster plan and kit together, visit this page on emergency preparedness at The Centers for Disease Control and Prevention, <http://emergency.cdc.gov/preparedness/>

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