

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.

M600-6627A-JUL (7/16) © 2016 American Specialty Health Incorporated (ASH). All rights reserved. Healthyroads and the Healthyroads logo are trademarks of ASH. Healthyroads, Inc. is a subsidiary of American Specialty Health Incorporated. Healthyroads is a health education and wellness program; it is not insurance. Exclusively distributed by Healthyroads, Inc., PO Box 509040, San Diego, CA 92150-9040.

Wellness and Healthy Living **Melanoma: Mind Those Moles**

Melanoma will account for more than 76,000 cases of skin cancer in the United States in 2016. Holding ground as the most deadly type of skin cancer, it causes more than 10,000 of the deaths due to skin cancer each year. Like most skin cancers, it can be found early with skin exams. The earlier it is found, the more likely it is to be cured.

Melanomas look like moles, and many develop from moles. So check your skin once a month. Look for changes of any kind. And pay particular attention to any moles or spots. As you do, keep these warning signs—the ABCDEs of melanoma—in mind:

- * **Asymmetry:** Check to see if one half looks different from the other half.
- * **Border:** Look at the border or outline of the mole to see if it's uneven or rough. Check if the edges are jagged rather than smooth.
- * **Color:** Melanomas are often brown or black. But they may also be pink or red, white or tan, or even blue. One part may also be darker than the other.
- * **Diameter:** Most melanomas are larger than 6 millimeters. That's roughly the size of a pencil eraser. But smaller moles may also be melanomas.
- * **Evolving:** Look for any changes in size, shape, or color. They may also become more raised. Do you notice any other changes, perhaps bleeding or itching?

It's very important to check every inch of your skin. This includes areas that are never—or rarely—exposed to the sun. UV rays from the sun are one of the leading causes of skin cancer. But genes and other factors may also play a role. That means melanomas may develop anywhere. Between toes, under breasts, and even on the bottom of feet.

You may want to visit the American Academy of Dermatology's website. It has helpful tips on how to perform a self-exam. You can even download a body mole map. This may help you keep track of your moles. If you notice something that concerns you, visit your family doctor or dermatologist. Your doctor will decide whether or not to test the mole or spot for cancer cells.

And don't forget that it's far better to prevent skin cancer rather than to treat it. One of the best ways to do so is to protect your skin when you're out in the sun. Wear sunglasses and a wide-brimmed hat to protect your eyes and your face. And apply sunscreen to any exposed skin. Choose a sunscreen with an SPF of 30 to 50. And make sure it's a broad-spectrum sunscreen. That means it provides protection from both UVA and UVB rays.

This information is not intended to take the place of regular medical care or advice. Please check with your doctor before using this information.

01

Wellness and Healthy Living
Melanoma: Mind Those Moles

02

Nutrition and Weight Management
Everything in Moderation—
What Does That Even Mean?

03

Active Living
Focus Meets Fitness
With Mind-Body Workouts

04

Life Skills
Learn to Cook

IMAGINE...

Getting a report on your health that's specific to you . . . in just minutes. Healthyroads.com can help you gauge your current health and find ways to improve it.

Simply visit
www.healthyroads.com today!



02

Nutrition and Weight Management: **Everything in Moderation—What Does That Even Mean?**

When you're eating for weight management, the phrase "everything in moderation" raises a few questions. When it comes to supporting your healthy eating plan, what exactly is moderation?

The answer may not be as clear-cut. A lot of factors come into play. Your health status, age, activity level, and general eating habits are just a few. But there are a few tips that can help you find your own definition of "moderation."

Try to avoid strict "black-and-white" rules to eating. You've probably seen diets that insist you should "never eat this" or "only eat that." It may work better for you to approach healthy eating in a more flexible way. This can mean giving yourself the freedom to enjoy small portions of foods you deem as treats now and then. But the less healthy the treat, the more vital it is to your good health to limit portion size and frequency.

Be mindful of your food. Focus on your food when you eat. Put your phone down, dine away from your work station, and take the time to savor every bite. It's easy to lose track of how much you've eaten if you're distracted by other thoughts and activities.

Watch your portions. This goes hand-in-hand with being mindful of what you eat. Nuts, for instance, are plant-based foods that can be healthy. But if you snack on your favorite nuts straight from the container, it's tough to know how much you've eaten. The calories can add up quickly if you don't watch your portions. Instead, pour a serving into a bowl. And don't forget to enjoy every bite! Keeping your portion sizes under control, and eating a bit more slowly, are keys to moderation.

Mix it up. Eating a wide array of healthy foods like veggies, fruits, whole grains, and lean proteins can help you get the nutrients you need to support your weight goals and total health.

Stay away from trigger foods. Some people tend to eat too much of certain types of junk food no matter how healthy they eat most of the time. It's been said that just one bite of these foods lead to unrestrained eating. In this case, it may be more healthful for you to stay away from these foods—at least until you feel you have a better handle on the portions you eat of them.

Moderation may not be the same for all people. But a good approach may be to eat healthy portions of whole foods—many of which are plant-based—often and limit foods that don't carry much nutritional value. And if you do end up overindulging in unhealthy treats, don't feel guilty. This doesn't mean you're weak or failed to reach your goals. Acknowledge your actions. Think about how you might avoid going down that path in the future. Then take steps to stay on course.



HEALTH TIP:

It's OK to enjoy small treats in proper portions now and then. But the less healthy the treat, the more vital it is to limit portion size and frequency.



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.

Active Living

Focus Meets Fitness With Mind-Body Workouts

Mind-body workouts combine physical fitness with mental focus. The goal is to be present and mindful as you work out. To be aware of your body. To pay attention to your breathing. The mental focus can help calm your mind. And the physical movements can help train your body.

Exercise of all kinds can be great for both your body and mind. But mind-body workouts put a special emphasis on treating the whole body. The idea is that body, mind, and, according to some, spirit or life force are all connected. Thus, the strength and health of all of these elements are important. Here are a few examples of mind-body workouts:

- * **Yoga and Pilates:** Yoga consists of poses, or asanas, that you hold for a period of time. These are combined with meditation and breathing techniques. Pilates involves slow, controlled movements. These are done against resistance. There is a focus on breathing and moving from the core with proper form and control.
- * **Tai chi and qigong:** Both of these workouts focus on chi, a vital energy or life force within you. They both consist of slow, graceful movements that are a series of poses that flow from one into another. The movements help chi flow freely through your body. This, it is thought, can help restore and maintain health.

- * **Fusion workouts:** These blend a mind-body workout with another type of workout. Many add a cardio component. Think yoga mixed with a spin class or Pilates and dance. Some add interval training for more of a challenge. Some have you work with free weights or do more standard body-weight training. And some blend 2 mind-body workouts, like yoga and tai chi or yoga and Pilates.

Though they differ, these mind-body workouts have many of the same benefits. They can help improve your overall fitness, with a special focus on greater strength, balance, and flexibility. They can also help relax your body and quiet your mind. This may help ease stress, improve your sleep and your mood, and reduce pain. They may even help your brain stay healthy, active, and sharp.

Most gyms offer mind-body workouts. You can also find classes at yoga and Pilates studios near you. Or look for fitness DVDs or online videos taught by certified fitness trainers to guide you. You may also want to practice on your own once you feel ready. No matter which option you choose, be sure to work out safely and with proper form.



04

Life Skills Learn to Cook

Do you avoid the kitchen, preferring to scrape by on a steady diet of fast food and phrases like “I can’t even boil water”? It may be time to change your mindset. Anyone can learn to make basic healthy, delicious meals. The comfort and appeal of a home-cooked meal are well known. But the benefits of home cooking go beyond the obvious.

First, home cooking often means lower food costs for better nutrition. Cooking at home can cost less than eating out. Yet, when you’re the chef, you have more control over the sodium, fat, and sugar content. You can use more fresh—and fewer artificial—ingredients. You can also boost the nutritional value of a meal by adding more nutrient-dense foods like vegetables.

Cooking your meals may also aid weight management. Research suggests that passing up dining out in favor of home cooking may help support weight loss.

A few more benefits: Cooking and freezing portions ahead of time can also save you time and effort when your busy week gets underway. And don’t forget the opportunities for family bonding. Giving the whole family a role in preparing a meal can bring a family closer, make the meal more special, and teach children healthy habits that can follow them into adulthood.

Here are some easy ways to get started:

- * **Try an adult class for absolute beginners.** Check online for local classes.
- * **Visit websites and discussion forums** to ask questions and pick up tips.
- * **Get a cookbook for people who have never cooked.** Not all cookbooks assume you know what a double boiler is. Find one that speaks to your level.
- * **Ask a friend who cooks to teach you how to make something.** You supply the ingredients and the two of you can share the meal.
- * **Discover the wonder that is the slow cooker.** Put ingredients in. Turn it on. Relax. The slow cooker does the cooking and even shuts itself off when it’s done.

So, don’t fear the kitchen. You don’t need to become a master chef to cook tasty and healthy meals. If you’re willing to follow a few steps, you might be surprised by what you can cook. When the savory aroma of that homemade dish permeates the air, you’ll know the rewards have outweighed the effort.

GET STARTED with Healthyroads today!

Healthyroads.com provides the following helpful health tools:

- * Online classes
- * Award-winning educational materials
- * Challenges, polls, blogs, and more!

For more information, visit us online at www.healthyroads.com.



HEALTHYROADS WANTS TO HEAR FROM YOU!

Do you have ideas for articles you would like to read? Suggestions for improvements? Please let us know at Feedback@Healthyroads.com

