



Health Yourself!!

Choosing a Diet Plan

It's that time of year again when many of us start thinking of what we would like to improve in ourselves for the new year. We think of ways to save money, continue our education, make career choices, be nicer to co-workers, become happier at work, and of course, the all time favorite—lose weight and live healthier.

All of us know that losing weight is a matter of using more calories than we consume. Logically we know and understand what is needed to lose those pounds gained over the past year. However, for a lot of us, *knowing* and *doing* are two different things and we need some structured support to help us make healthier choices.

According to Discovery Health (www.discoveryhealth.com), if you are planning to choose a diet plan to assist you in making healthier food choices, there are some things to consider when making your selection. You'll want to choose a plan that fits your personality and lifestyle. Before committing to any plan, ask yourself:

Does the program fit your dieting style?

Do you prefer to go it alone, following the advice of a weight-loss book or Web site? Do you prefer to receive one-on-one counseling with a registered dietitian? Or do you prefer to share in group support, either in person or on-line? Choose the format that makes you most comfortable, and you're more likely to succeed.

Does the diet fit your lifestyle?

Do the meal plans require you to spend hours preparing fresh meals in the kitchen but you don't have the time or the inclination to cook? If you eat out or travel often, is it possible to stick with the program?

Does the program allow you to eat the same foods as your family?

If the program restricts your food choices so you have to make one meal for yourself and another for your family, you may find it difficult to stay with the program. A plan that controls portions but allows a wide variety of foods may work best for you and your family in the long run.

Is the weight-loss program flexible enough to accommodate the foods you like or does it feature many foods you dislike?

If the plan eliminates your favorite foods or requires you to eat foods you dislike, how likely are you to stick with it in the long run? You're more likely to stick with a program that offers a variety of nutritious foods from all the food groups and that allows you to enjoy moderate portions of some of your favorite foods on occasion.

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Happy New Year!
Happy New You!
Happy New Goals!



Congratulations to Yolanda Feast Holmes on the birth of her new granddaughter, Chole Sage Feast Revelle

A GREAT WAY TO LOSE WEIGHT.

A GREAT DAY TO START.



Whether you choose meetings at work* or in your local community, or a plan followed completely online,† we offer flexible solutions to help you reach your weight-loss goals.



Learn more.



New Weight Watchers at Work Plan for 2012. Instead of paying for an entire series all at one time, you can now join a WW@W group and pay for a monthly pass for \$39.95 a month (cheaper than the community meetings monthly passes which cost \$42.95 a month). You join online by going to the Nunez Community College online portal and registering for our WW@W group. Contact Carol McLeod at 278-6418 for information on accessing the Nunez portal. You do not have to be an employee to join our group. If you are interested in an online only membership, monthly passes are \$17.95 a month.

*Available only in participating areas in the U.S. Minimum enrollment required to start an At Work meeting, minimum attendance required to maintain the At Work meeting.

†You will be automatically charged each month for your Weight Watchers Online subscription in accordance with your company's pricing until you cancel.

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Can the diet be modified to fit your medical needs?

To lower LDL cholesterol and your risk of coronary heart disease, the weight-loss program should be able to incorporate the diet and lifestyle recommendations of the National Cholesterol Education Program and the American Heart Association. Not all weight-loss programs are low in saturated fat, and some restrict foods that are recommended on a cholesterol-lowering diet. So check out the diet rules and restrictions to help you decide if the program is right for you.

Does the weight-loss program end when you reach your desired weight, or does it continue to help you keep the weight off?

Especially if you relied on pre-packaged, pre-portioned meals, you need to learn how to control your weight while eating store-bought foods that are prepared at home. A good weight-loss program teaches you to adjust your eating plan for weight maintenance, encourages you to engage in regular physical activity, and provides on-going support to help prevent you from re-gaining the weight.

Tips for Handling Stress in 2012

A part of living healthier is to find ways to handle the everyday stresses in our lives. Try some of these tips when you feel overwhelmed by all the daily ups and downs.

- ✓ Reach out. Develop a network of friends and family you can rely on and confide in.
- ✓ Just breathe. When a stressful situation arises, breathe in and out slowly and deeply for 10 full breaths. Exhaling slowly will decrease your heart rate and calm your body, helping to reduce the stress.
- ✓ Hold hands. A recent study found that hand-holding calms the body's reaction to stress. So grab the hand of a friend or loved one. (be sure that the hand you grab is attached to a person who, especially at work, will not view it as an inappropriate action)
- ✓ Sleep. Most adults need 7-8 hours of sleep a night. Staying well-rested keeps your mind and body healthy and better able to handle those stressors.
- ✓ Don't multi-task. Focus on one thing at a time to keep from feeling overwhelmed and overly stressed.
- ✓ Say no to drugs and alcohol. Although using them upon occasion may seem to relieve tension, relying on them will prevent you from learning and practicing healthier ways to deal with stress and emotion.
- ✓ Stay present. Rather than focus on things you can't change in the past or the future, concentrate on those things you CAN change right now.
- ✓ Communicate openly. When you feel overwhelmed, don't hold in your thoughts and feelings. Open up to that network you've developed, write in a journal, or talk to a professional—just don't stew over a stressful situation in silence until the situation ruins your mental or physical health.
- ✓ Talk a walk, work up a sweat, hop on your bike. Being physically active can help you clear your head and relax.



This month's healthy challenge:

For one grocery store trip this month, commit to shopping only along the perimeters of the store. See if you can feed your family with whole, unprocessed foods for one week that you buy on that grocery store trip.

Building Healthy Habits Tip of the Month:

Stick to the perimeter of the grocery store when doing your shopping. Whole, healthful foods are usually found along the outside edges of the store. The closer you get to the center of the store, the more processed (and unhealthy) food you'll find.

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HELPING
EMPLOYEES
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Southwestern Frittata, Serves 2

- 1/2 green or red bell pepper, diced
- 4 fresh mushrooms, sliced (about 1/2 cup)
- 6 egg whites or equivalent amount of egg substitute (about 1 cup)
- 1/2 cup salsa, plus 2 tablespoons for garnish
- 1/2 cup shredded cheddar cheese

Preheat the broiler. Position the rack 4 inches from the heat source.

Lightly coat a heavy, oven-proof skillet with cooking spray. Place on the stove over medium heat and add the peppers and mushrooms. Saute' until the vegetables are tender, about 5 minutes.

In a small bowl, whisk together the egg whites and 1/2 cup of the salsa. Pour the egg white mixture into the skillet with the vegetables and cook until partially set, about 5 minutes. Don't attempt to blend or scramble the mixture. Sprinkle with cheddar cheese.

Place the skillet under the broiler and cook until the cheese is melted and eggs are set, about 5 minutes.

Divide the frittata in half and spoon onto individual plates. Garnish each serving with 1 tablespoon salsa and serve immediately.

Calories 181 sodium 443 mg Protein 19 g cholesterol 30 mg Fiber 1 g Mono fat 3 g
Sat fat 6 g calcium 224 mg



The winner of last month's health challenge is Jean Nunez from the library. The prize is a lunch tote. Please come by the HR Office and pick up your prize. Don't forget to take this month's health challenge (see page 3) for a chance at another great prize! Every month there is a new challenge to meet and a new prize. Starting this month, prizes will be awarded only for meeting the published challenge.

I took the challenge!! Describe what you did to meet the monthly health challenge.

I _____
_____.

Please enter me in the drawing for the monthly prize.

Name _____
Room/Office number _____
Telephone number _____

Tear off this form and drop it off in the Office of Human Resources. The winner will be announced in next month's *Health Yourself!!* Newsletter.