



# Tips for Being Well this year

## It's time to Get Real!

Beginning a new year with a long list of resolutions can be a good exercise in trying to capture everything about your life you want to improve. However, tackling more than 3-5 goals at a time can be daunting. A short list of positive, actionable goals will show results in the short term, boosting your confidence for a longer lasting impact throughout 2013.

### Take control of your risk!

- Stay away from tobacco
- Stay at a healthy weight
- Get moving with regular physical activity
- Eat healthy with plenty of fruits and vegetables
- Limit how much alcohol you drink (if you drink at all)
- Protect your skin
- Know yourself, your family history and your risks.
- Have regular check ups and cancer screening tests.

### Super Foods

1. Water instead of sweetened soda
2. Whole grains: brown rice, quinoa, whole wheat, oats, rye
3. Vegetables, fresh and steamed, the least processed the better
4. Fruits: with so many varieties out there, just remember to wash the skin well before slicing or biting into it
5. Fish instead of red meat, the fewer servings of red meat, the better

- ⇒ **Learn all about the energy balance:** Calories in versus calories out. How much do you eat? Track the calories of the food you eat by writing it down in a food journal. Track how many calories you burn by the activity you do throughout the day. By maintaining a balance you can maintain a healthy weight. For more information on energy balance, go to [www.togethercounts.com](http://www.togethercounts.com).
- ⇒ **Make meal time work for you and your family:** The time of day that could be restful and connecting for your family can have the opposite effect. Balance out your weekdays by thinking through what works best in your household. Aim for a few meals together each week and pat yourself on the back for a more balanced routine. Dust off the crock pot and plan on a pizza night—you can make family meals happen by making them easy. See the back of the newsletter for recipe ideas.
- ⇒ **Connect with your community:** If being more active and healthy is on your mind, look to your school, scout troop and church or community group for support. Are you a team leader in your community? There are tons of ways to get together as a community for fun and fitness. Imagine a good old fashion sack race, or get together and adopt a mile and pick up litter. Perhaps you want to adopt a park and do the yard work. Visit a senior center and have a day outside talking about the good old days. Take the kids of the youth group to a basketball court and shoot some hoops or play four square. Have an old fashioned field day complete with Olympic events. The only limits are your imaginations.
- ⇒ **Share with others:** Once you learn these great new ideas and ways to enjoy life with an emphasis on living the healthy life, share them with others! Invite your friends on trips to state parks. Ask extended family members to go for walks with you . Have you found a wonderful new sport or activity? Tell others all about it! Have a party with a theme of fitness, such as a relay race, or Olympic recreation. Let your children invite friends over and play pirates and have a real life scavenger hunt in the neighborhood with supervision. Get a bowling team together from friends at work or church or neighborhood. Surrounding yourself with people who make activity the focus of your get together instead of food is good for you and them!

See the back of this publication for more ideas!

*Keeping You Healthy is our  
Number One Priority!*

Energy balance 100 calories in:

A handful of peanuts (about 25)  
Half of a doughnut  
One tablespoon of butter, margarine or mayon-  
naise  
An 8-ounce glass of a regular soft drink

Energy balance 100 calories out:

Climbing stairs for 11 minutes  
Riding an exercise bike for 13 minutes  
Gardening for 18 minutes  
Walking for 22 minutes  
Doing housework for 25 minutes

### HEALTHY RECIPE INGREDIENTS FOR CROCK POT COOKING

#### Choose from a meat

Boneless skinless chicken  
thighs, cubed  
Boneless skinless chicken  
breast, whole or cubed  
Lean beef  
Black beans  
Cubed extra firm tofu  
Cubed low fat ham  
Browned ground low fat meat  
such as beef, turkey or chicken

#### Choose 2 veggies

Cut green beans  
Sweet corn off the cob  
Black beans  
Kidney beans mushrooms  
Okra spinach  
Sweet peas celery  
Tomato peppers  
Onion zucchini  
Garlic squash  
Baby red potato

#### Choose 1 liquid source/sauce

Vegetable broth  
Chicken broth (low sodium)  
Mushroom broth  
Fat free Italian dressing  
Buffalo sauce  
Lemon juice  
Lime juice  
Pineapple juice  
Orange juice  
Reduced fat canned gravy

### QUICK IDEAS FOR FUN ENERGY BALANCE ACTIVITIES

- Get a step counter for each family member and "dare" everyone to take an extra 2,000 steps a day (enough to burn about 100 calories)
- Teach the dog to fetch or play Frisbee
- Race each other to see who can finish household chores first
- Go roller skating or roller blading
- Team up to wash the car, rake leaves or shovel snow
- Walk or bike to the store together
- Plant and tend a family vegetable patch
- Do an exercise video together
- Play tag or jump rope
- Let the kids teach you the latest dances, then teach them dances from "your day"
- Take a walking-friendly trip to the zoo or a museum
- Institute screen breaks that require 10 minutes of stretching or walking around for every hour of TV or computer time (and try to limit screen time to one to two hours per day)