

HEALTHY HABITS

January 2018

New Year, New You!

The holidays are behind us and the New Year looms on the horizon as a time of hope and promise within our own lives, our families, our communities, our workplace and the broader world around us. As part of this potential, 2018 also represents a time of renewed commitment to our goals for improved health and wellness.

Start Small

Your goal to better health could start with a quick and simple goal, such as a short walk 3-5 times per week. And you don't have to be an athlete or exercise for hours on end each day to get healthier. Gretchen Williams, author of *The First 20 Minutes*, notes: "The first 20 minutes of moving around, if someone has been really sedentary, provides most of the health benefits. You get prolonged life, reduced disease risk—all of those things come in the first 20 minutes of being active."

Read the Writing on the Wall

What you need to get you up off the couch is a reason that's important to you. It could be a number on the scale that surprises you or your doctor's recommendation that you need to move more to stay healthy.

Feel the Love

If you haven't been exercising regularly, you'll be surprised at how great it makes you feel. Researchers from Penn State University found that more physically active people reported greater general feelings of excitement and enthusiasm, compared with less physically active people. The reason? All types of moderate physical activity release brain chemicals (endorphins and serotonin) that make you feel more positive and help you to relax.

Bounce Back From Setbacks

You've set a reasonable fitness goal. You've prepared for potential problems. Yet somehow you still didn't make it to the gym today as you had planned. Don't let that be your downfall. If things get really hectic or you're not feeling well, take a day or two off. Don't be guilt-ridden if you need a break, but get started back on your exercise routine as soon as possible. Change is hard.

Healthy Inspiration

Nothing is impossible. The word itself says I'm possible.

Did You Know

The tooth is the only part of the human body that can't repair itself.



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**First Medical
Occupational Health**
an affiliate of Fairfield Medical Center

CLINIC HOURS:

MON., WED. & FRI.: 9 A.M.—4:30 P.M.

TUES & THURS.: 10 A.M.—5:30 P.M.

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Your Resolution for Healthier Living

Maintaining a healthy weight may seem like a daunting task for many people; however, it does not have to be! By choosing to focus on just three healthy habits daily, you can begin to live a healthy and happy life. Make the three things you choose be simple, small and easy to increase the chance of success.

1. Make activity a daily habit

- 30 minutes of daily activity at least 4 days a week will build lean muscle
- Extend time of activity by 10 min per day every week
- Turn off the TV and get up and move!

2. Make a healthy plate

- Increase filling type of foods such as lean proteins, vegetables and fruits
- Make meal planning a priority as this increases healthy meal creations
- Eat breakfast everyday

3. Accountability to yourself

- Count calories. You can use an app, such as MyFitnessPal or Lose it! by FitNow, to help keep track of dietary intake
- Portion control is key. Be mindful of how much you consume at each meal and review serving sizes.
- Weigh yourself weekly and keep track of your progress, adjusting your food intake and activity, as necessary.



Fitness resolutions for 2018

Are you feeling too busy or too tired to squeeze a workout in? Try one of these tips and you may be surprised how easy it is to squeeze in some exercise throughout the week.

- Take two brisk 10 min. walks while on your breaks each day to reach 10,000 steps a day.
- Be accountable. Find a co-worker or a friend to walk with you.

January is National Blood Donor Month

Since 1970, National Blood Donor Month has been observed in January to not only honor blood and platelet donors, but also to help increase donations during the winter due to supply concerns. Every day, more than 21,000 people receive blood products from a Red Cross donor. The American Red Cross encourages all blood type donors to give blood regularly, beginning in January. To make an appointment, download the free Red Cross Blood Donor App, visit redcrossblood.org or call 800-733-2767.

Cauliflower "Fried Rice"

- 1 medium head of cauliflower, rinsed
- 1 Tbsp sesame oil
- 2 egg whites
- 1 large egg
- Pinch of salt
- 1/2 small onion
- 1/2 cup of frozen peas and carrots
- 2 cloves garlic, minced
- 5 scallions, diced with green & white separated
- 3 tsp soy sauce or more to taste
- Remove the core and let the cauliflower dry completely.
- Coarsely chop into florets, then place half of the cauliflower in a food processor and pulse until the cauliflower is small and has the texture of rice or couscous – don't over process or it will get mushy. Set aside and repeat with the remaining cauliflower.
- Combine egg and egg whites in a small bowl and beat with a fork. Season with salt. Heat a large saute pan or wok over medium heat and spray with oil.
- Add the eggs and cook, turning a few times until set; set aside.
- Add the sesame oil and saute onions, scallion whites, peas and carrots and garlic about 3–4 minutes, or until soft. Raise the heat to medium-high.
- Add the cauliflower "rice" to the saute pan along with soy sauce. Mix, cover and cook approximately 5–6 minutes, stirring frequently, until the cauliflower is slightly crispy on the outside, but tender on the inside.
- Add the egg, then remove from heat and mix in scallion greens.