



Say Hello to a Healthy 2011

Christmas decorations have been packed away, the relatives have headed back home, and you have just rung in the New Year, complete with a set of new (or last year's not-so-successful rollover -) New Year's resolutions. Instead of fixating yourself upon a lengthy list, focus on one thing – your **health**. Celebrate 2011 by establishing a healthful life through a nutritious, non-diet lifestyle and physical activity during Healthy Weight Week.

Healthy Weight Week: January 17-23

National Healthy Weight Week occurs during the 3rd month of January: the 1st week of January, New Year's resolution makers begin a diet, and during the 2nd week they typically "break" the diet. This 3rd week celebrates healthy eating habits that last a lifetime and prevent eating and weight problems. This week represents a time to stop dieting and instead start being healthy. "Eat well, live actively, and feel good about yourself and others."

Celebrate **Healthy Weight Week** by choosing 2-3 of the following activities:

1. Stop dieting! Put weight-loss obsession to an end. Stop incessantly thinking about how many pounds you think you need to lose, and instead focus on yourself as whole. Be the best you.
2. Promote healthy relationships with your family, friends, and coworkers and you will surround yourself uplifting environment
3. Be active in your own way, every day – Make a point to be active at least 20-30 minutes a day, 5 days a week. Engage in activities that you enjoy; if you hate running on a treadmill, don't force yourself to do it. Pick an activity that makes you stop thinking about how many calories you are burning.
4. Think positively of others – treat others with respect, acceptance, and tolerance.
5. Build your self-esteem – Through affirmations and self-talks – respect and accept yourself, and you will have a positive body image.
6. Identify your personal talents and build on your unique traits
7. Eat well – Include all five food groups in your diet. Focus on balance, variety, and moderation
8. Relax and de-stress – find some alone time for yourself away from people, technology, and work. Take 10-15 minutes to close your eyes, breathe deeply, and relax. Listen to your body.

Make a resolution to celebrate Healthy Weight Week for the rest of the year! Continue to follow your chosen activities for the rest of the month, then gradually add in the other activities over the course of the year. By incorporating these activities slowly, you are more likely to make them apart of a permanent, healthy lifestyle.

For more information about Healthy Weight Week, visit <http://www.healthyweightnetwork.com/hww.htm>.

A Year in Review

Take a look at what your diet and health has been like over the past twelve months by asking yourself these questions and writing down the answers in a notebook. In order to maintain a healthy lifestyle, you need to take an honest look at your health and dietary habits.

- ❖ How does your weight compare to a year ago?
- ❖ Do you have energy throughout the day or are you tired all the time?
- ❖ Do you cook the majority of your meals, or are they take-out or prepared foods?
- ❖ Are you physically active? Do you exercise?
- ❖ Do you eat healthy-sized portions, or do you stuff yourself at every meal?
- ❖ Do you smoke?
- ❖ Do you pay attention to food labels? Do you look out for fat or sodium content?
- ❖ Do you have diet-related health issues?

Recipe of the Month

Baked Oatmeal

Perfect for breakfast or a snack!

Ingredients

- 2 c. Old-fashioned oats
- 1/4 c. Veg. oil (canola is good)
- 1/4 tsp. Salt
- 1 tsp. Cinnamon
- 3/4 c. Milk
- 1 tsp. Baking powder
- 2 Eggs
- 1/2 c. Packed brown sugar

Preparation

Preheat oven to 350 degrees. Mix all ingredients together and press into ungreased 8-inch square pan.

Bake for 30 minutes or until golden brown and cooked through.

(Optional: Try pouring baked apples on top, or try baking apples or dried blueberries into the cake.)



Move of the Month

Camel Stretch

Come to hands and knees with your hands shoulder-width apart, knees hip-width apart, abs engaged, and back flat (spine neutral). Engage your abdominals as if pulling your navel towards your spine and round your back towards the ceiling. Allow the head and neck to fall naturally between the arms.



Breathe deeply and hold for 10-seconds.

Special Instructions

Stretch to the point of "mild discomfort," not to the point of pain.

Target Muscles Stretched: Back

<http://www.sparkpeople.com/resource/exercises.asp?exercise=305>

Save a Life!

January is National Blood Donor Month

Blood donors are especially important during this time of the year. According to the American Red Cross, during the holidays there is a serious shortage of blood. Help relieve the shortage and give today!

Visit redcross.org

