Survive! With Oats for Breakfast

Survival expert and TV host of *Man vs. Wild* Bear Grylls is known for his appetite for anything that will keep him alive in the outdoors. He's eaten things like beetles, larva, spiders, and raw snake meat.

But he also has high cholesterol. When he's not trying to survive in the wild, he eats whole-grain oatmeal for breakfast. If you haven't enjoyed a bowl of oatmeal lately, give it a try. January is National Oatmeal Month.

Health Benefits of Whole-Grain Oatmeal

Topped with fruit and nuts, eating whole-grain oatmeal is a tasty way to start your day. It's healthy, too.

Instant Oats vs. Wild Oats

Skip the instant packets of sugary-flavored oatmeal, and forget about ordering oatmeal from a fast food menu. Processed oatmeal like this usually contains higher levels of carbohydrates, fat, sodium, sugar, and calories. It only takes a few minutes to cook rolled oats on the stove. For steel-cut oats, the healthiest form of oatmeal, plan on 20 to 30 minutes of cooking time. You can also make steel-cut oatmeal in a crock pot, simmer on low overnight, and enjoy for breakfast.

MORE

Try these oatmeal toppings
tinyurl.com/lgrqlcb

Research shows that eating oatmeal can help:

- Decrease bad cholesterol levels
- Lower the risk for heart disease
- Control blood sugar levels
- Improve digestive health
- Aid in weight management
- Reduce the risk for certain types of cancer
- Lower blood pressure

American Heart Association. Whole Grains Council.

Resolution Solutions for Weight Management

Lose weight. It's the #1 New Year's resolution.

However, the average American attempts to lose weight at least four times a year, according to the National Weight Control Registry. And about 95 percent of all fad diets end in failure. Fortunately, it doesn't have to be that way.

Check out these resolution solutions to tip the scale in the right direction:

Eat Healthy. To lose weight, eat more fruits and vegetables, nuts, and seeds, whole grains, legumes,

MORE

Healthy ways to lose weight
tinyurl.com/
mhkb8hd

and low-fat dairy or soy. If you eat meat, avoid red meat and choose lean meats, fish, and skinless poultry. Drink more water.

Limit or avoid sugary drinks, snacks, and processed foods that are high in calories.

Exercise. The American College of Sports Medicine recommends 60 minutes a day of exercise for weight loss. Try walking, cycling, jogging, swimming, or dance aerobics to burn fat and calories.

Sleep. Aim to sleep 7 to 8 hours a night. Adequate sleep helps control cravings and reduce hormone levels linked to hunger, according to a study published in the *Canadian Medical Association Journal.*

Prevent Diabetes with Diet, Exercise

"You have prediabetes," the doctor told 63-year-old Pat Holmes. After years of yo-yo dieting, Pat was obese, ate poorly and rarely exercised. Her story might sound extreme, but an estimated 86 million Americans have prediabetes.

With an official prediabetes diagnosis, Pat decided it was finally time to change her ways and agreed to participate in a national weight-loss study. She learned to eat healthy, avoid sugary snacks, and exercise regularly. In one year, she lost 114 pounds and has kept the weight off.

"My key to success is to exercise six to seven times a week, to eat very low sugar…and to find foods that are healthy that I love to eat," says Pat. "I do not feel deprived or like I am on a diet."

New research published in the journal *Diabetologia*, found that when people like Pat improved their diet and exercise habits, they cut their risk of developing diabetes by 40 percent. Researchers followed about 13,000 people for three years. They found that healthy lifestyle habits also helped people with prediabetes lose weight and lower blood sugar levels.

American Diabetes Association.
Diebetologia.
Centers for Disease Control and Prevention.
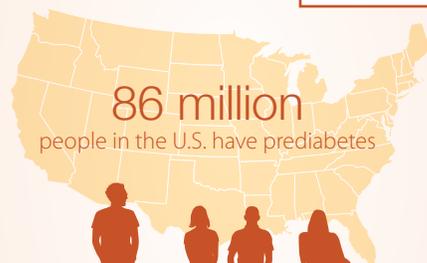
$$ Medical costs for a person with diabetes are **TWICE** as high as someone without diabetes.

84 people a day are diagnosed with type 2 diabetes in the United States.

Diabetes is the **SEVENTH** leading cause of death in the United States.

86 million
people in the U.S. have prediabetes

1 out of 4 people with diabetes don't know they have it

3 WAYS TO PREVENT DIABETES
1. Lose Weight   2. Eat Healthy   3. Stay Active

Resolution Solutions for Weight Management (continued from page 1)

Weigh-In. Research shows that people who weigh themselves regularly, keep a food diary, and track their weight-loss efforts are more likely to be successful at losing weight.

Get Support. People in the National Weight Control Registry study were more likely to lose weight and keep it off when they had support from a social network, team of co-workers, wellness coach, and even online support groups.

If you want to lose weight, skip the fad diets, weight-loss pills, and gimmicky exercise equipment that promise rapid results. Instead, develop healthy lifestyle habits to lose 1 to 2 pounds a week and maintain a healthy weight.

Harvard School of Public Health.
U.S. Department of Agriculture.
Centers for Disease Control and Prevention.
National Weight Control Registry.

Take the January Health Challenge!

Practice Healthy Weight Habits – Eat well, exercise, and make healthy lifestyle choices

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
What makes olive oil good for you?

Practice Healthy Weight Habits

CHALLENGE
Eat well, exercise, and make healthy choices

Requirements to Complete this HEALTH CHALLENGE™

1. Read "Practice Healthy Weight Habits."
2. Practice healthy weight habits on at least 22 days this month.
3. Keep a record of your completed challenge in case your organization requires documentation.

When 45-year-old Washington D.C. mother and tour guide Sally Adams tipped the scale at 335 pounds, she knew she had been ignoring a growing weight problem. After years of eating high-calorie foods, snacks and treats, and giving up on exercise, she wanted to get her life back.

Sally wasn't always overweight. The former competitive swimmer broke her leg a few years earlier, and that's when she started packing on the pounds. With the help of a personal trainer, a healthy diet, and regular exercise, Sally lost about 140 pounds in a year and has been able to keep it off.

Whether you need to lose weight or simply maintain a healthy weight, your choices make all the difference. Take this month's Health Challenge to Practice Healthy Weight Habits.

What is a Healthy Weight?

Step on the scale and there's a good chance you'll know right away if you've gained weight since the last time you weighed in. But how do you know if you're at a healthy weight or need to lose weight? It's actually pretty easy: Calculate your Body Mass Index.

Body Mass Index and Weight Management

Body Mass Index is a common measurement that compares your weight to your height. A healthy BMI is 18.5 to 24.9. If your BMI is higher than 24.9, you may be overweight or obese, based on national standards. If your BMI is in the healthy range, keep up the good work. If it's higher than 24.9, make a plan to lose a few pounds.

Calculate your Body Mass Index
tinyurl.com/ b53foz

How much do you know about watching your weight? Take this quiz to find out.
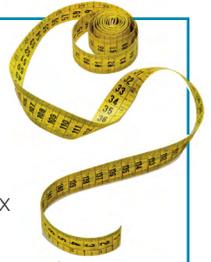
T F

1. ☐ ☐ A healthy Body Mass Index is between 18.5 and 24.9.
2. ☐ ☐ A waist circumference of 40 inches or more in men or 35 inches or more in women increases the risk for chronic diseases.
3. ☐ ☐ People who keep a food diary are twice as likely to lose weight or maintain a healthy weight than those who don't.
4. ☐ ☐ An estimated 55 percent of all adults in the United States are overweight or obese.
5. ☐ ☐ Losing just 5 to 10 percent of excess body weight can lower your risk for disease and improve your health.

In the United States an estimated 69 percent of all adults are overweight or obese. But it doesn't have to be that way. Eating a healthy diet and getting regular exercise can help you lose unwanted pounds, improve your health, and lower your risk for chronic diseases.

Answers: 1. True. 2. True. 3. True. 4. False. 5. True.

Benefits of Maintaining a Healthy Weight

Achieving and maintaining a healthy weight can help you look and feel better, increase mobility, enjoy a higher quality of life, and live longer. Losing weight or maintaining a normal BMI can also lower your risk for chronic health conditions like:

- Diabetes
- High blood pressure
- High cholesterol levels
- Heart disease
- Stroke
- Liver and gallbladder disease
- Sleep-related disorders
- Certain types of cancer

Keeping your weight under control will also save you money. A recent study found that 21 percent of all healthcare costs in the United States are linked to obesity. An obese person may spend about $3,000 more a year in healthcare costs than a healthy weight person.

Healthy Habits for Weight Management

When Sally Adams decided it was time to lose weight, she had to change her eating habits, make exercise a priority, and stick with it. The following healthy weight habits will help you maintain a healthy weight or lose those unwanted pounds if you weigh more than you should.

Eat foods high in fiber. Studies show that eating fiber-rich foods helps control hunger and aid in weight management. Foods high in fiber include salads, soups, fresh fruits and vegetables, and whole-grain breads and cereals.

Eat a healthy breakfast. People who skip breakfast weigh more than those who don't. A good breakfast doesn't have to be a high-calorie meal. Instead of pancakes drenched in syrup, try this combination:

- [ ] 1-2 pieces of fresh fruit (e.g., orange)
- [ ] a serving of whole grains (e.g., ½ c. oats or 1 piece whole-wheat toast)
- [ ] a glass of milk or soymilk
- [ ] one serving of healthy fats (e.g., small handful of almonds)
- [ ] and a healthy protein (egg whites or Egg Beaters).

Choose low-glycemic foods. Foods with a low Glycemic Index take longer to digest and help control hunger. Low-glycemic foods include legumes, soy, veggies, most fresh fruit, healthy proteins, and whole grains.

Don't eat and watch TV at the same time. People quickly learn to associate eating in front of the TV with food. Then whenever they watch TV they want to eat. The same principle applies to snacks at movies.

Drink more water. Carry a water bottle with you and drink throughout the day. Drink water with meals instead of juice, soda, or alcohol. Research shows drinking water can help control calories, help you feel fuller, and aid in weight management.

Chew your food. Take a bite, put your fork down, and chew slowly. This gives your body time to send signals to your brain that you feel full.

Take the **Portion Distortion Quiz** tinyurl.com/2eukac

Practice portion control. When you go out to eat, split an entrée with a friend or put half of the food on your plate in a to-go bag first. Read food labels to see how many calories are in a single serving. At home, try using smaller plates to control portion sizes.

Eat at home more often. A typical fast food meal with a burger, fries, and a soft drink contains more than 1,200 calories. With a little planning, you can make healthier, lower-calories meals at home with fresh ingredients.

Be physically active daily. Exercise burns calories, improves mood, and uses fat for energy. Aim for 30 to 60 minutes a day of exercise like walking, jogging, biking, swimming, or aerobics. Include strength training exercises at least two times a week to burn fat and strengthen your muscles.

Apps to track your calories and lose weight **LoseIt!** www.loseit.com **MyFitnessPal** – www.myfitnesspal.com

Sleep 7 to 8 hours nightly. People who cut sleep short are more likely to gain weight. Staying up late is a recipe for snacking and weight gain.

Weigh yourself daily. Research shows that people who weigh daily are less likely to gain weight over the next 10 years compared to people who rarely step on the scale. Write your weight on your calendar. This will help you focus on small changes and take action when needed.

Set realistic goals. Losing 1 to 2 pounds per week is a realistic goal. Join a weight-loss group or work with a professional to help you be more accountable. Commit to following an eating plan based on calories and track your progress to achieve your goal weight.

Manage stress in healthy ways. High stress levels, worry, and discouragement can lead to weight gain. Balance stress with relaxation, recreation, and rest instead of overeating or indulging in desserts.

Practicing these healthy weight habits will help you tip the scale in the right direction and maintain a healthy weight.

Sources: Archives of Internal Medicine.; Centers for Disease Control and Prevention.; National Heart, Lung, and Blood Institute.; Journal of Health Economics.; Obesity.; National Institutes of Health.

Practice Healthy Weight Habits

CHALLENGE
Eat well, exercise, and make healthy choices

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of days you practice healthy weight habits.
3. Use the calendar to record your actions and choices to make healthy weight habits become a regular part of your life.
4. At the end of the month, total the number of days you practiced healthy weight habits. You must do this on at least 22 days this month to complete this challenge. Then keep up the practice for a lifetime of best health.

MONTH:					HC = Health Challenge™ ex. min. = exercise minutes		
SUNDAY	**MONDAY**	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**	**SATURDAY**	**Weight & weekly summary**
HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	
HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	
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HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	

_____ Number of days this month I practiced healthy weight habits

_____ Number of days this month I got 30+ minutes of physical activity

Other wellness projects completed this month:

_____

_____

Signature _____ Date _____

A.

Many health professionals and nutritionists recommend olive oil as part of a healthy diet. It's used for cooking, baking, and sautéing vegetables. And it's used to make healthier salad dressings compared to the kinds made with creamy sauces. But what makes olive oil good for you?

Olive oil is a healthy fat

Olive oil is a fat that comes from pressed olives. It's a healthy or good kind of fat also known as monounsaturated fat. This type of fat has been linked to better health when compared to saturated or trans fats frequently used in processed foods, pastries, and fast food.

Olive oil also contains healthy plant chemicals called phytonutrients. These are the real health-boosting and disease-fighting parts of the oil. Virgin and extra-virgin olive oil are thought to have the highest amounts of these good plant chemicals. Lower quality olive oils have less phytonutrients. Virgin and extra-virgin olive oils tend to cost more, but the quality is worth it.

WHY IS OLIVE OIL SO GOOD FOR YOU?

Olive oil and the Mediterranean diet

In a major study that examined the health benefits of the Mediterranean diet, researchers pointed to olive oil and other healthy fats for dramatically reducing the risk of heart disease. In fact, people who consumed about four tablespoons of olive oil a day along with a healthy diet lowered their heart disease risk by 30 percent in the PREDIMED study. The finding was so significant, the study ended early so that all participants could reap the health benefits of olive oil.

Health benefits of olive oil

The PREDIMED study showed that olive oil and the Mediterranean diet can lower the risk for heart disease and high blood pressure. Other studies have found that olive oil may also:

- Improve circulation
- Prevent blood clotting
- Reduce inflammation
- Support good brain function
- Prevent certain types of cancer
- Lower the risk for type 2 diabetes
- Strengthen bones

Add olive oil to your diet

Olive oil is good for you because it's a healthy fat. It's a better alternative to butter, lard, margarine, shortening, and partially hydrogenated vegetable oils. But it's still high in calories, so use olive oil moderation. Olive oil should be stored in a dark cupboard or in the refrigerator. Once you open a bottle of olive oil, use it within six months to a year.

Sources: British Journal of Nutrition.
New England Journal of Medicine.
The Mayo Clinic.
Nutrition, Metabolism & Cardiovascular Diseases.