

THE RISE



January/
February
2012

IN THIS ISSUE

Fitting in Exercise

Page 2



Benefits of Drinking Water

Page 3



What's Wrong with Diet Soda?

Page 3



Recipe of the Month: Macaroni & Cheese Soup with Broccoli

Page 4



A New Take On Resolutions

Here it is: the New Year! A time for life changes and new resolutions. A large percentage of Americans have a common goal at this time of the year—weight loss. We all want to exercise more, eat less, and lose 50 pounds in the next month.

While it is important to have a healthy weight, it is more important to set realistic weight goals and live a healthy lifestyle. It is not realistic to uproot every habit that we have in order to lose a lot of weight in a few weeks. Change takes time, and weight loss occurs slowly, when it is done healthily. One to two pounds per week is the maximum amount of weight loss that should occur for healthy weight loss. Losing more than this will mostly be water, muscle weight, or cause too much shock to the body forcing it into "starvation mode", storing more of whatever you eat.

As change does take time, it is important to stick with your New Year's Resolutions for more than just the month of January.

There is a high drop-out rate with resolutions, but try to make this rate decrease with you—set realistic goals so you can continue with these goals throughout the year. You will find great health benefits from living a healthy lifestyle, and in turn getting to a healthy weight. ■



Managing or achieving a healthy weight does not have to be painful. Enjoy the beautiful, colorful fruits and vegetables that are available! Have these help you with your New Years Resolution goals!

Fitting in Exercise



Finding time to exercise can be a battle. There is only so much time in a day to get everything done. Your day consists of many tasks such as cleaning, laundry, working, time with family, and if you can fit in, time with friends. Along with everything else you also need time to get adequate sleep. It almost seems as though there isn't time left to exercise. Fortunately with all the things on our to-do lists, there is time for exercise. You need to decide when and how to do it.

Some simple ways to revamp your daily activities, or to find extra time:

Wake up early. Train yourself to get up 30 minutes earlier than usual. Generally it's noted that if you do something successfully for 28 days it's more likely to become habitual. Set that goal to make it those 28-30 days and you won't want to go back. Go for a walk, hop on the treadmill, or go for a bike ride. If the morning isn't so great for you, try to exercise later in the day. Remember it's harder to stick to a routine later in the day, than first thing in the morning.

Make household chores count. Mop the floor, scrub that bathroom or vacuum, do your chores at a pace fast enough to get your heart pumping. Get outdoors to rake the leaves, mow the lawn, shovel the driveway; they are great ways to burn a few extra calories and get things done. Check your heart rate periodically by placing the tips of your index and second fingers on your lower neck, on either side of your windpipe, press lightly until you feel the blood pulsing under your finger tips, count how many beats you feel for 10 seconds, and times that by 6 to get your current heart rate. Target 60-80% of your maximum heart rate (maximum = 220 minus your age).

Be active while enjoying TV. While you watch your favorite shows get off the couch and do something active. Use hand weights, do pushups during commercials, ride a stationary bike, or hop on the treadmill and enjoy your shows while getting active.

Involve your family and friends. Go for walks before or after dinner, play sports, ride bikes, take trips to the zoo, park or go out for hike together, find activities great for all ages and that everyone can do together.

Get your dog to go with you. Take walks with your dog; they make for great partners, protection, and are good motivators to get you moving.

Join a club, group, or team. A group can be a great motivation, and encouragement to keep going. By joining a team, you're held accountable for exercising and it helps get you moving. Setting goals, making plans to accomplish something with a

group or with friends will help you to stick to it. Having someone to report to, or that is counting on you, will help keep you from finding excuses for being sedentary. Find a partner; make some goals, plan events or activities together to get you going.

Join a gym or fitness club. For some, the cost of joining a gym is a great incentive to go. Find classes to participate in and make friends by going to new activities that interest you.

Run errands, literally. When heading out to the mall or grocery store, park farther away from the store to give yourself a walk while getting things done. If you have time, bring your walking shoes with you, stop by the park on your way home and do a few laps while you are out.

Work out at work. Fit in more time for exercise while at work. Schedule time in your day to go walk up and down flights of stairs in your building, bring small exercise equipment in your office that you can do during your scheduled time. Get co-workers involved.

Commute. Park farther away to give yourself more distance to walk in to work. Better yet walk or ride your bike to work.

Take the stairs anytime you can. Skip the elevator and go to the stairs. During your lunch break do laps up and down. Regularly taking the stairs will help boost your energy through the day, help you feel refreshed at work, accomplish more, and will add extra calorie burn throughout the day. Doing the stairs for an extra 20 minutes a day will burn an extra 200 calories during a day. If you did 20 minutes of stairs a day 5 days a week, it's you're burning an additional 1,020 calories a week.

Take fitness breaks. Rather than take coffee breaks or sit around on breaks, go for a walk which can wake you up better than a cup of coffee. Coffee can range in calories, but with creamer the calories can be anywhere from 110-240 calories. Going for a 20-30 minute walk will burn 200 calories. Start a lunchtime walking group. Get a support group of co-workers to walk with you daily during lunch breaks and encourage each other.

Schedule your physical activity. Treat your workouts like any other appointment or meeting. Block time in your day to get active so you won't forget the importance of getting active.

Be prepared. If you're traveling or working an extra long day, take some equipment with you. Jump rope, walking shoes, jogging clothes; give yourself an excuse to get active.

No one way works for everyone. Find a time that works for you. If you have to switch it up daily or weekly, do it as long as it keeps you going. ■



Benefits of Drinking Water

We know that drinking water is good for us, it's essential that we get enough water daily. Do we know exactly why it's good for us, what it does to improve our health and how much we should be drinking to get those benefits?

Several studies have shown that drinking water helps to improve health conditions, contributes to weight loss, and also keeps us looking younger longer.

Drinking enough water has been found to regulate appetite, reduce food cravings, understand hunger signals and may increase your metabolism about 30%. This is because the cells in the body are hydrated so they are able to function at optimum levels.

In addition to the benefit of weight loss it's linked to helping your body to understand cravings and hunger signals. Before eating or snacking take a drink of water, wait a while, and then decide if you are really hungry. If you are still hungry, you will most likely eat less because water fills you up.

Drinking Enough Water Helps to:

- Fight fatigue
- Reduce headaches
- Reduce muscle cramps
- Decrease risk for cancer
- Increase energy levels
- Improve exercise efforts
- Aid in digestion
- Balance your body
- Transports nutrients through the body

What's wrong with Diet Sodas?

Regular soda is known to have empty calories and large amounts of sugar so that's why it's bad for us, but what about diet? It's called diet soda, so it's good for us right? NO.

Diet soda is just as bad as and possibly worse than regular soda. Diet soda often gives people a false sense of freedom because it has little to no calories, which causes them to drink more. Just

because you have a diet soda doesn't make it right to eat a 2 pound deluxe cheese burger and a bucket full of fries.

Soda has about 6 times more caffeine than a regular cup of coffee which can leave you feeling anxious and jittery.

Diet soda, as well as regular soda, increases your chance at becoming obese. The sugars and the artificial sweeteners are horrible for our overall health, as well as our bone and tooth health.

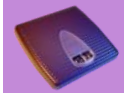
Those who drink soda and diet soda are twice as likely to develop type II diabetes. With the sugar they are consuming it can damage the body's ability to regulate insulin production, which can lead to more harmful health complications. Along with pancreatic problems when you drink soda regularly, and don't drink enough water the kidneys have a harder time filtering blood.

Why do you drink soda? Whether it's for the caffeine, sugar fix, the taste, or just because its diet and you don't like water, you should limit or completely reduce your intake of soda. Start small, and increase your water intake to improve your health. There are so many benefits to drinking water; it's completely worth the switch.

Ways to boost your water:

- Add fresh fruits (lemon, lime, raspberries, strawberries or even a cucumber)
- Put a small amount of flavoring (such as Crystal Light (make sure there are no artificial sweeteners) or Mio)
- Get yourself a cool water bottle you can carry with you
- Give yourself incentives to drink water (have a jar that you will add a quarter for every half gallon your drink to go for a vacation or a new pair of shoes)

If you know you're going through the drive thru where water isn't offered as an option, make sure you are carrying your own water bottle to stay on track and hydrated. If you don't have a water bottle with you, ask for even a cup of ice and suck on the ice. ■



HEALTHY WEIGHT

Water helps to regulate appetite, reduce food cravings, & increase metabolic rate by up to 30%.



ENERGY

The most common cause of daytime fatigue is actually mild dehydration.



SURVIVAL

Humans can live about 1 month without food, but only about a week without water.



THIRSTY?

By the time you feel thirsty, your body has already lost between 2-5 cups of water.



BRAINIAC

When dehydrated your concentration can decrease by 13% and short term memory by up to 7%.

Recipe of the Month

Macaroni and Cheese Soup with Broccoli

Ingredients:

- 4 oz dry elbow macaroni
- 1 1/2 cups onion, chopped
- 1 large carrot, chopped
- 1 celery stalk, chopped
- 2 cloves garlic, minced
- 1 tbsp light butter or olive oil
- 2 tbsp flour
- 2 1/2 cups fat free low sodium chicken broth (or vegetable broth)
- 1 cup fat free milk
- Pinch nutmeg
- 1/2 tsp dry mustard
- Salt and fresh pepper to taste
- 2 cups (about 10 oz) broccoli florets, chopped into small pieces
- 1-1/2 cups 2% shredded sharp cheddar
- 2 tbsp parmesan cheese

To find lower-fat cheese, look for those made with 2% milk fat or less. Then make sure the cheese in question has no more than 5-6 grams of fat per ounce— that's 40 to 50% less than most full-fat cheeses.



Directions:

1. Boil pasta according to package directions for al dente (cooked, but still slightly firm). Drain and set aside.
2. Chop onion, carrot, celery, and garlic by hand or food processor.
3. In a large soup pot melt light butter. Add chopped vegetables and sauté on low heat until soft, about 5 minutes.
4. Add flour and fresh pepper to the pot and stir until smooth. Slowly add chicken broth, milk, nutmeg, and dry mustard powder; whisking constantly. Set heat to medium-high until it comes to a boil. Cover and cook on low 10-15 minutes.
5. Add broccoli florets, parmesan cheese, and stir well. Adjust salt and pepper to taste. Cook uncovered until broccoli is cooked, about 5 minutes or more to your liking.
6. Add cheddar, mixing well until cheese melts and immediately remove from heat. Add cooked elbows and mix well, adjust salt and pepper if needed. Eat right away so the pasta doesn't absorb all of the broth.



Like Us on Facebook!



"Like us" on Facebook and have wellness-related articles, inspirational success stories, and contest notifications delivered right to your news feed!

<http://www.facebook.com/Orriant>

