

CLAREMONT EAP

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SPRING TRAINING: HEALTH AND WELLNESS

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SPRING TRAINING: HEALTH AND WELLNESS

Summer is around the corner. This is the time of the year we typically think about getting out those bathing suits and getting our bodies into shape. Despite the warm weather reminder, we should be taking care of our health and wellness all year round. Balanced nutrition, regular exercise and stress management are all important elements of general well being.

These resource materials provide helpful tips on how to:

- ✓ Exercise and rest your mind, body and spirit
- ✓ Make healthier choices about food
- ✓ Understand how well you take care of yourself
- ✓ Let go of work at the end of the day
- ✓ Use your EAP benefit for support

Don't forget that your EAP provides the full-range of services to support your general wellness:

- ✓ Counseling
- ✓ Legal consultations
- ✓ Financial consultations
- ✓ Medical advice line
- ✓ Dependent care consultation and referral
- ✓ Community resources

Claremont distributes this information to provide employees with general behavioral health information. If you have concerns about these or other behavioral health issues, you can call Claremont to arrange for assistance. You will be directed to an appropriate, experienced professional who can offer guidance in a variety of work and personal matters. **For confidential help, call: 800-834-3773 or visit www.claremonteap.com.**

HEALTH QUIZ

Did you know that the #1 cause of death for women and men is heart disease? Find out the answers to other basic health questions by testing your knowledge in the following quiz. Cover the answers at the bottom of the page until you complete all seven items.

1. Too much sodium in your diet can cause:
 - a. Increased blood pressure
 - b. Increased blood volume causing your heart to work harder
 - c. Retention of fluid
 - d. All of the above

2. What is the best kind of fish for your heart?
 - a. Walleye
 - b. Northern
 - c. Salmon
 - d. Catfish

3. What is the maximum number of egg yolks that you should eat per week?
 - a. One
 - b. Two
 - c. Three
 - d. Four

4. Which of the following oils are saturated fats (bad for your cholesterol count)?
 - a. Olive oil
 - b. Coconut oil
 - c. Peanut oil
 - d. Canola oil

5. What is the maximum number of cups of caffeinated coffee that should be consumed per day?
 - a. One cup
 - b. Two cups
 - c. Three cups
 - d. Four cups

6. To raise your heart rate, aerobic exercise must be sustained (no stopping and starting) for:
 - a. 5 minutes
 - b. 10 minutes
 - c. 20 minutes
 - d. 30 minutes

7. You should exercise at least:
 - a. Two days per week
 - b. Three days per week
 - c. Four days per week
 - d. Five days per week

ANSWERS: 1D, 2C, 3B, 4B, 5C, 6B, 7C

HEALTHY LIFESTYLE: ELEMENTS OF LIVING WELL

It takes more than “an apple a day” to live well in today’s hectic world. A healthy lifestyle requires that the body, the mind and the spirit work together. If one part is sick or stressed, the other parts suffer, often without our knowing it. Below are some of the things to consider when trying to bring your life back into balance.

Control Stress

A moderate amount of stress can be good for you. It keeps you alert and engaged in the world. But too much stress can be overwhelming, can cloud thinking and can interfere with relaxation. Taking time for yourself regularly can help you approach situations with more control and get more enjoyment out of life.

Eat Right

Eat sensible amounts of nutritious food. Eating right can help you feel your best and control your weight. Too much of any one kind of food or beverage can take your body out of balance. Too much caffeine can make you tense or sleepless. Too much alcohol can cloud your thinking. A balanced diet and caffeine and alcohol in moderation can do wonders to help you feel fit.

Exercise Regularly

Participate regularly in some enjoyable physical activity. Although there are different types of exercise to achieve different goals (such as aerobic exercise for heart health), you don’t have to take up running or power walking to reap the benefits of some physical activity. A day spent gardening or evening with friends at the bowling alley can provide other benefits if you find the activities relaxing.

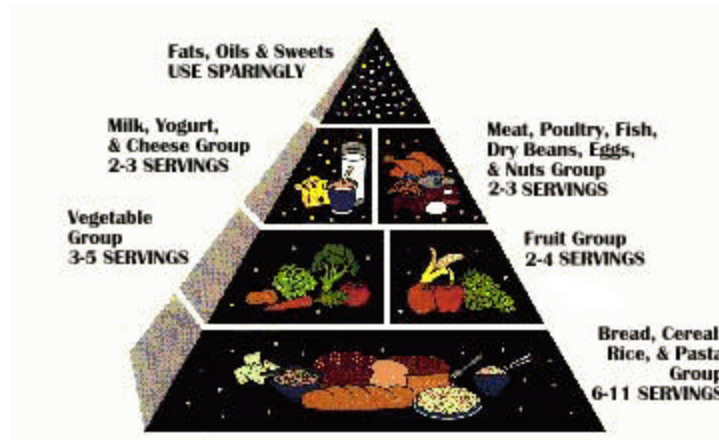
Rest Your Mind and Spirit

Don’t forget that your mind and spirit need a balanced diet and exercise as much as our physical body does. If you find yourself constantly worrying about a problem, talk about it with a friend or trusted adviser, or call the EAP for a referral to a counselor. Going for a walk, reading a book, or enjoying a hobby can also help you relax mentally. All work and no play not only makes Jake a dull boy but also a sick one.

Get Variety in Life

Variety is essential in maintaining a healthy lifestyle. If you’re in a rut, overstressed, not eating well or not getting any exercise, vary your routine. Regularly implement just one small change in your routine and it can make a world of difference.

THE FOOD GUIDE PYRAMID



What Counts As One Serving?

The Food and Drug Administration has determined the amount of food that counts as one serving. If you eat a larger portion, count it as more than one serving. For example, a dinner portion of spaghetti would count as two or three servings of pasta.

Bread, Cereal, Rice and Pasta:

- ☆ 1 slice of bread
- ☆ 1 ounce of ready-to-eat cereal
- ☆ $\frac{1}{2}$ cup of cooked cereal, rice or pasta

Fruit:

- ☆ 1 medium apple, banana or orange
- ☆ $\frac{1}{2}$ cup of chopped, cooked or canned fruit
- ☆ $\frac{3}{4}$ cup of fruit juice

Vegetable:

- ☆ 1 cup of raw leafy vegetables
- ☆ $\frac{1}{2}$ cup of other vegetables
- ☆ $\frac{3}{4}$ cup of vegetable juice

Meat, Poultry, Fish, Dry Beans, Eggs and Nuts:

- ☆ 2-3 ounces of cooked lean meat, poultry or fish
- ☆ $\frac{1}{2}$ cup of cooked dry beans, 1 egg or 2 tablespoons of peanut butter count as 1 ounce of lean meat

Milk, Yogurt and Cheese:

- ☆ 1 cup of milk or yogurt
- ☆ 1 $\frac{1}{2}$ ounces of natural cheese
- ☆ 2 ounces of process cheese

PHYSICAL CARE SELF-REPORT

Stop for a minute to grade yourself on the way you've taken care of your body this past week. Give yourself separate grades (A is the best, F is failing) for effort and achievement.

	Effort	Achievement
What I've put into my body (eating, drinking, smoking)	_____	_____
What I've done to my body (pace, workload, pressure)	_____	_____
What I've done with my body (exercise)	_____	_____
How I've let my body rest (sleep, relaxation)	_____	_____

In what areas would you like to improve your grade for the next week? The next month? The next year?

TIPS FOR DIETING ON THE JOB

Even the best of diets is not going to work unless you bring the diet to work. With a little thought, you can maintain the same low-calorie diet at work that you follow at home. Whether you brown-bag it or eat out, dieting is mainly a matter of cutting back on fat.

Your Diet – It's in the Bag

With the wealth of nonfat and low-fat foods on the market, preparing a nutritious and interesting low-calorie lunch is not difficult. Try these tips:

- ☺ Use mustard instead of mayonnaise on your sandwich (mayonnaise is almost pure fat). Or use "light" mayonnaise, which is only 50 percent fat, but use it sparingly).
- ☺ Dress up your sandwich with sprouts, lettuce, tomatoes, zucchini or salsa instead of using high-fat spreads.
- ☺ Include a thermos of hot, low-calorie soup.
- ☺ Try low-fat or fat-free cheeses. Beware of processed meats that are packaged as "low in fat." The label should show no more than two or three grams of fat for every 100 calories.
- ☺ Pack leftovers from your low-calorie dinner of the night before of the night before and reheat them in the microwave at work.
- ☺ For snacks, avoid nuts, chips and other high-fat foods. Instead, try low-fat alternatives, such as apple rings and other fruits; air-popped popcorn with no butter or salt; carrot, celery or zucchini sticks; or rice, corn or rye cakes.

In the Cafeteria or Restaurant

When you prepare meals, you have complete control over the ingredients. But you can eat well and still stay on your diet in a restaurant or cafeteria if you follow these guidelines:

- ☺ Avoid anything that comes with sauce or gravy.
- ☺ Skip the battered, breaded or fried entrees.
- ☺ Ask for your salad dressing on the side and use it sparingly.
- ☺ Choose steamed vegetables over marinated or creamed vegetables.
- ☺ Enjoy the rolls without butter.
- ☺ Dessert? Choose sorbet or fresh fruit rather than ice cream, cakes and pies.

As you can see, dieting on the job is doable. While you're at it, why not include a brisk walk or other exercise during your lunch break? Regular exercise helps keep off those pounds that you worked so hard to lose.

PHYSICAL ACTIVITY ASSESSMENT

Are you exercising on a regular basis? Yes or No (circle one)

Why or why not?

Does your routine include aerobic exercise?

Do you have any limitations that prevent regular exercise?

What changes in your exercise habits might enhance your well-being?

WHOLE PERSON HEALTH HABIT INVENTORY

Physical

- I participate regularly (3 times a week or more) in vigorous physical exercise program.
- I eat a well-balanced diet.
- My weight is within 10 lbs. Of the ideal weight for my height.
- My alcohol consumption is seven drinks (shot, beer or glass of wine) or fewer per week.
- I always wear my seat belt.
- I do not smoke cigarettes, cigars or a pipe.
- I generally get adequate and satisfying sleep.

Mental

- I seldom experience periods of depression.
- I generally face up to problems and cope with change effectively.
- I worry very little about future possibilities or things I can't change.
- I laugh several times a day and usually fit "play" into my schedule.
- I am curious and always on the lookout for new learning.
- I maintain a realistic and basically positive self-image.
- I choose to feel confident and optimistic.

Relational

- I seek help and support when I need it.
- I have at least one friend with whom I can share almost anything.
- I have nourishing intimate relationships with family and/or friends.
- I experience and express a wide range of emotions and respond to others' feelings appropriately.
- Each day includes comfortable and stimulating interaction with others.
- I solicit and accept feedback from others.
- I stick up for myself when it's necessary and appropriate.

Spiritual

- I set aside 15-20 minutes each day for prayer or meditation.
- I participate in regular spiritual rituals with people who share my beliefs.
- I accept my limitations and inadequacies without embarrassment or apology.
- I keep the purpose of my life clearly in mind and let it guide my goal-setting and decision-making.
- I regularly offer my time and possessions in service to others.
- I am sensitive to ultimate truths and the spiritual dimension of life.
- I readily forgive myself and others.

Count up your check marks for each category and record them below.

Physical _____

Relational _____

TOTAL _____

Mental _____

Spiritual _____

TIPS TO LET GO OF WORK

No matter what time of the year or day of the week, it's important to take a break from work. Breaks, whether they are a few minutes, hours or days, give us renewed energy and a fresh perspective on life at work and at home.

The following are some ideas for ways to let go of work on a daily basis:

- ✓ Plan to meet a friend for exercise on your way home from work.
- ✓ Take 5 minutes to review and remind yourself of ALL that you accomplished that day.
- ✓ Bring a tape/CD of music/book on tape to put in your car/tape player for your return trip home.
- ✓ Visualize yourself relaxing and leaving work at work on your commute home.
- ✓ Play a musical instrument when you get home.
- ✓ Organize an art project, either alone or with your child.
- ✓ Read a book or a magazine, un-related to work, for a minimum of 30 minutes either at home, at a coffee shop or in a bookstore.
- ✓ Write in a journal between work and home.
- ✓ Stop and get a manicure and/or pedicure on the way home.
- ✓ Make dinner plans with a friend.