

Nutrition and Healthy Living After The Holidays

The holidays have come and gone and many of us have entered the new year weighing a few pounds more than we did last year. Some of us may now attempt to "go on a diet". There always seems to be a new fad weight-loss plan coming out; from the Atkin's to the South Beach. However, there is only one guaranteed way to lose weight: burn more calories than you take in.



More important than dieting, however, is eating properly and paying attention to the nutritional value of the foods you eat. Proper nutrition plays a part in helping you live a longer, more satisfying life. First and foremost, it is important to eat 5-9 servings of fruits and vegetables every day. One serving is:

- 1 medium piece of fruit or vegetable
- ½ cup cooked or canned fruit or vegetable
- ¼ cup dried fruit
- ¾ cup unsweetened fruit or veggie juice

In addition to keeping you healthy, fruits and vegetables are naturally low in calories and fat, so filling up with this food group can help you lose unwanted pounds.



Another easy way to improve your overall health is to switch to whole-grain bread, pasta, flour and rice. Whole grain and wheat breads are not only low in fat and calories; they also are great sources of vitamins and dietary fiber. Since the bread, cereal, rice, and pasta group should make up the bulk of our daily servings (6 – 11 servings), it is important to make these calories count!

Switching from 2% milk to skim milk is also a simple

way to cut back on calories. All milk, regardless of fat content, contains the same amount of nutrients, so it makes sense to choose milk products that are low in fat. We should try to eat 2-3 servings of milk, yogurt, cheese or other dairy products each day, in order to get the calcium we need to avoid osteoporosis and other bone problems. This is especially important during the winter months when we are unable to obtain vitamin D from the sun.

Meat, fish, dry beans, eggs, and nuts are another essential part of a well-balanced diet, and should be eaten 2-3 times per day. It is important to choose lean meats such as chicken, turkey, pork, lean beef, and most seafood. It is always a good idea to limit the amount of fat and salt you take in, so try to eat foods that are steamed, boiled, broiled, or baked, rather than fried.

One additional way to become healthier is to drink at least 8 glasses of water a day. Your body needs water in order to burn fat, so increasing water intake can actually help your body metabolize fat deposits. And some evidence suggests that drinking cold water can even burn more calories.



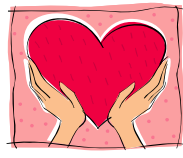
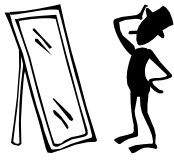
If you follow the guidelines above, your body will begin to function at a higher level that will increase your enjoyment of life. Of course, always check with your doctor before starting any type of diet or exercise program. This material is not intended to replace the advice of your doctor.

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Valentine's Day is a day to honor that special someone in your life. This is a day that we take the time to send an "extra special" message of love to someone that has positively impacted our life and emotions. This Valentine's Day, The EAC challenges you to put YOURSELF at the TOP of that list! We can't love others until we love ourselves, first!

How to Love Yourself

STOP ALL CRITICISM. Criticism never changes a thing. Refuse to criticize yourself. Accept yourself exactly as you are. Everybody changes. When you criticize yourself, your changes are negative. When you approve of yourself, your changes are positive.

DON'T SCARE YOURSELF. Stop terrorizing yourself with your thoughts. It's a dreadful way to live. Find a mental image that gives you pleasure (mine is yellow roses), and immediately switch your scary thought to a pleasure thought.

BE GENTLE AND KIND AND PATIENT. Be gentle with yourself. Be kind to yourself. Be patient with yourself as you learn the new ways of thinking. Treat yourself as you would someone you really loved.

BE KIND TO YOUR MIND. Self-hatred is only hating your own thoughts. Don't hate yourself for having the thoughts. Gently change your thoughts.

PRAISE YOURSELF. Criticism breaks down the inner spirit. Praise builds it up. Praise yourself as much as you can. Tell yourself how well you are doing with every little thing.

SUPPORT YOURSELF. Find ways to support yourself. Reach out to friends and allow them to help you. It is being strong to ask for help when you need it.

BE LOVING TO YOUR NEGATIVES. Acknowledge that you created them to fulfill a need. Now you are finding new, positive ways to fulfill those needs. So lovingly release the old negative patterns.

TAKE CARE OF YOUR BODY. Learn about nutrition. What kind of fuel does your body need to have optimum energy and vitality? Learn about exercise. What kind of exercise can you enjoy? Cherish and revere the temple you live in.

MIRROR WORK. Look into your eyes often. Express this growing sense of love you have for yourself. Forgive yourself looking into the mirror. Talk to your parents looking into the mirror. Forgive them too. At least once a day say: "I love you, I really love you!"

LOVE YOURSELF... DO IT NOW. Don't wait until you get well, or lose the weight, or get the new job, or the new relationship. Begin now - and do the best you can.

*This article was excerpted from
"Love Yourself: Heal Your Life Workbook" by Louise Hay.*

About The Author

Louise Hay is the author of the well-known books "Heal Your Body," "You Can Heal Your Life" and also a new book "The Power is Within You." She has also authored many self-help tapes. Reprinted with permission from Hay House, 501 Santa



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The EAC is located within the
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southeast corner of
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(13 1/2 Mile Rd) in Fraser