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Wellness Wire

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Published by CARE's WorkLife Solutions to help employees with life management issues.

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Five Secrets to a Healthy Lifestyle

Submitted by: Nicole Wilkins

How often do we say, "I would like to lose a few pounds" or "if only I had the time to exercise?" What about, "I hate exercising by myself?" I think at some point we all have said these things and yet nothing changes. Americans are getting heavier every year and heart attacks and childhood diabetes are on the rise. We all realize that losing weight and eating healthy are not easy. But like anything else, you have to work at it every day, and don't stop trying. Below are a few helpful hints to help you achieve this goal.

Set a specific, realistic goal and stick to it!

I am going to lose 10 lbs by November 1st

Increase protein and water consumption.

- Include a protein source and one bottle of water at every meal

Eat at least 5 servings of fruits and vegetables each day.

- Include one serving (about the size of your fist) at each meal

Limit alcohol and processed sugar.

- If the food does not grow on trees, come from the ground or from an animal, avoid it.

Exercise at least 3 times per week.

- Take the stairs whenever possible, park your car in the furthest parking space, and go for a walk during your lunch break to burn extra calories.

If you are interested in beginning an exercise program, or need help with your nutrition, please contact personal trainer and professional fitness competitor, Nicole Wilkins at 586.268.4280. She currently co-owns and operates a personal training studio called Top Shape Fitness, Inc. in Sterling Heights, MI.

www.tsfstudio.com or www.nicolewilkins.com.

The Three "T's"

Studies show that Time, Talking, and Tears help people recover from grief. Thousands of years ago Aristotle thought that crying was a way of cleansing the mind of repressed emotions. Now there are studies that show that after crying people have reported feeling better both physically and mentally. Studies have shown that when those feelings are suppressed people actually feel worse.

We cry for various different reasons whether it be from pain, anger, happiness, empathy or joy. Although crying happens to all of us from time to time, there is little known about the effect of crying. Studies show solid evidence that crying has significant health benefits. These studies found that stress hormones cause damage to all bodily systems including serious damage to brain cells. Stress hormones attack the part of the brain that perpetuates mood disorders, the very sites capable of reducing the release of these toxic hormones. These stress hormones are released through our tears.

Emotional based tears were found to remove toxic substances from the body. Crying helps reduce manganese levels, a mineral known to affect your mood, within the body. It was found in higher concentration in tears than in blood serum. Albumin protein was found to be 24% higher in concentration in emotional tears. So in conclusion, crying not only reduces stress but also removes chemicals built up in our bodies during times of stress.

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Smoking Cessation

- **Eight hours after quitting carbon monoxide levels in the blood drop back to normal.**
- **Within the first few weeks after quitting your lung function may increase up to 30%**
- **Support and knowledge are keys to success.**

CARE's *WorkLife Solutions* offers a three-part series which provides useful information to assist in the quitting process. We know that it can be challenging, however, with strength and determination you will be successful.

Determine why you are smoking and why you would like to quit. Did you know that, on average, smokers lose two decades of their life expectancy compared to nonsmokers, and face many health risks the longer that they smoke? Make a list of the benefits of quitting, and how this change will affect you and others around you.

Don't be afraid to ask for help. Talk to your doctor and discuss options available to assist you. Set a quit date and make sure that all those around you are aware. Select a method that will work best for you. Quitting cold turkey is one successful method many former smokers have used. Stepping down gradually is another approach. It slowly reduces the amount of cigarettes you smoke each day. Whatever approach you take, the key is to keep up your confidence and stay positive. Many nonsmokers have made several attempts before successfully quitting. It is common to attempt quitting 5-7 times. Don't give up and remember that you are not alone. If you are struggling to quit ask yourself "What can I learn from this and how can I do better?" There is usually a trigger or stressor that is making it more difficult to quit. Identifying challenges will better enable a successful plan or course of action.

Withdrawal symptoms are common, but not everyone will experience them. Keep in mind, they may last as little as two weeks or as long as several months, but in comparison to the length of time that you have been smoking this is a small amount of time. Some of the withdrawal symptoms you may have are:

- Cravings—these should only last for a short period of time and disappear after a couple of weeks.
- Irritability—this is the body craving nicotine.
- Feeling lightheaded—this is the body's response to the increase of oxygen to the brain.
- Inability to concentrate—nicotine works as both a stimulant and a depressant, you may also see
- Changes in appetite and the inability to sleep.

Having a list of smoking alternatives may help you lessen the urge. During the first few weeks, pay closer attention to your environment and various "triggers". Remembering to not smoke and avoiding multiple temptations can be stressful. To help you manage your stress, try :

- Deep breathing,
- Listening to music
- Taking a walk
- Calling a friend

Quitting smoking is a major decision. Stay positive, keep trying, and focus on staying healthy.

Spotlight on Safety STEPS to Keeping Your Workplace SAFE

DATE: Wednesday, October 15, 2008

TIME: 7:30 AM—12:15 PM - Includes a Full Breakfast

PLACE: Macomb Intermediate School District,
Garfield Road, Clinton Twp.

COST: \$15

FOR MORE INFORMATION: Paddy Laske,
Trainer & Consultant
CARE's *WorkLife Solutions*
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Trouble in Paradise?

Unfortunately, relationships don't come with instructional manuals. If you and your spouse or loved one are experiencing conflict, anger or a sense of betrayal, call CARE's *WorkLife Solutions*. Our Master's Level Clinicians can provide up to five sessions, when clinically appropriate, for couples experiencing problems that don't resolve themselves. Do something good for your relationship – call today! Remember, the earlier a problem is identified, the easier the solution.