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The One Change You Can Make to Improve Your Health

The Washington Post recently asked our nation's most prominent Registered Dietitians what their one piece of advice would be to someone who is looking to make healthy behavior changes. Also included is some personal advice from your very own Wellness Coordinator and Health Coach (me!).

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“ Start your day off with a healthy breakfast. It sets the tone for the day. Be sure to add some protein—eggs, peanut butter, or milk—to keep you fuller longer. ”

—Janet Helm, dietitian and blogger, as quoted by the Washington Post

Coffee Talk



Moderate Coffee Drinking May be Tied to Lower Risk of Death

That morning cup of coffee (or two) may be doing more for you than waking you up.

According to [a new study](#) published by the American Heart Association, people who drink 3- 5 cups of coffee per day have a 15% lower risk of premature death than the general population due to a lower risk of stroke and type 2 diabetes.

The researchers looked at data on more than 200,000 people over time and found that those who consumed more coffee had a lower risk of death. Although the researchers do not know what ingredients in the coffee are responsible for these health benefits or the exact amount one would need to drink in order to see benefits, the results showed a trend.

“People who are already drinking it should continue to enjoy it, but for people who don't drink it or don't like it, there's no particular reason to start for the sole reason of health,” said senior author Dr. Frank Hu of the Harvard School of Public Health in Boston.

“The main takeaway is that regular consumption of coffee can be incorporated into a healthy diet,” he said.

Read more at: <http://www.reuters.com/article/us-health-coffee-idUSKCN0T52NN20151116#2l0Hc4hSJq3VC9h1.97>

Create Fitness Challenges with Your Friends and Family!

Members earn 50 Vitality Points for joining a Challenge and 50 more Vitality Points for joining a Challenge team.

Vitality Points for joining a Challenge and a Challenge team are awarded once a month no matter how many Challenges and Challenge teams a member may join.

Note: Member defined challenges (aka community challenges) are only available on the HV App not the member web portal. Only Sponsored challenges (challenges sponsored by the employer or Humana Vitality) would be viewable on the web.

To create a challenge:

1. Log in to your HumanaVitality account through the HumanaVitality App.
2. Click on Challenges
3. Create Challenge
4. Fill in the required fields
5. Click on Create Challenge

Verizon LTE 1:04 PM

Create Challenge

Compete against your friends!
Create a customized Step Challenge for you and your friends to compete head-to-head.

Community Challenges are only available through the mobile application.

Challenge Name Enter challenge name

Starts 2015-12-04

Duration >

Private Challenge

Only the friends you invite can join a Private Challenge.

Create Challenge

Thinking about sleeping in over the long break? Read this first.



Studies show that if you want to improve your sleep, you need to go to bed and wake up at the same time everyday, even on weekends (or long winter breaks!). Waking up late on days off disrupts our body's natural sleep cycle, preventing us from getting the good night's sleep we need when we need it most.

Here are a few more tips to getting a good night's sleep:

Get comfortable: Make your bedroom a comfortable environment for sleep by keeping your room cool, dark, and quiet.

Create a bedtime ritual: Doing the same things before bed each night tells your body it's time to start winding down for sleep. This might include reading a book, taking a warm bath, or listening to music.

Avoid liquids: Avoiding liquids before bed can prevent those middle-of-the-night trips to the bathroom.

Registration is open for the Diabetes Prevention Program!



Are you overweight or at risk for developing type 2 diabetes, and serious about improving your health? The YMCA Diabetes Prevention Program is being offered at local YMCAs and will teach you lasting lifestyle changes to improve your health. The program starts Jan 25th and PCS will be offering this program for FREE to 60 employees who qualify.

Find more details about the program in the Diabetes Prevention Flyer attached to this SMART START email.

The One Change You Can Make to Improve Your Health

As a Certified Health and Wellness Coach, I thought the advice given in a recent Washington Post article was important to share with you. Not only because it provides sound nutrition advice, but it also touches on behavior change techniques that I would personally give someone looking to make lasting lifestyle changes to improve their health.

Below are quotes from Registered Dietitians when asked by the Washington Post : “ **What is the one change a person can make that would most improve his or her health and well-being?**” Their responses bring home the point that health is extremely personal and you have to discover what works for you—and it won’t necessarily be what works for someone else. Here is what they have to say, followed by my personal advice:

Get cooking

“Food should be appreciated and celebrated, not fast-and-furious drive-through meals that are eaten in the blink of an eye. By enjoying a home-cooked meal, you will naturally eat a smaller portion and consume less sodium, all while spending more quality family time together, which research positively shows is associated with overall healthier eating habits...—Elisabeth D’Alto, RD, LDN; Maryland Academy of Nutrition & Dietetics state media representative



Get enough sleep

“Want to slim down? Make sure you get enough sleep. A review study that looked at 36 studies on sleep and weight gain found short sleep duration was independently linked to weight gain. Another study found that restricting sleep even for a few nights makes you hungrier, more likely to have food cravings and increases your calorie consumption — the perfect recipe for weight



gain. Even one night’s poor sleep made people consume more than 500 extra calories the next day.” —Patricia Bannan, author of “Eat Right When Time Is Tight”

Now for my two cents:

“...health is extremely personal and you have to discover what works for you—and it won’t necessarily be what works for someone else.”

Do a little more than you did yesterday

We can all do a little more than we did yesterday to improve our health. Whether that is as small as eating an apple or as big as getting to that exercise class you’ve been dodging, there is always something we can do today to improve our health. And guess what? That small change can be whatever you want it to be. There are no wrong answers. Simply ask yourself, ‘what’s one reasonable and manageable task I can do today that will get me one step closer to reaching my health goal?’

You are in control of your health and only you hold the answer to what you can do to improve your health. So take some time today to think about *why* you want to change your health, *what* you want to change and *how* you are going to get there.

You can read more of these quotes and the full article here:

https://www.washingtonpost.com/lifestyle/wellness/if-youre-going-to-make-one-change-to-improve-your-health-it-should-be-one-of-these/2015/10/27/7175ef10-7765-11e5-bc80-9091021aeb69_story.html



Healthy, Easy Recipes to inspire *a taste for wellness*

Healthy Apple Dumplings

Ingredients:

Dough:

1 tablespoon butter
1 teaspoon honey
1 cup whole-wheat flour
2 tablespoons buckwheat flour
2 tablespoons rolled oats
2 tablespoons brandy or apple liquor

Apple filling:

6 large tart apples, thinly sliced
1 teaspoon nutmeg
2 tablespoons honey
Zest of one lemon

Directions:

Heat the oven to 350 F.

Combine butter, honey, flours and oats in food processor. Pulse a few times until mixture looks like a fine meal. Add brandy or apple liquor and pulse a few more times until mixture starts to form a ball. Remove mixture from food processor, wrap tightly in plastic and refrigerate for two hours.

Mix apples, nutmeg and honey. Add lemon zest. Set aside.

Roll out refrigerated dough with extra flour to 1/4-inch thickness. Cut into 8-inch circles. Use an 8-cup muffin tin and lightly coat the muffin tin with cooking spray. Lay a circle of dough over each lightly sprayed cup. Push dough in gently. Fill with apple mixture. Fold over sides and pinch at top to seal. Bake for 30 minutes at 350 F, until golden brown.



Contact us, we'd love to hear from you!

For questions related to the Employee Wellness Program, contact your Employee Wellness Coordinator:

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Share your story!

Have you been successful in meeting a wellness goal

because of a PCS Wellness

Program? Have a recipe you'd like

to share or topic you'd like to see in

an upcoming issue? We'd love to

hear about it! Please contact Kara

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