

## **INSPIRE TO MOVE** Yoga For Stress; The Magic Cure

Tension, worry, emotional upheaval and anxiety can take a heavy toll on health. Some stress helps us to keep up with deadlines and to finish a project. But too much stress can cause headaches, backaches, sleeplessness, constipation, skin problems, depression, hair loss, high blood pressure and more. It's easy to get overloaded and burned out. Chronic stress can be very damaging to our systems. We all need outlets to reduce the stored stress we feel in our bodies.

Imagine reaching for an immediate "feel good potion" that conquers mental clutter and brings a sense of immediate wellbeing. The magic cure is yoga. The word yoga means 'yoke' which means to bring together. An old image that yoga may bring to mind is people stretching themselves into pretzel like positions. It's much more than just stretching. It brings together gentle movement with deep relaxation techniques such as correct breathing and meditation techniques.

Yoga moves include smooth stretches and twists combined with deep breathing methods that help the body to loosen tight strained muscles and nerves. Deep breathing flushes out lung tissues and increases the oxygen flow into the blood stream. Yoga resting poses allow the body and mind to enter a calm relaxed state freeing us from the "fight or flight" response that stress often causes. Tight muscles and nerves gradually learn to relax.

If you want to reduce stress, sleep better, and increase your level of calm, try practicing yoga. You can begin at home by using a DVD, learn poses from a magazine or internet source or take a local class. If you begin practicing yoga

to deal with stress, you may also reap the benefits of improved balance, flexibility, range of motion and strength. You can reach overall increased fitness. This can help you to manage or reduce the risk of developing chronic health conditions and even lead to weight loss. No wonder it's called the "magic cure"!

> "Yoga is invigoration in relaxation. Freedom in routine. Confidence through self-control. Energy within and energy without." - Ymber Delecto

# NOURISHING YOU\_

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## What Is A Healthy Diet?

Some people assume that healthy eating is lowering their intake of calories and fat, but what does it really mean to eat healthy? A healthy diet is one that helps you to stay healthy or improve your health. It involves eating the appropriate amounts of nutrients.

A nutrient is a chemical that we need to live and grow and enrich the body. Nutrient-rich foods are familiar and easy to find and represent the five basic food groups we've been hearing about since kindergarten. Selecting nutrient rich foods and beverages first is a way to make better choices when eating for better health.

## When adding nutrient rich foods, you'll find that you have less room for the foods that serve no nutritional value:

- Make sandwiches on whole-grain bread, such as whole wheat or rye. Add slices of avocado, tomato, or cucumber to lean meats like lean roast beef, turkey or chicken.
- When eating out, look for choices such as entrée salads with grilled seafood and low-calorie dressing. Top baked potatoes with salsa, grilled vegetables and reduced fat cheese. Instead of ice cream, try a yogurt parfait made with strawberries and blueberries.
- Top foods with chopped nuts or reduced fat shredded cheddar cheese to get crunch, flavor and nutrients in each bite.

## Easy Loaded Chicken Salad

- 1 Chicken Breast, cooked and sliced or cubed
- 3 Stalks of celery, diced

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- 1 Bunch of freshly chopped chive
- 1/2 Cup plain low-fat yogurt
- 1/4 Cup light sour cream
- 1 1/2 Dried Tarragon leaves
- 2 Tosp Slivered almonds
- 1/2 Cubed apple
- Freshly ground pepper
- 1 Bag of mixed salad greens

In a large bowl, mix chicken and all ingredients, except the salad greens. Serve chicken salad over the greens. Makes 1 Serving.

Per serving: Calories 170, Total fat 6g, Cholesterol 55mg, Sodium 125mg, Protein 22g, Carbohydrates 8g.



### "One cannot think well, love well, or sleep well, if one has not dined well."

#### - Virginia Woolf

- Cut and bag vegetables so they are in easy reach for snacking. Ready to eat favorites include red, green or yellow peppers, broccoli or cauliflower, carrots, celery, cucumber, and whole radishes.
- Make meals that pack multiple nutrient rich foods into one dish, like, hearty broth based soups full of vegetables, beans and lean meat.
- Enjoy smoothies or frozen treats blending mango or strawberries with low-fat milk, ice and a splash of pineapple juice.

Source: American Dietetic Association

## HEALTH HARMONY\_

## Saving A Life

A colonoscopy is often misunderstood and brings up unpleasant thoughts but the test is both easy and reliable. Colon cancer usually doesn't cause symptoms until after it has begun to spread. Colonoscopy or carefully getting your colon checked out for polyps (little growths) in an outpatient clinic can save your life. With regular, recommended screening, colorectal cancer, cancer of the colon or rectum can be totally prevented by removing polyps before they become cancerous.

## Watch our for the risk factors described below, do they represent you or someone you love?

- Men and women age 50 and older.
- People who use tobacco.
- Women and men who are obese or sedentary.
- Persons with a history of inflammatory bowel disease, such as ulcerative colitis or Crohn's disease.
- Those with a family history of inherited colorectal cancer.

#### In turn risk can be reduced by:

Being physically active and regular exercise.

#### See your doctor right away if you notice any of these symptoms:

- Pain in the belly.
- Blood in your stool or very dark stools.
- A change in your bowel habits, such as more frequent stools or a feeling that your bowels are not emptying when you go to the bathroom.



- Eating high-fiber foods like fresh fruits, vegetables, nuts, beans and whole grains.
- Consuming calcium-rich foods like low-fat or fat-free milk or yogurt.
- Limiting red meat consumption and avoiding processed meats.
- Never smoking or using snuff.
- Drinking alcohol in moderation (limiting consumption to 1 drink/day for women and 2 drinks/day for men).

Be smart and beat colorectal cancer before it ever has a chance to beat you!

Source: Prevent Cancer Foundation

#### Reduce your risk by:

- Staying physically active with regular exercise.
- Maintaining a healthy weight.



"Take care of your body. It's the only place you have to live." se. - Jim Rohn

### Gambling Harmless. Don't Bet On It!

Some people can place a friendly wager without negative consequences. And others get carried away. Gambling is putting something valuable at stake on the outcome of an event before it happens. Problem gambling causes enormous emotional, legal, financial and psychological problems for both the gambler and their families. Destructive compulsive gambling habits can lead to serious consequences:

- Children often suffer from neglect or abuse.
- Spousal neglect, abuse and divorce.
- Serious crime such as stealing money to help pay off debts, appease bookies, maintain false appearances and use as a new income stream to gamble.
- Depression, a major depressive disorder or suicide.

Source: National Problem Gambling Awareness Week website (www.npgaw.org)

## **GOOD DECISION\$**

### 5 Steps To Sleep Easy

Grab hold of the things you can control and prepare the best you can for the things you can't.

You'll find you may sleep better knowing you have economic security.

#### 1 - Cash Flow

Keep an eye on the money coming in and going out of your household by tracking expenses. The basics of watching your cash flow can be the dam that keeps the rush of spending in place and pool the funds you need for financial planning.

#### 2 - Estate Planning

Draft or update your will. Then make copies. It sounds obvious, but don't forget to put all documents in a safe place and provide copies to your executor or trustee.

#### 3 - Insurance

Make sure you have adequate insurance coverage for life, disability, long term care and health. If you have children that depend on you

financially you need life insurance to cover lost income if something should happen to you. Generally, term life is your best bet.

#### 4 - Retirement

Visit your retirement plan website and see how close you are to hitting your goal.

#### 5 - Investments

Compare your returns with the most relevant stock, bond or blended index.

"Work and live to serve others, to leave the world a little better than you found it and garner for yourself as much peace of mind as you can. This is happiness." - David Sarnoff

## MILEAGE CHALLENGE UPDATE

Jennifer Andrassay states "The success of the Mileage Challenge has been great. We have many people of all ages who are out to improve their health. There are 109 employees actively helping their departments rally around fitness".

It is not too late to get involved. The contest goes through April 2011. No matter what exercise you prefer you can translate it into miles and have it counted for your department or school.

Take a look at the GRAPHS in the Healthy & Wise E-letter to see how your school or department is doing. You can also see who the TOP PERFORMERS are and the total NUMBER OF PARTICIPANTS by school. Be sure to talk to your Wellness representative today and begin keeping your score; it's fun!

## **RBC Contest Participants**



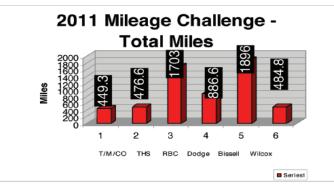
Back Row : Edward Kosek, John Hribar, Marcy Richards, John Matune Front Row: Jodie Coseno, Tessa Torowski, Julie Solis, Jen Andrassy. Karen Eshelman, Carla Saluan, Leanne Paul Not pictured: Andrea VanBuskirk

## TOTAL MILES YTD.

### 2011 MILEAGE CHALLENGE

TWINSBURG STAFF

Week ending 2-13-11



# 2011 Mileage Challenge -Average Miles Per Person

3

RBC Dodge

4

5

Bissell

6

Series1

Wilcox

2

THS

T/M/CO

### Top 10 Performers for Week ending 2/13/11

1 E. Kosek

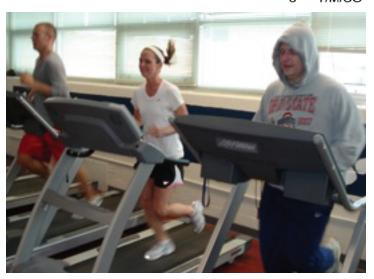
- 2 J. Cotrill
- 3 C.Navarro
- 4 S.Sanders
- 5 A Dodeci
- 6 A.Feichter
- 7 J. Haines
- 8 C.Undecilli
- 9 S.Jakubowski
- 10 K.Hoover

veek enuing 2/15/11		
276 miles	RBC	
242.75 miles	Dodge	
232.2 miles	Bissell	
175.75 miles	Bissell	
164.36 miles	Bissell	
159.3 miles	Dodge	
155.23 miles	Bissell	
153.61 miles	Bissell	
149.3 miles	Bissell	
123.75 miles	Bissell	

### Total participants for Week ending 2/13/11

1	RBC	29
2	Bissell	24
3	Wilcox	18
4	Dodge	17
5	THS	12

6 T/M/CO



Treadmill: (L-R) Edward Kosek, Jen Andrassy, Brian Davis. "I'm getting ready for the Iron Man in Puerto Rico" says Ed, "It's exciting to see so many people entering the Mileage Contest" says Jen. "I'm doing cardio-vascular work to shed my winter weight" says Brian.



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Weightlifter: John Hribar

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