

## RESULTS FOR LIFE

Monthly tips and topics for a healthier lifestyle

### Healthy Weight

Happy New Year!

What will your 2018 look like? What are your goals and aspirations? This month's newsletter will help you with your 2018 health goals, so take a few minutes and think about what you'd like to accomplish. Learn practical tips for eating healthier, increasing your activity, and becoming more mindful.

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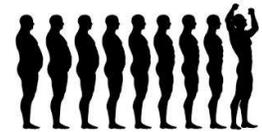
#### Weight Loss Beyond Willpower

When we set out to live a healthier life and drop a few pounds we might think that our success or failure depends on willpower. We might then get frustrated if we don't accomplish what we set out to do, and blame ourselves or call ourselves weak. We may believe that we don't have enough willpower to make our goals a reality.

Willpower, as defined by the American Psychological Association, is the ability to resist short-term gratification in pursuit of long-term goals. It can be compared to a muscle and when we overuse it, it becomes weary and fatigued. Think of it as a skill like any other that can be practiced, and try the actionable steps below to make willpower easier.

#### Fit Tip of the Month

##### Exercise for a Healthy Weight



A consistent exercise program combined with a healthy diet is the key to both reaching and maintaining a healthy weight.

Aim for these exercise goals:

1. 150 minutes of moderate activity per week such as hiking, walking, dancing, light gardening, light weight lifting
2. 75 minutes/week of more intense activity. Jogging 12 mins/mile or faster, swimming, bicycling 10 mph or faster, vigorous basketball or vigorous weight lifting
3. A combination of the above

A well-rounded exercise program should focus on actions that have cardiovascular benefits (ones that elevate the heart rate), and strengthen the heart, lungs, and muscles. Activities like push-ups, sit-ups, pull-ups, resistance band workouts, weight machine or free weight workouts will help.

A well-rounded program will also aid in burning calories, increasing lean mass, and improving your metabolism.

For the advanced exerciser, try interval training programs that include intense bouts of

**1. Change your environment.** Since our willpower decreases when we are repeatedly exposed to temptations, actively limit the number of them you encounter. Some helpful tips include: clean out your pantry, pack healthy snacks when you are on the go or at work, and prep your weekly meals over the weekend to avoid midweek fast food dinners.

**2. Set one small, specific goal.** Pick one thing that you would like to change, plan, and then stick to it. Once the behaviors attached to the goal become a habit, move onto another small goal. When your new behavior is a habit, you won't need to draw upon willpower to maintain it. You'll be able to shift your focus onto a new goal to conquer.

**3. Focus on what you can add.** Avoid focusing on what you can't have. It's mentally draining and tests your willpower unnecessarily. Instead, focus on what you *can* eat. You can have cherries and a cup of tea that you love, or you can have the properly portioned steak with a helping of your favorite veggies.

Implement new strategies and set yourself up for weight loss by success. Willpower is a skill and you can control the strength of it!

**Colleen Fairbanks, PhD**  
Health Psychologist

**Resources:** [American Psychological Association](#)

## Have you seen your new wellness website?



We've taken the online wellness experience to a whole new level. Tap into a concierge-like web experience that will assist you on your journey to better health. Fresh, modern and easy-to-use, the website includes interactive guides, pin-able content, personalized action steps and much more!

Log on today at [www.myinteractivehealth.com](http://www.myinteractivehealth.com) (or at your company-provided web link) to see more.

exercise interspersed with rest or less intense exercise.

Interval training provides some of the best calorie burning workouts and will yield even faster weight loss benefits.

It's the new year, which means it's time to make a commitment to become the best you that you can be!

Schedule your workouts for at least 3 days/week, lace up your shoes, and take the first step to achieving that healthy weight, once and for all!

Resource: [Center for Disease Control and Prevention](#)

**Suzanne Toon MS, CPT**  
Health Coach

**Always consult your physician before beginning this or any exercise program. For more exercises or ideas, visit [www.myinteractivehealth.com](http://www.myinteractivehealth.com).**

## Preventive Focus TSH (Thyroid Stimulating Hormone) Test

A blood test called TSH (Thyroid Stimulating Hormone) is used to find out if your thyroid is functioning correctly. Located just above your collarbone, your thyroid is a butterfly-shaped gland in your neck. It plays an important role in regulating your weight, muscle strength, body temperature, and even your mood. The risk of a thyroid condition increases with age and women are five to eight times more likely than men to have a thyroid disorder.

TSH levels that are high can mean your thyroid is not producing enough thyroid hormones, a condition called hypothyroidism. TSH levels that are low can mean your thyroid is producing too much of the hormone, a condition called hyperthyroidism. If your TSH test results are abnormal, your health care provider may order additional tests to determine the cause of your thyroid problem.

**Hypothyroidism** symptoms include:

- Feeling tired, weak, less energy and/or slowing of the heart rate
- Having dry skin and brittle nails
- Having a low tolerance to cold or feeling cold when other people feel warm
- Being constipated
- Having memory problems or slower thinking

**Hyperthyroidism** symptoms include:

- Feeling irritable
- Having a fast heartbeat
- Excessive sweating; Feeling nervous, anxious, or moody
- Having difficulty sleeping

If you are experiencing these symptoms it is important to share this information with your doctor to determine if a TSH blood test should be done.

**Janet Kirchen, RN**

**Immediate Intervention Team**

**Resources:** [Interactive Health](#), [National Institute of Health](#), [American Thyroid Association](#)



### Mindful Eating Strategies

Happy 2018! A new year is a wonderful opportunity to reflect and grow. New Year's Resolutions often include healthier eating and weight loss. Join this webinar to learn how to become a mindful eater and develop skills to help you meet your 2018 health goals. You will learn the components of mindful eating, tips for successful weight loss, and tactics to set yourself up for success.

**Date:** Thursday, Jan 18<sup>th</sup>, 2018

**Time:** 12:00pm - 12:45pm (Central)

[Register Now](#)

After registering you will receive a confirmation email containing information about joining the webinar.

A recorded version of the webinar will be available for viewing within seven business days on the [Interactive Health](#) member website.

## Recipe of the Month

### Conquer Cravings with Simple Swaps Edamame Hummus

Craving a salty crunchy snack, but don't want to eat chips or pretzels? Save calories, carbs, and sodium by trying this healthy swap. Edamame hummus is a snack rich in protein and fiber. Enjoy this savory dip with crunchy vegetables like carrots, celery, or sliced peppers.

#### Ingredients

- 1/2-pound frozen shelled edamame (about 1 1/2 cups)
- 4 tablespoons tahini
- 1/4 cup water
- 1 lemon (about 3 tablespoons), juiced
- 1 clove garlic, smashed
- 3/4 teaspoon kosher salt
- 1/2 teaspoon ground cumin
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon chopped fresh flat-leaf parsley



#### Directions

1. Boil the edamame in salted water for 4 to 5 minutes (or microwave, covered for 2 to 3 minutes).
2. In a food processor, puree the edamame, tahini, water, lemon juice, garlic, salt, and cumin, until smooth. With the motor running, slowly drizzle in 2 tablespoons of the olive oil and mix until absorbed. Transfer to a small bowl, stir in the parsley and drizzle with remaining oil. Serve with vegetables, or refrigerate, covered, up to 1 day.

#### Nutritional Information Per Serving (2 Tbsp. Hummus)

Calories: 108

Total Fat: 9 g

Cholesterol: 0 mg

Protein: 4 g

Total Carbohydrates: 4 g

Dietary Fiber: 2 g

Sugars: 0 g

Sodium: 104 mg

*Recipe adopted from Food Network:*

**Erica Lokshin, MS, RDN, CDN**  
Registered Dietitian

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## Wellness Works Hub

Stay up to date with the latest wellness news and trends with [Wellness Works Hub](#).

If you haven't visited lately, here's what you've missed:

[Study Offers Exercise Engagement News as Winter Arrives](#)

“As is typical during the winter season, Americans report exercising less. The percentage of adults who reported exercising frequently — for at least 30 minutes three or more days per week — fell to 49.8% in November, from 52.2% in October and from the year's high of 54.5% in July. Fewer Americans exercised frequently last month than did in November of last year (50.5%).”

“Americans typically exercise more in the spring and summer and less in the fall and winter. Frequent exercise usually drops to its lowest point in December of each year and begins to improve again in January.”

Interactive Health provides comprehensive wellness programs to individuals across the nation. Our worksite wellness program is designed to engage you in the management of your health through early detection and identification of risk factors. Our goal is to *measure, motivate and reward* you as you begin a journey on the pathway to better health. We create a personalized pathway that is unique to your health status. Our program provides you with the specific tools and resources you need to achieve your personal health goal.

