

RESULTS FOR LIFE

Monthly tips and topics for a healthier lifestyle

National Nutrition Month

March is National Nutrition Month. This year's theme is "Go Further with Food." Healthy eating can reduce the risk of certain diseases, help maintain weight, and boost energy levels. This newsletter includes practical tips to incorporate food as part of a healthy lifestyle.

In This Issue:

- The Skinny on Fat
- Fit Tip of the Month: Exercise & Nutrition
- Preventive Focus: Lipid Panel
- Webinar: Redefining Fast Food
- Recipe of the Month: Egg Muffins



The Skinny on Fat

Are you confused by all the facts on fats?

- What's the difference between saturated, trans and unsaturated fat?
- Which is the good fat again?
- Is there such a thing as having *too* much good fat?

Fat is one of the macronutrients our body requires for function and energy. It also helps to protect our organs, keep our bodies warm, aid in the absorption of some nutrients, and produces important hormones.

The American Heart Association (AHA) recommends that approximately 20- 35 % of a person's daily calories come from fat. However, we must remember that all fats are not created equal. The AHA also says that a person should limit saturated fat intake to no more than 5-6 % of total calories, and should try to limit intake of trans fats.

Saturated fats are usually solid at room temperature and are found in animal products like beef, lamb, pork, poultry with skin, butter, cream, cheese and other dairy

Fit Tip of the Month



Exercise & Nutrition

Exercise paired with healthy nutrition can be the perfect weight loss combination. Together, exercise and nutrition help you to reach & maintain a healthy weight, reduce your risk of chronic diseases such as diabetes, heart disease, and some cancers and promote your overall health.

What's the best way to lose weight with exercise?

Aerobic exercise – 3 times per week, build a base of 30 mins continuous exercise for at least 8 weeks. Then add 1 day per week of higher intensity, alternating 60 second bursts of 90% of maximal effort between 2 -3 minutes of moderate exercise. For example, walk 2 minutes, brisk walk 60 secs, walk 2 minutes, and repeat.

Lift weights – 2-3 times per week, work all the major muscle groups to lose fat, preserve muscle mass & increase your metabolic rate (think more calories burned). Start with a weight that you

products made from whole or 2 % milk. They can also be found in plant products such as coconut and coconut oil, palm oil, palm kernel oil and cocoa butter. Having too much saturated fat over time can increase the risk of heart disease, specifically increasing cholesterol levels.

Trans fats occur when hydrogen is added to liquid fats to make them more solid. They can raise bad cholesterol and lower good cholesterol. Trans fats are usually found in processed foods like cookies, pastry, and crackers. Some food products may appear to be trans-fat free, but be sure to read the food label carefully. Limit foods that contain “partially hydrogenated oil,” another term for trans fat.

Try to focus on healthy fat sources from **unsaturated fats**. Consuming unsaturated fats in place of saturated fat can help lower LDL cholesterol and help reduce the risk of heart disease and stroke. Include monounsaturated fats like avocado, olive oil, and almonds as well as polyunsaturated fats like canola oil, safflower oil, and soybean oil into your diet. Specifically, omega 3 fatty acids, which can be found in fatty fish like salmon, mackerel and trout as well as walnuts and flaxseed have been shown to lower inflammation in the body.

Fat from all sources, even healthy fat, contain calories. If you are trying to lose or maintain your weight, try to keep portions of fat within the recommended range.

Tips for adding healthier fats into your day:

- Add a handful of nuts to your morning oatmeal or yogurt
- Try an olive oil-based dressing instead of a creamy dressing
- Enjoy avocado in salads, sandwiches or as guacamole
- Prepare salmon for dinner 2 nights per week

Erica Lokshin, MS, RDN, LDN
Registered Dietitian/ Health Coach

Resources: [American Heart Association](#); [Interactive Health](#)

Have you seen your new wellness website?



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can maintain proper form for 10-12 repetitions. As you get stronger, go from 1 set to 2 then 3 sets.

Yoga & Pilates are not as high calorie burning as other exercises, but should be incorporated for strength, balance and core development which helps with lifting weights and aerobic exercise.

Overall goal for exercise for weight loss and maintenance is working your way up to about an hour of exercise 5-7 days/week. Think aerobic 5 days/week, weights 2 days/week with yoga or Pilates sprinkled in.

Suzanne Toon MS, CPT
Health Coach

Resources: [American Journal of Clinical Nutrition](#)

Always consult your physician before beginning this or any exercise program. For more exercises or ideas, visit www.myinteractivehealth.com.

Preventive Focus Lipid Panel

Keeping your cholesterol levels at a healthy range can help reduce the risk of heart disease or stroke. Having your cholesterol levels checked regularly as recommended by your doctor is key to understanding your risks and receiving the proper treatment.

To determine your cholesterol levels, your doctor will order a lipid panel. It measures lipids, fats and fatty substances in the blood that are used as a source of energy by the body. This test may be ordered as part of a regular health examination. Your doctor will inform you if you need to fast before your test. The test measures:

- Total Cholesterol
- Triglycerides
- HDL (high-density lipoprotein), the “good” cholesterol
- LDL (low-density lipoprotein), the “bad” cholesterol

Other measurements include:

- Very-low-density lipoprotein (VLDL) cholesterol level
- The ratio of total cholesterol to HDL
- The ratio of LDL to HDL

The American Heart Association recommends for people to work with their doctor to determine if there is a risk for heart disease or stroke. People who have heart disease or are at higher risk may need their cholesterol checked more frequently.

Your doctor will consider the results of the lipid panel along with other risk factors such as family history, age, sex, tobacco use, high blood pressure and diabetes. Your doctor will explain your results and discuss treatment options based on heart disease risk.

Janet Arenas, RDN, LDN, CDE

Health Focus Coordinator, Registered Dietitian / Health Coach

Resources: [Interactive Health](#), [American Heart Association](#)



Redefining Fast Food

Do you find that you are always on the go? Do you rely on quick and convenient foods to get you through the day?

While most “fast foods” are easy and convenient, they are also loaded with extra calories, fat, sugar, and sodium. Over time, these foods can lead to weight gain and can increase your risk for chronic diseases. Join this webinar to learn how to redefine fast foods. Learn practical tips to create healthy convenience foods at home, at work, and while on the fly.

Date: Thursday, March 15, 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

Breakfast for Champions: Egg Muffins

Start your day off right with these vegetable and protein packed egg muffins! These muffins are a savory treat and a quick and filling breakfast that you can grab and go with. These muffins can be made in advance and re-heated throughout the week.

Ingredients

- 1 tablespoon olive oil
- 1 cup chopped red pepper
- 1 cup chopped green pepper
- 1 cup chopped yellow onion
- 2 cups baby spinach - roughly chopped
- 1 cup chopped mushrooms
- 2 cloves garlic minced
- 4 whole eggs
- 4 egg whites



Directions

Preheat oven to 350 degrees Fahrenheit.

1. Grease a standard nonstick 12-slot muffin pan with cooking spray and set aside.
2. Heat a large skillet over medium heat. Once hot, add in oil, red pepper, green pepper, and onion. Sauté 5-7 minutes, or until peppers are tender.
3. Add in spinach and mushrooms and cook for an additional 2 minutes. In the last 30 seconds, add in minced garlic.
4. Crack eggs/egg whites into a large 4 cup measuring cup and whisk together. Stir in cooked veggies. Pour the egg/veggie mixture evenly into the prepared muffin pan. Bake for 15-20 minutes, or until the tops are firm to the touch and eggs are cooked.

Leftovers can be stored in an airtight container in the fridge for about 4 days. To reheat, pop them in the microwave until warm.

Nutritional Information Per Serving (1 egg muffin)

Calories: 60

Total Fat: 3 g

Cholesterol: 62 mg

Protein: 7 g

Total Carbohydrates: 3 g

Dietary Fiber: 1 g

Sugars: 2 g

Sodium: 91 mg

Recipe from: <https://showmethelyummy.com/>

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Wellness Works Hub

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

[Study Says Time Matters: Manage Obesity Now, Not Later](#)

"Now a new report indicates that while managing obesity is key to managing heart disease (among other factors), it's important to start sooner rather than later.

MedPage Today reports: "A greater number of years spent overweight or obese is associated with an increased likelihood of heart damage, beginning in young adulthood, an observational study showed."

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.

