

well-being

# Envision a New You

Fresh perspectives, fresh starts, shaping new health tracks ... January takes the prize as the month with the most excitement. Our thoughts have a powerful impact on our self-esteem and ultimately our success.

Healthy self-esteem helps you feel secure and worthwhile. People with good self-esteem tend to have an accurate view of themselves and often do well in school, work and relationships. So how do you get a more balanced view?

*Identify trouble spots.* Are you tormented by memories of situations that ended badly for you? Identify strategies that could lead to better results, and mentally replay a revised scenario with a successful outcome.

*Listen to self-talk.* Each of us has an internal dialogue. Are these thoughts mostly negative about yourself or others? Straighten out these twisted thinking patterns and stop comparing yourself to others.

*Do a reality check.* Ask for honest feedback from people you trust, and listen nondefensively. Consider whether your goals and standards are realistic, and give yourself credit for your progress to date.

**Best advice:** Lose the labels. Know that you are loved. Develop your strengths and remember that you are unique.

:: Inside :: **STAY FIT WITH SNOW SPORTS, SNOW CHORES AND SNOW FUN.**

## INSIDE

### SURF vs. TURF

Compare portions, calories and saturated fat. See the numbers.

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WELLNESS TRIVIA

**What is the No. 1 nutritional deficiency among Americans?**

Find the answer inside.



## Year of Good Health

Millions joining wellness movement!

Somewhere in your "health tracks" a wellness program awaits.

Your health tracks started before you were born. You inherited some factors that play a role in how your health will be through life. For good or bad, these are the health factors you can't control.

Starting right now, your health tracks are shaped mainly by you. Each day your habits set your course — and you may set the course for others too.

**Make the decision** to eat well and move more, track important health measures and kick bad habits. Enjoy wellness!



# in and out: january



## Snow Fit

Snow sports, snow chores and snow fun help develop aerobic capacity and muscle strength. It's more fun to be fit and flexible when snow is in your forecast at home or you're planning a big trip. Warm up for winter snow activity just as you would for any other exercise activity. Take extra care to avoid slips and falls.

## Many Americans Are Iron-Deficient

The **No. 1** nutritional deficiency among Americans is iron. Low iron causes fatigue and can lead to anemia, a condition in which your blood has a lower-than-normal number of red blood cells. Young children and pregnant women are at higher risk of iron deficiency. The amount of iron absorbed from the diet depends on many factors. That's all the more reason to eat a well-balanced and varied diet. **Tip:** Foods rich in vitamin C help your body absorb iron better. A blood test can determine if your iron levels are low and whether you need an iron supplement. An iron-rich diet includes foods such as lean meats and poultry; fish such as clams and sardines; leafy greens of the cabbage family; and beans such as black-eyed peas and legumes, iron-enriched cereals and grains.

## Women's Health: Ensuring a Full-Term Pregnancy

Babies who arrive pre-term (fewer than 37 weeks) are at higher risk for serious health problems, developmental delays, learning and behavioral issues and even mortality. **What you can do to help ensure a full-term pregnancy:**

- ❖ **If you are considering pregnancy,** make a preconception appointment with a doctor or health care provider. You may need to improve your diet and achieve a healthy weight before conceiving. It's important to control chronic health conditions and stop habits such as smoking and drinking alcohol. Certain medications and supplements should be avoided during pregnancy too.
- ❖ **If you're already pregnant,** keep all your prenatal appointments and follow through on recommendations. Immediately report symptoms such as more than eight contractions per hour; low, dull backache; pelvic pain or pressure; diarrhea; vaginal bleeding; or watery discharge, especially if your doctor says you are at high risk. Limit stress, and take care of your teeth (gum disease is associated with pre-term labor). You may also need to reduce physical activities or time on your feet.
- ❖ **If pre-term labor occurs despite your best efforts,** your health care provider can help by suggesting rest and fluids or more aggressive interventions such as progesterone treatment.



## LONGEVITY CORNER | Viewer Discretion Advised



Is your television hazardous to your health? Watching TV is usually a sedentary activity, and exercise reduces your risk of heart attacks, stroke and diabetes. Australian researchers did the math and concluded that for every hour of TV you watch, you shorten your life span by about 20 minutes. Americans watch an average of 35 hours of TV a week — almost a day and a half — causing them to die about two years earlier. So either hop on a stationary bike or treadmill while watching, or turn off the TV and get moving.

— Zorba Paster, MD

## SURF vs. TURF

### COMPARE

3 oz. broiled salmon, lightly seasoned  
= 155 calories, 1g sat fat

### TO

6 oz. T-bone steak  
= 420 calories, 10.5g sat fat

It's easy to overeat a juicy steak. Restaurant portions are often 6, 8 or 10 oz. of meat. Healthy portions, however, keep meats to only about 3 ounces. Calorie for calorie, fish is a better choice as long as it's cooked on the light side.



## What are off-label drugs?

Off-label drugs are medications that have not received approval for the condition they're being used to treat. The practice is common. In fact, one out of five prescriptions is written for off-label use.

**Here's how it works:** The Food and Drug Administration must approve a prescription drug before it is released and sold on the market. The FDA's approval is based on evidence the medicine is safe and effective for specific health conditions. After the approval is granted, the drugmaker can then market the drug for the approved disorders but not for other purposes.

### Providers can lawfully prescribe the same drug to treat nonapproved conditions.

This off-label use of drugs may help when approved treatments are not working or are simply not available. For example, anti-depressant drugs are used off-label to treat insomnia or chronic pain.

— Elizabeth Smoots, MD, FAAPF

## PRODUCE PICK

### Jicama

Jicama, a relative of the potato, comes by many names: Mexican yam bean, Mexican potato or Chinese turnip. It looks like a large brown radish but has a delicate, sweet taste. Available year-round, peeled jicama can be added to a crudite platter or salad, stir-fried, or simply eaten as a snack. Jicama is high in vitamin C and low in sodium. Purchase tubers that are firm, dry and unblemished. Refrigerate in a plastic bag for up to two weeks.



## What's the best cholesterol-lowering diet?

In a recent study, when people increased consumption of soy protein (soy milk or soybeans), sticky fiber (oats, barley), plant sterol esters (found in sterol-enriched margarines) and nuts (such as almonds, walnuts or peanuts), they experienced a 13 percent reduction of LDL cholesterol in six months (versus 3 percent on a low-fat diet).



**If you have borderline cholesterol levels,** these foods might benefit you — but don't stop taking your cholesterol-lowering medication without your doctor's OK.

## Stay in Touch

Keep those questions and suggestions coming!

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### Black Bean Turkey Chili

## EASY | RECIPE

from Personal Best®

|   |                                   |
|---|-----------------------------------|
| 1½ lb ground turkey breast                                  | 1½ tsp dried oregano              |
| 1 tbsp olive oil  | 1½ tsp ground cumin               |
| 1 cup red onion, diced                                      | ½ tsp red pepper flakes           |
| 2 cups bell pepper<br>(red, green or both), diced           | 2 cups ripe tomatoes, chopped     |
| 3 tbsp jalapeno pepper (cored<br>and seeded), finely minced | 14 oz can low-sodium tomato sauce |
| 2 tsp minced garlic   | 1 cup low-sodium chicken broth    |
| 1½ tsp chili powder   | 1 tbsp red wine vinegar           |
|   | 30 oz can black beans, drained    |

- 1] Saute ground turkey in large nonstick soup pot over medium heat until lightly browned; remove from skillet and set aside.
- 2] Heat olive oil in skillet; add onion, peppers and jalapeno and saute until veggies are soft. Add garlic and seasonings and saute about 2 minutes.
- 3] Stir in remaining ingredients and turkey; simmer for at least 30 minutes.  
Garnish options: chopped avocado, light sour cream or grated jack cheese.

**MAKES 10 CUPS. Per cup:**

164 calories | 20g protein | 2.6g fat | 0.5g sat fat | 33mg cholesterol | 16g carbs | 2.7g sugar | 4g fiber | 146mg sodium



## S-L-E-E-P SENSE & SAFETY



Nodding off on the job jeopardizes not only your safety, but also the safety of your co-workers. **Getting a good night's sleep is important, so follow these strategies:**

**See** your health care provider if you have trouble sleeping. It could be a symptom of something more serious.

**Lose** weight. Studies have shown that people who are overweight often have sleep apnea, a sleep-related breathing disorder that leads people to repeatedly stop breathing during sleep. This condition can lead to serious health problems.

**Exercise** at least 30 minutes during the day, preferably in the morning. Exercising in the evening — even as much as six hours before your bedtime — may cause fragmented sleep.

**Eliminate** energy drinks, caffeine and alcohol during the evening. All of these can lead to disrupted sleep.

**Pursue** a consistent sleep schedule. Go to sleep and wake up at the same times every day, even on weekends. Develop a bedtime routine that includes time to unwind before going to bed.

**For more information:** Visit the NSF at [www.sleepfoundation.org](http://www.sleepfoundation.org).

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## Experience the Present (Really)

Take a moment to notice your breath — the sound, the rhythm and the movement of your chest. Inhale deeply through your nose and see if you can perceive any odors. How many sounds can you hear? Can you feel the pressure of your clothes on your skin, or the sensation of the seat or floor under you?

**Attending to your breath** and your environment is an example of mindfulness, a practice of focusing your awareness on the here and now.

It is more a matter of being than doing — simply paying attention to what is happening within you and around you at this very moment. Many people do this as a form of meditation, sitting quietly for 20 minutes or more regularly, while attending to their breath or thoughts.

**So the next time** you find yourself regretting the past or worrying about the future, try taking a few moments to consider what's happening right now.