



10 eating secrets that will help you lose weight, feel great and get you back on track!

Provided to by  Ulliance

- 1. Eat a minimum of 1,200 calories a day. Don't aim to restrict yourself to just 500 to 600 calories per day.** Very low-calorie diets are designed to jump start weight loss by promoting water loss. However, it is difficult to maintain very low-calorie diets over time.
- 2. Make easy changes you can keep -- don't latch onto the latest fad diet.** No one can last eating the same tiny meal for weeks or months. The main problem is that once you introduce your usual calories, the weight is likely to come back. A balanced, reduced-calorie diet paired with exercise is the healthiest approach to long-term weight loss.
- 3. Make room for favorites. Don't eliminate all the foods you love.** People think that healthy eating and weight management is about willpower or "clean eating," but science proves deprivation does not yield results. For example, if you are a soda lover, opt for a diet soda or a smaller portion size like a mini can. Or, when you're at a birthday party or wedding, get a small piece of cake and skip the frosting.
- 4. Weigh and measure yourself weekly -- don't step on the scale every day.** You'll get a better gauge of your weight-loss success by weighing yourself regularly about once a week rather than as frequently as every day. Weight fluctuates daily, so you may get a temporary weight gain, which can be discouraging. Avoid jumping to conclusions if you find yourself a pound or two off.
- 5. Enjoy your meals sitting down. Don't eat on the run or in the car.** Food is important to nourish our bodies, so take time to savor every bite. Mindful eating allows you to take time to sit down and thoughtfully enjoy what you're eating. And experts believe that practicing mindful eating is likely to result in consumption of fewer calories than rushed meals or those on the go. Slow down to trim down!
- 6. Eat until you are satisfied. Don't strive to clean the whole plate.** Eat until you're satisfied and not bursting. Use the three-quarters rule, which allows you to feel three-quarters full with a little wiggle room. If you avoid overeating during meals, you'll likely avoid the craving feelings later on.

7. Cook at least one meal per week. Don't eat out every meal.

Not only will your wallet benefit from a home-cooked meal, but you are likely to consume less fat and sodium. And, this could be good for the whole family. According to a recent study published in the *Journal of Epidemiology Community Health*, children who regularly eat meals together with their family typically have higher intake of fruits and vegetables than those who don't eat together.

8. Step up the exercise and feel the burn whenever you can.

Don't skip your daily physical activity just because you can't make it to the gym. Going to the gym or jogging are great ways to exercise, but there is so much you can do around your home or in your office. Try burning calories by getting up from your desk and delivering messages instead of sending emails or get off a stop early from your bus or train. Exercise will help tone your muscles and boost your overall mood.

9. Take in 2 to 3 cups of vegetables each day throughout the day. Don't overlook the variety you could find outside of veggies as just a side dish at dinner. Vegetables' nutrient-packed benefits go beyond the basics. Choose them based on their attributes, taste, satisfaction, seasonal availability and affordability. Orange, green, yellow, red or white -- a variety of vegetables will deliver potassium, fiber, antioxidants and vitamins A and D to name a few. Give yourself and your family the gift of variety by focusing on all the possibilities such as juicing, smoothies, salads, side dishes, entrees and even desserts!

10. Get enough sleep. Don't be a night owl. Give your body plenty of rest. Just like a car needs to rest for refueling, your body needs rest to repair and get energy to function properly. If you find yourself tired or restless, it's time to take a nap!

Huffingtonpost.com



GIASBERGEN Copyright 2008 by Randy Glasbergen. www.glasbergen.com
"To prevent a heart attack, take one aspirin every day. Take it out for a run, then take it to the gym, then take it for a bike ride..."

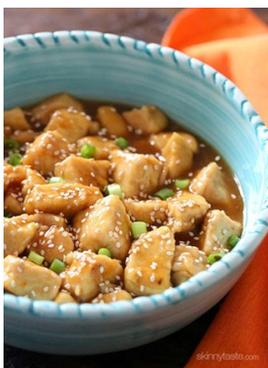
What's Going On!

- > April Fitness classes with MHRFC instructors! Sign up today through TSW on Pipeline.
- > Lifestyle Nutrition and Individual Plan with Debra Cavender. Register for your one on one session through TSW on Pipeline!
- > Lunch & Learn: Hormone 101 presented by Debra Cavender on 4/16 at Scott Hall.
- > In session:
 - C25K Online Based Challenge
 - Greatest Loser MHRFC hosted at the MHRFC

Inside this issue:

What's Going On!	1
10 Eating Secrets	1
Healthy Recipe	1
REIKI	2
Healthy Fats	2
Featured Workout	2

Healthy Recipe. Orange Chicken Brought to you by Ulliance



Sweet, spicy and flavorful – a lighter alternative to the popular Chinese fast food take-out dish and it's quick and easy to make! You can serve this over brown rice and you could even sauté some bell peppers, snow peas, broccoli or asparagus and add them at the end. Enjoy!

Servings: 4 • Size: generous 3/4 cup • Old Points: 7 pts • Points+: 8 pts
Calories: 288 • Fat: 9 g • Carb: 18 g • Fiber: 0.5 g • Protein: 32.5 g • Sugar: 9 g
Sodium: 463 mg • Cholesterol: 81 mg

Recipe can be found *directly* at http://www.skinnytaste.com/2014_03_19_archive.html

Editor:

Lea R. Madjoff
Wellness Coordinator
Wellness Warriors



REIKI. A System of Holistic Healing

Provided by: C. Allemon, Level II Practitioner

Reiki (pronounced "ray-key") is a Japanese word meaning Universal Life Energy. Dr. Mikao Usui revived this ancient healing technique in the mid-19th century. It is designed to promote healing, maintain wellness, and balance energy on the physical, emotional, and spiritual levels.

Reiki is a system of holistic healing. It is not a religion and does not interfere with any religious practices or beliefs. Reiki is complimentary to medical treatment, counseling, and massage therapy. It is used in hospitals, clinics, cancer centers, and hospice care.

Treatments are simple and benefits people of any age and in any state of health. The client can relax in a chair, hospital bed, or lying on a massage table fully clothed. The Reiki practitioner gently places his/her hands, on or above the body, in positions considered to be energy centers/pathways of the body. The Universal Life Energy flows through the practitioner to the individual receiving the treatment. Reiki has been known to assist in relieving pain, emotional distress, and anxiety.

Contemporary research shows common responses are induced relaxation and calmness and reduction in stress and pain. It has the ability to improve sleep patterns and improve mental outlook. Some have described it as being "relaxing yet energizing".

Whatever you experience will be just right for you, as no two people are alike or will have the same experience.

Healthy Fats

Provided by: Debra Cavender, RDN

A published study in *The American Journal of Physiology-Regulatory, Integrative, and Comparative Physiology*, April 2013 found a reduction in the response to mental stress in men and women who were given fish oil.

The participants (67 men and women) were divided to receive either 9 grams of fish oil or 9 grams of olive oil for eight weeks. The test subjects underwent assessment of resting heart rate, blood pressure, muscle sympathetic nerve activity, and blood flow in the calf and forearm at rest. A reassessment on the same markers was completed during a situation created to induce mental stress.

Over the eight week timeframe the resting assessments did not differ between the two groups. However, by the end of the study those who received fish oil experienced reductions in heart rate reaction and total muscle sympathetic nerve activity in response to stress in comparison with the olive oil group.

These findings suggest that fish oil protects the heart during stress and may be one of several reasons why it helps maintain heart health.

Featured Workout: 5 Best Moves for Flatter Abs

Try out this recommended equipment free workout that consists of 5 exercises that will strengthen your core.

This high-powered workout targets all of the muscles that shape your waist. Learn the flat-belly moves that will tighten your tummy, strengthen your core, and cinch your waist without doing crunches!

For the video visit: <http://www.health.com/health/video/0,,20724360,00.html>



Wayne State University's
Employee Wellness
Program

Engagement,
Encouragement, Education

Total Compensation and
Wellness
5700 Cass Ave, Suite 3638
Detroit, MI 48202



Phone: 313-577-3717

Fax: 313-577-0637

E-mail: wellness@wayne.edu

Staying Healthy!

Evidence-based recommendations for clinical preventive services from the U.S. Preventive Services Task Force to improve the health of Americans.

Learn which screening tests, medicines, and daily steps that you can take to have good health and prevent disease.

Men: Stay Healthy at Any Age

<http://www.ahrq.gov/patients-consumers/patient-involvement/healthy-men/healthy-men.pdf>

Women: Stay Healthy at Any Age

<http://www.ahrq.gov/patients-consumers/prevention/lifestyle/healthy-women.html>

Men: Stay Healthy at 50 +

<http://www.ahrq.gov/patients-consumers/patient-involvement/healthy-men/men-over-50.html>

Women: Stay Healthy at 50+

<http://www.ahrq.gov/patients-consumers/prevention/lifestyle/women-over-50.html>