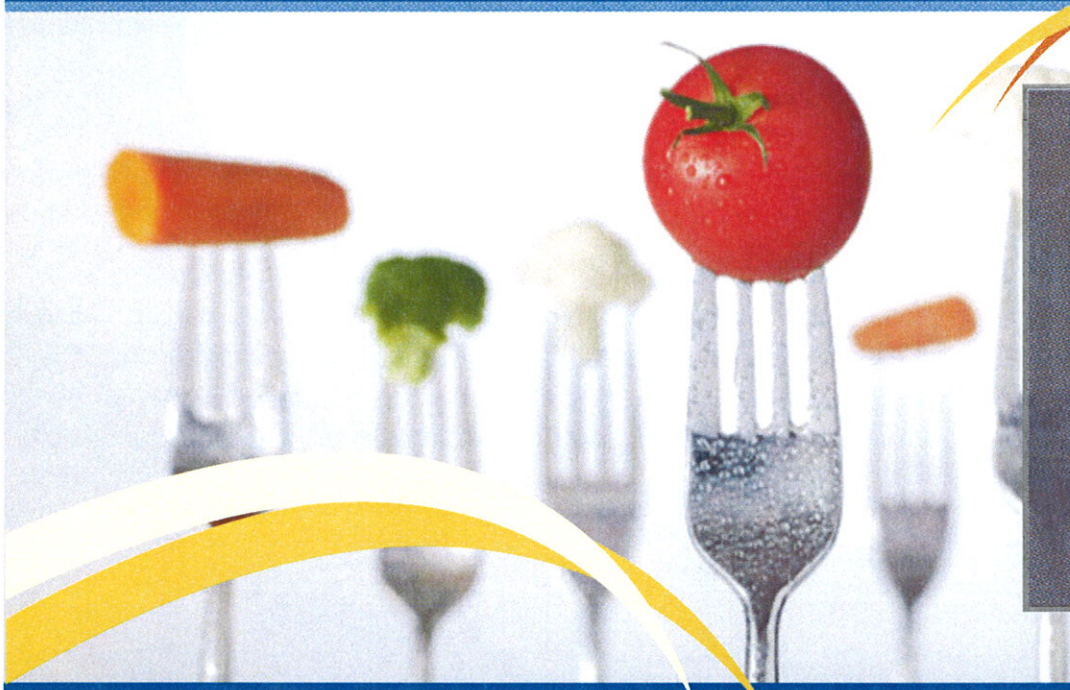
Mission In Motion

HEALTH & WELLNESS MONTHLY NEWSLETTER
JANUARY 2012



this issue

Rise, shine and dine: Busy people can eat breakfast, too

Think that skipping breakfast can help you conserve on calories? Think again. Studies show that people who don't eat this important first meal of the day miss out on essential nutrients and are less able to be productive and focused. In fact, missing breakfast actually increases your hunger later on and makes you less able to control your urge to eat, ultimately leading to weight gain.

To make a healthy breakfast each day, choose one item from at least three of these four food groups: fruits and vegetables, grains, dairy and protein. For breakfast on the go, munch dry, ready-to-eat cereal with a banana and drink a small carton of low-fat or skim milk. Look for cereal that's high in fiber and low in sugar. Oatmeal is also a good choice, and the instant, prepackaged type cooks quickly in the microwave. And, hard-boiled eggs are another way to get lots of nutrients. The yolk does contain cholesterol, but they're easy to take with you and provide protein, vitamins A and B-12, folic acid and phosphorus.

Window of opportunity

No time to fix breakfast at home? You can even make healthy choices at the drive-through window at fast-food restaurants. Skip the oversized breakfast sandwiches, bacon, sausage, doughnuts and full-fat milk. Rather, opt for whole grain bagels, rolls or English muffins and order juice and low-fat milk.

If you regularly miss breakfast because of lack of time, get up 10 minutes earlier to enjoy it, whether at home or on the way to work. Remember that your morning meal doesn't have to be loaded with sugar, fat and cholesterol. With a little planning ahead and some quick and healthy ideas, you'll not only rise, but will shine a whole lot more with revved up energy every day.

Source: Mayo Foundation for Education and Research

Nutritional Tips

You have the power to make healthy nutrition choices every day.

Remember these basic building blocks for taking care of your health:

1. Drink enough water each day
2. Choose healthy snacks in 100-calorie or less servings
3. Opt for healthy, low-fat meals at fast-food restaurants
4. Use monounsaturated and polyunsaturated fats in your diet
5. Check food labels for serving size/number of servings and nutritional content.

It Makes $ense: WalkingWorks to Control HealthCare Costs

America is spending more and more on healthcare, and unfortunately it's not a temporary phenomenon. With medical care growing more technologically advanced, prescription drug use increasing, and the population growing older, health care expenditures are projected to double over the next 10 years. It's no wonder that more than half of all U.S. employers say health insurance is the benefit that causes them the greatest cost concern.

According to the U.S. Surgeon General, more than 60 percent of adults in the United States do not engage in a basic amount of physical activity, and approximately 25 percent of American adults are not active at all.[1]

A lack of physical exercise can lead to chronic disease and conditions like:

Heart disease

Diabetes

Obesity

Arthritis

Each year, the nation spends more than $600 billion on health care to treat these types of illnesses.[2]

According to the U.S. Department of Health and Human Services, increasing regular moderate physical activity among the more than 88 million inactive Americans over the age of 15 could reduce annual healthcare costs by as much as $76.6 billion.[3]

We all have a role to play in keeping health care affordable. And because we all pay for the rising cost of healthcare through increased premiums, copays, and deductibles, we all have a stake in this.

That's why Blue Cross and Blue Shield of Texas is launching WalkingWorks, the Blue Program for a Healthier America. This initiative will enable Americans to participate in a long-term effort to walk to better health and do their part to control health care spending. By taking the WalkingWorks Pledge, participants will commit to develop and stick with a regular walking program that's suited for them. Blue Cross and Blue Shield of Texas will work with the President's Council on Physical Fitness and Sports, a WalkingWorks partner, to recognize participant's efforts through the Council's Presidential Active Lifestyle Award.

A regular brisk-paced walking program can help control weight, condition the heart and lungs, strengthen bones and help control the cost of health care. While any increase in physical activity will help promote good health, the U.S. Surgeon general recommends that most Americans establish a goal of walking 10,000 steps daily to maintain a basic level of fitness.

This can be achieved by making simple choices like taking the stairs instead of the elevator, walking to the store instead of driving, parking at the back of the parking lot instead of the front. With American spending more on healthcare...every step counts.

To find out more about the WalkingWorks initiative, visit www.bcbstx.com.

1U.S. Department of Health and Human Services, "Physical Activity and Health: A Report of the Surgeon General," 1996

2,3U.S. Department of Health and Human Services, "Physical Activity Fundamental to Preventing Disease," 2002

The Facts on Reading Food Labels

Are you label-conscious? Many of us pay more attention to the designer labels on our clothes and accessories than we do food labels. But reading labels can help you make wise food choices.

Most packaged foods in the grocery store list nutrition information on the package in a section called "Nutrition Facts." The information on the left side of the label provides total amounts of different nutrients per serving. Choose your food wisely by checking the total amounts for:

Calories

Total fat

Saturated fat

Cholesterol

Sodium

Total carbohydrates

Fiber

Want to turn some heads? Then take a healthy, nutritious approach to eating by learning about nutrition facts. When you do, you'll label yourself healthy and get noticed for more than what you're wearing.

Eating because something's eating you?

If a chocolate bar, slice of cake or bag of chips has become your "friend" when you're stressed or anxious, you may be an emotional eater. It's likely that you've been conditioned to turn to food for comfort if you find that it is one of the few things that make you feel better.

If you eat because of emotions, consider keeping a food journal of what you eat, when you eat and why you eat. To help break the habit of emotional eating, find other things to do, such as walking around the block, taking a bike ride or playing with the dog.

And you can also turn to the Personal Health Manager available through Blue Access® for Members at www.bcbstx.com. You'll find great nutrition and stress-relieving ideas that you're sure to eat up.

Source: American Dietetic Association

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Making Nutritious Fast Food Choices

You're on the run and starving, and the triple meat cheeseburger and super-size fries are clamoring for your attention. While it's okay to occasionally indulge yourself in this caloric creation, there are ways to cure the desire for unhealthy fast food choices.

Try these great ideas to help you drive down fat and calories at the drive-through:

- Pass on the "value-size"—the size of your fries isn't the only thing that gets bigger
- Skip the high-fat sides, or consider a fruit cup or side salad with low-fat dressing
- Eat your sandwich open-faced to help eliminate unnecessary calories
- Try asking for a wheat bun rather than white
- Forgo the mayo and other calorie-laden dressings and sauces

Ready to super-size your health? Put these ideas into practice and say goodbye to fast food fever.

Catch more super nutrition ideas by logging on to Blue Access® for Members at www.bcbstx.com.

Source: American Heart Association

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Make Your New Year's Resolution Attainable

Most people have good intentions when they make their New Year's resolutions. Keeping New Year's resolutions is often difficult for even the most well-intentioned individual. Follow a few simple steps to help you keep your New Year's resolutions this year.

1. Give careful consideration to your New Year's resolutions. Do not go with the first resolutions that come to mind. It might seem like a good idea to go with one of the common resolutions such as losing weight or paying off debt, however, those resolutions might not be the best choices for you. Think about what you truly want to achieve during the New Year.

2. Consider making smaller New Year's resolutions to help you achieve a larger goal. You are more likely to keep your New Year's resolutions if they are designed to be a step towards a larger dream or goal. For example, instead of making a resolution to lose 25 lbs. in the new year, make a resolution to lose a few extra pounds in the first few months of the new year.

3. Talk about your potential New Year's resolutions with family and/or friends. They can help you to pinpoint the most ideal resolutions for you. Talk to your loved ones who are the most open and honest with you. They are more likely to give you an objective opinion on which resolutions you are most likely to attain and to determine which resolutions would be most beneficial to you in the new year.

4. Choose a New Year's resolution that you feel that you can keep. If your New Year's resolution for the past 3 years has been to pay off your credit card and it has not yet happened, then that might not be the best resolution for you. Give serious thought to which goals you feel in your heart you can achieve rather than those resolutions that you have your heart set on achieving.

5. Verbalize your prospective New Year's resolution or resolutions to yourself and to friends. Saying your goals out load will help you to set out on a path to achieving those goals. Letting others in on the secret of what resolutions you have chosen will help you want to achieve those resolutions.

Marisa Black; www.ehow.com

January Health & Wellness Training Series:

Weight Management: Nutrition

Speaker : Roberto Bravo, Clinical Nutrition Manager

Date: Thursday, January 26, 2012 at City Hall—Council Chambers from 3:30 to 4:30pm.

Sign up now to attend. Call or email Human Resources at 580-8631 or rpalomo@missiontexas.us.

Sample Label for Macaroni and Cheese

Start Here

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

Limit these Nutrients

Get Enough of these Nutrients

Quick Guide to % DV
5% or less is low
20% or more is high

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Footnote

Upcoming Monthly Health & Wellness Training Series:

January 2012 — Nutrition

February 2012 — Heart Disease/ Heartburn

March 2012 — Kidney Disease

April 2012 — First Aid

May 2012 — Physical Fitness

June 2012 — Depression

July 2012 — Varicose Veins

(All topics subject to change)

*If you have a subject or topic that you would like more information on, feel free to make your requests at 956-580-8630.

Next Month's Issue:

February 2012—Heart Health

Visit us on the web:
www.missiontexas.us

Mission In Motion

Human Resources Department
1201 E. 8th Street
Mission, TX 78572
956-580-8631

Noemi Munguia—Human Resources Director
Romie Palomo—Benefits Coordinator
Elena Perez—Personnel Manager
Vicky Ortiz—Insurance Benefits Specialist

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