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**Weight loss is a steady diet of give and take. There is no need to deprive yourself of the foods you love. Just make sure to keep your portions small and maybe choose healthy alternatives. The simplest way to manage your weights is to balance your energy in (calories from food and beverages) with energy out (calories burned through physical activity and exercise). So make sure to use more calories than your taking in.**



## November is Alzheimer's Disease Awareness Month

**Is it Possible to Prevent Alzheimer's Disease?**

According to the Alzheimer's Association®, "when people think about staying fit, they generally think from the neck down. But the health of your brain plays a critical role in almost everything you do: thinking, feeling, remembering, working, and playing – even sleeping."



There is no "magic bullet" that can absolutely prevent the disease from happening. AD develops over many years and appears to be influenced by a number of risk factors. We can't do

anything about some of these risk factors. However, accumulating evidence from many studies suggests that we can do something about other factors that affect the likelihood that a person may develop AD.

Though we can't do much about our age or genetic profile, recent research has suggested that a number of lifestyle and environmental factors also may play a role in AD. The good news is that these factors are related to other major health concerns as well. Maintaining healthy habits in these areas will help maintain a person's overall health, and they may reduce the chances of developing AD:

- \*Keeping your brain active
- \*Reducing heart disease risk
- \*Being physically active



Scientists are actively investigating several other areas that may be important to preventing AD someday. For example, they are looking at agents that may affect the AD disease process and investigating ways to assess very early changes in the brain associated with AD. Finally, research to develop an AD vaccine is underway.

Information courtesy of The Alzheimer's Association

## Think Light When it Comes to Holiday Food

**Make sure that the turkey is the only thing getting stuffed this year!**



Thanksgiving, is the second food based holiday of the season. The average American gains 7-12 pounds between Halloween and New Year's. For most people the holiday season brings many welcome opportunities to eat irresistible treats. The problem is

the extra calories can jeopardize a diet. Here are just a few suggestions on how to avoid the pitfalls associated with the Holiday season.

**Pack Healthier Snacks.** While Traveling, bring your own snacks and resist fast-food temptation. Carry a bottle of water of water and skip the regular and diet soft drinks

**Ease your appetite first.**

Drink a glass of skim milk and eat a salad or some fruit before a big holiday meal. Then keep dinner portions small. You will feel fuller on fewer calorie overall.

**Focus on friends and family.**

You are likely to eat less when you are more involved with others and your surroundings.



# The Great American Smoke Out

Did you know that when non-smokers are exposed to secondhand smoke it is called *involuntary smoking* or *passive smoking*.

Non-smokers who breathe in second-hand smoke take in nicotine and other toxic chemicals just like smokers do. The more secondhand smoke you are exposed to, the higher the level of these harmful chemicals in your body.

Here are a few additional ways to help you relieve the stress that may be effecting you:

- Journaling
- Meditation
- Playing Games
- Laughter
- Plant a Garden
- Listen To Music
- Enjoy Aromatherapy
- Reduce Caffeine Intake
- Drink in Moderation
- Don't Procrastinate
- Drink Green Tea or warm milk



Did you know that skin cancer is the most common form of cancer in the United States? Make sure to examine your skin head-to-toe every month and see your physician every year for a professional skin exam.



November 19, 2009 is the Great American Smokeout.



The American Cancer Society marks the 34th Great American Smokeout on November 19 by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking

an important step towards a healthier life – one that can lead to reducing cancer risk and creating more birthdays.

Researchers say that quitting smoking can increase life expectancy – smokers who quit at age 35 gain an average of eight years of life expectancy; those who quit at age 55 gain about five years; and even long term smokers who quit at 65 gain three years.

Smokers who want to quit can call the American Cancer Society Quit For Life® Program operated and managed by Free & Clear® at 1-800-227-2345 for tobacco cessation and coaching services that can help increase their chances of quitting for good.

Information courtesy the American Cancer Society

## Dealing with Stress During the Holidays

The holiday season is often a stressful time. Stress is simply an individual's reaction to change. Reactions can range from the physical to the psychological. Here are some helpful tips to keep in mind this holiday season and throughout the year.

Want to De-stress? Lighten your load!

**\*Let go:** Remember, you cannot control outside events, but you can control how you react to them. Try to focus on the small things you can control

**\*Exercise:** Set a reasonable small goal such as walking ten minutes three times per week. Once you achieve goal #1, set another one.

**\*Sleep:** Attempt to catch between six and eight hours a night (for adults).



**\*Relax:** Try to slow down your breathing in times of stress and concentrate on taking deep breaths. For an additional challenge, take a yoga class or use a relaxation tape.

**\*Talk to a friend:** Reach out to a long-lost or new friend. Your friend may need help in managing stress too! Is life completely overwhelming for you? Consider talking to a mental health professional. Ask your health care provider or call your Employee Assistance Program if you need a resource.



## Healthy Skin

November is designated as Healthy Skin Month. Your skin is your first defense against disease and infection so it's important to keep it healthy. As the largest bodily organ, it's the first thing people see when they meet you and it can speak volumes.

Besides being a sign of personal aesthetic, the skin also contributes to sensation, heat regulation, and the absorption of important vitamins and minerals. Every day it protects us from the harsh elements of nature and

over the years that can lead to different problems. Acne, age spots, eczema, wrinkles, and skin cancer are just a few of these complications.

Although November is designated as National Healthy Skin month, keeping your skin protected should be a daily, lifelong commitment. Here are a few tips on how to keep your skin healthy and beautiful:

**\*\*You don't need to use soap** on all parts of your body to achieve cleanliness. Soap is drying.



**\*\*Smoking causes wrinkles and premature aging - so just for vanity's sake - stop!**

**\*\*Use sunscreen with an SPF of 15 daily.** It provides protection from both UVA and UVB rays. Don't forget to apply sunscreen to your hands as well as your face!



**\*\*Beauty is skin deep - eat vitamin and antioxidant rich foods for that healthy glow!**