

# HEALTHY

# You!

"Your Source For A Happy and Healthy Lifestyle."

April 2014

**THIS EDITION FEATURES:**

## Supercharge your Metabolism

- Are you fooled by food?
- Making the most of your lunch hour
- Weighing in on alcohol
- Keeping a positive point of view

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# Supercharge your Metabolism

While metabolism is a complicated chemical process, at its core, it's the process of turning the food you eat into fuel to power your body and mind. Here are a few ways to supercharge your metabolism:

**Fuel your fire.** Just as adding small twigs can keep a fire from dwindling down, eating small meals throughout the day can keep your metabolism gradually burning.

**Burn hotter.** Physical activity is the accelerant that is most effective in keeping your metabolic fire burning. The best metabolism-boosting exercises are weight lifting and cardiovascular training.

**Cardio training.** Cardiovascular workouts are effective on large muscle groups, as well as the heart and lungs. Running, biking, using the elliptical machine, swimming, and dancing are all effective cardio workouts.

**Weight training.** Muscles need calories to function, so increasing muscle density and size will naturally increase metabolism.

Any amount of physical activity you add to your routine will stimulate your body and build muscle, thus increasing your metabolism. Take a walk during your lunch breaks, or start using that gym membership to fit in a brief and convenient workout.

## Speaking of walking at lunch...

Get moving with National Walk @ Lunch Day, Wednesday, April 30, 2014.

Join Independence Blue Cross in celebrating National Walk @ Lunch Day. Plan to lace up your sneakers with some neighbors or coworkers, or come walk with us at Rittenhouse Square while we encourage more walking throughout the work day!

### Did you know walking has been shown to:

- Significantly reduce the risk of developing type 2 diabetes
- Lower coronary heart risk
- Lower blood pressure
- Help prevent cancer, notably breast cancer
- Reduce pain for people with arthritis
- Reduce physical symptoms of anxiety associated with minor stress
- Increase self-reported energy levels when older adults set their own pace

Visit [ibx.com](http://ibx.com) to learn more and view pictures from last year's successful event!





# Are you fooled by food?

When it comes to food, it can be hard to separate fact from fiction. No matter the claims made in a food's advertising, it's more important than ever to read labels for accurate nutrition information and to remember portion control.

## Many popular foods are called healthy, but they may not be as diet-friendly as they seem.

**Granola bars.** While high in fiber, these snacks can pack high amounts of sugar.

**Turkey burgers.** Red meat gets a bad rap, but if turkey burgers aren't made using lean turkey, they may have nearly the same fat content!

**Fruit juices.** Fruit juices that don't have reduced sugar can be as unhealthy as soda.

**Sports drinks.** Watch the sodium in sports drinks, which may make you thirstier. There is nothing like cold, refreshing water during and after a workout.

## On the flip side, the following foods have a reputation as being bad for you, but offer excellent health benefits.

**Eggs.** Egg yolks do contain cholesterol, however, they also contain nutrients that may help lower your risk of heart disease, including protein, vitamin B12, riboflavin, and folate.

**Potatoes.** Potatoes provide a low-cost option for four key nutrients: potassium, fiber, vitamin C, and magnesium.

**Chocolate.** Chocolate is rich in an antioxidant called flavanol. In addition to cancer-fighting properties, chocolate can help lower high blood pressure. Remember, chocolate is high in calories, so limit servings to about an ounce.

## Recipe of the month: Not-So Deviled Eggs

6 hard-boiled eggs	1/4 tsp pepper
1/4 cup nonfat plain Greek yogurt	1/8 tsp salt
2 tsp Dijon mustard	Paprika to garnish

Peel and cut the eggs lengthwise. Scoop out the yolks and add them to a mixing bowl, placing the whites aside. Add all remaining ingredients except the paprika to the bowl and mix. Spoon the yolk mixture back into the empty egg white halves and sprinkle with paprika.





# Making the most of your lunch hour

Do you regularly take your lunch break? A recent survey reported that only one in five American workers gets away from their desks at lunch. Taking a lunch break is beneficial, and can help you refresh and re-energize. The next time the clock strikes noon, remember these reasons to unplug for a bit:

- **Over time, working through lunch can leave you feeling overwhelmed and lead to burnout.**
- **Talking with people about something besides work during lunchtime can boost your energy and improve your mood.**
- **It's a great time to run some personal errands, and go for a brisk walk in the process.**
- **You can make your day more productive by giving your mind and body a much-needed pause.**

If you feel like there's too much on your plate to take a proper break, remind yourself that if you do, chances are you will accomplish more in the long run.



## Alcohol is high in calories, but has no nutritional value

Before you say cheers, check out the Alcohol Calorie Calculator and other tools at the National Institutes for Health's Rethinking Drinking website, [rethinkingdrinking.niaaa.nih.gov](http://rethinkingdrinking.niaaa.nih.gov).

## Weighing in on alcohol

If you are trying to lose a few pounds or maintain a healthy weight, alcohol may be the secret enemy lurking in the shadows. Alcohol not only adds extra calories to your diet, it also changes your normal digestive process. When the body processes alcohol, it is not able to properly break down foods containing carbohydrates or fat. Instead, it converts these calories straight to fat storage. Follow these tips to make smarter choices the next time you have a drink.

**Don't skip a meal to save calories for drinking.** Drinking on an empty stomach enhances the negative effects of alcohol. Instead, balance your calories by adding an extra 30 minutes of exercise to your routine.

**Eat a healthy meal before you have a drink.** Alcohol stimulates your appetite and lowers your inhibitions and willpower, leaving you more likely to overeat.

**Beware of added calories in mixed drinks.** Hard liquor contains approximately 100 calories per ounce. A mixer such as juice or soda will add as much or more to your intake.

**Sip a glass of water with an alcoholic beverage to avoid overdrinking.** This also helps to fight the dehydrating effect of alcohol.



# Keeping a positive point of view

There's a saying that everything happens for a reason, and plenty of people can attest to going through a difficult time only to end up in a better place. These bumps in the road can be stressful or overwhelming, but staying positive and looking for the "silver lining" can help you get through.

This approach is called reframing — changing the way you look at something to experience it differently. To reframe a situation, step back from what is happening and consider other ways you might view the negative event. Ask yourself:

- Is this a learning experience?
- What is the best way to overcome this challenge? This helps you focus on a solution, rather than the problem.
- Are there assumptions you have made that are causing you to think negatively about this situation?
- What are the benefits of this situation, if any? Could this be a blessing in disguise?
- Will you look back at this situation and laugh someday?

Stressors will always exist, but we have the ability to control our reaction to them. When you start to feel pressured or tense, try to use reframing to look at the situation differently.

***“Things turn out the best for the people who make the best of the way things turn out.” – John Wooden***

***“Everything you’ve ever wanted is on the other side of fear.”***

–George Addair

## Dream big

We try to teach our children that they can accomplish anything if they work hard enough. But as adults, we often don't follow that advice, or we let our own dreams take a backseat.

The truth is, it's not only okay to keep pursuing your dreams; it's good for you! Passion and enthusiasm breed fulfillment. So, create a vision for your future, whether it's a career goal, fitness goal, financial plan, or a dream vacation. Ask yourself, "What would I dare to dream if I knew I could not fail?" Make a list of at least six different things and pick one to pursue.



# Test yourself!

How much did you learn in this issue?

## 1.) Which of the following can help to accelerate your metabolism?

- a. Ice
- b. Regular exercise
- c. Concentration

## 2.) Which of the following is TRUE about alcohol?

- a. Alcohol adds extra calories.
- b. Alcohol in the body changes the way foods are broken down.
- c. Alcohol stimulates your appetite.
- d. All of the above.

## 3.) Which of these statements is true?

- a. Stress will always exist in the world, but we have the ability to control our reaction to it.
- b. Stress will always exist in the world, and we have no control over how we react.
- c. There is nothing that can be done about stressors in the world.

ANSWERS

1.) B. Regular exercise.

2.) D. All of the above.

3.) A. Stress will always exist in the world, but we have the ability to control our reaction to it.

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