

# HEALTHY *You!*

"Your Source For A Happy and Healthy Lifestyle."

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**THIS EDITION FEATURES:**

## **Harness Your Hunger**

- **Trick...or Treat Yourself**
- **Exercise Yourself Happy**
- **The Power of Kindness**
- **Be a Smart Patient**

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# Harness your Hunger

Hunger is the body's physical need for food. Appetite, on the other hand, is what gives you the munchies. Keeping your appetite in check is key if you are trying to maintain a healthy weight. So what's the best way to suppress your appetite? Controlling hunger.

## Here's how:

- **Be scheduled.** Eat at regularly scheduled times to help control your hunger through the day. Not letting yourself get too hungry makes you less likely to overeat — it can also help you make healthier food choices.
- **Bulk up your meals.** Foods with lots of fiber, such as beans and whole grains, help you feel more satisfied. Fruits and vegetables have a high water content as well as plenty of fiber, so they can make you feel even more full.
- **Eat slowly.** Remember, it can take up to 20 minutes for your brain to realize that your stomach is full.
- **Add water.** Water is also a great way to keep you feeling full all day. Staying hydrated also boosts your metabolic rate, which increases the rate at which you burn calories.

## Trick...or Treat Yourself

Face it, after the little goblins have stopped ringing the doorbell, there will likely be some leftover candy. Just remember that it can take as little as 100 calories (that's one peanut butter cup) a day to gain weight. Don't be scared, just follow our plan to minimize the lure of Halloween candy:

**Before Halloween:** Wait until the last minute to buy candy, so you can't be tempted too soon. When it's time to shop, avoid buying your favorites.

**The day of:** Eat a healthy, substantial dinner before trick-or-treaters start ringing your bell. That way you'll be too full to indulge in too many treats for dessert.

**The day after:** Decide how you will divide the leftovers, and set a "candy quota," such as one mini candy bar per day or eight pieces of candy corn. Put the remaining candy on a high shelf where you won't see it. If you use this tactic, be sure to add some extra exercise to your routine to prevent weight gain.

### Haunted by your leftover candy?

Donate it to a food bank or leave it in the office kitchen.



# Recipe of the Month:

## Parsnip Sweet Potato Mash

### Ingredients:

2 sweet potatoes, peeled	¼ tsp kosher salt
1 ½ cups parsnips, peeled and diced	¼ tsp pepper
1 tbsp parsley (chopped)	Pinch of nutmeg
¼ cup plain yogurt	

### Instructions:

Place potatoes and parsnips in a pot with water and bring to a boil. Reduce heat and cook until tender, about 20 minutes. Transfer to a bowl, add the rest of the ingredients, and mash until soft.



## Exercise Yourself Happy

Depression is unfortunately common, affecting nearly 10 percent of Americans. Some happy news? Regular exercise has been shown to alleviate some of its symptoms. Here are some strategies people with depression can use to make exercise part of their therapy:

**Start slow.** Select a few activities for the week and put them in your calendar.

**Go easy.** You don't have to start with heavy weights or long-distance running. Try walking, gardening, biking, or even cleaning your home.

**Do what you like.** Start with activities you enjoy, and it won't feel like exercise. For instance, dancing for 30 minutes can burn the same amount of calories as jogging. If you play golf, ditch the cart and walk the course.

*Source: Craft LL, Perna FM. The Benefits of Exercise for the Clinically Depressed. Primary Care Companion to The Journal of Clinical Psychiatry. 2004;6(3):104-111.*

## The Power of Kindness

Having a rough day? Tell the next person you see that they look nice today. Kindness has been shown to decrease symptoms of stress in the giver, not just the recipient! Here are some ideas for incorporating simple acts of kindness into your busy day:

- Leave a big tip
- Pay it forward at the coffee shop
- Be nice to a person you don't always get along with
- Go online and donate to a favorite charity
- Give your partner a neck rub

If you find that showing a little extra kindness makes you feel better, try showing a lot more. You could join a volunteer organization or offer to mentor a young person.



*Source: Raposa, E. B., Laws, H. B., & Ansell, E. B. (2015). Prosocial Behavior Mitigates the Negative Effects of Stress in Everyday Life. Clinical Psychological Science, 2167702615611073.*



# Be a Smart Patient

You eat right, exercise, and get as much sleep as you can. But even the most health-conscious among us occasionally have to go to the doctor. Here's how you can take as active a role in your medical treatment as you do in your day-to-day physical health:

- **Build a relationship with a primary care physician.** Work with your physician to create a wellness plan that fits your personal goals. Be sure to see this doctor regularly, so that you can follow your progress and update your plan as needed.
- **Be informed.** If you have a health condition, learn as much as you can about your choices for care. This includes asking questions, comparing your options, and discussing with your doctor which treatments or services may be right for you.
- **Follow up as needed.** Be sure to follow all of instructions the doctor gives you after your visit, including filling prescriptions, scheduling tests, or making other appointments.



## Give Generics a Chance

Generic drugs have the same dosage, quality, intended use, effects, and strength as brand-name drugs. So how do they actually differ? Not by much. Read on for answers to common questions.

### Why are generic drugs less expensive?

Because the companies that produce the brand-name versions have gone through years of research and development in making the drug. When their patent expires, other manufacturers can make generic versions without doing the work to bring the original version to market.

### How much less are the costs?

It differs by drug and by health plan, but generic medications are usually much less expensive than brand-name versions.

### Why do generic drugs look different?

Because the U.S. Food and Drug Administration (FDA) requires it. However, the FDA also requires that generics be as effective as brand drugs.

Talk to your doctor to find out if there are generic equivalents of any medications you take and if they are appropriate for you.

# Monthly Quiz:

## 1. Which of the following statements is most true?

- a. Exercise is good for physical health.
- b. Exercise is good for mental health.
- c. Exercise is good for both physical and mental health.

## 2. Which of the following best explains the difference between hunger and appetite?

- a. Hunger is the desire to eat because you crave a specific food and appetite is the amount of food you can fit in your stomach.
- b. Hunger is the body's physical need for food and appetite is a trigger that creates the desire to eat even when one may not be hungry.
- c. Appetite and hunger are the same.

## 3. True or false: Acts of kindness benefit only the recipient.

- a. True
- b. False



ANSWERS 1.) c 2.) b 3.) b

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