New Year. New You.

As the New Year has kicked off, we tend to all have a burst of hope for the coming year. Unfortunately, for most, this motivation tends to fizzle out quickly. I’ve even heard people talk as if New Year’s resolutions are cursed. I must say that, I myself, thought of starting my new routine a week early to avoid this New Year’s curse. But, what we should all recognize is that most people “fail” their resolutions, not because of some mythical New Year’s curse, but because of good old fashioned poor planning.

It seems that with the New Year most of us become unabashedly brave and set goals that we may have been pining to achieve for years. But just like past years, we set the goal and expect it to happen like magic. Unfortunately, changing your lifestyle isn’t magic. It takes hard work, careful planning, and determination. Be bold with your wishes and goals for the New Year, but remember the old saying that “Rome wasn’t built in a day”. You have to build your goal brick-by-brick, completing a stair step of smaller goals, which suddenly have you standing in front of the big goal you’ve been thinking you would never achieve. I promise that you can do it if you focus on careful planning by creating a roadmap to your ultimate goal. Through small goals, specific timelines, and built in rewards you leave yourself no room for failure until your new goal “magically” becomes habit.

Use this month’s issue to help guide you through your exercise and nutrition goals for 2014. And remember to keep working because the only person holding you back from your dreams is you!
Ask the Dietitian

We have had lots of interest in information being presented by our in-house dietitian, Lauren Kroeger, RD, LD. So, we thought we’d open the floor for your questions! Just let us know what nutrition myths you’d like busted or meal suggestions you need solved and Lauren will bring you the most up-to-date answers from the experts. Then your question and answer will be shared in the next month’s newsletter (no names shown). No question is too small…and if you’re wondering, you’re not alone! Please submit all questions directly to Lauren at lauren.kroeger@oconeemed.org.

New for 2014!

Community Weight Management Programs

The Wellness Center will be offering two community weight management program in 2014. No referral needed for either program. Each series is 12 weeks in length, held bi-weekly for the adult series and weekly for the children series. The program will be run by the Wellness Center’s Registered Dietitian, Lauren Kroeger.

Adult Weight Management

**Program Dates:**
January 16th – April 3rd
April 10th – June 26th
July 3rd – September 18th
October 2nd – December 18th

**Program Breakdown:** Participants will come bi-weekly.
Visit 1—Individual Assessment (1 hour)
Visit 2—Group classes (2 hour class)
Visit 3—Individual Mid-Program Assessment (1 hour)
Visit 4—Individual Post Assessment (1 hour)

**Classes Offered:** Fun & Interactive presentations including visual displays, hands on activities, taste testing, cooking demonstrations & a grocery store tour!

**Program Cost:** $100 for 12 week program ($10 per assessment; $20 per class). Individual sessions cannot be sold separately.

Childhood Weight Management

**Program Dates:**
January 14th – April 1st
April 8th – June 24th
July 1st – September 16th
September 30th – December 16th

**Program Breakdown:** Participants will come weekly.
Visit 1—Individual Assessment (1 hour)
Visit 2—Group classes with parents & children (1 hour)
Week 3—Individual Mid-Program Evaluation (1 hour)
Week 4—Group classes with parents & children (1 hour)
Week 12—Individual Post Assessment (1 hour)

**Classes Offered:** Fun & Interactive presentations including visual displays, hands on activities, taste testing, cooking demonstrations & a grocery store tour!

**Program Cost:** $120 for comprehensive 12-week program ($10 per week). Individual sessions cannot be sold separately.

For more information or to sign up, please call 864.885.7654.

Well Aware of Health 2

Tips for Turning Resolutions into Habits

By mid-January, many well-intended New Year’s resolutions have already faded into memory, but it is not too late to make lasting changes for improved health. Stay on top of your resolutions until they become habit. To become habit, a new behavior must be repeated for at least 21 days. Day 4 is where many new actions can begin to wear off. Day 1 we are excited and have positive feelings about making a healthy change and that feeling carries over to day 2. By day 3, we begin to get tired of it, and by day 4, it can drop off. Make it past day 4 and you are well on your way to making a new behavior a habit!

Crash diets are always a popular way people attempt to lose weight. Diets do work, SHORT TERM! Yes, you may see rapid weight loss when you make drastic changes such as with a crash diet, but this cannot be maintained long term. Instead, you should be setting realistic goals to improve your diet. If you want to follow a style of eating you can try the Mediterranean-style of eating instead of doing a crash diet. This food regimen emphasizes eating in lots of fruits and vegetables, whole grains, oily fish like salmon, skinless grilled chicken, and some nuts like almonds, as well as cooking with olive oil and going easy on red meat. Alcohol drinkers should stick with red wine.

Mediterranean Style of Eating:

- Whole grains, vegetables, and fruits are eaten at most meals. Strive for 5-7 servings of fruits and vegetables daily.
- Olive oil is the principal fat. Use in cooking and when preparing vegetables and salads.
- Nuts, beans, legumes, and seeds are essential foods. A handful of nuts a day will do.
- Herbs and spices are used liberally and reduce the need for salt
- Cheese and yogurt are eaten in low to moderate amounts. Always choose low fat dairy.
- Fish and shellfish are important protein sources. Try tuna, herring, sardines, salmon, mussels, clams, and shrimp. Fish is eaten at least two times per week.
- Eggs are included regularly, at least weekly. Often used as a replacement to meat.
- Meats are eaten in small portions. Moderate portions of boneless, skinless poultry are consumed and minimal red meat is consumed (only a few times a month). Bacon, sausage, and other high fat, processed meats are avoided.

We often do not achieve our New Year’s resolutions because they include too many goals at once or we never make our targets actionable. You should start small, set a realistic and achievable goal. Try making a SMART goal: one that is Specific, Measurable, Action based, Realistic, and Timely. You may try something like: “I will eat at least 1 fruit or vegetable with each meal 4 days a week”. Once you have met that goal you set another. As you reach your goals you are motivated to continue. This behavior will help make that resolution a habit because you are slowly making a lifestyle change. It is great to reward yourself for reaching goals, but if you are setting healthy eating goals it is important not to reward yourself with food treats. Try rewards such as time to yourself, or buy yourself a new exercise outfit!

Creating new eating habits and breaking down old ones is hard. Below are a few ways to help:

- Begin to shift your view of food as a treat to viewing it as fuel. This can help you make a transition to healthier foods over the long term. Begin to change your mindset from “I want that, but I can’t have it”, to “I can have that, but I just don’t want it”. Begin to recognize the foods you eat effect how you feel. Eat with intention and attention. Listen to your body’s cues and eat when you are truly hungry and stop eating when you have satisfied that hunger.
- Don’t be afraid to fail. There will be times that you do not stick completely to your plan of healthy eating. Know that it is ok and do not look to punish yourself for it. New habits take time to learn, so learn from the experience and move on. One meal will not make you gain weight. It is your eating habits over a period of time that will cause you to gain or lose weight.
- Starting small allows you to reach your goals and begin to build upon them week after week or month after month. If you can achieve your goals from the beginning, you begin to create a positive mentality around the activity.
The most effective fitness routine is a balanced routine. Often people will focus on one type of fitness, such as cardio, when they should be working toward a balanced combination of strength training, core exercises, balance training, flexibility & stretching, and aerobic fitness (cardio). By doing a balanced routine, you are also more likely to prevent injury by allowing your body time to recover between workouts.

Before you start a new routine, check with your doctor to be sure you are healthy enough for exercise. Once you begin a program, focus on your body and how it feels throughout the program. You should focus on pushing yourself each workout while still being aware of what your limits may be. Every person is different and should be exercising at his or her own level. Exercise should not be a competition with anyone but yourself so don’t be tempted to compare yourself to those around you.

The following pages show recommendations for each of the 5 pillars of a balanced routine to get you started for the New Year. Remember to choose a routine that you can keep up with for the long-term, and HAVE FUN!

### Tips for Beginning Runners

1. **Invest in a good pair of running shoes.** You don’t have to buy the top of the line, which could set you back a couple hundred dollars. However, it’s important to ensure that your shoes will provide sufficient cushioning to protect your back and lower limbs from injury.

2. **Walk before you run!** For the first four weeks you should have a 5-15 minute warm-up walk before breaking into a trot, followed by a warm-down stroll.

3. **Make sure you run/walk at least three times a week.** This allows you to achieve health benefits. You should continue to work until you are exercising on most days of the week. However, don’t run if you’re unwell, as this might increase the time you’ll take to recover.

4. **Don’t run two days in a row for the first two months.** Give your muscles and tendons a chance to adapt to running.

5. **Run for time, not distance.** Your running program should be designed to gradually increase the time you spend on your feet, rather than the kilometers.

6. **Avoid drastic increases in time on your feet.** If you ran a total of thirty minutes last week, don’t increase this by more than ten minutes the following week.

7. **Be patient!** Don’t be in a hurry to enter road races, etc., no matter how much your friends pressure you. Wait until you can run at least 30 minutes without resting before lining up for that first 5km fun run.

8. **Find a like-minded friend to run with.** Some of the greatest friendships have been formed during training runs.

9. **Enjoy your running!** It’s nice to be competitive, but not if the pressures are going to impact on your health and general life style. Avoid getting into the trap of entering a race every week, come what may, because this is the surest way of becoming injured.
Getting Started with Strength Training

Start with a program that works all muscle groups 1-3 days a week. Always be sure that you are leaving at least one day in between working out a particular muscle group. For example, if you do arms on Monday you would not do arms again on Tuesday. You need to give your muscle fibers time to recover between workouts. It is typically recommended to do a full body workout two days a week.

- Warm up with 5-10 minutes of cardio or with warm up sets of each exercise using a light-medium weight.
- Choose 1-2 exercises for each muscle group (see below) and do 1-2 sets of 8-16 repetitions of each exercise. As a beginner, you may want to start with about 12 reps until you feel comfortable with the moves and build some strength. After that, you can add more weight or reduce your weight and change your reps for a different challenge.
- If you exercise in a gym, you may want to start with machines so you have more stabilization for the movements.
- Give yourself at least a day of rest (though you may need more after the first workout) to recover.
- Each week, add either 1 repetition and/or a few pounds of weight to each exercise to progress. Just keep your reps at about 16 or below. Once you hit 16 reps, increase your weight and drop your reps down to 10 or 12 reps. Any exercise above about 20 reps doesn't really add more muscle or strength at that point.
- You want to challenge yourself, not kill yourself. The first few weeks, focus on learning how to do each exercise rather than on how much weight you're lifting or how many exercises you're doing. You have plenty of time to build muscle. **Using correct form should always be your first goal.**
- After 6 or more weeks of consistent strength training, you can change your routine to make it more difficult.

**What Exercises Should You Do?**

If you don't know much about weight training, consider getting a gym membership where you can work with a trainer to help you set up your program. A trainer can also ensure that you are doing your exercises with correct form throughout your workout. You should work all of your muscle groups each week so that you avoid muscle imbalances, which could lead to injury.

Below is a list of muscle groups along with sample exercises. **If you're a beginner,** you only need to choose 1-2 exercises for each muscle group in the upper body and 3-4 moves for the lower body.

- **Chest:** bench press, chest press machine, pushups, pec deck machine
- **Back:** seated row machine, back extensions, lat pulldowns
- **Shoulders:** overhead press, lateral raise, front raise
- **Biceps:** bicep curls, hammer curls, concentration curls
- **Triceps:** tricep extensions, dips, kickbacks
- **Lower Body:** squats, lunges, leg press machines, deadlifts, calf raises
- **Abdominals:** crunches, reverse crunches, oblique twists, pelvic tilts

**Choosing Your Sets, Reps and Weight**

Choosing your reps, sets and weight can be the most confusing part of strength training. How many reps and sets you do will depend on your goals.

- **To lose body fat, build muscle:** Use enough weight that you can ONLY complete 10-12 repetitions and 1-3 sets (1 for beginners, 2-3 for intermediate and advanced exercisers). Rest about 30 seconds-1 minute between sets and at least one day between workout sessions.
- **For muscle gain:** Use enough weight that you can ONLY complete 4-8 repetitions and 3 or more sets, resting for 1-2 minutes between sets and 2-3 days between sessions. For beginners, give yourself several weeks of conditioning before you tackle weight training with this degree of difficulty. You may need a spotter for many exercises.
- **For health and muscular endurance:** Use enough weight that you can ONLY complete 12-16 repetitions, 1-3 sets, resting 20-30 seconds between sets and at least one day between workout sessions.

To determine how much weight you should use, start with a light weight and perform one set. Continue adding weight until you can ONLY do the desired number of repetitions. The last rep should be difficult, but not impossible and you should be able to keep good form.
Core exercises are an important part of any balanced exercise routine. By working your core muscles in your pelvis, lower back, hips and abdomen it increases both balance and stability. Once your core is strengthened you will find it easier to not only do physical activity, but also to perform daily tasks, such as reaching a glass on the top shelf. A strong core also helps prevent poor posture, lower back pain and muscle injuries.

**Hard Core | Three exercises for strengthening the body’s pillar**

- **Glute Bridge**
  - Lie face up on the ground with your arms to the side, knees bent and heels on the ground.
  - Lift hips until knees, hips and shoulders are in a straight line.
  - Hold for two or three seconds.
  - Repeat several times.

- **Lateral Pillar Bridge**
  - Lie on your side with your forearm on the ground under your shoulder.
  - Push your hip off the ground.
  - Create a straight line from ankle to shoulder.
  - Hold this position for 15 to 30 seconds.
  - Repeat several times.

- **Plank With Arm Lift**
  - Start in a push-up position with your feet and shoulders apart.
  - Without moving your torso, lift left arm up and slightly to the left.
  - Hold for one or two seconds.
  - Then switch to the right arm.
  - Repeat several times.

Source: Athletes Performance

**Quick and Strong | A SIMPLE CORE ROUTINE FOR TIME-PRESSED RUNNERS**

Three times a week I was supposed to do this 15-minute regimen, designed by Ivana Bisaro of Carmichael Training Systems. I usually got to it twice, but I felt rock solid by October. Start with two sets of 15 reps; add more sets when strength and time permit. —D.M.

- **Squats with a Stability Ball**
  - Rest a ball between your back and a wall; squat until your knees are bent 90 degrees.

- **Push-ups with Ball**
  - Rest your knees, shins, or toes on a ball.

- **Lunges**
  - Do them either regular or rest your back leg on a ball and just band and straighten front knee.
  - Great for balance.

- **Plank**
  - Elbows under shoulders, abs tight, rest on toes; hold as long as possible. (I tacked up at two sets of 1:45 holds.)

- **Triceps Dips**
  - Rest your palms, fingers forward, on a table or chair, your heels on the ground, and bend your elbows until they’re bent 90 degrees.

- **Sit-ups on the Ball**
  - The classic; feet flat on the floor, neck relaxed, abs the primary muscles working.

- **Back Extensions**
  - Rest your torso on the ball and put toes on floor. Hands behind your neck, lean forward, then straighten your back.

- **Oblique Twists on Ball**
  - Lift up and twist your right shoulder toward your left knee, then lower; repeat on other side.
Stretching after exercise promotes body balance, increases flexibility, improves range of motion in joints, increases circulation, promotes improved posture & can even relieve stress. You should be sure to stretch any time you exercise. If you are not exercising, you should stretch at least three times a week to maintain your flexibility, but be sure to warm your body up before your stretch to avoid pulling a muscle. Keep your stretches gentle and remember to BREATHE freely as you hold each pose. Do not hold your breath or bounce in a painful stretch. You just expect to feel tension but be sure to listen to your body so you do not push past your limits. If stretching with a group, remember it is not a contest. Everyone is different so focus on yourself and what your body needs.
Balance Training

Balance can be improved by almost any exercise that keeps you moving on your feet, but there are specific exercises that target your balance to accelerate improvement. These types of balance exercises are particularly important for older adults who find themselves losing balance as they age. By improving their balance, it can help older adults maintain their independence and prevent falls.

Tai Chi
Tai chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. It is a wonderful tool to decrease stress and improve balance at any age.

Yoga
Yoga is a form of exercise that has been practiced for more than 5,000 years and there are currently more than 11 million Americans enjoying yoga and its associated health benefits.

There are many different forms of yoga. Some yoga classes are purely for relaxation where others are focused on strength or proper breathing techniques.
**Five Spice Tilapia**
Makes: 4 servings  
Active Time: 15 mins. / Total Time: 15 mins.

**Ingredients:**
- 1 pound Tilapia fillets  
- 1 tsp Chinese 5-spice powder*  
- ¼ cup reduced-sodium soy sauce  
- 3 T. light brown sugar  
- 1 T. canola oil  
- 3 scallions, thinly sliced

**Preparation:**
1. Sprinkle both sides of tilapia fillets with 5-spice powder. Combine soy sauce & brown sugar in a small bowl.
2. Heat oil in a large nonstick skillet over medium-high heat. Add the tilapia & cook until the outer edges are opaque (~2 mins). Reduce heat to medium, turn the fish over, stir the soy mixture & pour into the pan.
3. Bring the sauce to a boil & cook until the fish is cooked through and the sauce has thickened slightly (~2 mins). Add scallions & remove from heat. Serve the fish drizzled with the pan sauce.

*5-spice powder is a blend of cinnamon, cloves, fennel seeds, star anise & Szechuan peppercorns.

**Nutrition (per serving):**
- 180 calories; 6g fat (2g sat, 3g mono); 57mg cholesterol; 9g carbs; 9g added sugars; 24g protein; 9g fiber; 596mg sodium; 411mg potassium

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**Sicilian Olive Chicken**
Makes: 4 servings  
Active Time: 20 mins. / Total Time: 20 mins.

**Ingredients:**
- 14oz. can petite diced tomatoes with garlic & olive oil or other Italian-style seasoning  
- 1 ½ cups frozen chopped spinach, thawed  
- 1/3 cup hulled black olives  
- 1 T. capers, rinsed  
- ¼ tsp. crushed red pepper (or to taste)  
- 4-oz. chicken cutlets*  
- ¼ tsp. freshly ground pepper  
- 1 T. extra-virgin olive oil

**Preparation:**
1. Combine tomatoes, spinach, olives, capers & crushed red pepper in a bowl. Sprinkle both sides of chicken with pepper. Bake. 2. Heat oil in a large skillet over medium-high heat. Cook the chicken until browned on one side (2-4 mins). Turn it over; top with the tomato mixture. Reduce heat to medium, cover and cook until cooked through (3-5 mins).

* If you can’t find cutlets you can use four 5oz chicken breasts. Trim the fat, cut into strips and place chicken between two plastic bags and pound flat (to ~1/2-in).

**Nutrition (per serving):**
- 210 calories; 8g fat (2g sat, 5g mono); 63mg cholesterol; 8g carbs; 0g added sugars; 26g protein; 3g fiber; 527mg sodium; 401mg potassium

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**Black Bean & Salmon Tostadas**
Makes: 4 servings (2 tostados each)  
Active Time: 25 mins. / Total Time: 25 mins.

**Ingredients:**
- 8 6-inch corn tortillas  
- Canola oil cooking spray  
- 6-oz can boneless, skinless wild Alaskan salmon, drained  
- 1 avocado, diced  
- 2 T. minced pickled jalapenos, plus 2 T. pickling juice from the jar, divided  
- 2 cups coleslaw mix or shredded cabbage*  
- 2 T. chopped cilantro  
- 15oz. can black beans, drained  
- 3 T. reduced-fat sour cream  
- 2 T. prepared salsa  
- 2 scallions, chopped  
- lime wedges (optional)

**Preparation:**
1. Position racks in upper & lower thirds of the oven. Preheat to 375 degrees.
2. Coat tortillas on both sides with cooking spray. Place on 2 baking sheets. Bake, turning once, until light brown (12-14 mins).
3. Combine salmon, avocado & jalapenos in a bowl. Combine cabbage, cilantro & the pickling juice in another bowl. Process black beans, sour cream, salsa & scallions in a food processor until smooth. Transfer to a microwave on High until hot (~2 mins).
4. To assemble tostada, spread each tortilla with some bean mixture & some salmon mixture and top with the cabbage salad. Serve with lime wedges, if desired.

*Look for preshredded cabbage & carrot “coleslaw mix” near other prepared vegetables in the produce section of the supermarket.

**Nutrition (per serving):**
- 319 calories; 11g fat (2g sat, 6g mono); 16mg cholesterol; 43g carbs; 0g added sugars; 16g protein; 12g fiber; 350mg sodium; 670mg potassium

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**The EatingWell Taco**
Makes: 6 servings (2 filled tacos each)  
Active Time: 55 mins. / Total Time: 1½ hours

**Homemade Taco Shells**
- 12 6-inch corn tortillas  
- Canola oil cooking spray  
- ¾ tsp. chili powder, divided  
- ¼ tsp. salt, divided

**Taco Meat**
- 8oz. 93%-lean ground beef  
- 8oz. 99%-lean ground turkey breast  
- ½ cup chopped onion  
- 1 ¼ cups petite-diced tomatoes  
- ½ tsp. ground cumin  
- ½ tsp. ground chipotle chile or 1 tsp. chili powder  
- ½ tsp. dried oregano

**Toppings**
- 3 cups shredded romaine lettuce  
- ¼ cup diced tomatoes  
- ¼ cup shreaded reduced-fat Cheddar cheese  
- ¼ cup diced red onion

**Preparation:**
1. Preheat oven to 375 degrees. To prepare taco shells: Working with 6 tortillas at a time, wrap in a barely damp cloth or paper towel & microwave on High until steamed (~30 seconds). Lay the tortillas on a clean work surface & coat both sides with cooking spray; sprinkle a little chili powder & salt on one side. Carefully drape each tortilla over 2 bars of the oven rack. Bake until crispy (7-10 mins). Repeat with remaining 6 tortillas.
2. To prepare taco meat: Place beef, turkey & onion in a large nonstick skillet over medium heat. Cook, breaking up meat with a wooden spoon, until cooked through (~10 mins). Transfer to a colander to drain off fat. Wipe out the pan. Return the meat to pan & add tomatoes, cumin, ground chipotle (or chili powder) & oregano. Cook over medium-high heat, stirring occasionally, until most of the liquid has evaporated (3-6 mins).
3. To assemble tacos: Fill each shell with a generous 3 T. of taco meat, ¼ cup lettuce, 1 T. each cheese, tomato and salsa, & 1 tsp. onion.

**Nutrition (per serving):**
- 252 calories; 5g fat (1g sat, 1g mono); 16mg cholesterol; 30g carbs; 0g added sugars; 24g protein; 9g fiber; 576mg sodium; 254mg potassium

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**Need help organizing your meals each week? Try Say Mmm Online Recipe Clipper**

How can Say Mmm help you?
- Allows you to quickly save recipes into your Say Mmm online cookbook
- Automatically transfers recipe photos, recipe link and ingredients into the Say Mmm system
- Creates your shopping list and gives you the option to organize by areas in the grocery store for speedy trips to the store
- Allows you to add additional items to your grocery lists & has a list of commonly used items for quick reference
- Provides links to coupons…and MORE!!

To sign up for FREE, visit http://saymmm.com/
The Wellness Center has a NEW website!!

The new website can be found in two locations on OMC’s website. The first location (shown with top arrow) is for the community. The second location, under “I am an associate.”, is for employees and their spouses, specifically regarding the Well Aware program and requirements. You can use this site to find downloadable copies of Well Aware paperwork, education videos & presentations, sign-up information for events, etc.

This site is meant to help you so let us know what you need. If there’s information you’d like to access online just let us know by emailing marlee.sheriff@oconeemed.org or calling 864.885.7684.

OMC Employee FNP Clinic

The New FNP Clinic is here to care for acute episodic care needs including, but not limited to: cold or flu symptoms, cough, ear aches, fever, mild asthma or allergies, minor cuts, bumps, burns, sore throat, sprain/strained muscles, & urinary tract infections.

No need to make an appointment! If the nurse practitioner has a patient, just sign up for a time slot on the door.

Hours: Wednesday 8:30AM-4:00PM
     Friday 7:30AM-4:00PM
Location: Employee Health Office – 1st floor, Old Tower

Community Nutrition Program

This program will be offered in two formats, one for adults and one for children. The program does have a nominal fee for participation. The course will be led by Wellness dietitian, Lauren Kroeger, RD, LD, & will include interactive classes, grocery tours & cooking demonstrations. Please spread the word and let’s work together to get our community healthy!

For more information, visit: http://www.oconeemed.org/services/wellness_center/wellness_services/nutrition_counseling.aspx

Thank you from the Wellness Team!

Because of your support in the employee campaign, we were able to take home 1st prize & raised over $26,000 for the OMC Fitness Trail! The Fitness Trail is set to break ground in Spring 2014 so look for more announcements about how you can get involved!