

January Is Blood Donor Month.

B. INFORMED

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“Habit is habit and not to be flung out the window by any man but coaxed downstairs one step at a time.”

~Mark Twain

B. HAPPY

Remember the carefree feeling of childhood? Take an hour or a day to recapture the adventure of your youth. Leave the to-do list behind.



B. RELAXED Stress can be challenging to define. We all handle stress in different manners and it shows up in many forms. Great stress busters are: exercise, massage, meditation, sleep, reading, and outside activities.



B. NUTRITIOUS The New Year brings resolutions and promises of eating healthful foods and sticking to a diet. Make food rules rather than following a “diet”. Diets generally are short-term plans that do not represent a change in lifestyle and may do more damage than good. New habits can be created in 21 days. The challenge is to rid ourselves of our bad habits. They linger, waiting for a moment of weakness. That is why making new rules regarding nutrition is a better idea.

B. GENEROUS It is National Blood Donor month. Start the New Year off right by saving a life and donating blood. It's quick and easy, just contact the Red Cross nearest you. Visit www.redcross.org for information.



Mark My Words

Question:

I see all the infomercials on television about different machines and diets. Which one works best?
Sharon A.

Answer:

Thanks for the question. This is often asked at this particular time of year. The quick answer is all of them and none of them. How is that for straddling the fence? The reality of it is this: changing our lifestyle is what ultimately yields results, long-term results. If I said the best exercise was walking on a treadmill and you would rather ride bike what would you do? The way to achieve long-term success is to find a balanced program that meets your particular needs. Remember your actions must be consistent with your goals. If your goal is to lose weight eating fast food every day would prohibit you from reaching a weight loss goal. I am always amused at the ads you are referring too.

Read the fine print on all those products and you will find something that says, "when combined with a balanced exercise and sensible nutrition plan". Or the following: results vary from participant to participant and these results are not usual.

Now with that being said, doing something is almost always better than doing nothing.

B.PREVENTIVE Call your doctor and ask what preventive screenings you should have this year. Most diseases and illnesses are easier to treat when diagnosed in the early stages.

B.UNPLUGGED Turn off the cell phone and walk away from the computer. Put down the Mp3 player, turn off the radio and television. Pick some quiet time each week when you unplug and unwind. This would be a great opportunity to read a book, walk with a friend or just spend some time reflecting and working on yourself.



B.GREEN On a cold winter's morning it feels great to come out to a nice, warm car. Remote starters give us that opportunity. But, warming up your car is not necessary and can waste up to half a mile of gas for every minute your car is idling. Just bundle up.

B.ACTIVE The holidays are over and you promised yourself to get more exercise. Now what? Some of you will decide to join a gym, some of you may even hire a trainer while yet others will just start exercising on your own. Check with your doctor first to see if you should have a physical before beginning and at the very least make sure you have a fitness evaluation performed. If you decide to join a gym or hire a trainer check their credentials and be prepared to sign a contract.



If you have a question you would like answered please contact me at mkrug@benecon.com.