Welcome to HEALTHYROADS!
In this monthly newsletter, you'll find a collection of articles on popular health and wellness topics. If you'd like additional guidance and support in your quest to lose weight, improve nutrition, develop an exercise plan, reduce stress, or quit smoking and haven't discovered our Weight Management, Tobacco Cessation, and Wellness programs, we encourage you to call us today. Some or all of these programs may have been purchased for you by your employer. To take advantage of all that Healthyroads has to offer, visit us online at www.Healthyroads.com or call us toll-free at 877.330.2746.

Wellness and Healthy Living
Tech Tips for Emergencies

You know what to do in an emergency: Dial 911. But did you know that if the power is out, your cordless phone might not work? What would you do then?

In an emergency, knowing the right thing to do is important. These tips from the Federal Emergency Management Agency (FEMA) can help you stay safe and in touch with loved ones—even when things don’t go as planned.

Before an Emergency

🌟 Keep a written list of family and emergency numbers. Include numbers for the power company, doctor, and others, too. Remember, you may not be able to get on the Internet.

🌟 Keep spare batteries or a car charger for your cell phone on hand.

🌟 If you don’t have a cell phone, keep a prepaid phone card to use away from home.

During an Emergency

🌟 Only call 911 in a life-threatening emergency. Call a non-emergency line for other issues.

🌟 If you are evacuated, forward your home phone to your cell phone.

🌟 Keep phone calls short, so that others can use the network. If the line is busy, wait a few minutes before dialing again.

After an Emergency

🌟 Instead of a phone call, send a text or other electronic message to check with your loved ones. You can also use the American Red Cross Safe and Well program at https://safeandwell.communityos.org/cms/index.php

🌟 If you don’t have a radio that runs on batteries, listen to news updates on your car radio.

🌟 Don’t try to text or call while driving. If you don’t have a hands-free device for your cell phone, pull over first. You don’t want to get into a wreck.

The most important thing in any emergency is to stay calm. And being prepared can help you do that. But what can you do about that cordless phone? Just be sure to keep a regular corded phone in your home as well.

You won’t need these tips every day, but emergencies do happen. Knowing what to do before, during, and after can help you and your loved ones stay calm if you face the unexpected.
Diet and Exercise
American Waistline

This may not surprise you, but America has a weight problem. Excess weight, especially around the waist and abdomen, is associated with many health problems. Whether it’s diabetes, heart disease, or cancer, the risks from extra pounds grow with each cheeseburger or hour spent sitting at the computer.

Living in a world of computers and cable TV doesn’t change the fact that our bodies need exercise. But it may be why many people don’t get enough. Add to that delivery pizza and super-sized drive-thru foods, and you’re likely to get a growing waistline. There are 3 major areas where our bodies and lifestyles don’t match up. If you want to take charge of your weight, it may help to look here:

Too Much Food
Saying no to super-sized foods may not be enough for good health. Even regular portions are out of control these days. In 1950, popcorn at a movie was about 3 cups, with about 174 calories. Today, it’s more like 21 cups—loaded with butter flavor—and about 1,700 calories. Watch not just what you eat, but also how much.

Too Little Movement
Our technology can work against us as much as it helps us. For example, look at the modern kitchen. We can microwave a meal in minutes, and our dishes are washed by a machine. We don’t even have to lift a cookbook—we just click a button to find recipes online. Step away from the computer more often and move your body. Go for a run, ride your bike, or take your dog for a walk.

Too Much Stress
You might think all of these gadgets to make life easier would also make us more relaxed. But often, they just give us more to do in less time. Many people are more stressed and less rested than ever. Stress can make foods high in fat and sugar seem more tempting. Over time, it may also cause your body to store extra fat around your middle.

You can drop the weight without giving up all of your modern life. Pick one of these 3 areas and find a change you can make. Maybe you can get to bed earlier, to feel rested and less stressed. If so, do that until it becomes part of your life. Then pick another area, and make a change there. Small changes can make a difference to your waistline.

COACH TIP:
To help keep the inches off of your waist, choose water or herbal tea instead of sugary drinks like soda. There are about 250 calories in a 20-ounce soft drink.
Have you tried quitting tobacco before? If so, and you’re still smoking, have you thought about trying again? Each attempt to quit can take you closer to success. What about trying to quit again now?

If you’re ready, the first step is to pull out your last quit plan and give it a close look. Think back to the moment you started using tobacco again. What made you give in? And what can you do differently this time?

Quitting tobacco is a big challenge. You’re facing physical and mental withdrawal. If you’ve been smoking for a while, the habit has worked its way into just about every part of your life. Getting it out of your life and getting through the withdrawal is tough work. Having a plan can help.

There are a few common reasons that smokers have trouble quitting. You can learn to work around these triggers with careful planning. Here are some tips:

**People** — How hard is it to quit when someone is handing you a cigarette? Keep friends who support you close. And spend a little time away from people who don’t understand that quitting is important to you.

**Places** — Do you have a chair that you sit in to smoke after work? Or a corner that you go to on break? Think of these as danger zones. Start a new routine. Sit on the other end of the couch. Or use the other door when you leave the building.

**Things** — Gather all of your smoking things and throw them away. This means ashtrays, lighters, and cigarette cases. Anything related to smoking—throw it out. Put new things around you. Try potted plants, candles, or a small, indoor water fountain.

**Practice** — Did you practice being a nonsmoker last time? Quitting is hard, and doing something hard takes practice. Use the mirror or grab a good friend. Say, “No thank you, I don’t smoke.” Or try, “Sorry, I don’t have a lighter. I’m not a smoker.”

**Excuses** — Your mind is smart, and it can come up with some great excuses to keep smoking. Before you give in to yourself, remember why you wanted to quit in the first place. One cigarette will hurt. You don’t want to give up and try again tomorrow. Be firm with yourself! You can do this.

Keep in mind that there is no right way to quit smoking. Your right way is the way that works for you. It might take a couple of tries before you figure out what that is. If you need help with quitting, ask your doctor or call your state quitline (1-800-QUIT-NOW). Each try could be your last try—the time you quit for good.
Low-Stress Living

Make It a Happy New Year

What are your resolutions for the New Year? Will you go for that promotion at work? Or will you finally tackle that overstuffed garage? You could go for a health goal, too. What about making a resolution to be happy? You may think it’s easier said than done, but being happy is something you can learn to do. It can also be good for your health.

A recent study found that people who said they felt happy were 35 percent less likely to die during a 5-year period than those who reported not being happy. Other research also shows happiness may lead to a longer, healthier life.

But if being happy were that easy, wouldn’t everyone do it? Well, it’s not a switch you can just turn on. It takes a little practice to get good at being happy. But here are a few places to start:

- **Build your circle.** In many ways, the people around you make your life what it is. For a happier life, spend more time with happy people.
- **Help others.** Sometimes you may need help. Other times, someone may need your help. To feel that you belong and have purpose, give and receive in balance.
- **Forgive and forget.** Bad things can happen. And people may have bad days. Don’t take things too personally. Put worries you can’t control into an imaginary balloon—and let them go.
- **Do simple things.** Stop and smell the roses. It sounds silly, but it works. Listen to music. Make snow angels. Stroll at the park or beach. Let yourself enjoy simple pleasures.
- **Act happy.** Smiling, laughing, and acting happy (even when you’re not) may also help you feel happier. Why not try it? It may help relieve stress and improve your relationships, too.

These tips can help you deal with stress and feel happier. They may also lead to better health. As you ring in the New Year, resolve to do things that make you feel happy—and you may find that you are.

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with Healthyroads today!

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- Telephone sessions with a Healthyroads Coach®
- Award-winning materials
- Password-protected website for tracking your progress
- Customized meal and exercise plans

For more information, visit us online at Healthyroads.com or call us toll-free at 877.330.2746.