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
Make Your Comfort Meal Healthy

You’re craving a bowl of your mom’s macaroni and cheese, but you’re also trying to eat healthier. And what’s healthy about a bowl of pasta and cheese? The truth is, with some creative switches, many of your favorite comfort dishes can stay on your healthy menu.

Pasta
The simple carbs in pasta have many people avoiding this starchy dish. But there are some things you can do to get it back on your friendly food list. First, switch to whole grain pasta. Next, use half as much pasta as usual. Swap in vegetables for the other half. If your mom’s recipe calls for 4 cups of noodles, make 2 cups of whole grain pasta. Then mix in 2 cups of cooked cauliflower.

Meats
If roast beef is your comfort food of choice, or you can’t face another day without a pork chop, there are ways to work these foods into your healthy diet. First, look at your cut of meat. Choose “loin” or “round” cuts for beef, and “loin” or “leg” cuts for pork. For poultry, take off the skin before you cook it. Like pasta, substitute veggies or beans for half of your usual portion.

Soups and Sauces
You may think you have to say goodbye to your favorite soups and sauces. But that may not be so. Instead, get creative and make your old favorites even more flavorful. First, work in more vegetables. They add nutrients and fiber—and very few calories. Spinach or green peppers can make anything from marinara to minestrone soup a healthier choice.

For those days when creamy sauce is a must, you still have options. Try using pureed white beans (not cream) to thicken your sauce. And if cheese is what you’re looking for, try low-fat versions. Stronger-flavored cheeses (like sharp cheddar or aged parmesan) will give you the same amount of flavor with less cheese.

Servings
A final tip for healthy comfort food is to eat only enough to take care of your craving. A small bowl of mom’s macaroni and cheese would taste great with a plate full of fresh leafy greens, don’t you think?

Eating healthy isn’t about never enjoying your food again. It’s about making smart choices and finding new ways to play with flavor. You may even find that healthy comfort food tastes better than the old recipes.
Diet and Exercise

**Workout Partners—Both Good and Bad**

You set your gym clothes out the night before. Your running shoes wait by the door. But you just can’t seem to get out of bed. You need something to motivate you. That’s when your workout partner knocks on the door. You know she’s dressed and ready for your morning jog. It’s time to get out of bed and put on your running shoes!

Having a workout partner, whether it’s a friend or family member, can really help when you just can’t seem to make it on your own. While you might skip the jog if it’s just you, the thought of letting your buddy down can get you up and going. Having a friend with you can also turn the work part of your workout into fun.

But what happens if your pal can’t give you the support you need? A workout buddy who doesn’t help you stick to your goals can do more harm than good. Here are some tips to help you choose a partner who is more of a cheerleader than a couch potato.

1. **Look for shared goals.** Find friends who are shooting for the same goal, or close to it. Maybe you haven’t been active in a while and just want to fit into your favorite jeans. If so, a friend who is training for their second triathlon may not be your best match.

2. **Share the love.** You can have more than one workout buddy. It’s OK if Sharon from work is your walking friend, but you play tennis on Wednesdays with Tim from your book club. And you can still join a weekend hiking group with Linda, your friend from school. The more workout pals you have, the lower your chance of being stuck without something active to do.

3. **Keep it fresh.** If you or your walking buddy start to grow bored with your daily walk, suggest something else. The more fun you have being active, the more active you will want to be. Go out and try something new. If you like it, keep it. If not, try the next thing on your list. From yoga to Zumba®, there are many ways to get fit.

While a friend may help keep you going, the choice to be active is really yours. Make activity fun. Choose the right partner. Then tell yourself to get up and move.

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**COACH TIP:**

Are you a good workout partner? Remember, sometimes it’s your turn to bring the motivation. Keep your partner going. Ask for support when you need it. And have fun.
Did you know that tobacco companies spend over $34 million dollars a day to market their products to you? If they spend this much on ads, they’re probably pocketing quite a bit more. So how much of their profits come out of your pocket? And what would you spend that money on if you didn’t smoke?

Because of taxes, the cost of cigarettes can vary based on what part of the country you live in. But most packs in the U.S. cost between $5 and $10. If you assume an average price of $7 per pack, here’s what you’re trading each time you buy tobacco.

- **For the cost of 1 pack ($7), you could buy:** A foot-long submarine sandwich, a name brand T-shirt, or a best-selling paperback novel.
- **For the cost of 10 packs ($70), you could buy:** A fancy new coffeemaker, the latest video game, or dinner for 2 at your local steakhouse.
- **For the cost of 50 packs ($350), you could buy:** New hiking gear, a new cell phone, or a weekend getaway for 2.
- **For the cost of 100 packs ($700), you could buy:** A big new plasma television, a new bicycle, or a year’s membership for 2 at a gym.

What else do you really want or need? Have you had your eye on a new laptop computer? Or maybe you need a new car? How many packs of cigarettes not smoked will that cost you? When you think in this new way, it can make your habit seem really expensive.

Along with the dollar cost of tobacco come many health costs. The risks of tobacco include damage to your skin, teeth, bones, lungs, and heart. Tobacco use can also take years off of your life.

If you want to quit smoking, keep in mind that there are many people who want to help. Start by talking to your doctor. Your employer, your health insurance company, or a trained tobacco cessation coach may also be able to help. These resources can support you in breaking the habit. How you’ll spend the money you save by quitting is up to you.
Low-Stress Living
A Stress to Remember

Some forms of stress can be helpful. Say you take a drink of coffee and burn your mouth. Chances are, you’ll remember to test it before you drink next time. But what if you spend all week practicing how to ask your boss for a raise? Then, right before you talk to your boss, you get an angry call from a customer. In this case, you may have trouble remembering what you wanted to say.

It turns out there’s a link between stress and memory. A recent study shows that when stress hormones are released during or right after an event, they can make that event easier to remember. But if they’re released before or too long after an event, your memory of that event is likely to fade. So, you clearly remember being burned by hot coffee—ouch! But the stress of the angry customer, hours after you planned your speech, makes you forget what you wanted to say to your boss.

In the right amounts, stress can be helpful. It can help you run from or fight danger. It can also help you learn and remember important things. But stress that stops you from doing what you want or need to do is not helpful. Over time, if stress lasts too long or happens too often, it can harm your health.

While there really isn’t a way to live without stress, you can learn to deal with it in helpful ways. This can help you maintain the right amount of stress—and live a healthier, happier life.

Here are a few ways to deal with stress before it gets in your way:

- **Learn to love lists**: Use lists to give your mind a rest. If you write it down, you won’t have to worry about forgetting it.
- **Plan big and little**: Set short- and long-term goals to get where you want to go. Write them down to keep you on track.
- **Think happy thoughts**: Positive thoughts can go a long way. Notice when you think you’ve “failed.” Then tell yourself you’ll try again instead.
- **Stick with your healthy plans**: Don’t let stress get in the way of healthy choices. Eat well, exercise, and get plenty of sleep.

As experts learn more about how stress affects our bodies, we can learn more ways to cope with it. Remember that some stress is normal. But too much may mean it’s time to learn new stress management skills.