

Healthy Focus

+ Tips to Trim Calories

Start the holidays off right by making simple decisions to eat healthier at your Thanksgiving feast. Here are some healthy tips that will leave you feeling satisfied and not deprived.

- **Go skinless** – Whether you eat white or dark meat, skip the skin. By choosing skinless, white meat, you'll shave 100 calories off of your turkey dinner.
- **Choose fresh** – Canned cranberry sauce may be a staple at dinner, but it is also packed with sugar and additives. Use fresh cranberries when creating your sauce.
- **Steer clear of baked beans** – While beans are packed with fiber and iron, this dish is typically packed with sugar, molasses and honey.
- **Moderation** – Many side dishes are packed with cheese, sour cream and butter. Try using low-fat versions and only eat these sides in moderation.
- **Try it plain** – Skip adding ice cream or whipped topping over desserts.
- **Pumpkin Substitute**– Canned pumpkin can be used in many recipes as a guilt-free filling
- **Rethink Your Drink** – Water has zero calories and will curb your appetite.

Source: *Discovery Health*



November is Diabetes Awareness Month

Across the nation, approximately 26 million children and adults are diabetic. By 2050, it is estimated that as many as one in three US adults will develop diabetes.

Diabetes is a life-changing condition that many times leaves people anxious and confused. With some extra care and attention, type 2 diabetes can be controlled and prevented. Certain risk factors like age, family history, and ethnicity are out of your control. However, other factors remain in your hands.

Eat the Best, Leave the Rest

The secret to a healthy lifestyle is following a well-balanced diet. Every time you eat, pay attention to your food choices, particularly carbohydrates. Your meal should be high in nutrients, low in fat, and moderate in calories. It is not as restrictive as it may seem. You have the flexibility to choose what you are going to eat and the quantity.

Stay Active

Being active is one of the most important things anyone can do for their health. People at risk and those living with diabetes should also have an exercise routine. Activities like aerobics and strength training help the body metabolize insulin, strengthen your heart and bones, and relieve stress. It is important to start slowly and increase the intensity and duration over time.

Don't Wait to Lose Weight

It is not necessary to lose a lot of weight to start seeing and feeling results. Losing just 10-15 pounds can improve blood glucose, blood pressure and cholesterol. By eating healthier and incorporating exercise throughout the day, losing weight will come with ease.

Talk it Out

Being diabetic can be challenging, but talking about your troubles with family and friends and/or finding support groups can be helpful. Just voicing your concerns can alleviate stress and allows others to help you see the positive side. Take part in American Diabetes Month® and tell your story. Together we can move toward a life free of diabetes and all its burdens.

Sources: *Stop Diabetes* <http://www.stopdiabetes.com/>; *American Diabetes Association* <http://www.diabetes.org/>



Did You Know

An estimated 8.2 million Americans have undiagnosed diabetes.

+ Great American Smokeout November 21

Each year, the third Thursday in November is designated as The Great American Smokeout, which encourages smokers to make a plan to quit. Quitting is a big step towards a healthier, longer life for both you and your family. When you quit smoking, you will start showing signs of recovery almost immediately. Take the first step by deciding to quit and setting a “Quit Day.”

On Quit Day

- Do not smoke at all or be around someone that is smoking.
- Stay active by exercising or walking around the block.
- Stay hydrated by drinking water and natural juices.
- If nicotine replacement is your preferred method, begin taking it.
- Avoid situations where the urge to smoke is strong
- Attend a stop smoking class or webinar.

What Can You Do?

Quitting is difficult, and there is no one right way to quit. Here are some steps to take to ensure success.

- Make the decision to quit. Pick a “Quit Day” and make a solid plan.
- To be held accountable, tell your friends and family about your “Quit Day.” This will create your support and accountability system.
- Make a plan for dealing with withdrawal
- Maintain being tobacco-free
- Avoid temptation – Initially, steer clear from people and places that give you the urge to smoke.

- Alter your habits – If certain foods, drinks or habits make you want to smoke, choose different ones.
 - Use substitutes such as gum or raw vegetables to help fight the urge.
 - To reduce your stress, exercise or do something that keeps your hands busy.
 - Delay – If you feel the need to smoke, hold off. Tell yourself to wait at least 10-15 minutes. Often this will allow you to move past the urge.
- Reward yourself – A good way is to save up the money you would have spent on tobacco each day and by yourself a weekly treat or save for a major purchase.

Accept that you may slip and keep in mind it usually takes more than one attempt to quit smoking for good. Utilize the Great American Smokeout as either a day to decide that you want to quit or your initial “Quit Day.”

Telephone stop-smoking hotlines are an easy-to-use resource, and they are available across the United States. Call the American Cancer Society at 1-800-227-2345 or visit their website at www.cancer.org to find telephone counseling or other support in your area including resources about quitting smoking and improving your health.

Source: American Cancer Society

Safety Corner The Dangers of Texting and Driving

Every 30 seconds, an accident happens involving drivers using cell phones and texting. Distracted driving means taking your eyes off the road, hands off the wheel and/or mind off of driving. Text messaging requires visual, manual and cognitive attention—a triple threat. Did you know that sending or reading a text takes your eyes off the road for an average of 4.6 seconds? That’s the equivalent (at 55 mph) of driving the length of a football field, blind. Reading or responding to an email is often worse.

Among drivers between the ages of 18–64, 69% admit to talking on their cell phone while driving and 31% admit to reading or sending texts. Using your phone while driving, even if hands free, delays your reactions as much as having a blood alcohol concentration at .08%.



A CDC study showed that nearly half of high school students age 16+ text or email while driving. According to a 2011 Ad Council study, 77% of young adult drivers are very/somewhat confident they can safely text while driving; 55% agree that it’s easy to text and pay attention to driving at the same time. But, distracted driving is the #1 killer of American teens.

Among teens, texting while driving is even linked with alcohol-related decisions: students who text while driving are almost twice as likely to ride with a driver who has been drinking and five times as likely to drink and drive.

What can you do?

- Put your phone out of reach.
- Turn the sound off. Can’t hear it? You won’t be tempted to respond.
- Have a passenger? Have him/her text for you.
- Use an app. AT&T DriveMode® sends a customizable auto-reply to incoming texts, letting people know you’re driving and will reply when it’s safe. Safely Go for Sprint and Verizon users automatically replies to texts and sends calls to voicemail.

Sources: U.S. stats, CDC, National Safety Council, distraction.gov