



MARCH 2017

 **Healthyroads**™

01

Wellness and Healthy Living **Detox Your Life: Food and Drinks**

You may know to watch out for unhealthy foods and drinks. But how about poisonous ones? Many common foods and drinks may contain toxins. As the first in a 3-part series on everyday toxins, this article looks at the harmful substances you might eat or drink. Some of these are hard to avoid completely, but you can limit them. Here are some top offenders:

- * **Tap water (lead):** Lead can enter tap water from corroded lead pipes. Before 1986, many homes were built with lead pipes. To find out if lead is in your home's water, contact your local water utility.
- * **Canned foods and bottled water (Bisphenol A):** BPA is used in plastics, such as water bottles and canned food linings. BPA mimics the effect of hormones and may be linked to reproductive issues, among others.
- * **Produce grown with pesticides:** Pesticides leave a residue that can stay on fruits and veggies even after washing. These toxins are linked to many problems. These include infertility, lowered immunity, and neurological issues.
- * **Some cooked and deli meats:** Deli meats are preserved with nitrates/nitrites. In the body, these convert to a known carcinogen. Cooking meat over high heat, like grilling, creates chemicals (HCAs and PAHs) that can harm DNA.

- * **Fish (mercury and PCBs):** Fish from contaminated bodies of water are the main source of PCBs from food. PCBs can pose serious health risks to people who eat contaminated fish or seafood. These include some cancers, as well harm to the nervous, endocrine, and immune systems. A number of health and safety agencies have set fish consumption guidelines that can help protect your health. If you eat fish or seafood on a routine basis, be sure to talk with your doctor to learn more about these guidelines. This step is key if you are pregnant or nursing.
- * **Artificial food coloring:** Some food dyes have been found to cause cancer in animals. Others are linked to behavior and hypersensitivity problems.

Keep in mind that anything—even water—can be toxic if you ingest too much. The dose is what makes something harmful. So lessen the toxic load on your body by keeping your intake of toxins as low as you can. And be sure to talk with your doctor if you have any health concerns or further questions about how these toxins can affect your health.

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 support in your quest to lose weight, improve nutrition, develop an exercise plan, reduce stress, or quit smoking, visit us online at www.healthyroads.com. There, you can find a collection of tools to help you reach your health goals.

M600-6813A-MAR (3/17) © 2017
American Specialty Health Incorporated (ASH). All rights reserved. Healthyroads and the Healthyroads logo are trademarks of ASH. Other names and logos may be trademarks of their respective owners. Healthyroads, Inc. is a subsidiary of American Specialty Health Incorporated. Healthyroads is a health education and wellness program; it is not insurance. Exclusively distributed by Healthyroads, Inc., P.O. Box 509040, San Diego, CA 92150-9040.

01

Wellness and Healthy Living
Detox Your Life:
Food and Drinks

02

Nutrition and Weight Management
Intuitive Eating: Trusting Your
Body's Wisdom

03

Active Living
Fitter in 2017:
Your 12-Week Plan

04

Life Skills
Finding Awe

IMAGINE ...

Getting a report on your health that's specific to you . . . in just minutes. Healthyroads.com can help you gauge your current health and find ways to improve it.

Simply visit
www.healthyroads.com today!



02

Nutrition and Weight Management Intuitive Eating: Trusting Your Body's Wisdom

Your body has its own inner wisdom. And if you listen, that wisdom can guide you to eat healthy foods and maintain a healthy weight. It's an approach called intuitive eating.

Intuitive eating means listening to what your body tells you about what, when, and how much to eat. Your body sends you signals to tell you when you're hungry and when you're full. It also signals the type of food it needs. Those signals are not the same as food cravings, which don't involve hunger. If allowed, your body will naturally choose a wide range of healthy foods. And it will prompt you to stop eating when you've eaten the right amount.

Intuitive eating has been linked to healthy eating habits and lower body mass index or BMI. Learning to listen to your body can help you make better food choices. That can help you maintain a healthy weight. It can also help you learn to channel emotional eating into other outlets.

Here are the basics of intuitive eating:

- * **Eat when you're hungry.** When you feel the sensations of hunger, eat. Don't ignore your hunger or wait for meal time. Ignoring hunger leads to overeating.
- * **Stop when you're satisfied.** Eat slowly and notice when you stop feeling hungry. You should feel comfortably full. If you feel very full, you ate too much.

- * **Choose foods that honor your health and taste buds.** This means eating wholesome foods that taste good to you. It also means enjoying a small treat now and then. The goal is not to eat a perfect diet, but to keep making progress toward healthy eating most of the time.
- * **Eat for pleasure.** Take time to really enjoy what you're eating. Eating should be pleasurable. If you find yourself mindlessly shoveling food, slow down and enjoy.
- * **Nurture your feelings.** When you crave food but are not hungry, you are trying to soothe unpleasant emotions with food. Find other ways to comfort yourself.

The first step to intuitive eating is being able to feel your body's signals. So start by noticing your first signs of hunger. Then start noticing when the hunger first disappears. Finally, notice what foods call to you. Trust your body to know exactly what it needs.



HEALTH TIP:

Can you tell the difference between real hunger and a craving? Can you tell when you're starting to feel satisfied? If you let those cues guide your eating, you may find that managing your weight takes less effort.



SERIOUS ABOUT QUITTING?

We at Healthyroads understand the challenges of quitting smoking. That's why we offer a variety of online tools and articles to help you quit—once and for all. Our web-based tools give you every chance to succeed. For anyone considering quitting smoking, take the first step and visit www.healthyroads.com.

Active Living Fitter in 2017: Your 12-Week Plan

In the third of this 3-part series, we'll focus on core training and discuss the role it plays in a balanced workout routine.

Your core includes the muscles in your abdomen, lower back, pelvis, and hips. Strong core muscles can make basic movements and daily tasks easier. A strong core promotes better posture and helps lessen your risk of back pain or injury. And a strong core can improve your balance and stability.

As with strength training, you'll want to do core work at least twice a week. It may be easiest to include core work with your strength training sessions.

Choose exercises that work your whole core—not just your “abs.” Be sure to protect your spine when you work your core. Keep your ab muscles tight, and avoid arching your back.

If you have any health issues or haven't been active in a while, talk with your doctor before you start. And if you're new to core training, you may want to consult with a certified personal trainer to help ensure safety and proper form.

SAMPLE WORKOUT PROGRAM: WEEKS 9 - 12

	Type of Training	Warmup	Workout	Cooldown & Stretch
WEEK 9	Aerobic (5 days)	5 minutes	Brisk walk: 23 minutes	5 minutes
	Strength & Core (2 days)	5 minutes	Sit to stand from chair holding a gallon jug of milk (3 x 15); table push-ups (3 x 12); planks from knees (3 x to fatigue)	5 minutes
	Aerobic (5 days)	5 minutes	Brisk walk: 26 minutes	5 minutes
WEEK 10	Strength & Core (2 days)	5 minutes	Sit to stand from chair holding a gallon jug of milk (3 x 10); wall squat holds (3 x to fatigue); table push-ups (3 x 12); planks from knees (3 x to fatigue); side planks from knees (3 x to fatigue on each side)	5 minutes
	Aerobic (5 days)	5 minutes	Brisk walk: 28 minutes	5 minutes
	Strength & Core (2 days)	5 minutes	Sit to stand from chair holding a gallon jug of milk (3 x 10); wall squat holds (3 x to fatigue); table push-ups (3 x 12); planks from knees (3 x to fatigue); side planks from knees (3 x to fatigue on each side)	5 minutes
WEEK 11	Aerobic (5 days)	5 minutes	Brisk walk: 30 minutes	5 minutes
	Strength & Core (2 days)	5 minutes	Sit to stand from chair holding a gallon jug of milk (3 x 10); wall squat holds (3 x to fatigue); table push-ups (3 x 12); planks from knees (3 x to fatigue); side planks from knees (3 x to fatigue on each side)	5 minutes
	Aerobic (5 days)	5 minutes	Brisk walk: 30 minutes	5 minutes
WEEK 12	Strength & Core (2 days)	5 minutes	Sit to stand from chair holding a gallon jug of milk (3 x 10); wall squat holds (3 x to fatigue); table push-ups (3 x 12); planks from knees (3 x to fatigue); side planks from knees (3 x to fatigue on each side)	5 minutes
	Aerobic (5 days)	5 minutes	Brisk walk: 30 minutes	5 minutes
	Strength & Core (2 days)	5 minutes	Sit to stand from chair holding a gallon jug of milk (3 x 10); wall squat holds (3 x to fatigue); table push-ups (3 x 12); planks from knees (3 x to fatigue); side planks from knees (3 x to fatigue on each side)	5 minutes



Life Skills Finding Awe

Awe is a powerful emotion. It can boost your sense of joy and wonder. It may also enhance your health and well-being, according to recent studies. But exactly what is awe? How does it support health? And how can you bring more of it into your life?

Awe is a feeling that you are part of something greater than yourself. It can be triggered by many things. You may feel it when you glimpse a breathtaking sunset. Or you may experience it during a spiritual experience, or when you study great works of art, science, or music. But awe can also be found in the everyday. Small acts of kindness, a child's laughter, or a sudden rainshower can transform the mundane into the magical. And these little moments of awe may add up to better health and happiness. In fact, awe has been shown to:

* **Boost well-being.** Research suggests that awe rivets you to the present moment. That may help calm a distracted mind and ease stress. Staying in the here-and-now may also help you notice and cherish both the large and small joys in life. Awe can also help inspire curiosity, creativity, hope, and positivity. All of these may lead to greater well-being.

- * **Foster stronger social ties.** Other studies suggest that awe dials down one's sense of self-importance, while boosting compassion, generosity, and helpfulness. These traits may help you nurture bonds with others. And strong social ties may help lower stress, boost health, and lead to a longer life.
- * **Lower inflammation.** One study found that awe may help lower inflammation in the body. People in the study who felt more awe had lower levels of cytokines. When cytokine levels get too high, they can cause excess inflammation in the body. Over time, that can pave the road for depression, heart disease, and many other health problems.

Think about the experiences—large and small—in your life that have sparked a feeling of awe. You might write about them in a journal to help you recall them. Then try to seek more moments like these as you go about your day. Focus on the present and the events in each moment that inspire, thrill, and enliven you. You may start to feel more awe more of the time—and increase your health and well-being in the process.

GET STARTED with Healthyroads today!

Healthyroads.com provides the following helpful health tools:

- * Online classes
- * Award-winning educational materials
- * Challenges, polls, blogs, and more!

For more information, visit us online at www.healthyroads.com.



HEALTHYROADS WANTS TO HEAR FROM YOU!

Do you have ideas for articles you would like to read? Suggestions for improvements? Please let us know at Feedback@Healthyroads.com.

