



**Hot Topics**

- New Year's resolutions the right way
- Staying healthy all winter
- Healthy snacking
- Effective exercise

**Inside this issue:**

<i>Avoiding Winter Colds</i>	2
<i>Ask Your RD</i>	3
<i>Healthy Snacking</i>	4

## New Year, New Approach

It's the beginning of a New Year again, and people all over the country are making resolutions to lose weight, go to the gym every day, stop smoking, or reach some other goal in 2010. Unfortunately, most of these resolutions will be long forgotten by February 1st. The problem with resolutions is that they're often extreme and unrealistic.

When you make resolutions to make major lifestyle changes, motivation is often high at first, and it doesn't take much to keep you on track toward your goal. But as time goes on this resolve fades, and when the going gets tough, it

gets tough to stick to goals that suddenly seem unattainable. So how can you make resolutions that you can stick to throughout the year? Try a new approach.

**Set realistic resolutions.** Pick one or two long terms goals that you feel are realistically achievable over the year.

**Choose resolutions that are important to you.** Make them goals that you truly **want** to reach, rather than resolving to do things that you feel you **have** to do. If exercising more is something you feel strongly about, make it your resolution. But if your real passion this



year is to learn to paint, make that your resolution instead. You won't stick to a resolution that you aren't truly committed to.

**Break it down.** Once you've selected your goals for 2010, come up with a few short-term goals that will help you succeed. (Cont'd on pg.3)

## Staying Fit and Healthy On the Job

Staying healthy on the job isn't easy to do. With today's increase in sedentary office jobs, and an increase in hours spent at work, it's not easy to stay active and eat right. And not only are you likely to gain weight when you enter the workforce, but to top

it off, your neck is stiff, your back is sore, and your ankles are swollen. What can you do to stop the downward spiral?

**Move around.** You may have a report due at 5 o'clock, but take the time to get up every hour or so

and do a lap around the office. You'll increase circulation, relieve stress and add a few steps to your daily total.

(Cont'd on pg. 2)

# Avoiding Winter Colds

We've all had them at one point in our lives: chest colds that hang on for what seems like the entire winter or head colds that linger and make us feel like we're in a cloud for a month. So how do we stay healthy and avoid a visit from a winter cold? The same way we stay healthy the rest of the year:

- **Get plenty of rest.** Sleeping at least 7 hours per night may improve your ability to fight off the common cold.
- **Wash your hands frequently.** Cold and flu viruses are easily spread from hands to surfaces, back to hands and then into your body. Washing your hands often is the best way to avoid this spread of germs.
- **Eat right.** A healthy diet that includes plenty of fruits and vegetables and limits sugar, caffeine and empty calories can improve your overall health and your immunity.
- **Drink plenty of water.** When your body is well hydrated it is better able to fight off infection.

- **Exercise.** Getting the blood pumping improves oxygen circulation, which in turn improves immunity.
- **Decrease alcohol intake and reduce or quit smoking.** Both of these behaviors weaken the immune system and make you more susceptible to colds.
- **Learn to relax.** Practice meditating or deep breathing exercises for 30 minutes a day. People who are more relaxed have more immune cells in their blood, allowing them to better fight off cold and flu viruses.

By being a little more vigilant and making a few small changes, you can reduce your risk of catching a cold and stay healthy all winter long. But if you do end up with a cold, despite doing all you can to avoid it, keep practicing these strategies. They're also good for helping you to get better once you're already sick.

## Staying Fit and Healthy On the Job (Cont'd from pg. 1)

**Skip the email.** Instead of sending that note off to your coworker electronically, or picking up the phone to call your boss down the hall, why not deliver the message in person? It'll give you another reason to get up and get moving.

**Stretch frequently.** Take a few minutes every couple of hours to flex your wrists, roll your shoulders, gently stretch your neck and flex and point your toes. This is just another way to keep that blood flowing and avoid kinks and tension.

**Pack your lunch.** Whether it's leftovers from last night, or a sandwich and salad, taking your lunch rather than grabbing fast food or a sub at the corner deli will keep you from making spur-of-the-moment calorie splurges.

**...and healthy snacks, too.** If your office has a refrigerator, keep some yogurt cups, cottage cheese, raw almonds, fruit and vegetables on hand to combat

afternoon munchies. You'll avoid the vending machines and keep your energy up until dinner time.

**Get others on board.** Talk to your coworkers and suggest group activities, like lunch break walks, weekly healthy-eating potlucks, or afternoon yoga or weight training sessions in an empty conference



room. You'd be surprised how many people are interested in becoming more active and improving their eating habits. Sometimes all it takes is one person to get the ball rolling, and as a bonus, you might find yourself surrounded by support and encouragement.

(Photo credit: [Tim Patterson](#))

## Ask Your RD: Cardio or Weights?

**I'm trying to lose weight and I only have time for 30 minutes of exercise a day. Since my time is limited, I tend to focus on cardiovascular exercise like walking, but I know that resistance training is important, too. Should I alternate days of cardio and weight training or should I stick to my cardio-only routine?**

If you're trying to lose weight, burning calories is important and cardio exercise will generally burn more calories than weight training. However, the more muscle you have on your body, the more calories your body burns at rest (increasing your metabolism). This means there is a big benefit to weight training if you want to keep weight off over the long term. Not to mention that strong, shapely muscles are just plain nice to have.

To address your time issue and still get in both cardio and weight training, you might want to try interval training. Alternate intensive bursts of cardio with several minutes of strength training or resistance work for the entire 30 minutes of your workout and you'll find you're burning plenty of calories and building muscle at the same time. If you need help coming up with an interval routine, consult a trainer at your gym or look for a workout that fits your schedule at [Shape](#), [Fitness](#) or [Women's Health](#).

You might also want to consider fitting in a few strength training exercises throughout your day so that you can focus on cardio at the gym. It's not as hard as you might think:

- Do pushups, squats and crunches during the commercial breaks of your favorite shows.
- Do biceps curls while you're on the phone at work.
- Pick a few of your favorite strength exercises to do during your lunch break at work.

You'd be surprised at how much you can get done throughout your day if you focus on doing just one or two exercises at a time.

If you do find that you have some extra time in your schedule, you might also consider taking a Pilates or yoga class once or twice a week. While these classes are not as focused on building muscle as dedicated strength training is, practicing Pilates or yoga regularly can also improve your overall strength, balance and flexibility.



(Photo credit: [LollyKnit](#))

## New Year, New Approach (Cont'd from pg. 1)

For example, if losing 25 pounds is your resolution, you might set the short term goals to lose 4 pounds each month, drink 8 glasses of water each day, and exercise 3 times each week. Using short term goals gives you an achievable plan to reach your long term goals.

**Reward yourself.** Instead of punishing yourself when things don't go as well as planned, decide

on specific rewards for each goal you reach. For example, buy yourself a new nail polish every time you lose 5 pounds, download a new song to your MP3 player each week you reach your exercise goal, and plan for a pedicure when you've reached your long-term goal. Make your rewards personal and exciting, and you'll be more motivated to reach your goals.

*Best wishes for a happy,  
healthy 2010, from all of us at  
Feed the Soul Nutrition, Inc.!*

Take a new approach to New Year's resolutions, and when 2011 rolls around, you'll find you've made more progress toward your goals than ever before.

(Photo credit: [m\\_cygne](#))

# Resolution Help: Healthy Snacking

A common misconception among those trying to lose weight is that snacks are no longer allowed. If this is what you believe, think again. Snacks are an important part of a healthy eating plan. Including one or two healthy snacks in your day can decrease overall hunger, help keep your blood sugar level stable, and improve your metabolism—if you choose them wisely.

When it comes to snacks, the most important thing to remember is that they aren't an excuse to eat more calories. Snacking can be beneficial, but only when you choose low-calorie, satisfying options and watch your portions at both snack times and meal times. If you add snacks into your eating routine, make sure you take them into consideration when you're planning your meals. And make sure that your snack choices include some combination of the most important dietary building blocks: fiber from whole grains, fruits or vegetables; lean protein; low-fat dairy; and healthy fats.

In order to avoid packing on the snacker pounds, try to stick to between-meal snacks that have between 150 and 250 calories, depending on your daily calorie goal and activity level. For some well-balanced, low-calorie snack ideas, mix and match the suggestions below or find your own favorites to keep your metabolism revved up and hunger at bay.

## 50 calories or less:

- 1 cup of raw vegetables
- ½ of a medium apple or ½ cup apple slices
- 1 cup strawberry halves
- 8 almonds or peanuts
- ½ cup skim milk
- 2 TBSP hummus

## 50 to 100 calories:

- ¼ avocado
- ½ cup cottage cheese (1% milk fat)
- 1 small banana
- 3 oz. deli sliced turkey
- 2 oz. low fat cheddar cheese
- ½ cup fat free pudding
- 1 TBSP creamy peanut butter
- 1 toasted light English muffin
- 3 cups light butter microwave popcorn
- 6-8 oz. fat-free flavored yogurt (artificially sweetened)

## 100-150 calories:

- 8 whole grain woven wheat crackers (i.e. Triscuits)
- 1 chewy granola or breakfast bar
- 1 (2 oz.) whole-wheat pita
- 1 oz. baked tortilla chips
- 1/3 cup low-fat granola
- ¾ cup bite-sized shredded wheat (or other whole grain cereal)



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