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Wellness Tools

- Risk Alert**
Raise your awareness with this quiz.
- BMI Calculator**
A healthy weight measure... Calculate yours.
- Calorie Chart**
Fit-in-fitness quick guide... Move more.
- Screening Guide**
Handy health watcher tool... What's new?

Archives

Stay in Touch

Keep those questions and suggestions coming!

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Take Advantage of Your Exercise Personality

Exercise programs aren't "one size fits all" — they need to be tailored to keep your interest, enjoyment and motivation high. It'll be easier to find the right fit if you keep your goals and personality in mind.

Are you ...
A competitive type or recreational?

If you love to compete, consider joining a soccer, basketball or Frisbee team. Look for sport groups in your area or start one with co-workers or friends. Many activities can also be done noncompetitively to meet your needs and at your own pace.

[Read More]

Quick Course in Healthy Weight Goal Setting

If you're starting a new eating plan, setting a sensible weight loss goal is the key for success. But how do you know if your expectations are reasonable or over the top?

[Read More]

In this issue...



- How to make a New Year's resolution
- Childhood obesity: What you can do
- Nutrition watch: What's new?
- Produce pick: Satisfy your sweet tooth
- Strength training 101: Try 1 thing!
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- Diet Detective: On self-sabotage
- RECIPE: Thyme Roasted Sweet Potatoes

In and Out: January

- Your Stress Prescription
- Women's Health: Uterine Cancer
- Help for Joint Pain
- Dr. Zorba's Longevity Corner

From the Editor

Dear Personal Best 4.u reader,

It's my pleasure to welcome you to Personal Best 4.u, a new tool for helping you live well and reach your personal best. Helping you connect the dots between lifestyle and health has been a passion of mine for many years here at Personal Best.

Make the most of your Personal Best 4.u...

- Look for real-world connections between your daily choices and important health measures.
- Access the toolkit for:
 - Personal awareness self-assessments (these are strictly confidential and for your eyes only)
 - A Body Mass Index (BMI) calculator
 - Quick Guide to health screenings
 - Personal Best Calorie Counter

Feel inspired and empowered to reach your goals — to live well and be well.

A wonderful new year is upon us, and I remain truly inspired as a champion of wellness. We're doing great things here at Personal Best, and the power is in you to do great things too.

Best,

 Liz Carey
 Executive Editor

Thyme-Roasted Sweet Potatoes

EASY | RECIPE

from Personal Best®

- | | |
|----------------------------------|-------------------------|
| 2 pounds sweet potatoes, peeled* | 1 tbsp fresh lime juice |
| 2 tbsp olive oil | ½ tsp salt |
| 1-2 tbsp fresh thyme leaves | ¼ tsp red pepper flakes |

* Use orange- or yellow-fleshed sweet potatoes; the orange are softer and a bit sweeter.

- 1] Preheat oven to 450°F.
- 2] Cut potatoes into chunks ¾-inch thick; dry with a paper towel to remove excess starch and moisture. Place in a mixing bowl.
- 3] Mix remaining ingredients, pour over potatoes and toss well. Transfer to baking sheet.
- 4] Bake potatoes for 15 minutes; turn and bake 10-15 minutes more, until potatoes are tender and edges brown.

Serving suggestions: Garnish with chopped walnuts or hazelnuts, or sprinkle

MAKES ABOUT 8 HALF-CUP servings. Per serving:
 116 calories | 12.4g protein | 3.5g fat | .5g sat fat
 0mg cholesterol | 20g carbs | 6.5g sugar





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3 Ways to Say I Love You

February is Heart Month — the perfect time to ask, “What have YOU done for your heart lately?” Tender loving care can keep your ticker beating strong for years to come.

A good meal. Eating well is a big factor in preventing heart disease. While salmon is “on the menu” this month, there are plenty of other heart-friendly choices too! Looking for something beyond the main course? For a sweet treat, add pomegranate juice and some dark bittersweet chocolate shavings to poached fruit.



[\[Read More\]](#)

TOBACCO

Quitting tobacco tops the charts for New Year's resolutions.

It's one of the best steps a person can take for heart health. If you are trying to quit tobacco or you have a friend of loved one who has committed to quitting, [here's a little encouragement](#). Did you know that after just 20 minutes, your heart rate and blood pressure drop?

[\[Read More\]](#)



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From the Editor

Spreading the Wellness

I had the pleasure of reading the new release of “Prevent, Halt & Reverse Heart Disease: 109 Things You Can Do” from Joseph C. Piscatella and Barry A. Franklin, PhD, just out from Workman Publishing.

Joe is truly a champion of heart health and wellness. I've picked a few snippets from the new book that you can find under the stress watch tab. I also encourage you to take the personal awareness self-assessment that's featured this month. If you've ever “flown off the handle,” this quiz might get you to take a deep breath and think twice.

Make the most of your Personal Best 4.u...

- **Read more.** Look for real-world connections between your daily choices and important health measures.
- **Access the toolkit** for handy quick guides for calculating BMI, counting calories and getting familiar with health screenings. Plus, try the featured Make It Easy recipe.

Most important: Feel inspired and empowered to reach your goals — **to live well and be well.**

Best,

 Liz Carey
 Executive Editor

Creamy Frozen Fruit Dessert

EASY | RECIPE

from Personal Best®

- 4-5 honey tangerines (about 2 cups of segments)
- 2 bananas, peeled and sliced
- 1 cup crushed pineapple in juice
- 1 cup low-fat vanilla yogurt
- ½ cup miniature marshmallows

- ½ cup frozen reduced-calorie whipped topping, thawed
- ¼ cup sliced almonds
- Grated peel (zest) of 2 tangerines



1) Combine fruit in large bowl and set aside.

2) In small mixing bowl, blend remaining ingredients; gently fold into fruit and place in serving dish. Freeze until firm (1-2 hours).

3) Remove from freezer and let stand at room temperature for 12 minutes before serving.

MAKES 7 (ONE-CUP) servings. Per serving:

158 calories | 3.5g protein | 2.8g fat | .6g sat fat | 0mg cholesterol
 33g carbs | 24g sugar | 3.8g fiber | 23mg sodium



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In and Out: January



Your Stress Prescription

There are several common myths about stress. One is that everyone should rely on popular techniques for stress relief. In fact, everyone's needs are different, so a good stress management program must be individually tailored. Meditation might work for some people, while others might find running helpful. Self-help literature can offer some guidance. **Best advice:** As long as your approach is a healthy one, use a method that works best for you.

Women's Health: Uterine Cancer

How could there be good news about uterine cancer? Uterine cancer can seem like a scary topic, but there is some good news. First, it's curable when it's caught early. Second, the most common symptom, unexpected vaginal bleeding, is often obvious.

Important: Abnormal bleeding can have many causes other than cancer, but play it safe and report postmenopausal or other unexpected bleeding to your health care provider.

Help for Joint Pain

Do supplements work? Millions of people take glucosamine and chondroitin to reduce the pain of osteoarthritis in their hips and knees. However, a recent review of 10 published trials concludes that these supplements may be ineffective. Still, many people are convinced they help.



What to do? If you're not currently taking these supplements, there's probably no reason to start. If you have been taking them, consult your health care provider on whether to continue.

Longevity Corner: Caring for Caregivers



More than 5 million people suffer from dementia, and many are cared for at home by family members. A new study suggests ways to improve care: Health professionals made up to 12 home and telephone contacts with patients and caregivers over a four-month period. This hands-on approach improved the functioning of the patients and the satisfaction of the caregivers.

Bottom line: It pays to reach out to elderly patients and their caregivers. — Zorba Paster, MD

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Strength training 101: Try 1 thing!



Provided by the American Council on Exercise, www.acefitness.org.

You do not need to be a bodybuilder to benefit from strength training. Consider the benefits:

Stronger bones, muscles, tendons and ligaments —
Greater strength reduces your risk of injury.

More muscle mass — Most adults lose about one-half pound of muscle per year after the age of 25. Muscle tissue is partly responsible for the number of calories burned at rest (the basal metabolic rate or BMR). As muscle mass increases, BMR increases, making it easier to maintain a healthy body weight.

Better quality of life — As general strength increases, daily routines (carrying groceries, gardening) will be less taxing. A certified fitness professional can help you develop a safe program that works all the major muscle groups.

One set of 8-12 repetitions, working the muscles to the point of fatigue, is usually sufficient. When you can perform 12 repetitions of an exercise correctly, increase the amount of resistance by 5-10 percent to continue making safe progress.

A combination of machines and free weights is generally recommended. Variety reduces boredom and also provides subtle exercise differences that will enhance progress.

End result: Combining strength-training with cardiovascular and flexibility training will give you the benefits of a total fitness program.

TRY 1 THING!

Aim to exercise each muscle group at least two times per week, with a minimum of two days of rest between workouts.

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