

Newsletter

Take the Time

Stress is something many people overlook as a health problem. With our world on the go all the time it's hard to relax and take time for ourselves, but we need to! Ok ready...***STOP!*** Stop what you're doing at this very moment....stop thinking, stop working, and stop worrying!

This may seem silly, but it works! Here are some ways to relax and start becoming stress free.

1. Sit quietly and comfortably.
2. Close your eyes.
3. Start by relaxing the muscles of your feet and work up your body relaxing muscles.
4. Focus your attention on your breathing.

5. Breathe in deeply and then let your breath out. Count your breaths, and say the number of the breath as you let it out (this gives you something to do with your mind, helping you to avoid distraction).

The link between stress and heart disease is well-established. If stress is intense, and stress hormones are not 'used up' by physical activity, our raised heart rate and high blood pressure put tension on arteries and cause damage to them. As the body heals this damage, artery walls scar and thicken, which can reduce the supply of blood and oxygen to the heart.

Stress has been also been found to damage the immune system, which explains why we catch more colds when we are stressed. It may intensify

symptoms in diseases that have an autoimmune component, such as rheumatoid arthritis. It also seems to affect headaches and irritable bowel syndrome, and there are now suggestions of links between stress and cancer.

Stress is also associated with mental health problems and, in particular, anxiety and depression. Here the relationship is fairly clear: the negative thinking that is associated with stress also contributes to these.

Regular exercise can reduce your physiological reaction to stress. It also strengthens your heart and increases the blood supply to it, directly affecting your vulnerability to heart disease.

<http://www.mindtools.com/>

Top 10 ways:

To Burn Extra Calories:

1. Eat breakfast and jump start your metabolism
2. Start strength training – build muscle (burns more calories and boosts metabolism)
3. Take the stairs or walk up escalators
4. Break up exercise throughout the day into 3 – 4 mini workouts (Aim for 30-40 min/day)
5. Get off the subway one stop earlier
6. Wear a pedometer (Aim for 10,000 steps or continually increase the amount you do)
7. Housework burns calories
8. Take a walk after during or over your lunch break
9. Park further away from your destination
10. Go shopping (Even just window shopping back and forth through the mall is exercise)

To Eat Healthfully:

1. Start your day with a well-balanced breakfast
2. Eat unprocessed foods (whole grains and fruits and veggies)
3. eat your fruit, don't drink it (Eliminate fruit juice. Although it seems like a healthier option, you are losing the fiber and nutrients from whole fruits)
4. Constantly drink plenty of water (Drink at least eight 8oz glasses with and in between meals)
5. Include 2 veggies of different color at each meal
6. Have fruit for dessert
7. Plan snacks ahead when you are not hungry; you'll make better choices
8. Ask for a to-go bag when eating out
9. Shop for color (It usually means you're getting more fresh fruits and veggies loaded with various nutrients)
10. Split a meal with a friend and add a salad