Moving Forward

It is a New Year…Time to Set Your Intentions for 2013!

The hectic holiday season tends to wear people down and by January, people begin to suffer from exhaustion. This has an impact when you start to think about what type of New Year’s resolution you want to make. Instead of making a generic New Year’s resolutions, how about mixing it up a bit. While family and friends are very important, start thinking about a few things that you can do to focus on YOU as well. In order to support and care for those around you, it is important to insure that you are offering up your best self. Here are a few activities you can do for you in 2013!

- **Take a 10-minute walk**—and if it is too cold outside walk around your house, office, the mall, or anywhere that you can get your blood flowing. This is good for physical activity and can help increase your energy throughout the day.

- **Read the paper**—grab a coffee, tea or water and take a few minutes to see what is going on in your community and around the world. Taking a few minutes out of your busy day gives your mind a chance to relax and focus on something different, even if it is only for a few minutes.

- **Find time to laugh**—try to find quick entertainment that will give you a good chuckle. Laughing not only makes you feel good, it burns calories too!

- **Explore your interests**—take time and seek out things that interest you. Have you always wanted to take up piano lessons, or start or join a book club? Now is the time to start thinking about things that you want to do!

- **Take advantage of down time**—do you have a quiet hour to yourself on a Saturday morning? Instead of trying to get housework done, take the time to relax or focus on a hobby. Many people tend to forget that taking breaks is important.

Happy New Year! Some people look at the new year as a clean slate and a fresh start. This month we offer tips for focusing on you and ways you can take care of your body and mind.

If you need ideas on how you can improve you or how to stick with goals either at home or at work, visit www.Here4TN.com. Our website can provide you with different ideas, tools and resources. On this site, you can also conduct an online provider search to find a counseling professional in your area.

If you would like to arrange some confidential counseling at no cost for yourself or a family member, call 1.855. Here4TN (1.855.437.3486) to speak with a caring professional. Counseling is available both face to face and telephonically.

Don't forget to take the Well-Being Assessment (WBA) to learn more about your physical, emotional and social health. Partnership PPO members and their covered spouses must complete the WBA by March 15, 2013.

www.Here4TN.com | 1.855.Here4TN (1.855.437.3486)
Nurture your Mind and Body

Many scientists believe the mind plays a major role in healing the body. Did you know that exercising the body also appears to mend the mind? Studies show that aerobic exercise (such as walking up stairs, raking leaves or talking a brisk walk) is the best approach to restoring mental fitness. The connection between the mind and the body is an important one and what we feed our bodies is an important link to both.

Listed below are a few tips that can help you focus on both fueling your mind and exercising your body.

Quick Tips on Eating Health:

- **Eat less sodium**—eating less sodium helps lower your blood pressure and can decrease the amount of water that your body stores. Always read the labels when buying food and look for “low sodium” or “reduced sodium” options.
- **Add more color to your meals**—eating more fruits and vegetables helps provide vitamins and minerals to your body and mind.
- **Add potassium to your diet**—increasing your potassium is another good way to lower your blood pressure. Good sources of potassium include potatoes, cantaloupe, beans and yogurt.
- **Eat smaller snacks throughout the day**—this will help you and your body throughout the day and decrease your level of cravings and bingeing during meals.

Quick Tips on Exercising:

- **Walk after you eat**—this will not only help your body digest your food it will also burn calories.
- **Take the stairs**—if you see an elevator try to take the stairs instead of taking the elevator up or down a few floors.
- **Park farther away**—if you are at work, the mall or the grocery store, try to park farther away and enjoy the walk. This is a good way to get your body moving and burn a few calories.
- **Stand up and stretch**—this helps both physically and mentally for most people.

Food for thought- Eat smart and move! Eating moderately and exercising make weight loss easier to maintain. You will enhance your self-esteem, speed up your metabolism and increase your energy all at the same time.

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Taking care of your body

What are the benefits of losing weight? The more overweight you are, the more likely you are to have health problems. These problems can include diabetes, heart disease, high blood pressure, high cholesterol, osteoarthritis and sleep apnea. The good news is that you can do create a plan to do something about it.

If you are overweight, setting a reasonable goal of losing as little as 5 percent of your body weight may improve many of the physical problems linked to being overweight. Here are some action items and tips to get you started:

**Develop a good eating plan**—Once a realistic weight goal has been set, figure out an eating plan that has variety and is balanced. Be sure to drink water throughout the day especially when exercising, as your body will need more of this while losing weight and exercising. A good goal is 8 to 10 glasses of water per day.

**Eat breakfast**—eating breakfast every morning jumpstarts your metabolism and fuels your mind and body.

**Exercise**—Don’t forget to include exercise in your weight loss plan. Physical activity is not only important for your mind and your body but is a good way to relieve stress. A good goal is to exercise 30 minutes a day, twice or three times a week to start. Increase your time or even days as your exercise plan progresses.

**Change some habits**—developing lifelong health habits is easy when you make conscience decision about your goals for 2013. Think about what you are eating, the impact it has on your body and if you are hungry or just snacking. There are many different ways to cut out extra calories and a good place to start is by changing old habits.

**Increase your fiber**—eat at least 20 – 25 grams of fiber a day. A diet rich in fiber helps reduce the risk of some types of cancer, lowers blood cholesterol and controls blood sugar levels.

Ready to take action? If you would like help developing an exercise program or nutrition plan, call a health coach today at 1-888-741-3390. The ParTNers for Health Wellness Program has trained health care professionals who can help you reach your health goals.

How can I focus on me?

It might seem difficult or awkward to learn how to focus on you first but it is an important thing to do. In setting goals for yourself, think about what you want to focus on first. Do you want to lose 5 pounds or do you want to be able to run a mile? Is it reading a book or eating more fruits and vegetables? Any of these goals help with your overall happiness and well-being. Many people tend to forget about their own personal needs. Remember to think about taking care of yourself both physically and mentally.

Start with a small goal over the first week. Set a target and when you reach that goal, set a new goal. Soon focusing on you will become second nature and you may feel happier and healthier in the end.

Always remember that we are here to help. If you need to chat with someone about setting goals or finding time for you give us a call or visit our website. Our counselors are available 24 hours a day, 7 days a week. Your ParTNers EAP provides up to five counseling sessions at no cost to you.