

# Healthy Living Newsletter

*Take Control of Your Health, Your Benefits, and Your Future Wellness / January 2012*

## The Five Being Habits

**Definition:** The Five Being Habits are designed to be simple steps that each individual can take to address wellness issues on a daily basis.

### What Are The Five Being Habits?:

1. **Fitness**
2. **Sleep**
3. **Nutrition**
4. **Stress Management**
5. **Hydration**

### How Do You Begin The Being Habits?

1. **Fitness**  
Pick an activity you enjoy and establish a routine that gets you to your target heart rate for 30 minutes several times a week. Stretch before and after your exercise or work.
2. **Sleep**  
Establish good sleep practices.
3. **Nutrition**  
Eat a variety of foods from each food group and practice portion control.
4. **Stress Management**  
Identify stress triggers and recognize the differences between what you can and cannot control.
5. **Hydration**  
Drink six to eight 10-ounce glasses of water each day.

### What Do The Being Habits Do For You?

1. Exercise controls weight, blood pressure, cholesterol, and releases stress.
2. Sleep rejuvenates your body and mind to help you perform at your highest levels.
3. Nutrition provides energy for an active lifestyle, protects against disease and promotes a sharp mind.
4. Managing stress prevents disease, improves relationships and increases life expectancy.
5. Water prevents fatigue, lubricates muscles, prevents strains, flushes waste, and keeps you cool.

### Key Reminders For The Being Habits

1. *“Keep Your Body Moving.”*
2. *“A Well Rested Mind and Body Perform Best.”*
3. *“You Are What You Eat.”*
4. *“Find a Strategy for Managing Stress.”*
5. *“Water Is An Essential Unit.”*

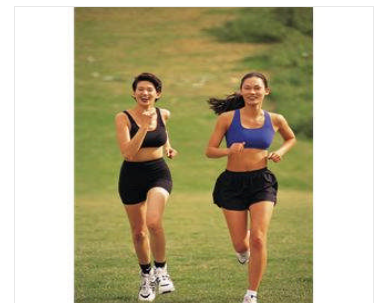


## (#1) Fitness



### **Walking:**

This exercise is easy on the joints and burns fat effectively when done consistently. Walking also provides you with a versatile, convenient workout that requires only a good pair of walking shoes. Walk during your lunch hour, after dinner, or before breakfast. Walking can be social and done virtually anywhere. It is also low-cost and low-maintenance.



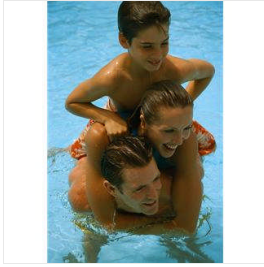
### **Running:**

While this exercise is the most efficient for burning fat and increasing cardiovascular endurance, it can frustrate people if they run too far or too fast, are fair-weather runners, or have the wrong shoes. A good strategy for beginners is to alternate a five-minute jog or walk routine. Make sure to rest between running days to give the joints a chance to recover and to build endurance in the muscles.

# (#1) Fitness (Cont.)

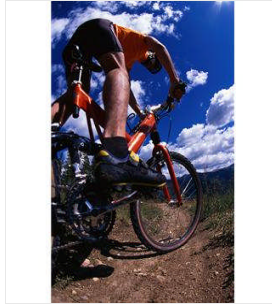
## Swimming:

This exercise is probably the healthiest for your body. Because water suspends the body, there is little physical stress on the joints, bones or muscles.



## Cycling:

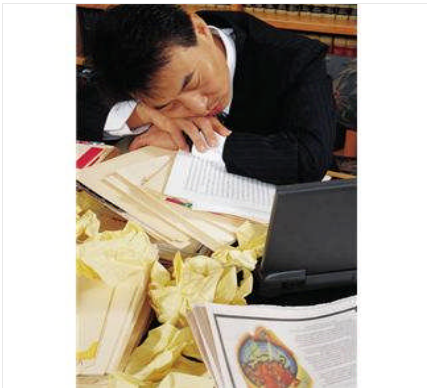
Whether it's a sunny weekend in the country or a tough spinning workout in the gym, cycling is versatile, social, and extremely healthy.



Other ways to incorporate exercise include:

- Getting off the bus one stop early when going to work or returning home
- Choosing the stairs whenever possible
- Taking a walk at break time
- Learning some individual exercises that you can perform at your desk
- Delivering a message to a co-worker instead of e-mailing

# (#2) Sleep



## Pre-Sleep Behaviors

The aim is to give yourself time and space to wind down from the stresses of the day, and to reach a state of calm and relaxation, making it easier to sleep.

Here are some suggestions to help you establish an effective bedtime routine.

**Take a warm bath.** A drop in body temperature helps to trigger the need for sleep, so a warm bath (or a soak in the hot-tub) may help you fall asleep faster. You can enhance this effect by using aromatherapy products (bath oils, scented candles, etc.) with calming properties.

## **Practice relaxation techniques.**

Spending some time on relaxing activities (breathing exercises, yoga, massage, meditation, or gentle stretches)

before bed can lower anxiety levels and calm your body and mind.

## **Have a bedtime snack.**

Certain foods and drinks can have a positive effect on your sleep. Some foods contain an amino-acid called tryptophan that can make you feel sleepy.

**Avoid sleep-destroying activities and foods.** Stay away from horror movies, work e-mail, strenuous exercise, caffeine, alcohol, tobacco and spicy foods.

Also, watch out for unexpected side effects of prescription drugs, over-the-counter medications and natural remedies that you might take for other conditions.

## Sleep Comfort

Sleep comfort is essential to getting a good night's rest, so you can awaken physically and emotionally re-energized and ready to face a new day. The quality and length of your sleep is affected by your sleep environment. Consider the following.

## **Noise**

To block out the noise factors that are present at night and stop them from compromising the quality of sleep, you might want to wear ear plugs at night.

## **Light**

Research has shown that the brain sets your "internal clock" according to the natural rhythms of day or night. The darkness triggers the release of the hormone melatonin, which in turn triggers your body's need for sleep.

## **Temperature**

You may find that you sleep better when it is toasty-warm or perhaps when your bedroom is cool. You need to set the temperature at the level that enhances your sleep comfort.

## **Mattress and Pillows**

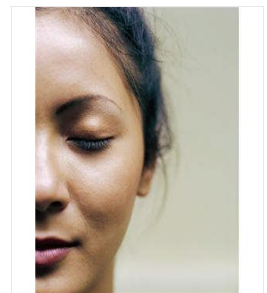
Since you will likely spend about a third of your life in bed, you need to make sure that your bed is very comfortable.

## **Bedding**

There is a large range of bedding choices in terms of fabrics, weights, and textures, so you may be challenged to

find what works best for you.

Concentrate on how the product makes you feel and affects your comfort—not the color, pattern, or style.



## (#3) Nutrition

- Try to eat meals and snacks at regular times every day.
- When eating out, have a big vegetable salad, then split the entrée with a friend or have the other half wrapped to go.
- Eat slowly. It takes 20 minutes for your stomach to send a signal to your brain that you are full.
- Make a small meal look like more by serving your meal on a salad or breakfast plate.
- Try to choose foods with little or no added sugar.
- Try eating foods from other countries. Many dishes contain more vegetables, whole grains, beans and less meat.
- Always keep a healthy snack with you, such as fresh fruit, or a handful of nuts.
- Gradually work your way down from 2% milk until you are drinking and cooking with skim or low-fat milk.

## (#4) Stress Management

Not all stress can be avoided, and it's not healthy to avoid a situation that needs to be addressed. However, you might be surprised at the number of stressors in your life that you can eliminate.

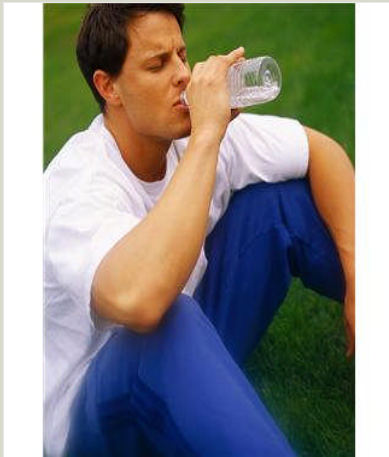
- **Learn how to say “no.”**  
Know your limits and stick to them.
- **Avoid people who stress you out.**  
If someone consistently causes stress in your life and you can't turn the relationship around, limit the amount of time you spend with that person or end the relationship entirely.
- **Avoid hot-button topics.**  
If you repeatedly argue about the same subject with the same people, stop bringing it up or excuse yourself when it's the topic of discussion.
- **Talk with family and friends.**  
A daily dose of friendship is great medicine.
- **Engage in daily physical activity.**  
It helps to relieve mental and physical tension.
- **Remember to laugh.**  
Don't be afraid to laugh out loud at a joke.
- **Pare down your to-do list.**  
Drop tasks that are not truly necessary to the bottom of the list.
- **Express your feelings instead of bottling them up.**  
If something or someone is bothering you, communicate your concerns in an open and respectful way.
- **Be willing to compromise.**  
When you ask someone to change their behavior, be willing to bend at least a little. You'll have a good chance of finding a happy middle ground.
- **Be more assertive.**  
Deal with problems head on, doing your best to anticipate and prevent them.
- **Give up the bad habits.**  
Too much alcohol, cigarettes or caffeine can increase stress.
- **Slow down.**  
Try to “pace” instead of “race.” Plan ahead and allow enough time.
- **Get enough sleep.**  
Try to get six to eight hours of sleep each night.
- **Manage your time better.**  
Poor time management can cause a lot of stress.
- **Don't try to control the uncontrollable.**  
Many things in life are beyond our control, particularly the behavior of other people. Rather than stressing out over them, focus on the things you can control.
- **Learn to forgive.** Accept the fact that we live in an imperfect world and people make mistakes.



# (#5) Hydration

## How much water do you need?

Every day you lose water through your breath, perspiration, urine, and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.



How much water does the average, healthy adult living in a temperate climate need? In general, doctors recommend eight or nine cups. Here are several ways of calculating the amount:

### **Replacement approach:**

The average urine output of adults is about 1.5 liters (6.3 cups) a day. You lose close to an additional liter (about 4 cups) of water a day through breathing, sweating, and bowel movements. Food usually accounts for 20 percent of your total fluid intake, so if you consume two liters of water or other beverages a day (a little more than eight cups) along with your normal diet, you will typically replace your lost fluids.

### **Eight 8-ounce glasses of water a day:**

Another approach to water intake is the “8x8 rule” — drink eight 8-ounce glasses of water a day (about 1.9 liters).

### **Dietary recommendations:**

The Institute of Medicine advises men to consume roughly 3 liters (about 13 cups) of total beverages a day and women to consume 2.2 liters (about 9 cups) of total beverages a day.

If you drink enough fluid so that you rarely feel thirsty and produce 1.5 liters (6.3 cups) or more of colorless or slightly yellow urine a day, your fluid intake is probably adequate.

## Tips for Staying Hydrated

- Keep a bottle of water with you during the day.
- Remember to drink before you get thirsty.
- If plain water doesn't interest you, try adding a slice of lemon or lime.

- When you are feeling hungry, drink water. The sensation of thirst is often confused with hunger. True hunger will not be satisfied by drinking water. Drinking water may also contribute to a healthy weight loss plan.
- Try to limit caffeinated and sugary beverages. Caffeine acts as a diuretic and can cause you to lose fluids quickly. In addition to having extra calories, the natural sugars in fruit juice can slow your body's ability to absorb fluids.
- Wear loose-fitting, lightweight and light-colored clothing.
- Drink a glass of water before and during each meal.
- Don't forget to eat plenty of fruit and vegetables, as they have a fluid content and will contribute to your daily water intake.

## Sources

### **The Five Being Habits:**

Source: [wss.inside.ups.com/sites/corphealthandsafety](http://wss.inside.ups.com/sites/corphealthandsafety)

**(#1) Fitness:** Source: *UPS Road Map to Health*

**(#2) Sleep:** Source: [www.better-sleep-better-life.com](http://www.better-sleep-better-life.com)

**(#3) Nutrition:** Source: *UPS Road Map to Health*

**(#4) Stress Management:** Source: [www.helpguide.org](http://www.helpguide.org) & [www.heart.org](http://www.heart.org)

**(#5) Hydration:**

Sources: [www.mayoclinic.com](http://www.mayoclinic.com), [familydoctor.org](http://familydoctor.org) & [www.plasticsinfo.org](http://www.plasticsinfo.org)

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## Sneak Peek

The major topic for the February 2012 issue of the newsletter will be:

### **Focus on Heart Health**

