Importance + Confidence = Success

Have you ever wanted to make a change but felt like it would be more challenging than advanced calculus? Or maybe your doctor has suggested you lose some weight, join the gym, or kick the tobacco habit, but you just don’t see what the big deal is. A healthy body starts in your head. To increase the probability of success, focus on whether you think a change is important, and whether or not you believe you can do it. Add importance and confidence together and you get a formula for success.

If it’s not important, why bother?
Whether or not you think an activity is important is vital to making a healthy change. If you know exercise will help you feel better and lose a few pounds, you’re already on the road to success because you feel that exercise is important. By contrast, if you don’t really believe that it will have an impact on your health, it’s much less likely you will establish an exercise routine.

To check how important something is to you, use a ruler. Simply ask yourself, “How important is it to me to [insert activity]?” Use a scale of 0-10, with 0 being not important at all, 5 being somewhat important, and 10 being the most important thing in your life. If you rate your importance for a certain activity as low, you may be able to get a fresh perspective by following a few of these suggestions:

Have an open mind and be curious.
Explore the idea from all angles. Learn the benefits of the activity. Why is my doctor telling me to exercise and lose weight? What are the risks if I don’t? What are the benefits of exercise? What will happen if I do nothing? Are there activities I’ve enjoyed in the past? What would have to happen before I would seriously consider changing?

Find your internal motivation.
Sometimes we make a change because others ask us to. This is external motivation. External motivation may work in the short term but won’t last over time. You can change a motivation from external (“should”) to internal (“want”) with subtle shifts of thought. Instead of thinking, “I’m going to exercise because my doctor told me I should,” you might say, “I want to exercise so I can report back to my doctor that I’m taking my health seriously.” This small change shifts your motivation from doing something because you’re being told to, to doing something for the pride in reporting your positive actions.

Continued inside.
Thinking of getting a flu shot?  
**Now is the time!**

According to the Centers for Disease Control and Prevention (CDC), flu season can begin as early as October and last well into May. Flu activity usually peaks in January, February, or later.

While the CDC recommends everyone over six months of age have a seasonal flu vaccination, it’s especially important for people with COPD, asthma, cardiovascular disease, and diabetes.

Note that it takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu.

For more information, visit CDC.gov/flu.

Flu benefit information is available at: PacificSource.com/flu.
MEMBER CORNER

Meet Anna – A True Superhero

Anna is a busy mom of four, working full time, and managing diabetes. When Anna was diagnosed with diabetes last fall, she did not want her diabetes to define her. You see, this runs in her family and she has experience with diabetes. Anna decided that she was going to take care of herself and recruited the most important people in her life to help her—her family! Anna started buying new foods to try, preparing meals with her whole family, and making dinner a time to connect and have fun. With each small success, Anna gained the confidence to make even more changes. She and her family found ways to be active, planting a garden and spending time with their horses. Anna says her biggest motivation is, “My family—I love them more than anything, and I want to be healthy and present for them.”

Anna has advice for anyone wanting to make changes and not knowing where to start: “Every day you’d be surprised how things add up....Habits change, and then you see the improvement.”

Anna’s health coach states, “Anna is truly an inspiration to work with. She took ownership of her health and made some incredible changes. She may not wear a cape and fly, but she’s a superhero!”
Chili Lime Baked Squash Rings

Looking for an easy way to eat more vegetables? Try this tasty, winter treat warm out of the oven with dinner, or serve cold as a snack.

1 medium delicata squash, washed and sliced into half-inch thick slices. Remove seeds (do not peel).

½ tsp chili powder
½ tsp onion powder
¼ tsp salt
1/8 tsp ground pepper
Juice from one lime

Directions:
1. Spray a cookie sheet with cooking spray.
2. Dip the squash slices in lime juice and place on greased sheet.
3. Combine dry ingredients in small bowl and sprinkle over the squash, both sides.
4. Bake at 400° for about 8–10 minutes per side. Make sure both sides are browned.

Serving size: 1/2 recipe. Servings: 2
Per serving: calories: 70; total fat 0.5g; cholesterol: 0 mg; sodium: 310 mg; dietary fiber: 5 g; sugars: 6 g; protein: 2 g; vitamin A: 180%; vitamin C: 30%; calcium: 4%; iron: 6%
Percent daily values based on a 2,000 calorie diet.