Health Goals? Think-Nourish-Move Sets You Up to Succeed

As this year comes to a close and we look to the New Year, many people think about making positive changes in their health. Do you have health goals that would benefit from some extra support? If so, we’d like to tell you about a PacificSource support program – Think-Nourish-Move.

Recognizing that weight management is not a short-term process, but a lifelong journey, we offer valuable resources, tools, and support to help you reach a healthier weight. A combination of information and support, Think-Nourish-Move provides you with access to health professionals, weekly written materials, videos, and simple recipes to improve your well-being.

Most importantly, this program pairs you with a health coach for at least six months. Participants consistently rate the ongoing, one-on-one support and accountability from their coach as their favorite part of the program. Nutrition counseling and coaching is done over the phone, making it convenient for nearly everyone.

In this issue, we’d like to share with you a few of the articles from our Think-Nourish-Move program. We hope you find them meaningful. If you’re interested in learning more, give us a call at (888) 987-5805 or send us a message at yoursupport@pacificsource.com.

Moving Is NEAT!

There are two types of physical activity: Planned activity to improve fitness, and all the other movement you do all day long.

Planned activity is important in improving overall health. It reduces your risk of heart disease, high blood pressure, type 2 diabetes, and stroke. It also helps to fight off depression and manage stress.

- For general health improvement, get at least 150 minutes of moderate-intensity activity per week, such as walking, ballroom dancing, or doubles tennis, or at least 75 minutes of vigorous-intensity activity per week, such as jogging or aerobic dancing.
- For weight loss, get 225 to 420 minutes of moderate-intensity activity per week (about 60 minutes per day 5-7 days per week).

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But what about the moving you do all day long that isn’t planned exercise? The energy burned during these activities is referred to as NEAT (nonexercise activity thermogenesis). NEAT activities have a huge impact on how many calories your body burns. For instance, standing burns more calories than sitting!

Imagine that by standing at work, you can increase the calories you burn during your workday! At home, in the evening during your leisure time, you can burn as few as 30 calories watching TV to upwards of 600 calories doing energetic hobbies or activities such as gardening, cleaning, or home repair.

Try these tips at work to get more “neatness” in your day:

- If you work at a computer, work at a standing workstation.
- Stand up every time you answer the phone.
- Take the stairs, not the elevator.
- Get up and move around at least once every hour.
- Walk to the furthest restroom, water cooler, etc.

Here are some neat ways to spend your leisure time and burn calories:

- Get stepping while you watch TV, march in place or step back and forth.
- Rake leaves instead of using a blower.
- Use a manual lawn mower.
- Find evening and weekend hobbies that are active. Gardening, hiking, table tennis, golf, and antiquing are just a few ideas.

Need a Nutrition Tune-up?

Do you jump start your day with coffee and then find yourself grabbing high-calorie, high-sugar foods during the day to get more energy? Are you often tired and find your mind wandering?

This kind of fatigue is not normal. Much like an automobile, your body needs good fuel in order to run well.

Check Your Engine. Are You Fueling for Energy?

Answer these questions to find out:

I eat breakfast every day.......................... □ Yes □ No

I eat three or more regular meals and snacks each day........... □ Yes □ No

I limit or skip the sugary foods and drinks.......................... □ Yes □ No

I get my carbohydrates from healthy sources, such as whole grains, legumes, fruits, and vegetables .................. □ Yes □ No

I limit my daily caffeine intake to no more than three cups of coffee or tea per day........................................ □ Yes □ No

I drink at least six glasses of water each day........................ □ Yes □ No

I eat lean protein sources in small amounts at every meal. I eat enough to curb my hunger but not feel full .......... □ Yes □ No

If you answered yes to these statements, you are making smart choices to fuel your body.

If you answered no to any of these questions, what small steps can you take this week to tune-up your eating plan?
I joined the Think, Nourish, Move program at the beginning of 2016. I went into it feeling like there wasn’t a whole lot I needed to learn. I mean, come on – I know about fruits and vegetables and good fats, and to avoid sugar, and about how important exercise is. So when I first met with my coach, I may have been a bit skeptical. The good news is that I was wrong about what this program had to offer me.

Through the months of the program, my coach helped me understand that I had some misguided nutritional beliefs. She encouraged me to figure out what motivates me, and how to plan for things that could throw me off track. Together we set achievable goals, like switching from half and half in my coffee to skim milk and making sure I got a serving of vegetables at lunch and dinner every day. I tracked my weekly allowance of treats or restaurant meals or glasses of wine on a calendar using cute little stickers. I was able to make these little changes that added up to a shift in how I looked at my relationship with my body and food.

If I had to come up with one thing I took away from this program, it’s that only I can make changes in my life. I’m the one who knows what my priorities are. And the more honest I am with myself, the better able I am to set goals that make sense for me. The program offered guidance, but in the end, I set my weekly goals and I measured my success. I chose to build on the successes I made in the program. I even came to realize some of the things I listed as priorities just weren’t. They were things I thought should be important for me. Without the program, though, I wouldn’t have understood that the responsibility to change was my own.

I also saw success in the form of weight loss! I lost 12 pounds during the program and have dropped another 5 since it ended. I would not have been able to make the changes necessary to see this measurement of success (and this is just one measurement!) without the structure of this program and the support of my coach.

“I only can make changes in my life.”
—Rachel, program participant

Member Corner: A Skeptic Finds Success

Breakfast Veggie Power Frittata

Ingredients:
- 6 eggs
- 4 egg whites
- ¼ cup water
- ½ tsp salt
- ½ tsp pepper
- ½ cup diced red bell pepper
- ½ cup diced yellow onion
- 2 cups chopped broccoli
- 2 cups fresh baby spinach
- 2 cups fresh baby kale
- 1 cup sliced Roma tomatoes
- 1 tsp. olive or canola oil
- ½ cup crumbled feta cheese (optional)

Instructions:
1. Preheat oven to 375 degrees.
2. Dice red bell pepper and onion, chop broccoli, and slice Roma tomatoes. Then, beat the eggs, egg white, water, salt, and pepper in a bowl. Set aside.
3. In a large sauté pan, heat the oil on medium-high heat. Add onions and bell peppers and cook for 3 to 5 minutes or until soft.
4. Add broccoli, and sauté for an additional 5 to 7 minutes or until tender.
5. Turn off the heat, and mix in the spinach and kale. Cover, and allow the heat from the cooked vegetables to wilt the greens.
6. Spray an 8” x 8” baking dish (preferably glass) with cooking spray. Place vegetable mixture in the pan and top with sliced tomatoes. Then, slowly pour in the egg mixture, and top with cheese (optional).
7. Bake for 30 to 35 minutes or until golden brown and set. Cut into 6 servings, and enjoy!