

Remember to get active!

Track your physical activity using the log distributed at the last Lunch & Learn!

*"It doesn't matter how slow you go. You're still lapping everybody on the couch!"*

## What Does Eating Healthy Mean?

Healthy eating means eating a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy. These nutrients include protein, carbohydrates, fat, water, vitamins, and minerals. Nutrition is important for everyone. When combined with being physically active and maintaining a healthy weight, eating well is an excellent way to help your body stay strong and healthy. What you eat can affect your immune system, your mood, and your energy level.

**Eating a wide range of foods that include a variety of nutrients is the easiest way to have a healthy diet. Read on to learn why your body needs each of the following nutrients:**

### Proteins

Proteins give your body amino acids — the building blocks that help your body's cells do all of their everyday activities. Proteins help your body build new cells, repair old cells, create hormones and enzymes, and keep your immune system healthy. If you don't have enough protein, your body takes longer to recover from illness and you're more likely to get sick in the first place.

### Carbohydrates

Carbohydrates give you quick energy — they quickly go into your blood as glucose (blood sugar), which your body uses for fuel first, before turning the leftovers into fat. Fruits, vegetables, bread, pasta, grains, cereal products, crackers, dried beans, peas, and lentils are all good sources of carbohydrates. Many of them are also good sources of fiber, which your digestive system needs to stay healthy. Sugar (white and brown), honey, and molasses are also carbohydrates. But these types of carbohydrates are high in calories and don't offer any other benefits (like vitamins and minerals). Whole grains and fruits and vegetables are healthier sources of carbohydrates than refined grains and sugars.

### Fats

Fats give your body the fatty acids it needs to grow and to produce new cells and hormones. Fat also helps some vitamins move through your body. Vitamins A, D, E, and K



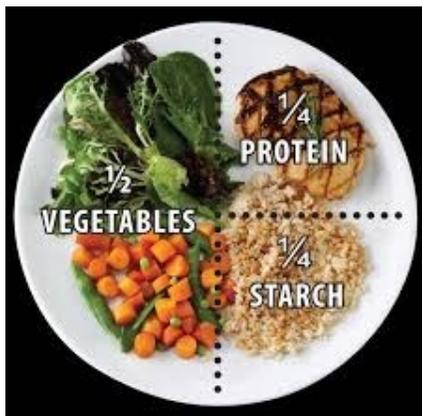
are fat-soluble vitamins, which means they need some fat to be absorbed. They are also stored in the fatty tissues in your body and the liver. Fat also helps protect your organs against trauma. Your body stores excess calories as fat, which is saved up as reserve energy.

### Vitamins and minerals

Vitamins keep your bones strong, your vision clear and sharp, and your skin, nails, and hair healthy and glowing. Vitamins also help your body use energy from the food you eat. Minerals are chemical elements that help regulate your body's processes. Potassium, for example, helps your nerves and muscles function. Calcium helps your teeth and bones stay strong. Iron carries oxygen to your cells. If you eat a balanced diet with enough calories and protein, you're probably getting enough vitamins and minerals.

### Water

Water is necessary for life, which makes it vital for good health. Water makes up about 50% to 66% of your total body weight. It regulates your temperature, moves nutrients through your body, and gets rid of waste. In general, it's a good idea to drink 6 to 8 glasses of water a day.



### Healthy Office Snacks:

- Whole Wheat Crackers and Peanut Butter
- Fresh Fruit
- Dried Fruit
- Popcorn with Parmesan
- Nuts
- String Cheese
- Hard-boiled Egg
- Veggies with Ranch or Hummus
- Yogurt



To set yourself up for success, think about planning a healthy diet as a number of small, manageable steps—like adding a salad to your diet once a day—rather than one big drastic change. As your small changes become habit, you can continue to add more healthy choices.

### **Prepare more of your own meals.**

Cooking more meals at home can help you take charge of what you're eating and better monitor exactly what goes into your food.

### **Make the right changes.**

When cutting back on unhealthy foods in your diet, it's important to replace them with healthy alternatives. Replacing dangerous trans fats with healthy fats (such as switching fried chicken for grilled fish) will make a positive difference to your health. Switching animal fats for refined carbohydrates, though (such as switching your breakfast bacon for a donut), won't lower your risk for heart disease or improve your mood.

### **Simplify.**

Instead of being overly concerned with counting calories, think of your diet in terms of color, variety, and freshness. Focus on avoiding packaged and processed foods and opting for more fresh ingredients.

### **Read the labels.**

It's important to be aware of what's in your food as manufacturers often hide large amounts of sugar or unhealthy fats in packaged food, even food claiming to be healthy.

### **Focus on how you feel after eating.**

This will help foster healthy new habits and tastes. The more healthy food you eat, the better you'll feel after a meal. The more junk food you eat, the more likely you are to feel uncomfortable, nauseous, or drained of energy.

### **Drink plenty of water.**

Water helps flush our systems of waste products and toxins, yet many people go through life dehydrated—causing tiredness, low energy, and headaches. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.



**Check out the "Couch to 5K" app on your smartphone for help in preparing for the 5K this summer!**

## DESKERSIZE

Research has found that prolonged sitting, like the kind you do all day at work, is sabotaging your health.

The exercise below can be done at your desk and is subtle enough to spare you strange looks from your coworkers, yet effective enough to make a real dent in your sedentary time.

Happy deskercising!

Do leg lifts at your desk. Extend one leg out straight in front while sitting, and lift it 15 times, keeping your abs tight and squeezing your quadriceps muscle. Then do the other.



To get even more blood flowing, drink tons and tons and *tons* of water. It's a win-win all around. Not only will you stay super-hydrated and healthy, but it will also literally force you to get up to go to the bathroom. It's a surefire way to outsmart yourself into standing up as often as you're supposed to throughout the day (once an hour), at a minimum, plus you get the extra steps of walking to and from the bathroom.

**WE DONT HAVE ANY VEGETABLE JOKES YET**



**SO IF YOU DO**

**LETTUCE KNOW**



### **THINK smaller PORTIONS**

Serving sizes have ballooned recently. When dining out, choose a starter instead of an entree, split a dish with a friend, and don't order supersized anything. At home, visual cues can help with portion sizes—your serving of meat, fish, or chicken should be the size of a deck of cards and half a cup of mashed potatoes, rice, or pasta is about the size of a traditional light bulb. If you don't feel satisfied at the end of a meal, add more leafy green vegetables or round off the meal with fruit.

*The key to eating healthy? Avoid any food that has a TV commercial.*