WellMASS Monthly Wellness Tips
January

Weight Management

Did you know that by adding 15 minutes of moderate exercise to your daily schedule (e.g. walking briskly for about one mile), you will burn 100 extra calories per day? Maintaining this schedule will result in an extra 700 calories burned per week, or a loss of about 10 pounds in one year, assuming your food intake stays the same.

Losing weight isn't as simple as changing your diet. To maintain a healthy lifestyle, consider trying the following:

Increase Physical Activity. To lose weight, you should be getting a minimum of 60 minutes of physical activity five or more days a week. To maintain a healthy weight, aim for at least 30 minutes of physical activity five or more days a week.

Eat a Nutritious Diet. Make sure you are eating a balanced diet rich in fruits, vegetables, and whole grains that keeps you feeling full and satisfied. Starvation and fad diets don't work. Eating right is key to maintaining weight loss.

Stay Hydrated. Keep yourself hydrated to maintain a healthy weight. Aim for eight, 8-ounce glasses of water each day. Try drinking water with every meal. This may help you feel fuller and not eat as much.

Get Rest. A good night's sleep can aid in weight loss! Sleep loss not only impedes the hormone that controls appetite but also causes confusion between feelings of sleepiness and hunger.

Need more tips and information on Weight Management?
StayWell Online® has many tools to help you succeed in maintaining your weight. Learn how fast you burn calories or what your target heart rate should be under Calculators in the Health Tools section of StayWell Online. Visit **https://wellmass.staywell.com** to get started on your slimmer, trimmer self.

DELICIOUS SQUASH SOUP

Ingredients
1 16-ounce bag frozen butternut squash
1 small vidalia or sweet onion, quartered
1 14-ounce can chicken broth
1 medium apple, cut into cubes
1 cup milk (or to taste)
1 teaspoon olive oil
Salt and Pepper

Preparation
Heat olive oil on med-low heat in medium saucepan; sauté onion until soft.

Add squash and broth (Add water if squash is not covered) and bring to boil over high heat. Reduce heat and simmer 8 minutes or until squash is tender.

Puree with hand blender; add salt and pepper to taste. Add milk.

Ladle into individual serving bowls and top with chopped apple.

Nutrition Information
Calories: 112; Total Fat: 2 g; Saturated Fat: 1 g; Polyunsaturated Fat: 0 g;
Carbohydrates: 19 g; Protein: 6 g; Vitamin A: 387 RE; Vitamin C: 8 mg;
Calcium: 82 mg; Sodium: 534 mg; Iron: 1 mg; Fiber: 2 g

Source
Meals Matter - Meal Planning Made Simple
http://www.healthyeating.org/Healthy-Eating/Meals-Recipes/Browse-Search-Recipes/rid/9394/delicious-squash-soup.aspx

JANUARY CHALLENGE

This year: a new year, a new beginning. Focus and follow through on eating healthier and getting more exercise. Below are items to try throughout the month to make small, but achievable changes that really make a difference.

Complete a minimum of one tip per day for 20 days. As you finish a healthy tip, check the circle to track your progress. Remember, you can use these tips more than once.

○○○○○ I got 30 minutes of exercise today.

○○○○○ I purchased a pedometer and started tracking my steps.

○○○○○ I kept track of my meals, writing them in a journal.

○○○○○ I used a salad plate instead of a dinner plate.

○○○○○ I ate a healthy lunch instead of eating fast food.

○○○○○ I chose a whole-grain, high fiber, option for breakfast

○○○○○ I drank 8, 8-ounce glasses of water today.

○○○○○ I weighed myself and started tracking my progress in a journal.

○○○○○ I cut down on serving sizes for one meal.

○○○○○ I went to sleep 30 minutes earlier.

○○○○○ I drank water instead of a high-sugar drink.

○○○○○ I walked in place every time a commercial came on during a show I was watching.

○○○○○ I ate a palm-size portion of lean chicken or turkey instead of red meat.

○○○○○ I participated in or trained for a walk/run race.

○○○○○ I went for a walk after one of my meals.

○○○○○ I walked to a nearby store instead of driving.

StayWell Health Management

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