



Volume 5, Issue 1 First Quarter 2015

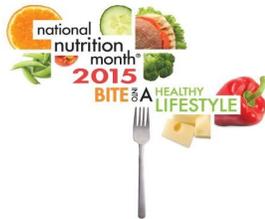
# LiveWell Vermont

STATE EMPLOYEES WELLNESS PROGRAM

DEPARTMENT OF HUMAN RESOURCES: BENEFITS & WELLNESS

## March is National Nutrition Month!

Dedicate yourself to a healthy lifestyle with these food, nutrition and exercise tips.



- 1. Eat Breakfast.** Start your day off on the right foot. Include lean protein, whole grains, fruits and vegetables. Try oatmeal cooked with low-fat milk, sliced almonds and berries, or top a toaster waffle with low-fat yogurt and fruit.
- 2. Make 1/2 Your Plate Fruits and Vegetables.** Add color, flavor and texture, vitamins, minerals and fiber to your plate! Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Don't let cost stop you from enjoying produce. Frozen and canned are great alternatives.
- 3. Watch Portion Sizes.** Get out the measuring cups! Use half your plate for fruits and vegetables and the other half for grains and lean meat, poultry, seafood or beans. To complete the meal, add a glass of fat-free or low-fat milk or a serving of Greek yogurt for dessert.
- 4. Be Active.** Regular physical activity helps reduce stress, control body weight and lowers blood pressure. Start small with 5-10 minutes of some form of exercise. You don't have to hit the gym—take a walk after dinner or hit the stairs!
- 5. Fix Healthy Snacks.** Improve and sustain your energy levels between meals. Think combination! Try Greek yogurt with fruit, celery with all-natural peanut butter, or a small portion of nuts with an apple or banana.
- 6. Get Cooking.** Preparing foods at home can be healthy, rewarding and cost-effective. Commit to learning cooking and kitchen basics, like how to dice an onion or how to store herbs and spices.
- 7. Drink More Water.** Substitute water for sugary drinks and let urine color be your guide—a pale yellow color means you're well hydrated.

- 8. Dine Out without Ditching Your Goals.** Plan ahead, ask questions and choose foods carefully. Add nutritious items to your plate—fruits, veggies, lean meat, poultry or fish—and look for grilled, baked, broiled or steamed items.
- 9. Enact Family Meal Time.** Research shows that family meals promote healthier eating. Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones & other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking!
- 10. Banish Brown Bag Boredom.** Focus on easy-to-fix, healthy lunch ideas, such as: whole-wheat couscous & chickpeas; whole-wheat tortilla with chicken, mushrooms, onions & tomatoes; baked potato topped with broccoli, black beans, low-fat cheese & salsa; or spinach salad with walnuts, sliced pear, red onion & low-fat feta cheese.
- 11. Explore New Foods and Flavors.** When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family. Try different versions of familiar foods like blue potatoes, red leaf lettuce or basmati rice.
- 12. Eat Seafood Twice a Week.** Seafood, fish and shellfish, contain a range of nutrients including healthy omega-3 fats. Salmon, trout, sardines and oysters are higher in omega-3s & lower in mercury.

For additional tips and ideas visit:  
[www.eatright.org/nutritiontipsheets](http://www.eatright.org/nutritiontipsheets)

## One Life, Live it Well! 2015 Incentive Program

- **Personal Health Assessment: \$50/50 Points**
- **ONE Wellness Challenge: \$25/25 Points**
- **ONE Workshop: \$25/25 Points**

**BONUS! Annual Physical Exam: \$50/50 Points**

Visit [LiveWell Vermont](http://LiveWellVermont)  
for more information!

## UNDERSTANDING BODY COMPOSITION

### What is unhealthy body composition?

Generally speaking, it means carrying excess body fat in comparison to your lean muscle mass. As your body fat-to-lean ratio increases, so do your health risks. In fact, more often than not an unhealthy body composition can lead to obesity, which is associated with many critical health concerns.

According to the National Institute of Health the following are considered to be benefits of achieving a Healthy Body Composition:

- Increased energy and endurance.
- Promotes healthy blood pressure.
- Improves quality of sleep.
- Relieves strain placed on your knees, hips, and lower back which can lead to reduced pain.
- Improves mood and self confidence.
- Improves blood circulation in all parts of the body, thereby reducing the risk of heart disease and stroke.
- Reduces respiratory infections and breathlessness, and improves lung function.
- Improves insulin sensitivity & glucose tolerance.

### Why focus on body composition assessment rather than weight loss alone?

1. It is the best indication of general health status.
2. It provides a starting point to set realistic goals about how to best achieve an ideal balance between body fat and muscle in the body.
3. It monitors changes in body fat and muscle mass when including exercise as part of your lifestyle. Doing so enables individuals to maintain or build muscle mass, while losing unwanted body fat.
4. Losing 1% body fat is equivalent to losing 5 pounds of weight! Muscle is more dense than body fat. Just a 1% loss of body fat means inches lost and noticeable physical changes in appearance.
5. Maintaining muscle and losing body fat will improve your metabolism, enabling you to lose weight, prevent injuries and improve balance!

**The bottom line is a healthy body composition can not only improve your overall health, but it can also change your whole quality of life for the better!**

## Chunky White Bean Soup

Makes 4 Servings

### Ingredients:

- 12 oz. Lean Ground Turkey Breast
- 1 medium yellow onion, chopped
- 1 Tbsp. Olive Oil
- 2 15-oz. cans Great Northern Beans
- 16-oz. jar Green Salsa
- 1 3/4 C. Low-Sodium Chicken Broth
- 1 1/2 Tsp. Cumin



### Preparation:

1. Saute 12 ounces lean ground turkey breast and 1 chopped onion in 1 tablespoon olive oil; drain fat.
2. Add two 15-ounce cans great northern beans, one 16-ounce jar green salsa, 1 3/4 cups low-sodium chicken broth, and 1 1/2 teaspoons cumin.
3. Simmer, covered, for 15 minutes.

### Nutritional Analysis:

383 calories, 38g protein, 53g carbohydrate, 3g fat (1g saturated), 12g fiber.



## VERMONT STRONG FITNESS CHALLENGE APRIL 6—May 17, 2015

### Challenge Goals

- Log 900 minutes of physical activity over 6-weeks
- Complete weekly tasks focusing on strength training

*Stayed Tuned for Registration Details!*

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