

HOPE

healthletter

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Mindful eating for lasting weight control

Looking for a permanent way to maintain your weight? You may want to consider mindful eating.

It's an approach that focuses on eating when you're hungry and stopping when you're full. The idea is that if you truly listen to your body's wants and needs, you'll find your natural weight.

What is mindfulness? It's the awareness of what's going on at any given moment. Applied to eating, it means paying attention to what you're eating and why. For most people, this is easier said than done. We tend to eat meal after meal, snack after snack without thinking about what we're putting in our mouths.

The Mindful Meal

1. Determine a bite size.
2. Take a bite.
3. Put your fork, spoon, or knife down.
4. Put your hands either on the table or in your lap.
5. Chew your food completely and swallow.
6. Pause for a few seconds.
7. Decide if you're still hungry.
 - If you are, take another bite.
 - If you're not, your meal is done.



For more on mindful eating, see page 8 for "The BASICS of mindful eating."

Source: "Mindful Eating: An Awareness Approach to Food," Hope Health Quick-Read® brochure

Quick-Read!

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OuterAisleFresh:

The grains of truth on rice

Did you know rice has been produced in North America since 1685? This ancient staple grain is just as good for you today as it was centuries ago.

Why rice is nice

Enriched white and whole-grain brown rice:

- Are low in calories
- Are sodium- and cholesterol-free
- Have only a trace of fat with no trans fat or saturated fat
- Are gluten-free and the least allergenic of all grains
- Have 15 important vitamins and minerals — including thiamin, niacin, phosphorus, iron, potassium, and folic acid
- Contain complex carbohydrates that supply energy to fuel the body and brain
- Are easy to digest

Worldwide, more than 120,000 varieties of rice exist. The main differences between types include cooking characteristics, textures, and slight flavor variations.

- **Long-grain rice** has a slender kernel, usually three to four times longer than wide. Cooked grains are separate, light, and fluffy.
- **Medium-grain rice** is shorter and wider than long-grain rice. Medium-grain is two to three times longer than wide. Cooked grains are more moist and tender than long-grain rice, and tend to stick together.
- **Short-grain rice** has a plump, almost round kernel. Cooked grains are soft, cling together, and are somewhat chewy.

Note: Due to a lack of standardization of arsenic found in some rice, eat rice in moderation and be sure to eat a variety of grains. This is especially true for children, infants, and pregnant women.

Sources: U.S.A. Rice Federation; U.S. Rice Producers Association; Consumer Reports



Striking down the 5-second rule

How soon do you have to pick up a piece of food that happened to find its way to the floor before the food becomes unsafe to eat? Is it really five seconds? Shorter? Longer?

According to a study by University of Illinois researchers, when it comes to bacteria sticking to food, there's no "safe" amount of time. Whether you grab it after the first nanosecond or wait nearly a minute, the potential damage is the same. With that said, the germs found on most relatively clean kitchen floors likely pose minor threats to your intestinal tract. The microorganisms found at the mall food court may be a different story.

Source: "Food Fights: Winning the Nutritional Challenges of Parenthood Armed With Insight, Humor, and a Bottle of Ketchup," by Laura A. Jana, MD, FAAP, and Jennifer Shu, MD, FAAP



Get your whole grains by adding brown rice to soup for a hearty meal.



Curry Chicken Lime Rice Bowl

- ½ cup peach chutney
- ¼ cup fresh lime juice
- ¼ cup extra virgin olive oil
- 1 Tbsp. hot curry powder
- 2 chicken breasts, cooked and cubed
- 1 cup diced red bell pepper
- 3 cups cooked basmati or long-grain white rice

In large bowl, whisk chutney, lime juice, olive oil, and curry powder. Stir in chicken, bell pepper, and cooked rice. Serve, or cover and chill.

Serves 6. Per serving: 311 calories, 12 g fat (2 g saturated fat), 49 mg cholesterol, 68 mg sodium, 32 g carbohydrates, 20 g protein

GetMoving:

Keeping the balance

In a quest for a better quality of life, don't overlook balance exercises. Being stable on your feet may help you prevent falls and maintain control of your body, whether you're moving or still.

As a balancing beginner, you may want to have something sturdy — such as a chair or wall — nearby for support, if you should start to become unsteady.

Standing on one foot

1. Stand on one foot.
2. Hold the position for 10 seconds.
3. Repeat 10 times.
4. Switch legs.
5. Repeat 10 times.

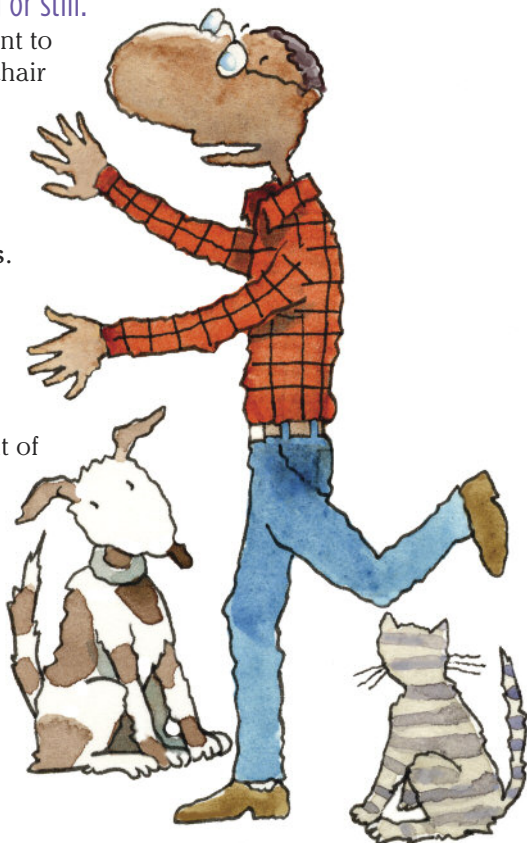
Walking heel to toe

1. Place the heel of one foot in front of your other foot's toes. Your heel and toes should touch or almost touch.
2. Focus on a spot ahead of you.
3. Take a step, placing your heel just in front of the toes of your other foot.
4. Take 20 steps in this way.

Balance walking

1. Raise your arms from your sides to shoulder height.
2. Focus on a spot ahead of you.
3. Lift your back leg. Pause for one second before stepping forward.
4. Walk in a straight line, one foot in front of the other.
5. Take 20 steps in this way, alternating legs.

Source: National Institutes of Health



Making the team

Before you sign up Sam or Suzy for Little League, soccer, or some other team sport, be sure the group is the right fit for your little one.

- **Body type:** Look for teams arranged by skill level and size, not age alone. Height, weight, and strength can affect performance.
- **Emotional maturity:** Can your children handle the highs and lows of competition, stick to routine, withstand physical stress, and show sportsmanship?
- **Cost:** Equipment, uniforms, initiation fees, and transportation can add up quickly, especially if you have more than one child who wants to participate. Think twice before joining teams if expenses will strain your budget or if you think your children may decide to switch sports mid-season.
- **Leadership:** Instructors or coaches can significantly influence children's physical and emotional development. Look for team leaders with experience, attitudes, and values that meet your approval.
- **Time:** Understand and plan for how much time is required before making a commitment.

Source: HealthyChildren.org, American Academy of Pediatrics

Have a ball getting fit

A fitness ball (a.k.a., stability ball) can be an inexpensive personal trainer that helps increase your flexibility and strength.

Finding the right fitness ball for you:

- **Size:** Most balls will include a size guide on the packaging to help you determine the right size for your height.
- **Thickness of the rubber:** If you plan to do high impact work, such as exercises with dumbbells or bands, or if you are heavyset, you may want to buy a ball with thick rubber.
- **Firmness:** For a firm ball, buy one on the smaller side so you can inflate it completely. If you want to start easy, get a bigger ball and don't blow it up fully.

For ideas on how to use an exercise ball in your fitness routine, go to Mar.HopeHealth.com



TheWholeYou:

PHYSICAL HEALTH

A 'gluten' for punishment

Gluten — a protein found in some grains — has gained notoriety for its negative effects on some people's digestive and immune systems. Many people now avoid eating anything that could possibly include gluten. Gluten-free seems the way to be these days.

Steering clear of gluten is important for individuals with celiac disease, wheat allergies or gluten intolerances, but for everyone else, gluten is completely safe.

"Eating gluten-free is not meant to be a diet craze," says Rhonda Kane, a registered dietitian and consumer safety officer at the U.S. Food and Drug Administration. "There are no nutritional advantages for a person not sensitive to gluten to be on a gluten-free diet."

If you're not sure whether you may have a gluten-related condition, here are some things to keep in mind:

- **Treatment for celiac disease, wheat allergy, and gluten intolerance** all involve eliminating wheat from one's diet. However, the three conditions are not the same.
- **If you think you may have a gluten-related condition, talk with your health-care provider.** Otherwise, there is usually no need to shy away from gluten.

Sources: U.S. Food and Drug Administration; American Celiac Disease Alliance



Pre-plan your workouts. Before the start of your workweek, take time to schedule out a week's worth of workouts. By pre-planning, you may be less likely to make excuses not to do it.



Screen-time tips for protecting your peepers

The amount of time we spend glued to computer screens, smartphones, video games, and other electronic devices may not be so great for our eyes.

Normally, people blink about 18 times per minute. However, individuals blink half as often when using computers and other electronic screen devices, according to studies. As a result, eyes may become dry and tired.

Although there is little research on how to avoid the negative effects of screen time on the eyes, the following may do your eyes a favor:

- Sit about 25 inches from a screen and position the screen so you are looking slightly downward at it.
- Make sure the area where you're using the screen is properly lit. Use a screen filter to reduce screen glare if needed.
- Post a note that reads "Blink" on your computer as a reminder.
- Adopt the "20-20-20 rule": Every 20 minutes, look at an object at least 20 feet away for at least 20 seconds.

Source: GetEyeSmart.org

Simple self-defense secrets that could save your life

Hopefully, you'll never be in a situation where you need to use self-defense techniques. But if you find yourself about to be attacked, here are some moves that can help you escape:

- **First, try to run away.**
- **Scream for help.**
- **Drive the heel of your shoe into the arch of your attacker's foot.**
- **Use your keys as a gouging weapon.**
- **Punch your attacker in the nose as hard as you can.**
- **Kick your attacker in the groin.**
- **Never get into a car with the attacker.**

Sources: Federal Bureau of Investigation; National Crime Prevention Council; FunctionalSelfDefense.org

The Whole You:

EMOTIONAL HEALTH

Cyberbullying knows no boundaries

Cyberbullying is any bullying that takes place using electronic technology (*cell phones, computers, and tablets, as well as social media sites, text messages, chats, and Websites*).

What's more, cyberbullying uses messages and images that can be posted anonymously and distributed rapidly to many people.

Examples of cyberbullying:

- Mean text messages or e-mails
- Rumors sent by e-mail or posted on social networking sites
- Embarrassing pictures, videos, Websites, or fake social media profiles

Could your child be a victim of cyberbullying? Here are some signs to look for:

- Suddenly stops using the computer
- Seems nervous when an instant message, text message, or e-mail appears
- Acts uncomfortable about going to school or outside in general
- Appears angry, depressed, or frustrated after using the computer
- Doesn't want to talk about what he or she is doing on the computer
- Becomes unusually withdrawn from friends and family members



For more on cyberbullying, including a tip sheet on how to protect children from it, go to Mar.HopeHealth.com

Sources: Cyberbullying Research Center; StopBullying.gov



Back to the here and now

Have you ever found yourself physically sitting through a meeting while your mind was a million miles away?

A wandering mind is common. In a study of more than 2,000 adults, researchers found that 47% of the time, the subjects' minds were not focused on what they were doing at that moment. Recent research indicates that practicing meditation may help train your brain to remain focused.

One meditation technique that's being used more and more is mindfulness. Here are a few keys to keep in mind when you want to strengthen your focus:

- Pay close attention to your breathing, especially when you're feeling strong emotions.
- Tune in to sights, sounds, and smells that you usually don't think about.
- Realize that your thoughts and emotions are brief and don't define you, which may help to free you from negative thought patterns.
- Notice your body's physical sensations throughout your day, from the shower water hitting your skin to how your body rests in your office chair.



To find out how mindful you are, go to Mar.HopeHealth.com for a mindfulness quiz.

Source: The Greater Good Science Center at the University of California, Berkeley

Home, clutter-free home

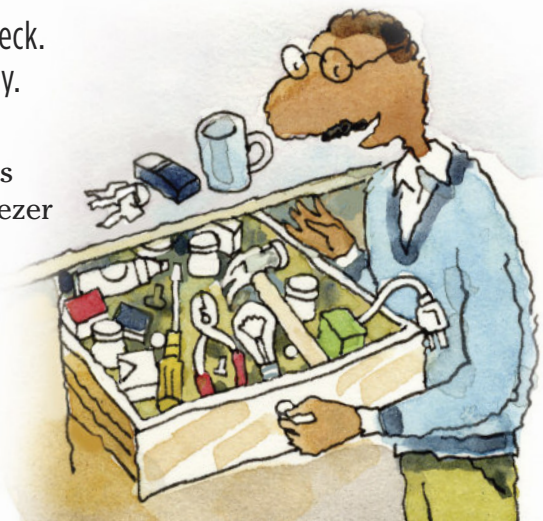
Keeping your house in order may help to keep your stress level in check. Here's a two-week home de-cluttering challenge you may want to try.

Week One

- Day 1 – Dressers
- Day 2 – Bedroom closets
- Day 3 – Coat closet
- Day 4 – Under beds
- Day 5 – Medicine cabinets
- Day 6 – Laundry room
- Day 7 – Under sinks

Week Two

- Day 8 – Kitchen cabinets
- Day 9 – Refrigerator/freezer
- Day 10 – Living room
- Day 11 – Den/office
- Day 12 – Playroom
- Day 13 – Car
- Day 14 – Garage



FiscalFitness:

Thinking of borrowing against your home?

If you're a homeowner and need money — to reduce debt, fund education, make home improvements, or pay for something else — you can borrow against the value of your house.

It's important to know what you are doing, though, before you sign on the dotted line.

There are two primary ways to borrow against your home; both involve borrowing against your equity.

Equity is the difference between what you currently owe on your house and its current market value. A percentage of the equity amount is what you can borrow.

- **Home Equity Installment Loan** — You receive a set amount of money when you get the loan and repay it through equal monthly payments for a certain number of years. The loan has a fixed interest rate.
- **Home Equity Line of Credit (HELOC)** is revolving credit (*think of it as a credit card against the equity in your house*) that allows you to determine how much money you borrow and when, up to a certain amount (*your credit line*). A HELOC typically has a variable interest rate, and you can take out money any time for a certain draw period.

 For more information on borrowing against your home, go to **Mar.HopeHealth.com**

Sources: *AmeriCU.org; Federal Trade Commission*

Money Madness: What are your 'Financial Four'?

Put your experience filling out NCAA Basketball Tournament brackets to good use by ranking and bracketing out your own "Financial Four" goals.

The "Financial Four" is an interactive bracket of 32 concepts to help people identify their financial priorities. This free online tool is sponsored by The National Endowment for Financial Education (NEFE) and the Financial Planning Association (FPA).

"Identifying and managing priorities is the key to keeping your financial life in order," says Ted Beck, NEFE president and CEO.

What are your "Financial Four"? Complete your bracket at **FinancialFour.org**.

Source: *National Endowment for Financial Education*

Locating a lost pension

If you've ever left a company and didn't take along your pension proceeds, it may not be too late to track down and claim the money owed.

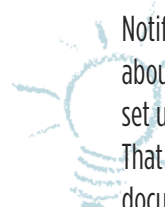
If the company is still in business:

- Call its human resources department and ask for the contact information of the pension plan administrator.
- Contact the administrator to find out how much your pension is worth and how to claim it.

You may need to prove you worked for the company and are eligible for a pension. Your old income tax returns and W-2 forms will help. If you didn't save your old tax returns, you can get a copy of your earnings record from the Social Security Administration (SSA).

- Call 800-772-1213 and ask the agency to mail you the "Request for Social Security Earnings Information" form SSA-7050, or
- Download the form at ssa.gov/online/ssa-7050.pdf.

Sources: *SavvySenior.org; Pension Benefit Guaranty Corporation*

 Notify all credit card issuers about any move, even if you set up a mail forwarding service. That way, statements and other documents with sensitive information are not sent to anyone but you.



IssueInsight:

Secrets to 'spring forward' without falling behind on sleep

Daylight saving time is set to start on Sunday, March 9, when most U.S. residents will "spring forward" by one hour at 2 a.m.

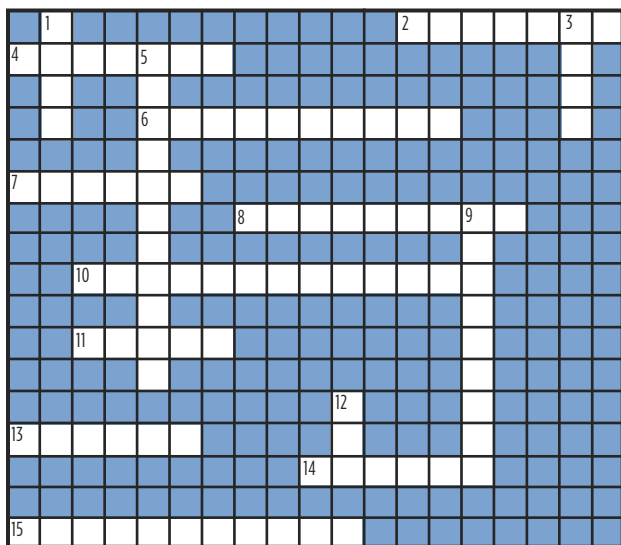
The time change can leave you feeling sluggish for a few days if you don't take proactive steps to help your body adjust to a new sleep schedule.

The American Academy of Sleep Medicine recommends:

- On Saturday, March 8, set your clocks ahead one hour during the early part of the evening. Then go to sleep at your normal bedtime.
- Changing other routines also may help your body clock adjust. You may want to eat dinner and stop drinking caffeine and alcohol an hour earlier than usual.

"Night owls," or people who tend to stay up late, may have a more difficult time adjusting to the spring forward than "early birds." The reverse is true in the fall, when most of the country "falls back" an hour.

Source: American Academy of Sleep Medicine



DOWN

1. The least allergenic of all grains
3. A factor to consider before signing kids up for sports teams
5. An inexpensive personal trainer to help your exercise efforts (*two words, no space*)
9. These types of people may have a more difficult time adjusting to the spring time change (*two words, no space*)
12. Where to call (*abbreviation*) to get a copy of your earnings record

Crossword Workout —

Find out how well you know the health topics covered in this issue of the newsletter.

ACROSS

2. A type of exercise that helps you to be stable on your feet
4. An eating approach that focuses on eating when you're hungry and stopping when you're full
6. How many inches you should sit from any screen to protect your vision (*spelled out, one word, no hyphen*)
7. A protein found in some grains
8. Pay close attention to this to be more mindful
10. Any bullying that takes place using electronic technology
11. Abbreviation for revolving credit that allows you to determine how much money you borrow and when
13. A self-defense strategy to use if you're being attacked
14. An acronym to help you remember how to eat mindfully
15. A fitness ball can help improve _____.



Tool Box Your Source for Cool Tools & Resources

Go to Mar.HopeHealth.com to find:

- **A portion-distortion quiz** — Find out how well you know proper portion sizes and the number of calories in popular foods
- **Stability ball exercises** — A beginner's guide to strengthening exercises you can do with a stability ball
- **A mindfulness quiz** to determine how well you focus on the here and now
- **A tip sheet on protecting children from cyber-bullying** — Learn simple strategies for how you can protect your children from online attackers
- **More information about borrowing against your home**
- **A guide and video to locating a lost pension** — The ins and outs of tracking down money you're owed
- **The Crossword Workout answer key** — In case you're stumped by the clues or just want to confirm that you filled out the puzzle correctly



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If you have a question or comment on a story, or a suggestion for topics you'd like to see covered in a future issue of the newsletter, leave a comment on our Facebook page.

The information in this publication is meant to complement the advice of your health-care providers, not to replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor.

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For the crossword puzzle answer key, go to Mar.HopeHealth.com

HOPE HEALTH LETTER

Weight control:

The BASICS of mindful eating

Belly check: Before you eat something, stop to ask yourself:

- *Am I physically hungry?*
- *What am I hungry for?*

It may be that you're physically hungry for food, but you could also just be thirsty.

Assess your food: Before you dig in, ask yourself if this food is what you really want. If you're really craving something else, you may eat more if you first eat what's in front of you and then eat what you really wanted all along.

Slow down: By taking your time to eat, you may enjoy your food more and notice when your body has had enough.

Investigate your hunger: Don't let distractions such as watching TV or surfing the Internet prevent you from gauging your hunger level. Continually checking how full you feel may help you to notice when you've had enough before you feel stuffed.

Chew your food thoroughly: This allows your body to process food more efficiently. This method may also help you to notice when you're no longer hungry.

Savor your food: Take time to choose foods you really like and find satisfying.



"Never iron a four-leaf clover, because you don't want to press your luck."

— Author Unknown

"A strong positive mental attitude will create more miracles than any wonder drug."

— Patricia Neal

"I was trying to daydream, but my mind kept wandering."

— Steven Wright

"Credit buying is much like being drunk. The buzz happens immediately and gives you a lift... The hangover comes the day after."

— Joyce Brothers

Source: "Mindful Eating: An Awareness Approach to Food," Hope Health Quick-Read® brochure