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March is Healthy Eating Month

Aim, Build, Choose: Eating Right with the Dietary Guidelines

Eating is one of life's greatest pleasures. Since there are many foods and many ways to build a healthy diet and life-style, there is lots of room for choice. These guidelines are designed to help answer the question. "What should I eat to stay healthy?" They provide advice for healthy Americans over the age two years and over about food choices that promote health and prevent disease. To meet the Dietary Guidelines for Americans, choose a diet based on grain products, vegetables, fruits, low-fat milk products, lean meats, fish, poultry, and dry beans. Choose fewer calories from fats and sweets.

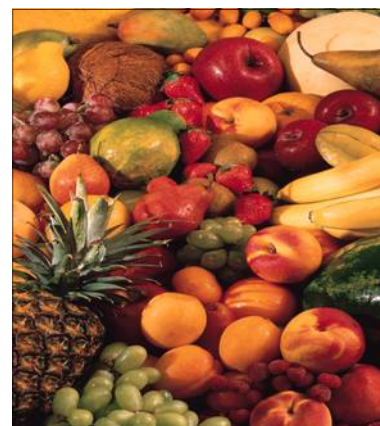
AIM FOR FITNESS

- Aim for a healthy weight
- Be physically active each day

Maintain a healthful body weight by balancing what you eat with physical activity. If you are sedentary, try to become more active. If you are already very active, try to continue the same level of activity as you age. More physical activity is better than less, and any is better than none. If your weight is not in the healthy range, try to reduce health risks through better eating and exercise habits. Take steps to keep your weight within the healthy range (neither too high nor too low).

BUILD A HEALTHY BASE

- Let the pyramid guide your food choices
- Choose a variety of grains daily, especially whole grains
- Choose a variety of fruits and vegetables
- Keep food safe to eat



Nutrition Tip of the Month:

If you don't eat fruit now or have only juice at breakfast, add a serving to your meals or have it as a snack. Add fruit to plain or flavored yogurt for added nutrients and fiber. Make sure to eat fruits canned in their own juice if you are unable to buy fresh. Sugar and high fructose corn syrups have added calories that add up to unwanted pounds over time.

About Us

WelCo's health and wellness management program is your solution to individual health improvement and reducing health care costs.

WelCo's approach to wellness focuses on personal interests, readiness to change, and preferences — so we can concentrate the right resources, on the right intervention, at the right time.

Services We Provide

- Worksite Health Promotion
- Personal Health & Wellness
- Internet Health Management

Working out hard, losing less – find a balance with weight

Exercising harder but not losing weight? It's no surprise. High-intensity exercise makes some women eat more – thus diminishing the calorie-burning effects of the workout.

A recent study in the *American Journal of Clinical Nutrition* (2004) affirms what many women already suspected – sometimes working harder does not help much with weight loss. In the life-is-unfair department, researchers found that this workout effect does not apply to men who really can

work hard at losing.

If you find yourself with a ravenous appetite after an intense workout, you may eat more than enough to make up for the calories you just burned. You can stop this cycle and find a healthy balance, said Beth Kitchin, MS, RD, of the EatRight Information Service, University of Alabama at Birmingham. Here's how:

Regulate Your Intensity

- Be aware of the exercise/appetite effect. Just because one study says women gain weight while working out intensely, you may not gain.
- Continue to exercise. Studies establish that exercise is a vital part of weight loss and weight maintenance for healthy living.



Aim, Build, Choose: Eating Right with the Dietary - Cont.

Let the Food Guide Pyramid guide to the nutrients your body needs each day. Make grains, fruits, and vegetables the foundation of your meals. This forms a base for good nutrition and good health and may reduce your risk of certain chronic diseases. Be flexible and adventurous-try new choices from these three groups in place of some less nutritious foods you usually eat. Whatever you eat, always take steps to keep your food safe to eat.

CHOOSE SENSIBLY

- Choose foods that are low in saturated fat and cholesterol and a diet moderate in total fat
- Choose beverages and foods that limit your intake of sugars Choose and

prepare foods with less salt

- If you drink alcoholic beverages, do so in moderation

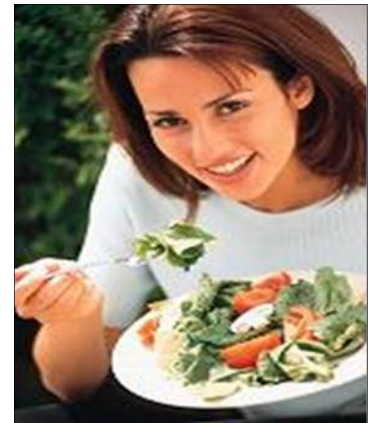
Make sensible choices that promote health and reduce risk of certain chronic diseases. You can enjoy all foods as part of a healthy diet as long as you don't overdo on fat (especially saturated fat), sugars, salt, and alcohol. Read labels to identify foods that are high in saturated fats, sugars, and salt (sodium).

The Dietary Guidelines for Americans, developed by the Departments of Health and Human Services (HHS) and Agriculture (USDA), provide recommendations based on current scientific knowledge about how dietary intake may reduce risk for major chronic

diseases and how a healthful diet may improve nutrition.

The guidelines form the basis of Federal food, nutrition education, and information programs. First published in 1980, Dietary Guidelines were revised in 1985, 1990, 1995, and 2000. The law requires publication of the Dietary Guidelines at least every five years. This legislation also requires review by the Secretaries of USDA and HHS of all Federal dietary guidance-related publications for the general public.

Revised from "Dietary Guidelines for Good Health" Fifth Edition, 2000 U.S. Department of Agriculture and U.S. Department of Health and Human Services.



If you now eat one or two vegetables a day, add a serving at lunch and another at dinner. Treat meat as one part of the whole meal by including two or more vegetarian-style (meatless) meals each week, or to increase vegetables, have a hamburger that's 3 ounces of meat instead of 6 ounces. Add ½ cup serving of carrots and ½ cup serving of spinach. You'll save more than 200 calories.

Working out hard, losing less – find a balance with weight- Cont.

- If you pump up your exercise level (intensity is a matter of perception), and find yourself gaining weight, back down on your intensity and increase your time.

For example, instead of running for 30 minutes,

walk for 60 minutes. You'll still burn calories and get all the great benefits of exercise.

- Another strategy is to continue your intense workouts once or twice a week (one hour a week or two half-hour ses-

sions) and balance with less strenuous workouts the other days of the week. Only you can regulate how hard you are working out.



How to choose healthful foods on the run

Do you drive through? Go for convenience? Snack out of vending machines?

You can make healthful choices munching through life's fast-food lane without super-sizing yourself. Try these tips:

- **Make a healthy substitution.** Chains such as Wendy's allow you to

choose a salad or fruit cup instead of fries. McDonald's features Apple Dippers (go big on the apples, go slow on the "dipper"). Best bet: Wendy's new fruit bowl at 220 calories (1 g fat) provides half your daily fruit requirement. Or carry your apples and bananas with you from home.

- **Eat half. Think small.** Order a plain salad (no croutons, no added bacon bits or meat) and use just half the salad dressing. Share a small order of fries with a friend. Choose a cup of soup (water or broth-based, not cream based) or chili.
- **Supersized combos are no bargain.** Value

According to the researchers, you can burn calories either by going to the gym or through everyday activities. And those everyday activities were much more important to determining whether someone was obese. Obese people sit, on average, 150 minutes more each day than their naturally lean counterparts. This means obese people burn 350 fewer calories a day than do lean people.



How to choose healthful foods on the run- Cont.

meals or dollar menus allow you to order what you want and eat only what you need.

- **Think outside the burger.** Order grilled chicken sandwiches (not breaded). Choose one patty, not two or more on your burger. Skip the "special sauce" and flavor meat with low-calorie ketchup and mustard and nearly zero-calorie lettuce and tomatoes.
- **Go low.** Order low-fat (1%) or skim milk, low-fat shakes. Even chocolate milk is a smart choice if it's low-fat. If you don't know, ask.
- **SUB-stitute.** Plenty of calories can be sandwiched between slices of bread. So select turkey, lean ham and lean roast beef on whole grain breads but hold the mayo, oil and sauces. Make it your way piled high with lettuce, tomato, onion and other veggie toppings. Barbeque sauce, ketchup and mustard are the condiments of choice. Adding cheese is a good way to get daily calcium.
- **Top it.** Cheese pizza can be a better choice if you go for vegetable toppings, not pepperoni or sausage.
- **Bake it.** Potatoes are fine but it's the toppings that'll add calories. Best bet: Low-fat sour cream, low-fat yogurt or chili on top.
- **Wrap it up.** Soft tacos and burritos, not fried, stuffed with plenty of lettuce and tomatoes and salsa are good choices. But the big stuffed wraps can be very high in calories. Order sour cream and salsa on the side and use just what you wish.
- **Vendo-land.** If you must snack, choose pretzels, baked chips, vanilla wafers, diet soft drinks, bottled water, a single serving size of M&Ms or simply walk away. Vending machines are not meal substitutes.
- **Quick-stop breakfast.** Giant bagels (not to mention the cream cheese) and muffins are surprisingly high in calories. A real donut is often lower in calories than a loaded bagel at the convenience store. Best bet for breakfast at the drive through: McDonald's Egg McMuffin contains lean Canadian bacon and an egg. Or the Fruit and Yogurt Parfait.



**Fast doesn't have to be fat!
Don't get fried! Go for :**

- **Grilled**
- **Broiled**
- **Baked**

Hold off diabetes with a few pounds

Adults with pre-diabetes can lose up to 3 percent of their body weight using diet, exercise and behavioral strategies, according to a systematic review of studies that analyzed weight-loss strategies for pre-diabetics.

Weight loss is recognized as one of the better ways to keep pre-diabetes from turning into full-blown diabetes, experts said.

In their examination of nine studies that included a total of 5,168 participants, researchers from the Centers for Disease Control and Prevention

found that pre-diabetics using weight-loss interventions could drop 4 to 6 pounds, in 1 to 2 years.

The review is published in the *American Journal of Preventive Medicine*. Even modest weight loss like this can have significant health benefits.

People with pre-diabetes have impaired glucose tolerance that doesn't quite rise to the level of a diabetes diagnosis, although the pre-diabetes condition can be a risk factor for developing type 2 diabetes.

Pre-diabetes affects almost 12 million overweight people ages 45 to 74 in the USA.



Being fit can lower a diabetic's man's risk of dying, even if he is significantly overweight, new research suggests.



Seek relief at the first signs of carpal tunnel syndrome

- Do you feel numbness or a tingling sensation in your hand or hands at night?
- Do you sometimes experience pain in your wrist and hand, particularly at night?
- Do you have difficulty holding objects without dropping them?

If you answered, "yes" to any of these questions, you may be experiencing symptoms of **carpal tunnel syndrome**.

Carpal tunnel syndrome is a common problem that ultimately affects the use of one or both of your hands. It most often occurs when the median nerve in the wrist becomes inflamed after aggravation from repetitive movements, such as typing on a keyboard or playing the piano. The condition may cause progressive compression (squeezing) on the median nerve in the carpal tunnel, or "canal" in the wrist through which the median nerve passes from your arm into your hand. Any repetitive motion that causes significant irritation of the median nerve in the carpal tunnel may alter transmission of sensations from the hand up to the arm and to the central nervous system.

Diseases or conditions that may contribute to the development of carpal tunnel syndrome include pregnancy, diabetes, and broken or dislocated bones in the wrist. Some of the main causes include repetitive and forceful grasping with the hands, bending of the wrist, and arthritis. You don't have to be a concert pianist, hair dresser,

computer operator, or assembly line worker to experience the pain of this illness.

Symptoms can include hand and wrist pain, a burning sensation in the middle and index fingers, thumb and finger numbness, or an electric-like shock through the wrist and hand. During the day, symptoms may occur during any activities that involve bending of the wrist. Finger numbness or wrist pain may be most significant at night, when they can actually wake you up from sleep.

It is important to seek medical advice when you first notice symptoms. Do not wait for your pain to become intolerable. Before your doctor can recommend a course of treatment, he or she will perform a thorough evaluation, including a medical history, physical examination, and perhaps diagnostic tests. Your doctor will ask about the extent to which your symptoms affect daily living.

Early treatment aims to reduce or eliminate repetitive injury to the median nerve. Your doctor may place your wrist in a splint or prescribe anti-inflammatory medications, possibly even cortisone injections to reduce swelling. You may be given hand and wrist exercises and physical therapy – or simply told not to use your wrist.

If, after 6 to 8 weeks, these techniques aren't providing relief, your doctor may recommend surgery. A neurosurgeon may make a small incision on your wrist and "release" the ligament that is putting pressure on your

nerve. Most people feel full relief of symptoms after surgery. But the earlier you get a diagnosis and treatment, the better the outcome.

For more information about carpal tunnel syndrome, visit the Web site of the American Association of Neurological Surgeons at www.NeurosurgeryToday.org.



...the wrist becomes inflamed after aggravation from repetitive movements, such as typing on a keyboard or playing the piano.

Fit men stay away from doctors

Men who maintain or become physically fit are less likely to visit the doctor or have overnight hospital stays, compared with men deemed unfit, according to a study conducted by the Cooper Clinic. In addition, fit men may reduce their health care costs by more than 50 percent, said researchers. Level of "fitness" was determined by extensive exams and an exercise treadmill test on 6,600 participants monitored over nearly 20 years.





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WelCo News

DALLAS, Texas - (2005)
WelCo Health Solutions is making it easier than ever for people to put fitness back in their schedules. WelCo Health Solutions™ LLC, a leading provider of turnkey health and wellness programs, now makes it possible for people to access the fitness and nutrition tools they need via the internet.

"For most people, trying to figure out which health choices are right for them can be overwhelming," says Donny King, President of WelCo. "With our new online services, we can not only enhance our service to existing clients but reach people who may feel that meeting face-to-face with a personal trainer and nutritionist is a little beyond their budget. In addition, our internet health management program takes the guesswork out of exercise and nutrition."

Featured recipe: Cherry peanut granola

Cherry Peanut Granola

3 cups rolled oats
1/2 cup sesame seeds
3 Tbsp butter, melted
1/2 cup brown sugar
1 tsp vanilla
1 cup peanuts
1 cup plump dried cherries
1 cup coconut
1/4 cup wheat germ
1/2 cup honey
1/4 cup peanut oil
1/2 tsp cinnamon
1/2 tsp salt
1 cup cut up dates

Preheat oven to 300 degrees F. Stir butter, oil, honey, sugar, vanilla and cinnamon into the bottom of a large bowl.



Fitness programs offer videos to illustrate the type of machine and movement for each exercise listed on an individual's custom workout. Menus are updated daily and come with a complete grocery list and detailed recipes with easy to follow directions and short preparation times.

WelCo's on-line programs can be customized for individuals, small business, and professional organizations.



Toss well to coat. Spread mixture out on a non-stick baking pan, parchment paper or baking mat. Bake for 30 minutes. Stir well and return to oven for 15 minutes. Check and stir every 10 minutes after until the mixture is golden brown. Remove from oven and sprinkle with salt, toss in dried fruit. Allow to cool and then store in an air-tight container.

Serving directions: For a European style breakfast, eat this with yogurt and cut up fresh fruit. For trail mix, just add some chocolate candies, pretzels and cereal. A healthy snack for the lunch box!

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- WelCo Program Guide with exercise instructions

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