



Transmission Wellness
2011

Lifestyle Changes 101

Little changes make big differences!



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This guide is designed to aid individuals in healthy lifestyle changes, provide helpful tips, and offer the readers with helpful wellness information. Please consult your doctor for serious medical issues or seeking medical advice.

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Wellness / Health



Wellness and good health have traditionally been viewed as being free from disease; thus if you were not sick, you were considered healthy (*DefinitionOfWellness.com, 2011*).

Some even lump being health with weight loss. With time and education, the meaning of wellness means much more. Wellness is the condition of good physical and mental health that is maintained by proper diet, exercise, and habits. Individual's behaviors (actions, thoughts, feelings) contribute to our overall wellbeing.

Wellness, as a state of health, is closely associated with an individual's lifestyle. Each individual has a responsibility to provide healthy fundamentals in his or her life. These choices decide how healthy an individual is.

When one decides to make lifestyle changes to improve one's overall health, the steps can seem overwhelming. Lifestyle Changes 101 is set up to help guide individuals in this process. To set this program up for success, we will be looking at lifestyle changes as a gradual approach. A number of small, manageable steps rather than one big drastic change can set any individual up for successful lifestyle change.

Helpful Healthy Eating/Exercise Websites

everyday HEALTH  www.everydayhealth.com

This site will send weekly health and wellness emails to you. These helpful emails will aid users in making healthy long-lasting lifestyle changes.

fitness  www.fitnessmagazine.com

This sight provides helpful information, new ideas and healthy recipes. It also has a fitness and food tracker.

Men's Fitness www.mensfitness.com

This site is ideal for men looking for new lifestyle changes, various workout and nutrition information.

readyseteat  www.readyseteat.com

This sites has a variety of healthy and quick recipes that can be printed out for easy use.

Recipe  www.recipe.com

Make a healthy dinner easy by getting the web's best recipes delivered directly to your inbox. This site will send weekly email to you for quick dinner ideas.

Helpful Healthy Eating/Exercise Websites

 United States Department of Agriculture www.mypyramid.gov

This site has interactive tools to get a personalized eating plan, or to plan and assess your food and physical activity choices based on the Dietary Guidelines for Americans.

 www.myfitnesspal.com

My Fitness pal allows users to get personalized eating plans, calculate how many calories are in the food you're eating and physical activity. This site allows you to connect to friends and other users on this site. **APP AVAILABLE**

 www.my-calorie-counter.com

My-calorie-counter is an online diet and exercise journal that allows you to track your nutrient intake and track the calories you burn during exercise.

 www.fitday.com

Get your free online diet journal and start tracking your foods, exercises, weight loss, and goals. Join over 5.1 Million FitDay members using our site to take control of their diet and lose weight.

Helpful Tip: Studies have confirmed the benefits of keeping track of the food you eat and the activity you do. It's simple - the more consistently you track your food intake, the more likely you are to lose weight. That's why every successful weight management program suggests that you keep a food diary and/or an activity log.

Lifestyle

So what is a healthy lifestyle? A site called *Are You Ready to Make Lifestyle Changes*, states that the typical components include not smoking, good mental health, eating healthy foods, exercising and keeping the body at a healthy weight. Where do you fall on the healthy lifestyle continuum?

First, figure out how much time you spend doing :

- Sitting at a desk
- Sitting in a car
- Sitting in front of a TV
- Eating out at restaurants
- Drinking alcohol
- Eating fast food or junk foods
- Staying up late/not getting enough sleep

Now, how much time do you spend?

- Being active in general (taking the stairs, walking instead of driving, gardening, cleaning, etc.)
- Doing cardio exercise
- Strength training for all muscle groups
- Preparing your own meals and snacks
- Eating fruits, veggies and whole grains
- Reading food labels
- Tracking your calories
- Sleeping
- Dealing with stress in a healthy way

If you spend more time doing the things in the first list than the second, it's time to reevaluate your priorities and decide what you really want for yourself. Living healthy means spending time and energy on your body, moving it around and paying attention to what you put into it. (*Are You to Ready Make Lifestyle Change?*, 2010).

Tobacco Free

For over a decade now we have heard the reasons why tobacco use is bad for a healthy lifestyle and the negative side effects that come with tobacco use. For the individuals who may still be using tobacco products and are ready to make a lifestyle change to quit, there is help.



LG&E and KU Wellness program helps employees, retirees, and their spouses become **tobacco-free**. Our "**Well? Stop!**" Program is designed to allow each individual to choose the smoking cessation program or technique — patches, gum, group support programs, hypnosis — that will work best for them. The Company will reimburse them for the cost of the program up to a maximum available benefit.

LG&E and KU does not endorse any product or service. They strongly urge each individual to evaluate programs and services, in conjunction with his or her medical professional, to determine what smoking cessation tool will work best for them.

To get more information about the Well Stop program, please visit LG&E and KU Corporate and Health website.

[Company Home Page](#)—[Business Areas](#)—[Health and Safety](#)



Vitamins

We all know that vitamins are important to our health, but many individuals have questions about vitamins. Questions like what's the best way to get vitamins and which ones do we really need? An article for TODAY Health with expert speaker Dr. Andrew Weil, helps clear up these questions. Dr Weil states when it comes to obtaining the micronutrients your body needs, your best possible source is food, especially fruits and vegetables. But circumstances may prevent you from eating optimally every day. The main reason to take supplements is for insurance against gaps in a diet.

Recommended

- **Vitamin C**—Vitamin C is required for growth and repair of tissue.
Good Source of Vitamin C: Parsley, broccoli, bell peppers, strawberries, oranges, lemon juice, cauliflower, sprouts
- **Vitamin E**—Vitamin E protects your skin, and helps protect against prostate cancer and Alzheimer's Disease
Good Source of Vitamin E: Mustard Greens, turnip greens, almonds and spinach.
- **Selenium**—Selenium can protect cells, protect thyroid, and lower risk of joint inflammation.
Good Source of Selenium: Mushrooms, shrimp, snapper, tuna, calf's liver and salmon.
- **Carotenoids**— Enhance the functioning of your immune system and reproductive system
Good Source of Carotenoids: Carrots, sweet potatoes, spinach, kale, collard greens and tomatoes.
- **Coenzyme Q10**—Prevent Cardio Vascular disease, and stabilize blood sugar
Good Source of Coenzyme Q10: Fish, organ meat and whole grains.
- **Calcium**—Maintain healthy bones, support proper function of nerves and helps blood clots
Good Source of calcium: Spinach, turnip greens, mustard greens, and collard greens

All above vitamins can be found in many multivitamins at your local drugstore. Page 19

Fitness and Wellness Journal

Anyone who is trying to make positive, long-lasting lifestyle changes should keep a journal. Tracking calories and nutrients allows us to become more aware of our food intake, portions, and most important-ly to ensure we are getting the proper nutrients our body requires.



Having a fitness journal allows us to review where we were in the past and to develop a plan of where we would like to be in the future. It can also help us to determine why some days are harder or easier than others.

Your journal doesn't have to be anything too elaborate. It can be as simple as a spiral notebook or if you do not want the paper trail, there are many helpful websites for this.

Following Tips are from Daily Spark

Things To Include In A Journal:

- Type of activity (Cardio, strength training, yoga)
- Time spent exercising
- How you felt during the time you were exercising
- Sleep patterns
- Mileage
- Strength Training
- What you ate or drank
- The amount you ate or drank
- Calories that you have consumed in a day
- Nutritional value of the food that was consumed in a day
- Emotional state

WELLfit Program

LGE and KU Services Wellness Initiative consists of a comprehensive program developed to promote and preserve the health, fitness, and well-being of its employees, retirees and their families. *(Corporate Health & Safety)*

Wellness is a personal commitment to a **lifestyle** that enables the achievement of optimal physical, emotional and spiritual well-being. *(Corporate Health & Safety)*

This program offers assistance to individuals interested in **lifestyle changes** through a combination of awareness, behavior change, and environments that support good health practices on and off the job. *(Corporate Health & Safety)*

Wellfit Program Offers:

- **Awareness**—Help individuals become more conscious of the benefits of lifestyle changes. Corporate Wellness Council will provide support.
- **Education**—Through on-site programs, resource materials, and videos are available and planned to accommodate the varying work schedules.
- **Prevention and Early Disease Detection**—Program enables one to become actively involved in healthcare.
 - ⇒ Flu shots are offered
 - ⇒ Smoking cessation program
 - ⇒ Mammogram screening
 - ⇒ Wellfit fitness incentive program
 - ⇒ Weight loss program
 - ⇒ Family assistance program

For more information about LGE and KU Services Wellfit Program, contact Tanya Levine, Corporate Health & Safety Coordinator at (502) 627-3150



Mental Health



Mental or emotional health refers to your overall psychological well-being. It includes the way you feel about yourself, the quality of your relationships, and your ability to manage your feelings and deal with difficulties. People who are emotionally healthy are in control of their emotions and their behaviors (*Helpguide.org, 2011*)

Following Tips are from Mental Health Association 10 Tips for Mental Health

- **Build Confidence**—Identify your abilities and weaknesses together, accept them, build on them, eat right, keep fit—A balanced diet, exercise and rest can help you to reduce stress and enjoy life.
- **Make Time for Family and Friends**—These relationships need to be nurtured; if taken for granted they will not be there to share life's joys and sorrows.
- **Give and Accept Support**—Friends and family relationships thrive when they are "put to the test".
- **Create a Meaningful Budget**—Financial problems cause stress. Over-spending on our "wants" instead of our "needs" is often the culprit.
- **Volunteer**—Being involved in the community gives a sense of purpose and satisfaction that paid work cannot.
- **Manage Stress**—We all have stressors in our lives but learning how to deal with them when they threaten to overwhelm us will maintain our mental health.
- **Find Strength in Numbers**—Sharing a problem with others who have had similar experiences may help you find a solution and will make you feel less isolated.
- **Identify and Deal with Moods**
- **Control**—We all need to find safe and constructive ways to express our feelings of anger, sadness, joy and fear.
- **Learn to Be at Peace with Yourself**

Weight Loss Tips

Tip 5: - Zone Out

There's a reason why people exercise to their favorite music. Listening to an external stimulus takes your mind off of the physical activity. That's the secret to making "exercise time" fly.

Tip 6: - Identify Your Ideal Weight

Everybody has an idea body weight. There are many site that can help an individual find his or her own.

Tip 7: - One Pound A Week

If you're not losing at least one pound a week on your chosen weight loss regimen, you're (a) stalled, or (b) finished. You might need to push yourself even harder, or (in some cases) let up a little bit while your body plays catch-up.

Calculate Your Ideal Body Weight

- www.healthycentral.com
- www.web4health.info
- www.active.com



Tip 8: - Know Your Daily Calorie Limit

Knowing your daily calorie limit is a key to success. There are many free sites and apps that allow users to estimate their daily calorie intake.

Only you as an individual can assess your goals, and what impact your body weight (or body composition) is having on your health, mind, and emotions. Making lifestyle changes that will benefit you in the long run is up to you.

Weight Loss Tips



It isn't always easy losing weight, even when you have all the information you need to get started, and yes, we all know how to lose weight. All one has to do is eat fewer calories than an individual's

body burns each day. Sounds simple enough, but many people struggle with this task. Below are some helpful tips that might guide an individual to weight loss success.

Following Tips are from Chris Pirillo, 50 Weight Loss Tips

Tip 1: - Change Your Lifestyle

If you are calling weight loss a “Diet,” then it most likely will **not work**. Diets are temporary. When you change your dietary lifestyle, however, you're changing your habits – and you're putting yourself on track for long-term / continued success.

Tip 2: - Take Before and After Photos

Taking a photo of yourself at a unwanted weight might be uncomfortable, but there's no easier way to illustrate your progress. The “after” photos are far more fun to capture and share

Tip 3: - Tell Your Family

You're not going to lose the weight alone, even if you are alone in losing the weight. If you've got a family at home, talk to them about it. Let them know what you're going to do, and that you want (and need) their support.

Tip 4: - Start Reading Labels

If you don't know what you're putting in your mouth, you're flying blind.

The Health Benefits of Laughter

Laughter is a key component of a happy life, and it has powerful physical and mental benefits. No matter what you're facing, you can learn to laugh and benefit from its healing ways.

The benefits of a good laugh are wide-ranging and can include protection from emotional issues like depression and improving the health of your heart.

Here's what experts from Everyday Health know about the health benefits of laughter:

- **Mental health benefits.** Although you probably can't laugh off depression, one of the many benefits of laughter and a sense of humor is that they buffer you against the negatives of life that could lead to depression. As an added bonus, studies show that people who use humor to fight stress also feel less lonely and more positive about themselves.
- **Physical benefits.** Although we can't yet say that a certain number of laughs every day will keep the doctor away, studies show that people who say they laugh a lot also tend to be in good health and generally feel well. Laughter is also one of the most commonly used complementary therapies among cancer patients, who find that one of the benefits of laughter is an improved quality of life.
- **Heart health benefits.** Laughter could be healthy for your heart, too. Some research shows that when you laugh, there is an increase in oxygen-rich blood flow in your body, possibly due to the release of endorphins, which create a chemical rush that counters negative feelings and stress. Activities that increase endorphins include a good workout and listening to music you love, and laughter deserves its place on the list with these other stress busters.

Eating Healthy Tips

Healthy eating is not about depriving oneself of the foods one loves or being unrealistically thin. Healthy eating is about feeling great, having more energy, and keeping one's self as healthy as possible (*Helpguide.org, 2011*). An individual's food choices can reduce the risk of heart disease, cancer and diabetes as well as defend against depression. Healthy eating begins with learning how to "eat smart".



Following Tips are from HelpGuide.Org

Healthy Eating Tip 1: Set Yourself Up For Success

- To set yourself up for success, think about planning a healthy diet as a number of small, manageable steps
- Every change an individual makes to improve his or her diet matters.
- You don't have to remove every food one might enjoy. Adding a few healthy choices will increase energy and improve one's health.

Healthy Eating Tip 2: Moderation is key

- We all need a balance of carbohydrates, protein, fat, fiber, vitamins, and minerals to sustain healthy bodies.
- Think smaller portions. When dining out choose a starter instead of an entrée, split a meal, and don't order supersize.
- A serving of meat, fish or chicken should be the size of a deck of cards.

Healthy Eating Tip 3: It is not just what you eat, it's how

- Take time to chew your food and enjoy mealtimes.
- Listen to your body. Ask yourself if you are really hungry, or have a glass of water to see if you are thirsty instead of hungry. During a meal, stop eating before you feel full. It actually takes a few minutes for your brain to tell your body that it has had enough food, so eat slowly.
- Eat breakfast, and eat smaller meals throughout the day.

Exercise Tips

Tip 4: - Don't Be Afraid To Mix It Up

Like anything that is done over and over again, exercise can become mundane. When you get bored with exercising, you're less likely to keep at it. To keep from getting bored with your workout routine, change it. If you're tired of walking, try cycling.

Tip 5: - Always Begin By Warming Up

Regardless of the type of exercise you choose, it is very important that you begin each session by warming up your muscles. Stretching helps prevent damage to muscle tissue and it gets your blood flowing. It gets your heart pumping, too. Just five minutes is all it takes to get your exercise session off to a good start.

Tip 6: - Join A Sport

If you really want to stick with something, joining a team is one of the best ways to do it. Get some people together and join a volleyball league. Take up tennis or racquetball. Go bowling or start golfing. All of these are great ways to get out and do something, and since they're fun, you won't even know you're exercising.

Dr. Costas Karageorghis of Brunel University's School of Sport and Education revealed a study stating that carefully selected music can significantly **increase** a person's physical endurance and make the experience of cardiovascular exercise far more positive.

So put on your headphones and turn up the music to increase your activity levels!



Exercise Tips

Have you ever heard the expression "use it or lose it?" It's true! If you don't use your body, you will surely lose it. Your muscles will become flabby and weak. Your heart and lungs won't function efficiently, and your joints will be stiff and easily injured. Inactivity is as much of a health risk as smoking!(*Healthy Discovery, 2011*)



Following Tips are from **Secrets of Healthy.com**

6 Simple Exercise Tips

Tip 1: - Do Something You Enjoy.

Exercise doesn't have to mean spending hours at the gym peddling away on a stationary bike. It doesn't mean you have to spend money on exercise gadgets you will likely never use, either. Anything you do to get your body moving is going to be better than doing nothing.

Tip 2: - Schedule Time For Exercise

As you would a meeting or a doctor appointment, sometimes the only way to make time to exercise is to put it on your daily schedule. We've all got busy lives and we're often so busy taking care of others that we never seem to make time for ourselves. Once exercise becomes part of your daily To-Do list, you're more likely to do it.

Tip 3: - Remember That Exercise Can Energize

Even though you might feel too tired to exercise, give it a try anyway. You might be surprised to find how energized you feel while you're at it and afterwards, when you're finished. Exercise is a great stress-reliever too.

Eating Healthy Tips

Healthy Eating Tip 4: Fill up on colorful fruit and vegetables

- Eat a rainbow of fruits and vegetables every day.

Healthy Eating Tip 5: Eat more healthy carbs and whole grains.

- Whole grains provide long lasting energy
- They are rich in antioxidants
- Help protect against many diseases

Healthy Eating Tip 8: Add calcium for strong bones.

- It is an essential building block for lifelong bone strength.
- Milk helps provide a healthy dose of vitamin D and is rich in calcium.
- Veggies, especially leafy greens are a rich source.
- Beans are another source of calcium

Healthy Eating Tip 9: Limit sugar and salt

- Avoid sugary drinks
- Eat natural sweet foods such as fruit, and peppers.

Healthy Eating Tip 10: Plan quick and easy meals ahead.

- Having 3 or 4 meals planned per week can reduce stress, save time, and help you plan healthy dinners.

Don't forget to shop fresh and local whenever possible

The local farmer's market, fruit stand or Community Supported Agriculture (CSA) group are great ways to get access to fresh, local produce.

Visit Localharvest.org for farmer's markets in your area.





The Benefits of Water

One of the most important things you can do for a healthy lifestyle change and better nutrition is to drink enough water.

Water is an important part of all body functions and processes. For example, water flushes toxins out of vital organs, carries nutrients to your cells, and provides moist environment for ear, nose, and throat tissues. When you are on a diet, water also acts as a weight-loss aid because it can help you eat less.

Following Tips are from Nutrition & Healthy Eating How Much Water Do You Need?

- **Replacement Approach**—The average urine output for adults is about 1.5 liters (6.3 cups) a day. You lose close to an additional liter (about 4 cups) of water a day through breathing, sweating and bowel movements. Food usually accounts for 20 percent of your total fluid intake, so if you consume 2 liters of water or other beverages a day (a little more than 8 cups) along with your normal diet, you will typically replace your lost fluids.
- **Eight 8-ounce glasses of water a day**—Another approach to water intake is the "8 x 8 rule" — drink eight 8-ounce glasses of water a day (about 1.9 liters).
- **Dietary recommendations**—The Institute of Medicine advises that men consume roughly 3 liters (about 13 cups) of total beverages a day and women consume 2.2 liters (about 9 cups) of total beverages a day.

Did you know? The human body, which is made up of between 55 and 75 percent water (lean people have more water in their bodies because muscle holds more water than fat)



The Benefits of Tea

There are lots of feel-good reasons why one should enjoy a hot cup of tea: The aroma, warming your fingers on a cold winter day, the relaxing benefits, and many more.

Surprisingly, there are also many health benefits. If you're not drinking tea yet, read up on these 10 ways tea does your body good.

Did you Know? Tea is the most commonly consumed beverage in the world, second after water (HealthCastle.com).

Following Tips are from iVillage Health Top 10 Health Benefits of Tea

- **Tea contains antioxidants**—Like the Rust-Oleum paint that keeps your outdoor furniture from rusting, tea's antioxidants protect your body from the ravages of aging and the effects of pollution.
- **Tea has less caffeine than coffee.**—Coffee usually has two to three times the caffeine of tea
- **Tea may reduce your risk of heart attack and stroke**—Unwanted blood clots formed from cholesterol and blood platelets cause heart attack and stroke. Drinking tea may help keep your arteries smooth and clog-free, the same way a drain cleaner keeps your bathroom pipes clear
- **Tea gives you a sweet smile**—Tea itself actually contains fluoride and tannins that may keep plaque at bay.
- **Tea bolsters your immune defenses**—Drinking tea may help your body's immune system fight off infection.
- **Tea protects against cancer**—Thank the polyphenols, the antioxidants found in tea, once again for their cancer-fighting effects.
- **Tea helps keep you hydrated**—Caffeinated beverages, including tea, used to be on the list of beverages that *didn't* contribute to our daily fluid needs.
- **Tea is calorie-free**—Tea doesn't have any calories, unless you add sweetener or milk..
- **Tea increases your metabolism**—Green tea has been shown to actually increase metabolic rate so that you can burn 70 to 80 additional calories by drinking just five cups of green tea per day.