



What are some healthy lifestyle behaviors you can incorporate into your workday?

1. Eat a balanced breakfast before you come to work- include some whole grain and healthy fiber, some lean protein for staying power and maybe even some fruit to get you started on your fruits and veggies for the day! One of my favorite quick breakfasts is peanut butter toast on whole wheat bread and low fat cottage cheese with fruit. 1/2 cup of cottage cheese has as much protein as 2 eggs! A breakfast like that will stay with you all morning and help you to focus and concentrate on your work. The fiber and protein will stabilize your blood sugars and keep your insulin levels low which helps limit/prevent fat storage. If you need a breakfast you can eat on the go, consider a turkey or peanut butter sandwich on whole grain bread or an energy bar that has less than 3 grams of saturated fat and has at least 3 grams of fiber and 10 grams of protein.
2. Drink water all day long to stay hydrated. You need water for food to be converted into energy. Water will quench your thirst better than any other fluid and it's calorie free! (And cheap if you get it from the tap-which adds fluoride to your diet). Work to eliminate sugary drinks which add calories but not nutritional value. Drinks don't make you feel full or cause you to eat less. Even 100% fruit juices should be limited to 4 to 6 ounces per day (it's better to eat the whole fruit and get the fiber).
3. If you need a warm drink (especially at this time of the year!) coffee is okay in moderation (it's from a plant and offers antioxidants) but tea may be even better! Tea is lower in caffeine and offers polyphenols—

these beneficial compounds are not found in herbal teas. Green tea and white tea have the most health benefits but black tea is also beneficial. Red tea (Rooibos) is really from a bush in Africa but also offers lots of antioxidants. White tea is also very high in antioxidants. If you do drink coffee, learn to drink it without all of the extras. A little milk is okay but when you add in lot of syrup, whole milk and whipped cream as in lattes, you are really racking up the calories!

4. Control the clutter in your work area. Why? Because clutter adds stress! Stress is hard on our bodies and we often cope with it in unhealthy ways—such as stuffing food in our faces, grinding our teeth, elevating our BP. Did you know stress makes you crave carbohydrates and fat? Stress raises the cortisol level in the body and that also contributes to fat storage.
5. Take a stretch break every 2 to 3 hours. This improves flexibility and increases blood circulation and will also help to clear your mind. Just bend over and aim for those toes and clasp your hands and raise your arms overhead.
6. Fitness is an essential part of a healthy lifestyle. Activity will give you energy and alertness and improve the quality of your life. Activity helps with energy balance. For good health you need 30 minutes of moderate or vigorous activity each day. (60 minutes for weight loss). You can break this into smaller time slots and get started on it during your workday. With careful planning you could get in your entire 30 minutes and not have to worry about additional activity before or after work! Find a co-worker and take a walk on a break or use part of your lunch hour. Find a reason to run errands or go speak to someone in another part of the building or on campus rather than sending an e-mail. If you use a pedometer a good goal is to record your steps/miles for a few days to get your baseline and then try to add 500 extra steps daily--that's about a ¼ mile. Your ultimate goals should be to gradually work up to 10,000 steps per day (about 5 miles.) A major study showed this level will improve fitness and lower blood pressure and body fat.
7. Bring your lunch for healthy selections, to control portions and save money! A healthy lunch would include a serving of vegetable or a

salad, a serving of fruit, a serving of milk or dairy such as low fat cheese or yogurt, a serving of protein (meat, chicken, eggs, peanut butter, beans) and a healthy drink (milk, ice tea or water). A sandwich is easy to pack. Make it with whole wheat bread, pita or tortilla. Add lean protein, veggies such as lettuce, cucumbers, and tomato, skip the mayo but add mustard for flavor. For variety, bring a salad with added protein, WW pasta or brown rice with canned beans or lean meat, hummus with fresh veggies and WW pita triangles, cottage cheese and fruit. Lean frozen meals are another easy option and they do offer portion control! Save the containers and use them with your leftovers from home to make sure you are bringing an appropriate portion.

9. Try not to eat out more than once or twice a week. It's costly both to your wallet and your waistline. If you end up doing fast food, aim for more nutrient dense choices. (These are foods with the most nutrition for the mouthful and least amount of calories—for instance a potato is more nutrient dense than French fries or potato chips). Think small and avoid the value meals and larger portions. Some better choices would be a small burger or grilled chicken with added lettuce, tomato and onion—hold the mayo and sauce. Or an entrée salad with lean protein and veggies and low calorie dressing. Consider a grilled steak taco or bean burrito with lettuce, tomato and salsa—watch the cheese and sour cream! How about a baked potato with broccoli or chili and just a sprinkle of cheese? Healthier sides would be yogurt parfait, sliced apples or oranges or a side green salad. To drink either low fat milk or water—pass on the soda (diet okay but some studies indicate it may cause you to crave sweets). If you go out to a bona fide restaurant, beware of the large portions and dressings, sauces and condiments on the side. Eat only half of your meal and ask for the rest to go (lunch for the next day!) Did you know the average meal in France is 25% smaller than in US??

10. If you eat in the office, try not to eat at your desk or while doing other tasks! You will not be fully aware of what you are eating. Practice mindful eating—pay attention to all aspects of eating so you are mindful of what, how much and how quickly you eat. Rapid eating doesn't give time for the message to get from the stomach to the brain that you are satisfied (20 minutes). Take time to savor the aroma and flavor of your food! It will be more satisfying to you!

11. Snacks are a must at work as we really should eat every 3-5 hours. If you have a very early breakfast, you will need a mid-morning snack.

Many people have the idea that snacks mean “junk food” but snacks should really contribute to your daily nutrition. (You should have a list of Smart snacks). Snacks fill the gap between meals, stabilize your blood sugar and keep you from becoming so ravenous that you make poor choices or overeat at the next meal. An afternoon snack can carry you through so that you can get home and make dinner without eating every thing in sight! At the office, snacks need to be something you can stash in a drawer or the refrigerator. (see attached Smart snacking sheet for some ideas!). Additional snacks might be canned fruit or applesauce, low fat pudding, rice cakes, instant oatmeal, vegetable bean or lentil soup, water pack tuna. Remember this is not a meal! You are aiming for 100-200 calories with nutritional value.

12. I must mention office potlucks and treats as I know this is a big issue in many work places! Take the opportunity to bring something delicious which also happens to be healthy (fruit plate, veggie tray, salad) And respect the right of your co-workers to refuse to indulge if they choose. NO sabotaging the healthy eating habits of others!
13. Find a partner or buddy with similar goals who will support and encourage you in your healthy behaviors and goals. Meet with him/her regularly to discuss your progress and ask them to hold you accountable and to support and encourage you. I would be happy to assist you in setting some healthy lifestyle goals as well. Just give me a call or send me an e-mail!

We spend a big chunk of our waking hours at work, so it's important that we practice wellness so that time can contribute to our overall healthy lifestyle.

Lighten Up Iowa began on Jan. 10 but it's not too late to join a team! Your team can help to keep you motivated to stay active through the winter months! If you are looking for a team to join, please let me know ASAP! The cost is \$7 and that includes a T-shirt, health tips and entrance to the Volksmarch at the Iowa Games in Ames in July 2007. Lighten Up Iowa Participants also receive a reduced fee for their cardiovascular assessment at the Heart Reach Mobile Van on the ISU Campus on Wednesday, Jan. 24. The van returns next May for a FREE follow up screening. See attachment for more details!

Check out the Nutrition Clinic website
<http://www.fshn.hs.iastate.edu/nutritionclinic/> for recipes and for the
upcoming class schedule. Please let me know if you are interested in
registering for the January class on January 25 at noon in LeBaron
(south wing of MacKay-ground level) Room 67—“Healthy Shopping
and Eating Tips for the New Year”

Be well this weekend!!

Sally

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