

Wellness Update

Health News & Information You Can Use to Improve Your Health & Save Money

Hints for Healthy Holiday Eating

Think healthy holiday eating isn't possible?



Here are tips for making favorite recipes healthier:

- **Cut sugar, add flavor.** When making pie or eggnog, reduce the amount of sugar by half and enhance "sweetness" by adding more vanilla, nutmeg or cinnamon. If recipes call for frosting, jams and syrup, use fresh fruit instead.
- **Shake the salt out.** You can reduce salt by half in most recipes.
- **Trim the fat.** In baked goods you can cut the fat by half and replace it with unsweetened applesauce or mashed banana. Use condensed skim milk in pumpkin pie and eggnog.

SOURCE: www.mayoclinic.com

How Long is a Person with Flu Virus Contagious?

Most adults may be able to infect others from **1 day prior to becoming sick and for 5-7 days after** they first develop symptoms. Young children and people with weakened immune systems **may be contagious for longer than a week.**

SOURCES: Center for Disease Control; Department of Homeland Security



Setting Realistic Goals

Goals provide a plan for change as you transition into a healthier lifestyle.

Here are tips for setting goals:

- **Personalize your goals.** Set goals that take into account your limitations.
- **Aim for realistic goals.** Any healthy change occurs slowly and steadily.
- **Focus on the process.** Make "process goals," such as exercising regularly, rather than "outcome goals," such as losing 50 pounds. Changing your process—your habits—is the key to weight loss. Make sure that goals are realistic, specific, measurable.
- **Write down your goals.**
- **Plan for setbacks.** Identifying roadblocks and brainstorming ways to overcome them can help you stay on course.

SOURCE: MayoClinic.com

Exercising in Cold Weather

Winter can frustrate the most motivated exercisers. But with the right clothing and a little planning, cold-weather exercise can be safe, effective and, yes, fun.

Here's how to get the most out of your cold-weather workout:

- **Dress in layers** that you can remove as soon as you start to sweat and then put back on as needed. If it's very cold, wear a face mask or a scarf over your mouth.
- **Protect your extremities.** Wear gloves, extra socks, a hat.
- **Head into the wind.** You'll be less likely to get chilled on the way back if you end your workout — when you may be sweaty — with the wind at your back.

SOURCE: MayoClinic.com



Mouth-to-mouth Breathing Isn't Always Needed in CPR

New guidelines from the American Heart Association make it easier to take action if you see an adult suddenly collapse from what seems to be the sudden, unexpected loss of heart function, breathing and consciousness (cardiac arrest).

The new guidelines recommend chest compressions alone — known as hands-only cardiopulmonary resuscitation (CPR) — for bystanders who aren't trained in conventional CPR or who feel uncomfortable with mouth-to-mouth contact.

If you see an adult suddenly collapse and you aren't trained in conventional CPR or aren't sure of your ability to do it, the American Heart Association advises that you take these steps:

- Immediately call 911 or a local emergency medical provider.
- Start chest compressions by pushing hard and fast (at least 100 compressions a minute) in the middle of the person's chest, with minimal interruptions.

Hands-only CPR isn't recommended for infants and children, for adults whose cardiac arrest stems from respiratory causes, such as a drug overdose or near drowning, or for someone whose collapse you didn't witness. In these cases, the person would likely benefit more from conventional CPR.

SOURCE: www.mayoclinic.com

A goal without a plan is just a wish.

~Antoine de Saint-Exupery