



# WELLNESS NEWSLETTER

## March/April: Who's Overweight ?

SPRING is in the air . . . It's time to get your move on !

Issue: March /April - 2015

### The Lowdown on Losing Weight

Recent Wellness topics have focused on the many benefits of exercise and good nutrition. Now here's the question: who's overweight? If you have a Body Mass Index of 25 or higher, you are technically considered overweight. A BMI of 30 or higher defines you as obese. (BMI is a measure of body fat based on height and weight.)

Obesity/excessive weight is a result of an energy imbalance. Simply—eating too many calories and not getting enough physical activity. Behavior, environment, and genetic fac-

tors may also have an effect in causing people to be overweight and obese.

Excessive weight results in many associated health problems: heart disease, diabetes, high blood pressure, joint & back pain, to name just a few. The estimated annual health care costs of obesity-related illness are a staggering \$190.2 billion or nearly 21% of annual medical spending in the U.S.

What Can You Do? Start making healthy changes to your diet. Track how much you're eating & drinking each day. Keep a

diet dairy and be honest. Read food labels. Begin to increase your activity level. Try getting up and moving around more frequently. Even a 10 minute walk each day will help. Monitor your weight regularly. Set realistic goals and stay motivated!

If you need advice or are concerned about weight related health problems consult your physician. There are support groups and weight-loss programs in every community for more structured help.

(Ref: mayoclinic.org; cdc.gov/healthyweight; healthycommunitieshealthyfuture.org; ncbi.nlm.nih.gov; hlbi.nih.gov)

### What's Happening?

**3/25 Healthy Eating Series at Rutgers CE continues with "Simply Vegetarian"**

*Time: 5 PM Cost: \$5.00*

*\*Registration is requested\**

**DODGE BALL 5 PM 3/19 !**

**3/19 Free employee mini clinics at the Health Dept. BP & fasting lipids, glucose.**

*\*Registration is required\**

*Call: 465-1208 to sign up.*

*Time: 7:30 till 8:15 AM*

**April is Alcohol Awareness Month. Alcoholism is treatable and people who are addicted can and do recover. Many resources are available for help. Speak with your physician. Mark your calendars for Wear Purple Day April 10th to help raise awareness for this concern.**

### Weight Management Tips

1. Cut down on portions and calories.
2. Do not skip meals: food is your body's fuel & is required to work efficiently.
3. Front-load your calories: eat the majority of your calories in the first half of your day.
4. Double up on fiber. Boost your intake of whole-grain, high-fiber breads, cereals, and avoid white flour. Eat more beans/peas/legumes.
5. Include 5 servings of fruits and vegetables per day.
6. Drink plenty of water.



### What's New This Month?

**"National Sneaker Day" is April 1st.** Bring your sneaks to work and take a walk at lunch! And challenge yourself to make walking part of your daily routine :)

**Thyroid hormone is the leading Rx drug in our country.** The AACE has kicked off a year long campaign to improve awareness of thyroid disease. Visit their site at [www.throidawareness.com](http://www.throidawareness.com) for more information.

*Spring is a great time to start an exercise routine. The warmer weather and longer days are a perfect combination to get active . . .*