

# My Health, My Choice, My Life

January 2013 Newsletter



“Tomorrow Starts Today”

## A Story of Success

-Tina Gesolgon

Director, Dakota Place Peer Support Center  
Athens, Tennessee

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I had been overweight all my life. For many years my dress size matched my age...at eleven I wore size eleven, age sixteen, size sixteen, and so on. When I was young I wanted to reduce my weight to improve my appearance. But at 48, weighing 300 pounds and wearing a size 26, I wanted to lose weight to improve my health. I was insulin resistant, had high blood pressure, took two blood pressure medications, had acid reflux and more diseases on the way. I felt miserable and worried about how long I would live and what my quality of life would be.



I finally decided to make some changes and started on my journey to better health. I began losing weight by eating healthier food, counting calories, and exercising. When I started, I could only walk five minutes at a time on the treadmill, but I tried to increase it a little each day and eventually boosted the distance to five miles at a time.

My journey toward wellness is marked with numerous ups and downs. I got off track frequently. But the most important fact is that every time I fell, I got back up. I lost 160 pounds, and kept it off. I wear a size six, no longer struggle with high blood pressure, am not insulin resistant and other weight-related diseases are stopped in their tracks. I feel great and my friends say I look great! The most important part of my success is that I am healthier and will live longer because of it. It is fun and exciting to be healthy! I love it!

And believe me, if I can do it, you can too! Take baby steps. Make little changes that move you toward wellness, and before you know it, you'll be on your way to a happier, healthier, more confident you!

## Motivation

- Mark Bresee

Wellness Coach, Chattanooga

Everyone experiences lack of motivation from time to time, and we all know it commonly keeps us from achieving our goals and living to our fullest potential. Our last newsletter included 4 insights to help increase your motivation:

- Fear won't keep you going, but it might get you started.
- Begin with what you WANT to do.
- Focus on results.
- Eat something you love.



Still feel a lack of motivation? Here are a few more insights that may help.

1. **Use momentum to build motivation.** When you taste the fruit of progress, you will want more. Start with something you're good at. Measure how much you do and take satisfaction in your ability to do more and more. The snowball of success will grow bigger and bigger and you will feel better and better.
2. **Boost your motivation with people.** If you could have done this on your own, you would have already done it. Every Wednesday I have a standing appointment to walk with one of my friends. Last Sunday he ran a half marathon (13.1 miles). When we walked last night, his body hurt, but his spirit soared. A year ago, no kidding, he couldn't run half a mile. He's thinking about running a full marathon in March 2013 and asked if I'd be interested in doing it with him. He's forty-something and I'm fifty something. Last night his wife came too. The three of us laughed, talked about our kids, and listened to a song she wrote for an artist in Nashville. People boost the pleasure of physical activity!
3. **Reward progress.** What gets rewarded gets repeated. Set goals and when you reach them, do something nice for yourself. Reinforce the values and self-discipline that drew you forward.
4. **Run for your life!** I mean it! This is serious! Your life really is at stake. Disease, like a vampire, is stalking you. If you don't get moving, disease will catch you and drain the life out of you. We often put off doing things for ourselves because down deep inside we don't believe we're worth it. You are worthy of giving yourself the resources you need to be the best you can be.

Be honest with yourself. How motivated are you to move your life in the direction of wellness and fullness of life? If your motivation level is lower than a seven, reread what you just read, pick something to do and find a way to get it done. You'll be glad you did!

## 7 Tips for Eating Right

- Stephanie Pierce

Wellness Coach, Johnson City

<http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/>

### 1. Choose good carbohydrates instead of avoiding them.

Try whole grains (the less processed, the better), vegetables, fruits and beans.

### 2. Pay attention to the protein package. Fish, poultry, and beans are your best bets.

When choosing protein-rich foods, pay attention to what comes along with the protein. Vegetable sources of protein, such as beans, nuts, and whole grains, are excellent choices, and they offer healthy fiber, vitamins and minerals. The best animal protein choices are fish and poultry.

### 3. Choose a diet full of fiber, and rich in whole grains, vegetables, and fruits.

Most adult women should shoot for over 20 grams of fiber a day; most men should shoot for over 30 grams a day.

### 4. Eat more vegetables and fruits. Go for color and variety, such as dark green, yellow, orange and red.

A diet rich in fruits and vegetables can help lower blood pressure, lower your risk of eye and digestive problems, and even reduce your risk of heart disease, stroke and some cancers. Most people should aim for at least 9 servings of vegetables and fruits a day.



### 5. Calcium is important. But milk isn't the only source.

Good, non-dairy sources of calcium include collards, bok choy, fortified soy milk, baked beans, and supplements that contain both calcium and vitamin D.

### 6. Water is best to quench your thirst. Skip the sugary drinks, and go easy on the milk and juice.

Water is the best choice. It is calorie-free, and it's as easy to find as the nearest tap.

Drinks that are loaded with sugar are the worst choice. They provide lots of calories and virtually no other nutrients. Drinking them routinely can lead to weight gain and increase the risk of type 2 diabetes.

### 7. Eating less salt is good for everyone's health. Choose more fresh foods and fewer processed foods.

Americans consume one-and-a-half or more teaspoons of salt a day. And that is a problem. A high-sodium diet can raise your risk of high blood pressure, heart disease, and stroke. Try limiting your sodium intake to 1,500 milligrams a day.

## 5 Healthy Bottled Beverages

- Meagan Hinds

Wellness Coach, Knoxville

You can't beat the ease of grabbing a ready-to-drink bottled beverage. However, they can be loaded with calories, sugars, and chemical preservatives. Here are 5 healthy options (in no particular order):

1. **Propel Flavored Water** - This comes in a variety of flavors and keeps you hydrated with the added electrolytes. Not to mention, they're super low in calories.
2. **Bragg's Apple Cider Vinegar Drinks** - They may sound a little scary, but a little raw apple cider vinegar every day can do wonders to increase the body's alkalinity and support healthy digestion. Apple Cinnamon and Ginger Spice are both delicious. Add a bottle to your lunch routine and feel that healthy cider zing!
3. **Harmless Harvest's Pure Raw Coconut H2O** - These are good for the environment to boot. Harmless Harvest sources their coconuts from small farms to create completely raw and organic coconut water. This provides amazing hydration and that real coconut flavor perfect for a post-workout pick-me-up!
4. **Bot Beverages** - These healthy alternatives to sugary, sweet juices are made without high fructose corn syrup, artificial flavors, or preservatives. They're also sweetened with pure cane sugar, giving it only 25 calories per serving. Plus, they're loaded with vitamins B3, B5, B6, and B12 as well as antioxidants and electrolytes.
5. **Tea's Tea Pure Green Tea** - It doesn't get much cleaner than this. This light green tea is about as pure and fresh a green tea as you will find in a bottle. Green tea is an amazingly healthy grab-and-go drink for daily use.

## Move of the Month

- Meagan Hinds

Wellness Coach, Knoxville

Do you ever notice yourself becoming stuck in an exercise rut? Do you want to try something new? Here's an easy, low-impact move to try out this month so you can continue to receive the benefits from your work-out.



### *Standing Leg Lift*

To do this exercise, hold onto a chair to help with your balance. Stand with your feet hip-width apart and gently raise them to the side and lower them back down. You'll look like a pair of scissors. As your balance improves, try bringing your legs back and forth as well. Repeat 10 times at first and work your way up to 20 or more. This will help you keep your backside in tip-top shape. It works the buttocks and thighs.

## Going from Negative to Positive

-Dan Armatis  
Wellness Coach, Nashville

**N**egative thoughts can ruin your day, and potentially even more. Everyone has negative thoughts every now and then, and it is normal to be hard on yourself at times. However, being overly critical of yourself can damage self-esteem and keep you from doing the things you want to do. That's why it's important to recognize negative thoughts. When we understand our thoughts, we can see them for what they really are: Just thoughts!

I know how difficult it can be to wake up in the morning with bad thoughts and negativity running through my head. That is why I like to write down my thoughts when they are overly negative so that I can turn them into positive thoughts. I believe that every negative thought can be turned into a positive thought, and no matter how down you are on yourself, just remember that words are just combinations of letters that can be erased and rewritten.

When I have a negative thought, I write it down, erase it, and then write down a positive thought in its place. Just the other day, I forgot to exercise and kept telling myself that I would never get in proper shape. So, I got a piece of paper and wrote down my negative thought and turned it in to some positive thoughts.

- **Negative thought:** *I will never get into shape.*

- **Positive thought:** *Getting into shape takes time, and I will be successful if I keep at it.*

- **Positive thought:** *Just wanting to get into shape is a good thing*

- **Positive thought:** *A lot of people struggle with this problem, so I am not alone.*

I enjoy turning my negative thoughts into positive ones. While it doesn't always make me feel better about what happened, it does give me the opportunity to practice kindness to the person who sometimes needs it the most: myself.

## New Opportunities

- Stephanie Pierce  
Wellness Coach, Johnson City

**F**rontier Health's Victory Center Recovery Education Centers are psychosocial rehabilitation programs designed for individuals who experience symptoms and struggles associated with mental illness and/or addictions. The Victory Centers' method of encouraging individuals in their process of recovery is through educational tracks that focus on recovery and job readiness.

Recently, Frontier Health created a Health and Wellness track which includes a Healthy Lifestyles curriculum, which focuses on the eight dimensions of wellness. This new curriculum is now being taught in all three Victory Center locations. Within this class, members will learn various aspects of wellness and how they can apply it to their everyday lives. Objectives within this class include understanding the importance of diet and nutrition, understanding the relationship between emotional and physical health, listing ways to better manage money, and how to cope with stress.

Beginning in January, Frontier Health has added *My Health, My Choice, My Life's* Chronic Disease Self-Management Program (CDSMP) and Diabetes Self-Management Program (DSMP) to their Health and Wellness track at all three Victory Center locations in Johnson City, Greeneville, and Kingsport. As a regional Peer Wellness Coach, Stephanie will support each of the Victory Center locations in facilitating the CDSMP and DSMP.



## Exercising in the Winter

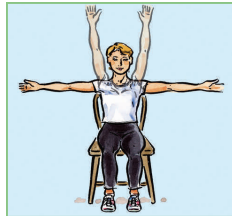
-Dan Armatis  
Wellness Coach, Nashville

**E**xercising is difficult on the best of days. It takes commitment, discipline, and desire. When the sun is shining about our heads, a walk around the block can be exactly what we need to get our blood flowing. What is a person to do on the gloomy, rainy days of winter? What do you do when you plan to take a stroll around the block for your daily exercise and see storm clouds in the sky?

Luckily there are plenty of great physical activities a person can do right inside their very own home. Many of these only require a little bit of space, so these can be done in the smallest of rooms. Additionally, exercising indoors is a great way to combine physical activities with other activities such as listening to music, watching TV, and talking to your roommate.

### Arm Lift

**This is a good workout for when you need to do something light and easy. Do this exercise while waiting for dinner or watching TV.**



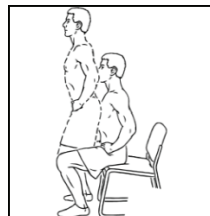
Difficulty level: 1/5

What you need: A chair

Directions: Sit in a chair and extend your arms to either side at shoulder height, palms facing forward. Slowly, raise your arms until your hands meet over your head. Hold this position for 5 seconds, and then spend 5 more seconds returning your arms to the original position.

### Chair Stand-ups

**This is a great workout for strengthening the back and legs. Be careful with this one if you have a bad back or bad knees.**



Difficulty level: 3/5

What you need: A chair

Directions: Find a chair and place it in an open area, such as in the living room or in the kitchen. Sit in the chair, put your hands flat on your thighs, and stand up. Stop this exercise if you feel discomfort or pain in your lower back or knees.

### The Bicycle

**This exercise is for those who are experienced in working out. Make sure you are in the right physical shape before doing this one, because it can be challenging.**



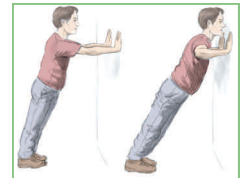
Difficulty level: 5/5

What you need: Nothing

Directions: Lie flat on the floor on your back. Place your fingertips at the back of your head. Tighten your abdominal muscles, bring your knees up to an angle, and lift your shoulders off the ground. Turn your upper body to the left, stretch out your right leg and keep your left leg bent. Touch your right elbow to your left leg. Switch sides and continue this in a pedaling motion. Do it slow at first and work your way up to a faster pace and prepare to feel the burn!

### Wall Push-ups

**This is a great workout for building upper body strength in the arms and chest.**



Difficulty level: 2/5

What you need: A wall

Directions: Simply walk up to a wall, place two hands flat up against the wall, place your body at an angle, and push your body away from the wall like you would a regular push-up.

## Physical Activity Can Be Fun

- Angela Prater

Director, Open Arms PSC, Bristol

When the subject of Physical Activity was first mentioned to the members of Open Arms Peer Support Center in Bristol, their hearts were struck with fear and apprehension. Every ounce of their body language changed. I took it upon myself to remind them that just because they don't like the way it sounds, doesn't mean it won't be fun. I personally try to find the fun in life, and try to apply it at the Peer Support Center whenever and wherever I can. So here are some of the things we do to keep it interesting, while having a good laugh.

1. **The Chicken Dance:** I think we all know this dance! We end every session with the Chicken Dance because it's just fun and funny!

2. **Mirror Image:** You partner up, and copy every move your partner makes, then switch.



3. **Chicken Squawk:** The leader demonstrates 3 different stretches. You need to stretch in a way that when you put them together it turns you into a squawking hen. This is hilarious, and a great way to model stretching.

4. **Balloon Frenzy:** This is the same general idea of a balloon toss, only with a twist. Start with one balloon and keep adding balloons until you have a total of 5 in the air at one time. This is exhausting and fun.

5. **Balloon Release Relay:** Give each participant a balloon (don't have them blow it up yet). Partner up, the first person blows up their balloon and lets it go, wherever it lands the partner goes to that spot and does the same thing with their own balloon. They keep doing this until they reach the finish line. The first team to cross wins.

6. **Sock It:** Divide into 2 teams. Place a tennis ball in the toe of a tube sock (total of 2 socks). Make 2 rows of 5-10 empty water bottles. Place the tube sock on your head, and try to knock down as many bottles as possible. The first to finish wins.

## Chair Dancing

- Marjorie Diefenbach

Director, Sevierville Wellness Recovery Center



Peninsula's Sevierville Wellness Recovery Center (SWRC) is a place where people can come to socialize with others in a safe, non-judgmental atmosphere. In addition, they are offered a variety of classes which include advocacy, health, wellness, art, recovery and life skills. One aspect of wellness and recovery is physical activity.

Therefore the group participates in a "Chair Dancing" activity 2-3 times each week. You sit in a chair and follow the DVD and it really gets you moving in your seat. This is a great way for people of all ages to be active. This has been a part of the activities at the SWRC for the past 3 months. Folks love it and actually ask to do it. People at the SWRC range in age from 23-70 and they all enjoy it.

## Wellness Activity Corner

### Healthy Snacks

B	C	J	B	K	M	J	H	C	C	T	W	M	C	S	S	W	S	Q	T
L	D	R	M	O	A	R	H	Y	O	A	B	D	A	N	E	A	U	N	R
U	S	F	A	S	X	E	H	M	T	Q	L	G	R	O	L	T	Y	T	U
E	D	E	Z	N	E	M	A	E	E	C	W	X	R	M	P	E	X	W	G
B	S	C	A	S	B	T	R	T	D	E	H	H	O	E	P	R	P	O	O
E	Z	I	E	W	O	E	J	F	O	A	S	K	T	L	A	M	S	J	Y
R	W	R	I	E	V	M	R	B	F	E	K	S	S	K	V	E	I	T	L
R	K	N	S	R	P	B	A	R	G	O	C	Q	D	D	B	L	B	T	A
I	Y	W	I	L	K	N	A	N	I	K	L	Y	X	N	I	O	G	Z	E
E	V	O	W	X	A	J	A	V	M	E	L	B	B	J	O	N	J	S	M
S	C	R	F	N	C	R	A	Z	P	B	S	T	Z	E	U	M	O	B	T
T	D	B	A	S	O	W	H	O	L	E	G	R	A	I	N	S	L	F	A
R	E	S	D	K	U	Y	W	M	C	O	L	L	E	T	Z	Z	N	A	O
S	P	I	N	A	C	H	H	Z	F	G	C	X	T	C	G	N	Z	Q	K
X	K	R	M	M	R	Z	K	I	K	G	E	M	T	N	G	Q	B	T	K
Z	T	J	I	Y	W	I	Y	E	K	G	I	M	C	F	N	F	J	F	D
W	B	M	Q	U	M	A	U	Z	G	T	N	L	U	L	L	A	I	J	I
R	Q	V	J	Q	S	X	I	S	O	E	F	L	H	V	S	X	D	P	V
M	U	U	Z	D	B	P	Z	G	P	Q	S	W	E	H	S	A	C	E	Y
W	B	L	Q	L	S	R	V	O	N	G	I	T	H	C	I	A	Q	V	H

- |             |            |             |             |
|-------------|------------|-------------|-------------|
| Almonds     | Lemons     | Apples      | Oatmeal     |
| Bananas     | Oranges    | Blueberries | Spinach     |
| BrownRice   | Tomatoes   | Carrots     | Water       |
| Chasews     | Watermelon | Cheese      | Wholegrains |
| Cranberries | Yogurt     | Eggs        |             |

### WORD SCRAMBLE

#### Healthy Snacks

**AMLONSD**

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**ANABANS**

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**CATRROS**

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**WTAER**

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**LEPPSA**

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**OAMEATL**

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**CHASPIN**

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