

# My Health, My Choice, My Life

May 2013 Newsletter



“Tomorrow Starts Today”

## A Story of Success

- James Mears

Member at the Friendship Circle Peer Support Center  
Dayton, TN

I really enjoyed *the My Health, My Choice, My Life* program. It helped me lose weight and feel better about myself. Almost six months ago, I had surgery because of a bowel obstruction. During that time I had a hard time losing weight and getting in better shape. The program helped me to overcome the problems caused by my surgery. I started walking more and began strengthening my body without hurting myself.



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Not long after, I was diagnosed with Crohn’s disease, which means my stomach is extremely particular about what I eat. I am now eating healthier foods and paying attention to the ingredients on food labels. I also do strengthening exercises and walk every day. I have increased my walking from 15 laps around the indoor track at the Friendship Circle to 100 laps.

With the help of the program and the constant love of my wife backing me up, I have lost twenty-five pounds and four pant sizes. I now feel really good about myself and hope to continue this throughout my life.

*My Health, My Choice, My Life* taught me that even though I have a mental illness and a chronic health condition, there are ways to stay healthy and manage life’s problems and stress. With everything I have learned from this program, I will try to inspire those around me and those who are fighting diseases on a daily basis.

# How to Read a Nutrition Label

- Mark Bresee

Peer Wellness Coach, Chattanooga

[http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HeartSmartShopping/Reading-Food-Nutrition-Labels\\_UCM\\_300132\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HeartSmartShopping/Reading-Food-Nutrition-Labels_UCM_300132_Article.jsp)

**N**utrition labels contain a wealth of information about how healthy a food is. The nutrition facts on these labels give us information on calories, grams of fat, cholesterol, sodium, carbohydrates, dietary fiber, sugars and protein in each serving. Learning to read and understand the nutritional facts can help us to know more about the foods we eat and make healthier choices.

**Start here**

⇒ Note the size of a single serving and how many servings are in the package

**Check total calories per serving**

⇒ Look at the serving size and how many servings you are consuming

**Limit these nutrients**

⇒ Limit total fat to 56–78 grams a day

⇒ Less than 16 grams of saturated fat

⇒ Less than 2 grams of trans fat

⇒ Limit cholesterol to less than 300 mg

⇒ Limit sodium intake to less than 2,300 milligrams

⇒ Reduce intake to 1,500 mg among persons 51 and older

⇒ Limit added sugars to 6-8 grams, about the amount in a 12 ounce soda

**Get enough of these nutrients**

⇒ 100% of Vitamins and other Nutrients

⇒ 25 grams of Fiber

⇒ 50 grams of Protein

**Quick guide to % DV**

⇒ The % DV section tells you the percent of each nutrient in a single serving

⇒ If you want to consume less of a nutrient choose foods with a lower % DV

⇒ 5 percent or less is low

⇒ If you want to consume more of a nutrient, seek foods with a higher % DV

⇒ 20 percent or more is high

## Nutrition Facts

Serving Size 1 slice (47g)  
Servings Per Container 6

**Amount Per Serving**

**Calories 180**      Calories from Fat 90

	% Daily Value*
<b>Total Fat</b> 10g	11%
Saturated Fat 2.5g	
<i>Trans</i> Fat 2g	0%
<b>Cholesterol</b> 0g	12%
<b>Sodium</b> 300mg	5%
<b>Total Carb</b> 15g	3%
Dietary Fiber less than 1g	
Sugars 1g	
<b>Protein</b> 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 8%
Niacin 6%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

⇒ You may need to consume less or more than 2,000 calories depending upon your age, gender, activity level, and whether you're trying to lose, gain or maintain your weight

# 8 Healthy Frozen Dinners

- Meagan Hinds  
Peer Wellness Coach, Knoxville

There are too many healthy frozen dinners on the market to list them all, so here are 8 of the healthiest to consider when choosing your next frozen entree. All of these are low in calories and fat, include a good source of protein, have least 3(g) grams of fiber, and not more than 600(mg) milligrams of sodium. Here they are (in no particular order):

## Lean Cuisine Café Classics Steak Tips Portabella

- 150 calories
- 3 grams of fiber
- 15 grams of protein



## Smart Ones Chicken Marsala

- 160 calories
- 3 grams of fiber
- 16 grams of protein



## Healthy Choice Roasted Beef Merlot

- 230 calories
- 5 grams of fiber
- 9 grams of protein



## Amy's Light & Lean Spinach Lasagna

- 250 calories
- 5 grams of fiber
- 11 grams of protein



## Smart Ones Cranberry Turkey Medallions

- 250 calories
- 4 grams of fiber
- 16 grams of protein



## Healthy Choice Cajun Style Chicken and Shrimp

- 260 calories
- 3 grams of fiber
- 15 grams of protein



## Lean Cuisine Sundried Tomato Pesto Chicken

- 270 calories
- 4 grams of fiber
- 18 grams of protein



## Kashi Chicken Florentine

- 290 calories
- 5 grams of fiber
- 22 grams of protein



## Financial Wellness

- Dan Armatis

Peer Wellness Coach, Nashville

**F**inancial wellness can be one of the most challenging areas of the eight dimensions of wellness. One of the most common complaints I hear from people who have difficulty managing their finances is “I don’t know where to begin!” Many people can relate to this sentiment, as it is hard to figure out where you need to spend less and where you need to save more. Luckily, the financial dimension of wellness can be conquered as easily as all of the others. All you need is a starting point and a guide to get you to where you need to go.



Whenever you decide to make a change, it is always good to remember to think big but start small! Don’t begin your journey with a sprint or else you might run out of gas. Instead, think of a change you can start *now* and take the necessary steps to get there.

So what is something you can do *now*? **Start off by changing something you can easily control**, such as making sure all the lights are turned off when they are not being used, using less water and not letting the faucet run, and only using the air conditioner and heater when absolutely necessary. You may only be saving a few dollars, but they will get you in the habits of being aware of the little things.

The next step you can take in maintaining financial wellness is **keeping track of the money you spend with a spending journal**. Write down all the money coming in and the money going out. Document all your bills and expenses including eating out, vending machines, going to the movies, etc. This gets you in the habit of being *aware* of where your money is going. If you know how you are spending your money, you can begin thinking about if your purchases are necessary. In fact, with good habits and a good level of awareness you might start cutting back without even realizing it!



With the right information at your hands, you will easily be able to decide how you spend your money and which purchases are most important. With the tips mentioned above, you can start your journey

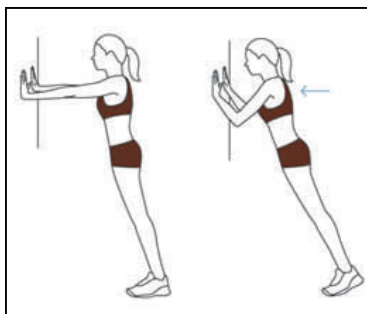
to financial wellness.

## Move of the Month

- Meagan Hinds

Peer Wellness Coach, Knoxville

### Standing Push-Up



Put your hands (about a foot apart) on a counter, wall or something that will not move with your weight on it. Step back one foot at a time, until your body is in a front leaning position of about 45 degrees.

Keeping your body straight, slowly lower yourself until your elbows are at about a 90 degree angle and close to your sides. Then slowly come back up. For beginners, try repeating this 10 times.

Standing push-ups will not only exercise your arms but also your core and chest muscles. Hold your stomach in tightly, if you can, as this will help firm up your midsection.

If you want to increase the difficulty a little, try putting your hands together as you lean in. The triceps muscles (on the back of your arms) will really firm up when you do it this way.

## 4 Health Benefits of Sleep

- Stephanie Pierce

Peer Wellness Coach, Johnson City

Sparacino, Alyssa. [Health.com](http://www.health.com/health/gallery/0,,20459221,00.html), "11 Surprising Health Benefits of Sleep". [www.health.com/health/gallery/0,,20459221,00.html](http://www.health.com/health/gallery/0,,20459221,00.html)

**1. Improve your memory** - Sleep can strengthen memories or "practice" skills learned while you were awake. In other words, if you are trying to learn something new, like a language, you will perform better after sleeping.

**2. Live longer** - Too much or too little sleep is associated with a shorter lifespan. Sleep also affects quality of life. Dr. Raymonde Jean, director of sleep medicine at Roosevelt Hospital Center in New York City stated, "Many things that we take for granted are affected by sleep. If you sleep better, you can certainly live better."

**3. Have a healthy weight** - If you are trying to lose weight, you might want to plan an earlier bedtime too. Researchers at the University of Chicago found that dieters who were well-rested lost more fat than those who were sleep deprived. Dieters in the study also felt hungrier when they got less sleep.

**4. Lower stress** - When it comes to our health, stress and sleep are nearly one and the same. They can both have an effect on your cardiovascular health.



# Improve Your Health with Relaxation Techniques

- Mark Bresee

Peer Wellness Coach, Chattanooga

[www.mayoclinic.com/health/relaxation-technique/SR00007](http://www.mayoclinic.com/health/relaxation-technique/SR00007)

[www.webmd.com/balance/guide/blissing-out-10-relaxation-techniques-reduce-stress-spot](http://www.webmd.com/balance/guide/blissing-out-10-relaxation-techniques-reduce-stress-spot)

**C**hronic stress produces distress. Many physical and emotional symptoms, as well as some diseases, are the result of continuous stress. Consider the following:

- Approximately 80% of all doctor's office visits are due to stress-related problems.
- Stress can contribute to ailments such as headaches, high blood pressure, heart problems, sleep problems, diabetes, skin conditions, asthma, arthritis, depression, and anxiety.
- At least 50% of the population experiences an emotional disorder in their lifetime which is often the result of chronic, untreated stress reactions.

Stress is especially harmful when people use tobacco, illegal drugs, or abuse alcohol to reduce their stress. These behaviors create a new set of debilitating problems.

## The benefits of using relaxation techniques include:

- Lowering blood pressure
- Reducing muscle tension and chronic pain
- Improving concentration
- Reducing anger and frustration

Following are a few relaxation techniques you can use.

**Visualization.** Picture yourself taking a visual journey to a peaceful, beautiful place or situation. If you reflect on relaxing at the beach, for example, think about such things as the smell of salt water, the texture of sand, the sound of crashing waves and the warmth of the sun. You may want to close your eyes and sit in a quiet spot. Take your mind off your stress, and replace it with a mental experience that evokes a sense of calm.



**Progressive muscle relaxation.** Focus on slowly tensing and then relaxing each muscle group. Tighten your muscles for about 10 seconds and then relax for 30 seconds, and repeat. You can begin at your head and work your way down or start with your toes and go up your body.

**Breathe Deeply.** Let the air out of your body, exhaling through gently pursed lips. Feel your breath coming and going as your mind stays focused on it. Inhale, feeling your belly, sides and lower back expand. Repeat 10 times, relaxing more fully each time.

**\* For maximum benefit, use these relaxation techniques along with physical activity, sufficient sleep, and a healthy diet.**

## Reducing 200 Calories a Day

- Dan Armatis  
Peer Wellness Coach, Nashville

Losing weight is not always easy, but it's not impossible if you have the right mindset. One of the best ways to lose weight is by starting with small, attainable goals, such as cutting 200 calories a day. By reducing 200 calories a day and doing nothing else, you can lose a pound every two and a half weeks, or 20 pounds in a year. To reduce 200 calories, you will want to cut out 100 calories from your diet and burn an additional 100 calories from exercise.

### How to cut 100 calories from your diet:

To do this, you may want to keep a food journal for couple of days to monitor what you eat. This will allow you to see a pattern in the way you eat and nail down what it is that you want to cut out. You can also simply be mindful of what you eat throughout the day and avoid snacks and sodas. Things like small cookies, a spread of butter, and coffee cream can really add up, but by eliminating any one of those from your diet you can reach your goal of cutting 100 calories from your diet.



### How to burn 100 calories through physical activity:



Many of us find it difficult to find time during the day to exercise; luckily, there are plenty of small things we can do during the day to get our heart rate up and burn some extra calories. You don't need to go on an extreme exercise program to burn 100 calories. To succeed, all you need to do is increase how physically active you are during your everyday life. For instance, try walking the stairs instead of taking the elevator or walking to nearby places instead of driving. A 20 minute walk can also get the job done, and if you are stretched for time, try marching in place or conducting an imaginary orchestra sporadically throughout the day.

## My Health, My Choice, My Life Presents

### The 1st Peer Support Championship Games in Nashville



**Who:** Peer Support Centers in Middle Tennessee

**Location:** Edwin Warner Park

7311 Hwy 100, Nashville, TN 37221

**Date:** June 25, 2013

**Time:** 10:00 - 1:00



For more information, contact Dan Armatis: [Dan.Armatis@centerstone.org](mailto:Dan.Armatis@centerstone.org)

\*Don't live in the Middle Tennessee area?

No worries! We will be hosting the Championship Games throughout the state soon!

## Recovery and Wellness Road Shows

- Meagan Hinds  
Peer Wellness Coach, Knoxville



**Have you made it to one of the Wellness & Recovery Road Shows yet? If not, there's still time.**

Speakers discuss various topics such as "Prescription Drug Abuse," "Life After a Diagnosis," "Dealing with Depression," and "Navigating Insurance" (among many others). As a bonus, our My Health, My Choice, My Life Peer Wellness Coaches will be hosting a Lunch & Learn where we'll talk about Healthy Eating!

In between the speakers, there are opportunities to visit informational booths, get your health measurements (weight, Body Mass Index, and waist circumference), and try out some physical activity. Hip Hop Abs has been a huge hit!

They're being held in each major city throughout the state so that everyone gets a chance to come. The first two were held in Johnson City and Knoxville and were great successes!

### The upcoming dates are:

**June 11: Chattanooga**

**July 16: Nashville**

**August 13: Jackson**

**TBA: Memphis**

Come on out for a day filled with information, fun, fitness, and freebies! We're looking forward to seeing you!





## Wellness Activity Corner

### Fruit Salad with Honey-Lime Dressing

#### **Ingredients:**

- ◇ 1/2 cup of plain, fat-free yogurt
- ◇ 1/4 cup of lime juice
- ◇ 1/4 cup of honey
- ◇ 1 teaspoon of lime zest
- ◇ 2 cups of cantaloupe or melon in season
- ◇ 1 cup of seedless grapes
- ◇ 2 cups of berries (blueberries, strawberries, raspberries)
- ◇ 1 cup of mandarin oranges



#### **Directions:**

1. In a small bowl mix the yogurt, lime juice, honey, and lime zest until well blended.
2. Cut all the fruit into bite size pieces.
3. Drain the mandarin oranges and add to the rest of the fruit.
4. Toss all of the fruit with the honey-lime dressing.

### WORD SCRAMBLE

**LAXRETAOIN**

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**LEEPS**

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**FUITR**

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**BRATEHE**

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**VEOM**

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**FIANALCIN**

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## Stay Connected

**My Health, My Choice, My Life**

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