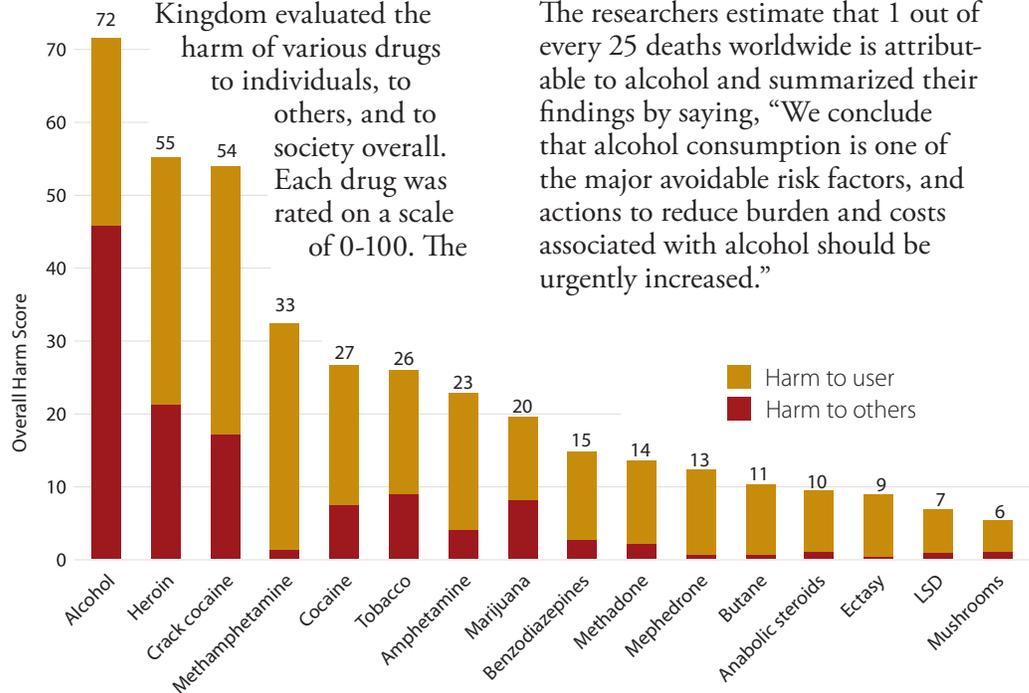


Can You Guess the Most Harmful Drug Worldwide?

- What is a mind-altering substance that affects judgment?
- What can create a serious dependency and cause harm to both individuals and others?

If you answered “alcohol,” you’d be right! Many people don’t think of alcohol as a drug, but it certainly meets the criteria of being one.

A new study from the United Kingdom evaluated the harm of various drugs to individuals, to others, and to society overall. Each drug was rated on a scale of 0-100. The



Are your drinking patterns safe? Take this quiz: <http://rethinkingdrinking.niaaa.nih.gov>

higher the number, the more harmful the drug. The drug rated the most harmful overall was alcohol.

The results for all drugs can be seen in the chart below. Notice that while all drugs cause harm, some are inherently more dangerous to the user, and some are more dangerous to others.

The researchers estimate that 1 out of every 25 deaths worldwide is attributable to alcohol and summarized their findings by saying, “We conclude that alcohol consumption is one of the major avoidable risk factors, and actions to reduce burden and costs associated with alcohol should be urgently increased.”

Many light beers have less alcohol and fewer calories.



More than a third of American adults never drink alcohol. That’s the safest course to prevent alcohol problems. If you choose to drink alcohol, be sure to limit your intake to no more than 1 drink daily for women or 2 drinks daily for men to minimize the harm and risk of dependency. Also remember that some people should not drink any alcohol: women who are pregnant or trying to become pregnant, anyone driving a car or operating machinery, anyone at work, people taking medications that interact negatively with alcohol, and people who don’t want their judgment adversely affected.

The Lancet. Nov. 2010.

If you have a family history of alcoholism, here's what you should know: <http://pubs.niaaa.nih.gov/publications/FamilyHistory/famhist.htm>

Choose Healthy Foods This Year

All fruits, vegetables, whole grains, and beans are carbohydrates. When eaten in their natural state (unrefined) they are very good for you. They provide essential vitamins, nutrients, and fiber – all of which reduce the risk of chronic diseases. But the refining process removes the fiber.

Refined foods (e.g., sugar, white bread) are linked to increased risk of diabetes and obesity. These foods raise blood sugar levels quickly, and those levels drop just as quickly. How fast carbohydrates are absorbed into the blood stream is measured in terms of glycemic index.

Carbohydrates that are absorbed quickly and cause the blood sugar to rise rapidly are called “high-glycemic foods.” Examples include sugars and soft drinks, as you would expect,

but also some other foods you might not expect such as French fries, white rice, and other refined foods.

According to new research from a large study in Italy, refined carbohydrates might also be as bad for your heart as saturated fats and cholesterol. In the study, people who ate the most highly refined carbohydrates were 2.24 times more likely to develop heart disease, have a heart attack, or die from heart disease than were those who ate fewer of these foods.

For best health, eat unrefined carbohydrates and fiber-rich foods at most meals, such as fruits, vegetables, legumes, whole-grain bread and brown rice.

PLoS Medicine. 2010.



Just One Smoke Can Hook You

Tobacco use is the second major cause of death worldwide and the single most preventable cause of disease, disability, and death in the United States. Each year, 443,000 Americans die prematurely from smoking or from exposure to secondhand smoke. Another 8.6 million people have a serious illness caused by smoking.

One of the best ways to reduce smoking-related deaths is to not smoke and to avoid secondhand smoke. If you don't smoke, don't start. If you have children, encourage them to never smoke – not even once.

When researchers followed more than 1,200 children from sixth grade through ninth grade, they found that some adolescents can get “hooked” on nicotine after their very first cigarette. Adolescents who smoked at least once a month were 10 times more likely to



feel addicted and have difficult withdrawal symptoms when they tried to stop.

“Every day, 3,900 children pick up their first cigarette and 1,000 children become addicted smokers,” says Eric Walker, spokesperson for the American Cancer Society. Those who make it to age 18 without inhaling cigarette smoke are least likely to become regular smokers.

If you do smoke, make the decision to quit. It can be a long and hard process. But millions of people have succeeded in quitting for good. You can be one of them!

Centers for Disease Control and Prevention; American Cancer Society; Pediatrics. 2010.

Are you ready to quit?
Read 12 Steps to Quitting Smoking at:
www.wellsource.info/wn/12-Steps-to-Quit.pdf

Wear a Shoe that Fits

More than 43 million Americans – 1 in 6 people – have trouble with their feet, mostly from improperly fitting shoes.

Poorly fitted shoes can lead to heel pain, corns, Achilles tendonitis, bunions, hammertoe, ingrown toenails, and even pain in the knees, hips, and back. The highest priorities for shoes should be that they fit properly and are comfortable. Here are some guidelines to help you find the proper fit:

- **Buy a shoe that fits.** Shoe sizes vary by brand and among styles within brands.
- **Try on both shoes.** It's common for one foot to be larger than the other. Fit to your larger foot. Inserts can be added to the shoe of your smaller foot for a better fit.
- **When possible, buy shoes that fit your arch** – whether it's low (or flat), high, or medium.
- **Go shoe shopping in the evening.** Feet swell throughout the day.
- **Wear the kind of socks or stockings you plan to wear** with the shoes you're trying on.



- **Stand and walk around** when trying on new shoes. There should be about a half inch between your longest toe and the end of the shoe (1 inch for athletic shoes). The shoes should bend where your foot naturally bends. Also check for heel slipping.

- **Measure your foot** (length and width) at least once a year. Your feet change sizes as you age.

If the shoe feels tight or otherwise uncomfortable, put it back in the box and look for a wider shoe or different style. Never buy a shoe expecting to “break it in.”

A good pair of shoes is the most important piece of athletic equipment you can buy. If you enjoy a variety of sports, then a cross trainer shoe should work fine for you. But if you participate more intensively in a specific sport, then buy an athletic shoe specifically designed for that sport.

Well-fitted shoes don't need to be expensive. One study found that lower-end shoes cushioned runners' feet as well as – and possibly even better than – high-cost shoes.

British Journal of Sports Medicine. 2007.

American Academy of Orthopaedic Surgeons. 2010.

Especially for Ladies...

High-heeled shoes are a special foot hazard for women because they focus all your weight on the ball of your foot. It's better to buy and wear shoes with heels 1 inch or lower. If you must wear higher heels, keep them below 2¼ inches and take them off after 3 hours of wear. During those 3 hours, slip them off whenever possible – while you're riding in a car, sitting at your desk, and at the dinner table.

American Academy of Orthopaedic Surgeons. 2010.



ASK THE WELLNESS DOCTOR

Q: My husband is a long-time user of tobacco who has tried unsuccessfully to quit many times. How can I help him?

A: Go to www.wellsource.info/wn/ask-tobacco.pdf to read the answer from Don Hall, DrPH, CHES.

To ask your question, email: paulaw@wellsource.com, subject line: Ask the Wellness Doctor. Emails with any other subject line will be directed to the spam folder.

Health Challenge: “Exercise 60-90 Minutes Daily” available at: www.wellsource.info/wn/hc-Exercise60-90.pdf. Studies have found that the best way to successfully lose weight and keep it off is to be active at least 60 minutes each day.



Q. My husband is a long-time user of smokeless tobacco who has tried unsuccessfully to quit many times. How can I help him and help our 5-year-old son who is learning by watching?

A. Using smokeless tobacco is a nicotine addiction that is hard but not impossible to give up. Most people who quit do it cold turkey. The cravings are strong at first, but they lessen as time goes on. Nicotine replacement gum is available and can be a big help to many. Then you still need to taper off the nicotine gum.

Things that help include:

- 1. Exercise.** Frequent walks and engaging physical activities help keep your mind off the tobacco and help your body restore health. Most people who get seriously into physical activity are more successful at stopping. They also burn more calories so eating more food (which tastes better after stopping) is offset by the extra physical activity.
- 2. Chew something else.** Assemble an arsenal of healthy chewing items – gum, nicotine gum, carrot sticks, apple slices, soy nuts, licorice, dried fruit, sunflower seeds, mints, and other healthier items, preferably items low in calories. Keeping your mouth busy helps relieve some of the urge to chew tobacco.
- 3. Eat low-calorie foods.** Choose meals that are lower in calorie. Eat lots of fresh fruits, vegetables, legumes, soups, salads, et cetera. Be careful of meats, gravies, desserts, fast foods, restaurant meals, and other high-calorie meals. Also drink water or sugar-free drinks. Stay away from alcohol – it can sabotage your resolve to quit. Healthier meals along with more physical activity all help you prevent weight gain.
- 4. Enlist the support of friends and family.** Tell everyone you are quitting, and why. Ask for their help and understanding as you quit.



5. Get adequate sleep, and take time to relax.

Take a hot bath, read a good book, watch an enjoyable movie, visit with friends. Relaxing can help you deal with the stress of quitting and tension that can come as a result.

6. Discuss your plans with your doctor. Ask what he or she can do to help as well.

7. Don't be afraid to ask for help. Call 1-800-QUIT-NOW (1-800-784-8669) to talk to professional counselors about quitting tobacco.

8. Review every day, or multiple times daily, why you want to quit. Explain to your young son why you want to quit and that you want to set a good example for him to be tobacco-free.

9. Think short-term. You can do this just for today. Take each day at a time. After a few days, it will get better. Each day you reach your goal you are one day closer to being a non-tobacco user for life!

10. When you are ready, set a quit date and implement your plan. Others have stopped before you. You can do it too! You may need to quit more than once. Most people who quit for good try several times until it is permanent. Don't give up. Learn from your mistakes. Keep quitting until you quit for good.

Resources for stopping use of smokeless tobacco:

National Institutes for Health, *Smokeless Tobacco: A Guide for Quitting.*
www.nidcr.nih.gov/OralHealth/Topics/SmokelessTobacco/SmokelessTobaccoAGuideforQuitting.htm

American Cancer Society, *Smokeless tobacco, How to Quit.*
www.cancer.org/acs/groups/cid/documents/webcontent/002979-pdf.pdf

Family Doctor. Org, *Smokeless Tobacco: Tips on How to Stop.*
familydoctor.org/online/famdocen/home/common/addictions/tobacco/177.html





Exercise 60-90 Minutes Daily

CHALLENGE
Exercise 60-90 minutes daily on at least 22 days this month.

Requirements to Complete this HEALTH CHALLENGE™

1. Keep a written record of your exercise minutes each day.
 2. Read "The benefits of exercise" and "Exercise basics," and "Ideas to get you started."
 3. To complete the Challenge, exercise 60-90 minutes on a minimum of 22 days this month.
 4. Keep records of your completed Challenge in case your organization requires documentation.
- * You might need a month or 2 to build up to this Challenge.

The benefits of exercise

You've heard it before: Physical movement is essential for fitness, weight loss, and health. The Centers for Disease Control and Prevention recommends at least 30 minutes of moderate intensity exercise daily for disease prevention.

To move toward a healthier weight and prevent weight gain, aim for at least 60 minutes of moderate to vigorous intensity physical activity on most days. Once you achieve a healthy weight, you may need 60-90 minutes of exercise to keep the weight off.

Exercise is essential for a healthy weight. To lose weight, you must use up more calories than you take in. This is best done by combining physical activity with watching what you eat. Since one pound equals 3,500 calories, you might need to reduce your caloric intake by 500-1,000 calories a day to lose 1-2 pounds per week. This does not mean you skip meals or go on a liquid diet. Simply make sure the foods you eat are good for you.

You might not notice any weight loss at first, as your body converts fat tissue into muscle tissue. Some people can exercise faithfully or make dietary changes and not lose any noticeable weight for some time.

Exercise is an investment in your health that will pay rich dividends.

Exercise basics

Moderate intensity physical activity is any activity that takes about as much energy as a brisk walk. For the average person, this means walking 1½-2 miles in 30 minutes or 3-4 miles in 60 minutes. At this pace, your breathing will quicken and your heart will beat faster.

Most healthy people don't need to see their doctors before starting a moderate-intensity activity program. However, if you have a health problem, such as diabetes, obesity, or a heart problem, get your doctor's guidance first before beginning a fitness program.

If you're truly sedentary or not regularly physically active, knowing that physical activity is good for you doesn't mean that it will be easy for you to make it part of your daily routine. It can be difficult to establish new habits. You might need grit determination to up your activity level. Or, a simple change of perspective might be all you need. Find an activity you enjoy and exercise with friends. In addition to being good for you, exercise can also be fun.



Start small

Increasing your activity level is easier than you might think. You could bicycle with friends through a local park, go swimming a little more often, dance, build a play house or tree house, or work at a job that has physical demands. You can exercise for 60-90 minutes all at once, or divide it into 2-6 parts during the day. If you divide it up, each part should be at least 10 minutes long.

It might have taken you years to get out of shape. Give your body time to adapt and strengthen. Start out with 10 minutes of any type of physical activity. You could walk to the corner store for that gallon of milk, climb the stairs to your office, do active household chores, and participate in a backyard game of badminton. When you're able to carry on an animated conversation while exercising, it's time to increase the time you spend in physical activity. For example, walk a little farther the next day.

Over several weeks, you'll find you can slowly increase the time you spend exercising until you are able to accumulate the full 60-90 minutes in a day. When you can easily complete your 60-90 minutes, you can gradually increase intensity if you wish to develop higher fitness levels. Adding strength training and flexibility exercises will help you have more energy and look more toned.

Ideas to get you started

With a little creativity and planning, even the person with the busiest schedule can make room for physical activity. Think about your weekly or daily schedule and make opportunities to be more active. Every little bit helps. Try some of the following suggestions – or come up with a few ideas of your own:



At work:

- Walk, cycle, jog, or skate to work, school, or the store.
- Park the car farther away from your destination.
- Get on or off the bus several blocks away.
- Take the stairs instead of the elevator or escalator.
- Take fitness breaks – walking or doing desk exercises – instead of taking cigarette or coffee breaks.
- If you find it too difficult to be active after work, try exercising before work.

After work:

- Join the office softball or bowling team.
- Take a class in martial arts, dance, or yoga.
- Keep a pair of comfortable walking or running shoes in your car. You'll be ready for activity wherever you go!
- Exercise while watching TV (for example, use hand weights, ride a stationary bicycle, walk on a treadmill or stair climber, or stretch).
- Stand or walk around when talking on the telephone.



On the weekend:

- Organize a group-walk on Saturday or Sunday mornings.
- If you are physically able, clean out your gutters or power-wash your siding instead of hiring it out.
- Avoid labor-saving devices. Turn off the self-propel option on your lawn mower or vacuum cleaner.
- Push the baby in a stroller.
- Walk up and down the soccer or softball field sidelines while watching the kids play.
- Plant and care for a vegetable or flower garden.
- Play with the kids – tumble in the leaves, build a snowman, splash in a puddle, or dance to favorite music.
- Swim or do water aerobics.
- Dance.
- Golf (pull cart or carry clubs).
- Canoe, row, or kayak.
- Play racket ball, tennis, or squash.
- Ski cross-country or downhill.
- Play basketball or soccer.
- Hand cycle or play wheelchair sports.



Being physically active is vital to living a healthier, happier life. Physical activity...

- Improves self-esteem and feelings of well-being.
- Lowers risk of heart disease, colon cancer, and type 2 diabetes.
- Helps build and maintain bones, muscles, and joints.
- Builds endurance and muscle strength.
- Increases fitness level.
- Helps control blood pressure.
- Reduces feelings of depression and anxiety.
- Helps you achieve and maintain a healthy weight.
- Improves cholesterol levels.
- Enhances flexibility and posture.

Read more benefits of physical activity: www.wellsource.info/wn/phys-activity-medicine.pdf

**Exercise will benefit you for all of your life.
You will be healthier, feel your best, and perform at your best.**

Sources: Centers for Disease Control and Prevention. U.S. Department of Agriculture. 2010.





Exercise 60-90 Minutes Daily

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Use this calendar to record your exercise program (min/day as well as type of exercise), weekly weight, and any other items you may want to track.
3. At the end of the month, total the number of days you accumulated 60-90 minutes of physical activity. To meet this challenge, you must exercise for 60-90 minutes on at least 22 days this month. Then keep up this health practice for a lifetime of best health!
4. Keep this record for evidence of completion.

CHALLENGE
Exercise 60-90 minutes daily on at least 22 days this month.

MONTH:							HC = Health Challenge	ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
HC <input type="checkbox"/> ex. min. _____								
HC <input type="checkbox"/> ex. min. _____								
HC <input type="checkbox"/> ex. min. _____								
HC <input type="checkbox"/> ex. min. _____								
HC <input type="checkbox"/> ex. min. _____								

_____ Number of days this month I did 60-90 minutes of exercise

Other wellness projects completed this month:

Name _____ Date _____





12 STEPS TO Quitting Smoking

- 1 Talk to your doctor** about nicotine replacement therapies and other medicines that can make your plan to quit much more likely to succeed.
- 2 Set a quit date** within 2 weeks of meeting with your doctor. Tell your family, friends, and coworkers your plans and ask for their support. If you can, quit together. If not, ask any other smokers at home or work to not smoke in your presence.
- 3 Remove all tobacco products** from your home, car, and work environment. Identify smoking “triggers” (e.g., when you sit in a specific chair or when driving home from work) and begin breaking the association by avoiding smoking during those times.
- 4 Write down your reasons** for wanting to quit (e.g., better health, family) so you can review them daily when first quitting. You can add to this list as you quit (e.g., you’re less winded when exercising, food tastes better).
- 5 Make a survival kit** to keep near you the first few days. Include things for your mouth (sugarless chewing gum, tooth picks, mints or red-hot candies) and for your hands (pencils, rubber bands, a squeeze ball).
- 6 Make an appointment** to have your teeth cleaned the week you stop.
- 7 A stop smoking class** can be helpful – especially when smoking urges get really strong. Check in with this support regularly.
- 8 On your quit date, STOP!** Even 1 puff will increase urges to smoke and make it more difficult to quit. Since alcohol reduces your resolve to quit, it’s best to avoid drinking. If you think you need to smoke every time you have a cup of coffee, you might want to try a different hot drink (e.g., an herbal tea).
- 9 Eat simply and healthfully** (lots of fruits, vegetables, and water) but avoid dieting while stopping.
- 10 Take lots of walks outside.** If you’re having a craving, a short, brisk walk – 5-15 minutes – can help you resist. Keep busy in the evenings and on weekends doing activities you enjoy. And once you quit smoking, keep exercising. One study found that walking briskly helps you stay smoke-free. In another study, vigorous exercise helped women avoid weight gain typically associated with quitting.
- 11 Reward your progress.** For example, if you remain stopped for a week, buy something new that you would love to have. When you have been smoke-free for 6 months, take a weekend trip to a favorite location. You can pay for it with the money you saved by not buying cigarettes!
- 12** If you slip and smoke, however, **don't give up.** Plan to make the next day smoke-free.

The American Cancer Society offers tips to help smokers become and remain smoke-free: www.cancer.org/Healthy/StayAwayfromTobacco/quitting-smoking-help-for-cravings-and-tough-situations

U.S. Department of Health and Human Services. 2010.

Ussher MH, Taylor A, Faulkner G. Exercise interventions for smoking cessation. Cochrane Database of Systematic Reviews 2008, Issue 4.

