

SB Wellness Group Monthly Newsletter



Fruits and Vegetables for Weight Control

September is Fruit and Veggies Month!

Eating more of these powerful foods provided to us by mother nature herself can benefit our health. Getting more fruits and vegetables in the diet can:

- Reduce the effects of sun damage to the skin
- Help prevent cancer by repairing DNA
- Help improve vision and reduce risk of vision problems
- Reduce risk of osteoporosis
- Help prevent heart disease by helping improve circulation and preventing inflammation
- Help the body repair and recover from injury
- Reduce risk of illness by improving the immune system
- Slow aging process

You can also add weight loss and weight maintenance to that list! Studies have

shown that individuals who consume more fruits and vegetables while decreasing fat and added sugar have higher



intake of vitamins and minerals and manage weight better over time. Individuals are also less hungry and experience less cravings.



To lose weight a person must eat fewer calories than they burn. Feeling full and satisfied from the foods we are eating is an important factor in this equation. Fruits and veggies are low in calories compared to the same volume of other foods. They help you feel full because they have a high water and fiber content. High-fiber foods may also help delay feelings of hunger. In last month's newsletter article, *The End of Overeating*, we talked about how processed foods layer additives like sugar, salt and fat to trigger addictive cravings in the brain. Fruits and vegetables in their natural state help you reach that clean eating goal that will assist in reducing food cravings and overeating. Make it your goal this month to get a variety of fruits and vegetables in your diet.

For more information go to: Fruitsandveggiesmatter.gov

Quote of the Month:

"Being happy doesn't mean that everything is perfect. It means you have decided to look beyond the imperfections."

- Author Unknown

Could it Be a Thyroid Problem?

Millions of Americans have an overactive or underactive thyroid and many of them don't know it. More than 10 million women have a low-grade thyroid imbalance and nearly 8 million people with thyroid imbalance remain undiagnosed. Thyroid imbalance is often called a hidden

epidemic because it can be misdiagnosed or go undiagnosed due to the symptoms being similar to so many other conditions. It can often masquerade as fatigue, depression, anxiety, postpartum depression, menopause, and more.

The thyroid is a small

butterfly-shaped organ located in front of the breathing airway and produces two thyroid hormones that travel through the blood to all of the tissues of the body. Thyroid hormones regulate how the body breaks down food and either uses that energy

(Continued on page 4)

Inside this issue:

Member Success Story	2
Fountain of Youth	2
Wellness Tip of the Month	2
Exercise Trend: Circuit Training	3
Ovarian Cancer Awareness	3
Prostate Cancer Awareness	3
Recipe of the Month	4
Thyroid Problem Cont'd	4

Member Success Story



We have had the pleasure of working with Bonita Thigpen, employee at Blue Cross Blue Shield of Louisiana, on her wellness and fitness goals for the past couple of years. She has lost 31lbs, 9 inches in her waist, and 3.5% body fat since January of this year! Here is Bonita's story:

Tell us a little bit about your success and what resources helped you reach your goals? I am successfully decreasing my weight, dropping inches off of my waist, and decreasing my BMI. I am eating healthier and exercising on a regular

basis. What contributed to my success was sitting down and talking with one of the representatives with SB Wellness Group and with my Primary Care Physician. I knew at that point I needed to focus and discipline myself to become a healthier person for life. I have also joined the BCBS Louisiana 2 Step and Health Media programs.

What changes did you make to reach your goals? I've improved the way I managed my time, setting a schedule and trying hard not to deviate from it. I also changed my attitude.

What are some of the benefits that you have gotten as a result of your

success? I went down two dress sizes. My lab test results have improved and my Primary Care Physician is pleased with my healthier lifestyle changes. I feel good about myself and it's amazing how just a little lifestyle change can make you feel so much better.

Any advice for someone who is trying to make changes?

Pray about it, ask for the strength to make healthier lifestyle changes and yes, you can do it.

What are your future goals?

To be encouraged and continue to maintain a healthier lifestyle.

Antioxidants: Nature's Fountain of Youth



Individuals, scientists, and researchers have spent years and billions of dollars looking for the "fountain of youth." Though we haven't discovered a hidden lake or magic pill that promises a long and healthy life, nature has provided us with possibly the most powerful tool yet discovered to fight aging and improve our health—

fruits and vegetables! These foods are rich sources of antioxidants which slow cell damage, improve immune function and lower cancer risks. Oxidation works on the body over time causing wrinkles, cancer and heart disease. Antioxidants work to neutralize free radicals from oxidation, reducing damage to our cells and in return slowing the aging

process.

Fruits and vegetables are the foods richest in these powerful antioxidants. Cut your risks of disease and enjoy slowed aging by getting a variety of fruits and vegetables in your diet daily. Your fountain of youth may just be waiting for you in your next salad you order or next bite of fruit you enjoy!

Wellness Tip of the Month

Not getting the results you want from exercising?

So many people quit or give up on their exercise routine because they are not seeing the results they want. Here are some common mistakes people make when it comes to exercise that can hinder one's success:

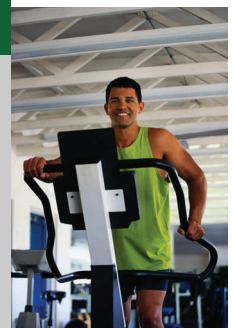
Expecting too much, too fast. We all want results and we want them now! Weight loss can be fast, but that does not mean it is necessarily

healthy. Changes in body composition, muscle development, body shape and symmetry all take time and hard work. Everyone's body responds differently, but typically good muscle development can take up to two years of consistent weight training. Don't set yourself up to fail by putting unrealistic goals on yourself.

Not doing the right type or length of time of exercise. Everyone's exercise needs will be different depending on their goals. Meet with

a trainer to learn how to optimize your exercise time. Vary your exercise routine and keep improving on your exercise time to keep results coming.

Underestimating the calorie balance. Exercising more frequently should not be used as an excuse to consume more calories. Know and understand how much energy certain types of exercise burn, so you are not being unrealistic about how much you should consume.



Exercise Trend of the Month



Circuit Training

Exercise does great things for your body.

Whether your goal is to lose weight, tone, gain muscle, or to just to be more active, it is important to change your exercise routine every 4-6 weeks. If you don't, your body will adapt to your exercise program and hit a plateau which may cause you to stop making changes. The

key is to get a variety and to continue to raise the bar with your program. We created this section so that we can give you ideas on how to mix up your workout so that you can continue to make progress. A chance to learn more about a new exercise trend each month!

The Exercise Trend for September is Circuit Training.

The objective of Circuit Training is to perform

resistance exercises (body weight, weights, or bands) in a circuit or alternating manner, only allowing yourself a short amount of time in between each exercise set. You get a full body workout in a circuit or you can focus on several different exercises for one body part.

Circuit training can be done in variety of ways by an individual, small group or full class. This type of class or workout is also great because it can be tailored for all fitness levels.

Circuit Workout

Example for

Lower Body

Perform 1 set of 15 to 20 repetitions of each exercise, with 15-30 seconds break in between each one. Repeat circuit 1-2 more times.

- Ball Squats
- Lunges
- Step Ups
- Ball Ham Curls
- Wide Leg Squat with Outer Thigh Leg Lift
- Calf raises

Always check with your doctor before beginning any exercise program!

Ovarian Cancer Awareness Month©

Ovarian cancer is a type of cancer that forms in the tissues of the female ovary. The number of new cases of ovarian cancer in the United States in 2009 is projected to be 21,550 with 14,600 of those cases leading to death. As with most cancers, it is most effectively treated if found early and the chance of survival increases immensely. That is why it is very important to become aware of the risk factors and means of prevention so that you can decrease your chances of developing ovarian cancer. Factors that will increase your chances of developing this cancer include being age 55 and older, having a family history of ovarian cancer, being of Eastern European Jewish decent, having never given birth or have had trouble getting pregnant, or having other conditions such as breast, uterine, or colorectal cancer or endometriosis. Be sure you are staying up to date with your annual wellness exam and health screenings, especially if you are at risk. Also, follow a healthy diet with high amounts of fruits and vegetables and exercise regularly for overall cancer prevention.



Prostate Cancer Awareness Month©

Prostate cancer occurs when cells in the prostate grow abnormally and out of control. It is the most common cancer in men with an estimated number of new cases for 2009 being 192,280 with 27,360 of those resulting in death. Here are some factors that can increase your risk of prostate cancer: being over the age of 50, eating large amounts of animal fat (red meat, whole milk, and cheese), getting too much

calcium in your diet, family history, and being of African American decent. How can you lower your risk of prostate cancer? Don't smoke, cut back on red, processed meat and full fat dairy products, avoid too much calcium (over 1200mg a day), and eat more tomato based products. Tomatoes have an antioxidant, Lycopene, that can help protect cells and repair cell damage.



For More Information:
www.ovariancancer.org
www.prostatecancerfoundation.org
www.cancer.gov

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Roasted Vegetable Pasta Salad with Grilled Chicken

Vegetables:
1 1/2 cups (3 x 1/2-inch) julienne-cut yellow squash
1 1/4 cups (3 x 1/2-inch) julienne-cut carrot
1 cup vertically sliced onion
1 cup (3 x 1/2-inch) julienne-cut zucchini
1 cup (3 x 1/2-inch) julienne-cut red bell pepper
1 tablespoon olive oil

Chicken:
4 (4-ounce) skinned, boned chicken breast
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
Cooking spray

Vinaigrette:
1/4 cup balsamic vinegar
1/4 cup fresh lemon juice
1 tablespoon olive oil
1 1/2 teaspoons Dijon mustard
1 teaspoon salt
1/4 teaspoon black pepper
garlic clove, crushed

Remaining ingredients:
8 cups cooked ziti (about 6 cups uncooked short tube-shaped pasta)
2 tablespoons chopped fresh basil
16 cherry tomatoes, halved

Preheat oven to 450°. To prepare vegetables, combine squash and next 5 ingredients (squash through oil) in a roasting pan; toss gently to coat. Bake at 450° for 20 minutes.

To prepare chicken, sprinkle chicken with dried basil and oregano. Prepare grill. Place chicken on a grill rack coated with cooking spray; cook chicken 4 minutes on each side or until chicken is done. Cool; cut into 1/4-inch-wide strips.

To prepare vinaigrette, combine vinegar and next 6 ingredients (vinegar through garlic); stir with a whisk.

Combine the roasted vegetables, chicken, vinaigrette, pasta, fresh basil, and tomatoes in a large bowl; toss gently to coat.

Yield: 6 servings (serving size: 2 cups)

NUTRITION PER SERVING:
CALORIES 422(15% from fat); FAT 7.2g
SAT. FAT 1.2g; PROTEIN 27.7g;
CHOLESTEROL 44mg; SODIUM 494mg;
FIBER 5.5g; CARBOHYDRATE 61.1g

Could it Be a Thyroid Problem? Cont'd

immediately or stores it for the future. In other words, our thyroid hormones regulate our body's metabolism and influence virtually every organ system in the body. They tell organs how fast or slow they should work. Thyroid hormones also regulate the consumption of oxygen and the production of heat.

Too much thyroid hormone from an overactive thyroid gland is called hyperthyroidism (sometimes known as Graves' Disease), because it speeds up the body's metabolism.

Hyperthyroidism occurs in about 1% of all women, who get this condition more often than men.

Too little thyroid hormone from an underactive thyroid gland is called hypothyroidism. In hypothyroidism, the body's metabolism is slowed.

Several causes for this condition exist, most of which affect the thyroid gland

directly. More rarely, there may be a pituitary gland tumor (located near the base of the brain), which blocks the pituitary from producing thyroid-stimulating hormone (TSH). As a consequence, the thyroid fails to produce a sufficient supply of hormones needed for good health.

What are the symptoms?

The symptoms of thyroid imbalances can include the following for **hypothyroidism**: chills, dry skin, hair loss, slow pulse (between 45 and 75 beats per minute), high blood pressure, weight gain, muscle spasm, muscle weakness and depression.

Hyperthyroid symptoms can include: irritability, frequent bowel movements, irritated eyes, rapid heart rate, heat intolerance, weight loss, infertility, hair loss, insomnia and changes in menstrual cycle.

The bottom line is that thyroid disease can affect almost every aspect of your life, including your mental and emotional well-being. If you are receiving treatment or testing for thyroid problems, be sure to communicate and work closely with your doctor. Be sure you are taking medications correctly and following instructions. Early diagnosis can help prevent some of the hidden effects that can include:

Hypothyroidism: High total and LDL cholesterol and coronary artery disease

Hyperthyroidism: cardiac rhythm problems, cardiomyopathy and congestive heart failure, bone loss and osteoporosis

For Both Types: damage to brain structures, high blood pressure, glucose intolerance and diabetes, obesity and acceleration of aging.