



# Newsletter

## Northern Arizona Employer Wellness Group Winter 2005

### Happy New Year!

At the beginning of each year we tend to examine the past and look ahead to the future, often deciding that we need to do something differently-lose weight, exercise more, reduce stress, or quit some bad habit. We make a silent vow on the stroke of midnight New Years Eve to change ourselves for the better. But, in most cases we find our well-intentioned resolutions abandoned by the end of January. Most people who make and break New Years resolutions feel guilty. This is counter-productive, since the whole idea of a resolution is to make a positive change. So why do so many of us abandon our commitment? If you think about the definition of a News Years resolution it is easy to see why so many get left in the dust. A resolution is just a goal-without a plan for achieving it.



If you really want to keep your New Years resolutions here are some things you can do to increase your chances of success.

- **Be specific**-By making your resolution specific you increase your chances of achieving it. Instead of vowing to "exercise" you might decide to join a local gym by the end of January and go 3 times a week in February.
- **Be realistic**- At midnight on New Years Eve you may be feeling a false sense of confidence (depending on how much celebrating you've done up to this point.) While you may be tempted to take on the world, remember that the more realistic your resolution, the more likely you are to keep it. Be realistic about time, energy, and resources you have available and are willing to commit to keeping your resolution before making it.
- **Develop a plan**-As mentioned earlier that many resolutions fail because they are simply goals-without a plan. Be sure to develop a plan for how you will keep your resolution, breaking it down into small steps you'll need to take in order to achieve your overall goal. Once you have a plan, mark down the activity on your calendar or day-timer, so you'll be reminded of them on a regular basis.

Remember, if you have a lapse in your resolution plan-forgive yourself and get back to it!

Regardless of your New Years resolution status, we wish you a prosperous 2005!

Article from [trainingbuz.com](http://trainingbuz.com)

Is there a particular wellness topic that you'd like to see covered in our newsletter? Do you have any wellness questions? Please send questions or inquires to Danielle at [dcaldwell@co.coconino.az.us](mailto:dcaldwell@co.coconino.az.us)

Join us for the next Northern Arizona Employers Wellness Group meeting on Jan. 11, 2:30 or Feb. 8, 2:30 at the Coconino County Health Department

**What lies behind us  
and what lies before us  
are tiny matters compared  
to what lies within us**

**Ralph Waldo Emerson**

## Considering a popular diet plan? For the sake of your health, check it out!

Shedding pounds often tops most peoples New Years resolution lists and that can mean checking out popular diet plans on the market. Do they work? Will any of them be right for you?

If you are considering one or more popular diets or exercise plans, you owe it to yourself and your health to make sure their claims are valid. Ask yourself: Does the diet plan....

- Promise a quick fix?
- Encourage or require you to stop eating certain foods, food groups or products?
- Rely on a single study as basis for its recommendations?
- Contradict recommendations of reputable health organizations?
- Identify "good" and "bad" foods?
- Just sound too good to be true?

If you answered yes to any of these questions, keep looking- for a plan that is backed by solid science, lets you keep eating your favorite foods and allows flexibility.

Keep in mind the best source for help in making changes to your diet is a dietetics professional. Visit [www.eatright.org](http://www.eatright.org) to find a dietetic professional near you. Article from eatright.org

Do you need a vacation? Want to quit smoking or chewing tobacco? Well, now you have a chance to do both -with the

### Leave the Pack Behind contest

If you've been using tobacco for the past year, all you need to do is get a friend or family member to be your Support Coach, then attend weekly support groups or telephone counseling and be tobacco free from February 1 through March 31 to be eligible. And, if you win, your support coach could win a vacation to Lake Havasu.

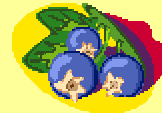
It's time to **Leave the Pack Behind.** For more information on how to register by Jan.15, call 928-522-7882 at the Coconino County Health Department.

## Couscous with Almonds, Dried Blueberries, and Parmesan Cheese

2 ½ cups fat-free chicken broth  
2 teaspoons garlic salt  
2 cups couscous  
2 tablespoons olive oil  
½ cup dried blueberries  
2 tablespoons slivered almonds  
4 tablespoons grated or shredded parmesan cheese, divided

In a medium sauce pan, bring chicken broth to boil. Add couscous, stir, and remove from heat. Allow to sit for 5 minutes. Mix in olive oil, blueberries, almonds, and 2 tablespoons of Parmesan cheese. Transfer to dish and top with remaining 2 tablespoons of cheese. Serves 8

212 calories; 5 grams of fat per serving  
Recipe from American Cancer Society Newsletter



## Seasonal Affective Disorder (SAD)

Some people suffer from symptoms of depression during the winter months, with symptoms subsiding in the spring and summer months. This may be a sign of Seasonal Affective Disorder (SAD). SAD is a mood disorder associated with depression episodes and related to seasonal variations of light. The most difficult months for SAD sufferers are January and February, and younger persons and women are at higher risk.

### Symptoms include:

- Regularly occurring symptoms of depression (excessive eating and sleeping, weight gain) during the fall and winter months
- Full remission of symptoms from depression occur in the spring and summer months
- Symptoms have occurred in the past two years, with no nonseasonal depression episodes
- Seasonal episodes substantially outnumber non seasonal depression episodes
- A craving for sugary and/or starchy foods

For mild symptoms, spending time outdoors during the day may be helpful. If symptoms are severe discuss them with your Doctor or Mental Health Professional To learn more visit the National Mental Health Association at [www.nmha.org](http://www.nmha.org)