

# TRAC's Tuesday Tip

Issue 1: July 24, 2012

Welcome to TRAC's Wellness Program, a component of the Staff/ Family Appreciation Committee!

We will be e-mailing you tips, recipes, and exercises to support you in your health goals. These tips will relate to food, fitness, and mental health. We will encourage you in the next several months to run or walk your first 5k (3.1 miles), get into a healthy eating routine, learn to say no, and develop a sense of balance.

If you have ideas to supplement the wellness program, please see Kristen.

## Fitness tip of the week:

***Get out and walk before or after work for 30 minutes.*** This will be a great start as we kick off

our "Couch to 5k" Program in a few weeks! Research has shown that 30 minutes of moderate activity on most days can:

- Lower blood pressure
- Improve cholesterol
- Prevent or manage type 2 diabetes
- Manage weight
- Prevent osteoporosis
- Prevent cancer
- Maintain mental well-being
- Increase energy and stamina

See this article from Science daily for more information:

<http://www.sciencedaily.com/releases/2008/01/080104123421.htm>

## Food tip of the week:

This week, ***be mindful of what you are putting into your body and how it makes you feel.***

As we embark on a journey towards better health, it's important to remember to make changes you can maintain. According to the American Heart Association, fad diets—those that restrict food choices to one or two items or that offer extreme results such as 10 pounds in a weekend-- can be harmful to your health. Try instead to eat a variety of foods, balancing your intake of fruits, vegetables, whole grains, and lean protein. Think about food patterns you would like to continue long-term because of their taste and health benefits, not those that you can only handle for a few weeks due to boredom or deprivation.

You can check out the complete article at: [http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Quick-Weight-Loss-or-Fad-Diets\\_UCM\\_305970\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Quick-Weight-Loss-or-Fad-Diets_UCM_305970_Article.jsp)

## Mental Health tip of the week:

On your commute to work, ***take time to breathe deeply and clear your mind in preparation for the day.*** If you drive, try turning off the radio and embrace the quiet. If you take the bus, you may need to listen to calming music to quiet the sounds of busyness around you. At least one day this week, try to refrain from thinking about your to-do list, the e-mails and voicemails you need to return, and the home visits you have to complete, and simply enjoy these few minutes alone.

