



eat crunchier snacks.

healthy changes
everything:



BlueShield
of Northeastern New York

Wellness News

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National Handwashing Awareness Week

December 2-8 is National Handwashing Awareness Week.

Always wash your hands:

- Before and after eating
- When preparing food
- After using the restroom
- When you are in contact with someone who is ill
- After touching pets or other animals
- After sneezing, coughing, or blowing your nose

Proper hand-washing technique:

- Wet your hands with warm water and apply soap
- Rapidly rub your hands together, creating a lather, and scrub top and bottom of hands, between fingers, and under fingernails
- Continue scrubbing for 20 seconds
- Rinse hands thoroughly, then dry with a clean towel or hand dryer

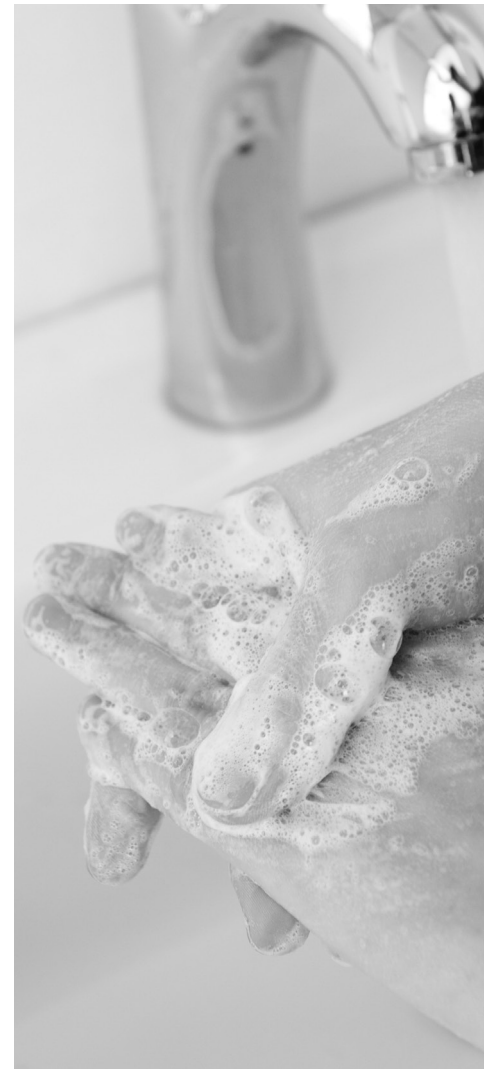
For more information, visit cdc.gov/handwashing/.

Did you know?

Poor hand-washing is responsible for one in four cases of food-borne illnesses.

Do one thing.

Sing “Happy Birthday” twice while washing your hands to wash them long enough.



Set “SMART” Goals

New Year’s resolution season is right around the corner. Try this simple technique to ensure success.

Make your goals “smart”:

- Specific
- Measurable
- Attainable
- Realistic
- Time-oriented

When you’ve reached your goal, celebrate your victory!

For more information on setting healthy, attainable goals, contact a BlueShield coach at 1-877-878-8785.

Did you know?

Dieters who keep a food log lose twice as much weight as those who don’t.

Do one thing.

Write down your goals.

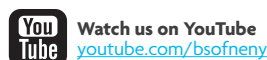
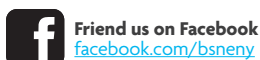
What information would you like to see in our next newsletter?

**We want to hear from you.
Go to our Facebook page and let us know!**

This newsletter is brought to you by the Health Promotion Department at BlueShield of Northeastern New York. For more information about the services we offer, please call 1-518-220-5744.

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Get Fit – Develop a Well-Rounded Exercise Routine

In exercise, variety is the key. By developing a workout routine that includes cardio, strength-training, and flexibility, your body can become stronger and less prone to injury.

A well-rounded routine includes:

- Strength training, two to three days a week
- Cardiovascular exercise, 30 minutes a day, five times a week
- Flexibility training (after warming-up), five to seven days a week

For more information, go to americanheart.org/fitness.

Did you know?

Physically active people save about \$500 a year in health care costs.

Do one thing.

Start walking—every step helps!

Eat Fit – Healthy Holiday Eating Tips

Food temptations are high during the holiday season. Holiday cooking and parties make it difficult to follow a well-balanced diet.

To stay on track, try these tips:

1. Make a goal to maintain your weight during the holidays.
2. Make time each day to exercise.
3. Eat a small snack before a party to prevent overeating later.
4. Avoid alcoholic beverages.
5. Bring your own healthy dish to parties.

Visit skinnytaste.com for lighter versions of your favorite holiday recipes!

Did you know?

One pound of weight gain is equivalent to 3,500 calories.

Do one thing.

Exchange one food-centered activity for an active event, like sledding or cross-country skiing.

Live Fit – Beat the Winter Blues

In winter months, the amount of daylight is limited and, as a result, many people experience the “winter blues.” When this becomes more serious, it is called Seasonal Affective Disorder (SAD). Common symptoms of SAD include depression, anxiety, irritability, fatigue, carbohydrate cravings, and weight gain or loss.

To beat the winter blues:

- Get moving
- Eat well
- Try a more positive outlook
- Connect with friends
- Get help

For more information, visit the health library on our member website or speak with your doctor.

Did you know?

Using light therapy and cognitive behavioral therapy, therapists can cure about 80 percent of SAD patients.

Do one thing.

On sunny winter days, go outside for at least 10 minutes.

