



Dr. O in the Know

*Suggestions for being all you can be!
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Happy Happy Happy.

As we enter 2014, are you thinking outside the box, or are you just trying to get through the day?

Days are cold and not so sunny at times, and that is when seasonal affective disorder (SAD) affects those of us that require the sun to make us shine. So go on! Bundle up and soak in whatever sunny days you find!

And regular exercise — whether inside or out — is a great way to chase away the winter blues!

New Year's is also a great time to attend to all your screening health needs! Check your benefits booklet to see what you are eligible for, and make those appointments now!

Get Healthy • Live Healthy
Be Healthy

**Fad Dieting:
Warning Signs Your New Diet Isn't Safe**

The old saying, "There's nothing new under the sun," is especially true each January as thousands of Americans make New Year's resolutions to diet, exercise and finally lose those unwanted pounds. Unfortunately, the temptation to reach these goals in unhealthy ways can be very strong. Doing the daily work of healthy habit changes such as eating healthier foods and exercising regularly is less appealing than the easy route promised by fad diets.

Fad diets are weight-reduction diets that enjoy temporary popularity by promising quick solutions for losing weight, often in ways that compromise nutrition. Most people who follow a fad diet gain the weight right back after they stop the diet.

Here are a few signs your new diet program may be a fad:

- It promises more than 2 pounds of weight loss per week.
- It forbids a basic food group or food nutrient (fats, carbohydrates, proteins, etc.).
- The claims sound too good to be true.
- It involves a quick fix or diet drug.
- There's a product you need to buy in order to lose weight.

Make a New Year's resolution to be patient with yourself and set realistic, healthful weight-loss goals. And be sure to check out www.choosemyplate.gov to customize a meal plan that's right for you.



Be Healthy Recipe

Tuscan White Bean Dip *Makes 6 servings.*



- 1 teaspoon olive oil
- 1 tablespoon garlic, chopped (about 3 cloves)
- 2 tablespoon onions, chopped
- 1 cup low-sodium cannellini beans, rinsed
- ¼ cup low-sodium chicken broth
- 1 tablespoon fresh parsley, rinsed, dried, and chopped (or 1 teaspoon dried)
- 1 teaspoon fresh oregano, rinsed, dried, and chopped (or ¼ teaspoon dried)

Combine ingredients. Serve with chopped carrots and celery sticks.

| Nutritional information per serving: | | |
|--------------------------------------|-------|--------------------|
| Calories | 87 | Carbohydrates 10 g |
| Total fat | 4 g | Potassium 158 mg |
| Saturated fat | 1 g | Vitamin A 2% |
| Cholesterol | 0 mg | Vitamin C 4% |
| Sodium | 25 mg | Calcium 0% |
| Total fiber | 3 g | Iron 6% |
| Protein | 3 g | |

Percent Daily Values are based on a 2,000 calorie diet.

Source: National Heart, Lung, and Blood Institute

Did you know?

Even animals stretch? Stretching gets blood flowing to the brain and relieves tension. Although most animals don't stretch before hunting — er, exercising — humans should. Stretching before exercise helps to improve muscle control and increases flexibility and range of motion. It also helps to prevent activity-related injuries. Be sure to stretch before and after hitting the bicycle, ballet floor, hiking trail or soccer field.

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Desk Jobs: Think Outside the Box

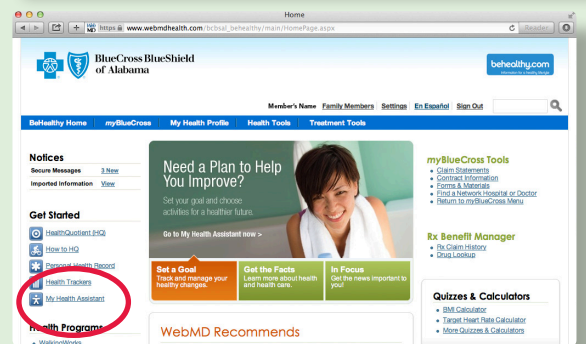
When it comes to exercise, remember three little words: move, move, move. Any form of movement can be a form of exercise, and is good for the body and soul. Sedentary behavior has been identified as a risk factor for a variety of chronic health conditions including coronary heart disease, hypertension, colon cancer and diabetes. For men and women with sedentary or desk jobs, regular exercise is crucial for staying trim and preventing these diseases.

In the words of King Julian from the movie "Madagascar," do you like to "Move it, move it?" Need ideas for how to "move it" more during the work day? Try the following tips.

- Plan short activity breaks into your day.
- Aim for at least three, 10-minute walking breaks during the day.
- Take a brisk walk or hit the gym on your lunch break to get your body moving.
- Instead of using the phone or email to talk to coworkers, walk to their desks.
- Do chair exercises for toning, such as leg lifts. Try holding each leg straight out for 15-30 second intervals, or kick each leg straight out under your desk, 12 reps at a time.
- As in elementary school gym class, do these exercises for your arms: hold arms straight out and make 12 small circles forward followed by 12 small circles backward.

Blue Cross and You

Trying to climb the mountain alone? You're more likely to stick to your goals for healthy living when you have accountability. Blue Cross is here to help through a web-based goal tracking program powered by WebMD called My Health Assistant. This program allows you to set, track and reach your personal and individual goals for healthy living. Target areas include nutrition, exercise, weight loss, stress reduction and tobacco cessation. Customize your own program and log in regularly to track your progress. For more information, visit www.behealthy.com. Create a username and password and get started today with My Health Assistant.



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Visit www.behealthy.com for tools and information for a healthy lifestyle.