



JANUARY 2019

# Wellness Matters

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Your Healthy Body

## Protect Your Health: Cut Calories!

A wide variety of issues affect how we gain and lose weight, but gauging the best way for you, individually, to move the scale can be a challenge. Many choose to count calories to meet weight loss goals:

**Get Started!** The first step in calorie counting is to determine how many calories you must consume each day to maintain your current weight. Just multiply your current weight by 15, roughly the number

of calories per pound needed to maintain your weight, if you are moderately active (you engage in 30 minutes of physical exercise daily, such as a brisk walk, using an elliptical machine, or climbing stairs).

Example: Kathy is 5'4" tall and weighs 155 pounds and she must lose 15 pounds to be within a healthy weight range:

$$155 \times 15 = 2,325 \text{ calories per day to maintain current weight}$$

To lose, for instance, 1 to 2 pounds per week, guidelines recommend 500 to 1,000 calories less per day; her new caloric intake falls between 1,325 and 1,825 calories per day along with

suggested daily exercise.

### Counting Down:

Counting calories to hit your goal does not need to

be difficult; try these tips:

- » Avoid high fat or processed packaged foods and snacks
- » Eat low-calorie meals at regular intervals.
- » Plan your meals and snacks for specific times of day and stick with this schedule.
- » Cook with lean cuts of meat.
- » Choose foods that are filling, yet low in calories, such as whole grains, fruits, and vegetables.

- » Avoid eating fried foods; instead cook in pans lightly coated with cooking spray or braise foods with wine or broth. Baking, broiling, and roasting are other cooking methods that reduce fat.
- » Try low- or fat-free dairy for protein without the fat.



## Winter Skin

When temperatures and humidity levels drop, caring for your skin can be difficult. Dry skin may not be your biggest health issue, but neglect can result in:

- Itchiness
- Cracked, painful skin
- Eczema or dermatitis
- Bacterial infection

This winter, avoid hot water when possible as it rapidly dries out skin. Choose a soap that is gentle to your skin and use minimally. And properly moisturize to keep skin hydrated and healthy.

## Are You Contagious?

The winter months are commonly associated with decreasing temperatures and increasing cases of the common cold. Typically, symptoms of the common cold come on gradually, and may start with a sore throat or irritated sinuses.

Some studies show that, when you have a cold, you're contagious approximately one to two days before symptoms start and can continue to be contagious for up to seven days after you've become sick. Unfortunately, many people can't stay home for that long of a time to fully recover.

Consider the following suggestions to help avoid becoming ill or passing on a cold to a co-worker, friend, or family member:

- » Wash your hands with warm water and soap often.
- » Avoid touching your eyes, mouth and nose.
- » Sanitize commonly touched surfaces.
- » Always cough and sneeze into your elbow—not your hands—to prevent spreading germs.



## Healthy & Delicious Try Avocados!

According to Telsey Advisory Group, a firm focused on evaluating the consumer market, avocado consumption in the United States has quadrupled since 2000. And, unlike many other health food crazes, avocados are actually good for you.

So, make room in your diet for avocados! While it is true that avocados contain more calories and fat than other fruits or vegetables (one-fifth of an avocado contains 50 calories and 4.5 grams of fat), they also have many health benefits. Avocados contain heart-healthy unsaturated fat, which can help lower cholesterol. They are also packed with vitamins, minerals, and fiber that are part of a healthy diet.

Plus, there are many ways to prepare avocados, including mashed into guacamole, sliced on a sandwich, diced for a salad topping, mixed into a smoothie, cut into quarters and grilled, even blended into a chilled soup.

Learn more about this versatile, delicious, and nutritious fruit (yes, it is actually a berry!) at [webmd.com](http://webmd.com).

