



FEATURING  
16 GREAT WAYS TO...  
**MAINTAIN  
THE WEIGHT  
YOU'VE LOST**  
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A MONTHLY HEALTHLETTER FROM THE WELLNESS COUNCIL OF AMERICA

## A Word On... Waist Size

There's a growing amount of research indicating that where you store extra fat can be a predictor of health risks. Specifically, people who are apple shaped and store fat around their belly are more likely to develop weight-related diseases than people who are pear shaped and store most of their fat around their hips. In fact, a recent study published in *PLOS Medicine* found that waist size can predict your diabetes risk, even if you are not obese.

You can measure your waist size with a tape measure. For most people, the goal for a healthy waist is:

MEN	WOMEN
Less than 40 inches (102 cm)	Less than 35 inches (88 cm)

# What's A Healthy Weight?

Your weight may be on your mind if you've noticed that your clothes are a little snugger nowadays, or maybe if your doctor or family members have encouraged you to lose a few pounds. To be sure, reaching and maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions. So, the pressing question is: How can you determine a healthy weight?

### Determining Your Ideal Weight

Is losing 20 pounds enough? Too much? Indeed, you may have a "magic" number in mind, but do you have any idea if that's a healthy or ideal goal? Although your ideal weight depends on several factors, including your height, gender, body type, bone density and muscle-fat-ratio there are a few key ways to determine a healthy range.

**Body mass index (BMI)** is a measure of body fat based on height and weight and it's the most commonly used tool to determine a healthy weight range for adult men and women. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.

BMI is an inexpensive and easy-to-perform method for screening your weight. Your doctor can tell you your BMI, or you can use charts or interactive calculators.

BMI CATEGORIES	
BMI	Weight Status
Below 18.5	Underweight
18.5-24.9	Normal
25.0-29.9	Overweight
30.0 and Above	Obese

It's important to note that your BMI is certainly not the only measure of your health. Your BMI can fall into a normal range, but that doesn't necessarily give you a clean bill of health. A person who is above the normal range may be healthy if he/she has healthy eating habits and exercises regularly. On the flip side, those who are thin but don't exercise or eat nutritious foods aren't necessarily healthy just because they have an ideal BMI. Always seek the advice and recommendations of your doctor when it comes to your health status.



### Cool Tool!

The National Heart, Lung and Blood Institute provides an interactive BMI calculator. Simply enter your weight and height and click "Compute BMI" and your BMI will appear. Find it at [www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm](http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm)

**MORE HEALTH  
TIPS INSIDE**

## This Month's Recipe:

# Smoked Salmon & Avocado Bagel Sandwich

Sometimes we just need a change of taste and this bagel sandwich will break anyone out of the breakfast doldrums. It capitalizes on the scrumptious combination of salmon, capers, and red onions that promises to please your heart and brain as much as it does your taste buds. The salmon is swimming with loads of superstar omega-3 fats and both capers and red onions can claim having amongst the highest concentration of antioxidant flavonoids in the entire plant food kingdom. The whole grain bagel or English muffin rounds out this breakfast sandwich with a nice dose of healthy carbs and counts as up to two servings of your recommended daily three servings of whole grains.

Here is how you make this meal:

### INGREDIENTS:

- 1 100% whole wheat bagel (3.5 oz or less) or 100% whole wheat English muffin, toasted
- 3 slices of avocado
- 2 slices of smoked salmon (2-3 oz.)
- 2 very thin slices of red onion
- 1 tsp of capers
- 2 Tbsp plain low-fat or non-fat Greek-style yogurt
- ½ tsp chopped fresh dill (optional)

### DIRECTIONS:

Spread the yogurt on one half of the toasted bagel. Top it with (in this order) the capers, onions, salmon, avocado and dill (if using). Cover with the other half of the toasted bagel/English muffin to complete your sandwich.

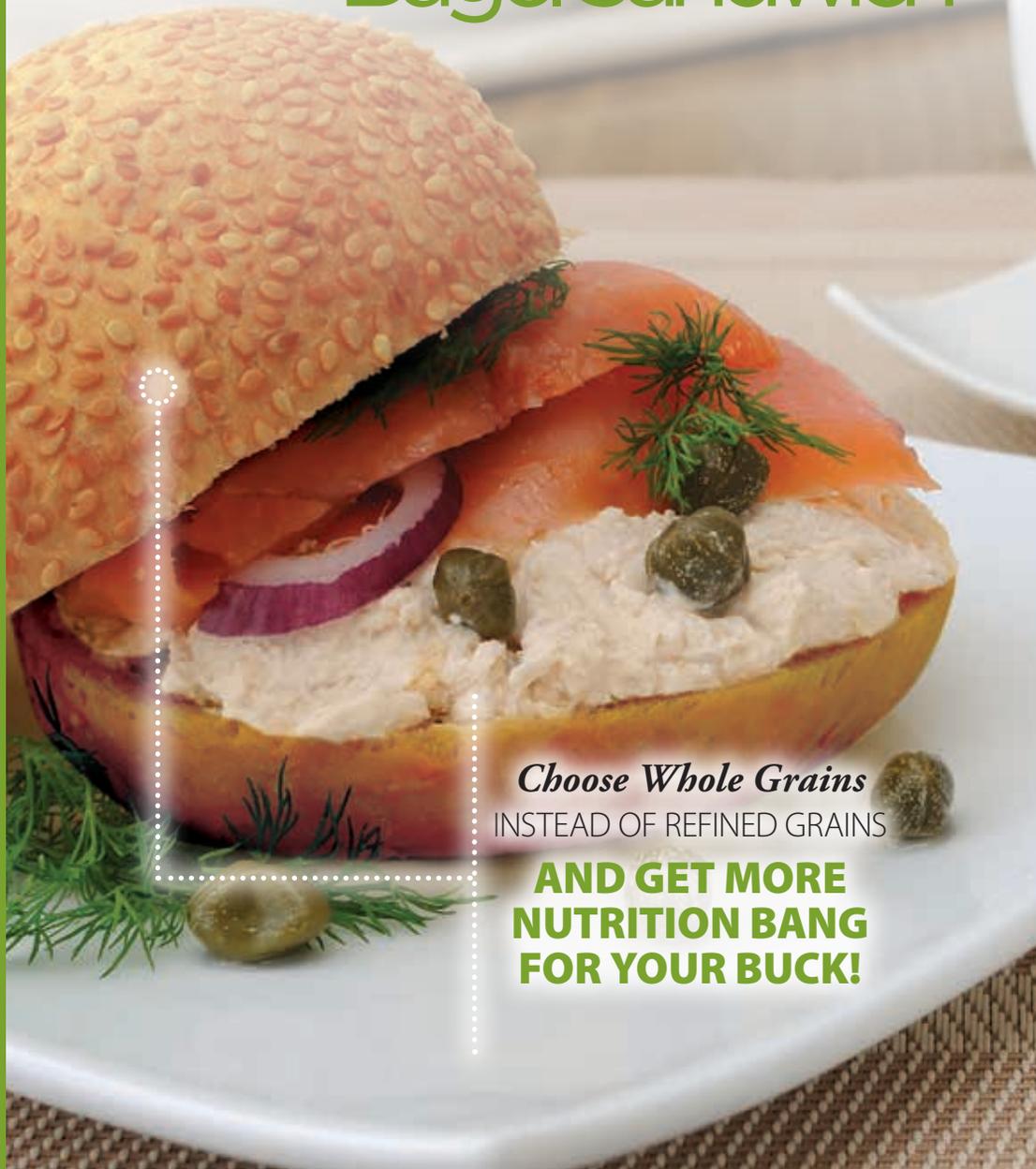


**Dr. Ann**  
Ann Kulze, M.D.

With formal training in nutrition and medicine, plus hands-on experience as a mother of four and family physician, Dr. Ann is a unique nutrition expert for the real world.

The whole food ingredients found in Dr. Ann's recipes are the right foods for health and vitality. Nutritional excellence naturally follows.

For more, visit [DrAnnWellness.com](http://DrAnnWellness.com).



*Choose Whole Grains*  
INSTEAD OF REFINED GRAINS

**AND GET MORE  
NUTRITION BANG  
FOR YOUR BUCK!**

# The Down Low On Vitamin D

Vitamin D is essential because it helps your body absorb calcium and build strong bones. Lately, you may have heard that vitamin D can do much more. Indeed, research is increasingly revealing that vitamin D could play a vital role in the prevention and treatment of a number of different conditions, including diabetes, high blood pressure, osteoporosis, cancer and several autoimmune diseases. Of course, with this growing research comes growing media attention and thus some growing confusion as to how much vitamin D you need to reap health benefits.

## How Much Do You Need?

The Institute of Medicine (IOM) has set the following guidelines for vitamin D:

- For everyone age one to 70, the daily recommended dietary allowance (RDA) for vitamin D is 600 international units (IU)
- The daily RDA for those 70 and older is 800 IU

The IOM has also set a “tolerable upper intake” level of 4,000 IU per day for adults and children over the age of nine. This

means that taking up to this amount of vitamin D daily should not pose any health risks.

## What's The Best Source?

Vitamin D is produced by the body in response to sunlight, and it's thought that as little as 10 minutes of daily exposure (without sunscreen, as sunscreen is thought to prohibit vitamin D production) is enough to prevent deficiencies. However, this time can still vary depending on your age, skin type, season and time of day. Of course you'll need to weigh this against the risks of excessive sun exposure without sunscreen.

Vitamin D can also be found in a few foods such as fish, eggs, some mushrooms and cod liver oil. Vitamin D is also fortified in some breakfast cereals, milk, orange juice and yogurt.

You should speak to your doctor about your vitamin D intake and the possibility of a supplement, especially if you have risk factors for vitamin D deficiency (see column for more information).

## SUPERSTAR FOOD OF THE MONTH - Wild Salmon

Wild salmon is one of the healthiest protein packages on earth. This delectable fish is virtually exploding with almighty omega-3 fats along with several key nutrients, including magnesium, selenium, B vitamins, and vitamin D (think heart health, brain health, diabetes protection). A small serving provides over 100 percent of your daily requirement for the all important vitamin D.



## Are You Vitamin D Deficient?

**Vitamin D deficiency can occur for a number of reasons:**

**You are a strict vegetarian or vegan.** This is likely if you follow a strict vegetarian diet, because most natural vitamin D food sources are animal-based, like fish, eggs and fortified milk.

**You don't get much sun.** The body makes vitamin D when your skin is exposed to sunlight. It's thought that as little as 10 minutes of daily exposure (sans sunscreen) is enough to prevent deficiencies.

**You have a history of kidney problems.** The kidneys convert vitamin D to its active form. If you have kidney problems, you may be at an increased risk for vitamin D deficiency.

**You are obese.** Research shows that those with a body mass index (BMI) of 30 or greater often have low blood levels of vitamin D.

Your doctor can administer a specific blood test to determine how much vitamin D is in your body.

# WELCOA'S **spark16...** Ways **WEIGHT YO**



## Cool Tool!

MyFitnessPal is a diet and fitness community built with one purpose in mind: providing you with the tools and support you need to achieve your weight loss goals.

Visit [www.myfitnesspal.com](http://www.myfitnesspal.com) and also be sure to check out their mobile apps!



**1** Keep the word “diet” out of your vocabulary. A fad diet may help jump-start weight loss, but permanent weight loss requires healthy lifestyle changes. Plus the word diet just has negative connotations. Have you ever heard someone happily say they’re on a diet?!

**2** Define your “danger weight” and fiercely defend it. Pick a number that you never want to see on the scale again. That’s your danger weight—don’t let your weight go above it, ever.

**3** Don’t skip any meals. You may think it’s a smart way to save calories but you’ll likely only overeat later.

**4** Carry a photo of yourself at your heaviest weight. This can act as a constant reminder of your achievement, and help you stay motivated to never go back to that weight.

**5** Plan every meal. If you don’t know what you’re going to have for dinner by 5:00 p.m., you’re much more likely to pick up something quick and convenient—and those are the exact foods that are usually packed with more calories and fat. Planning your meals will help you keep the weight off.

**6** Weigh yourself every day. Monitoring your weight creates awareness and can help you prevent 10 extra pounds from “sneaking” up on you.

**7** Eat when you’re hungry. You don’t ever want to deprive yourself. The key here is to eat when you’re truly hungry. Give yourself some time (about 20 minutes) to determine if you have legitimate hunger pains or if you’re just bored.

**8** Set new goals that get your blood pumping. New goals can help you stay motivated. Perhaps it’s a 10-k, a mini-triathlon or scuba diving—whatever it is, set goals that are meaningful and achievable.

# To Maintain The DU'VE LOST

"Eat to live, not live to eat."  
-Socrates

## TRY THIS!

The National Heart, Lung and Blood Institute offers a free interactive menu planner at:

[http://www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/sampmenu.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/sampmenu.htm)

**9 Aim to exercise at least 30 minutes every day.** There's plenty of research showing that people will regain the weight they've lost if they aren't physically active. Physical activity is a must for weight loss maintenance.

**10 Carry the weight you lost.** If you feel like the 15 or 20 pounds you've lost isn't a big deal, try this: Grab some free weights or some heavy books that are equivalent to the weight you've lost. Now walk around with it.

**11 Give yourself permission to indulge.** You can still occasionally enjoy your favorite high-calorie treats. The key is to eat a smaller serving of it. You can also try adding a healthy twist, like adding strawberries to your ice cream or having broccoli and carrots with your favorite dip.

**12 Keep a food journal. Writing down everything you eat or drink will help you identify unhealthy trends. Are you gaining weight back because you're grabbing a soda every afternoon?**

**13 Drink a glass of water before grabbing a snack.** You may be thirsty as opposed to hungry.

**14 Surround yourself with people who support your new habits.** You may feel isolated if you don't have a strong network of like-minded people to help you stay motivated and make the right decisions in the long run.

**15 Know what you're eating when eating out.** A nutrition guide can help you make smarter decisions when you're grabbing a bite on the go. Check out *The Stop and Go Fast Food Nutrition Guide* at [www.welcoa.org/store](http://www.welcoa.org/store).

**16 Try keeping your "kryptonite" foods in the house.** Traditional wisdom tells us to keep the "bad" foods out of our cupboards, but this can lead to unhealthy food fixations. A food may lose its power over you if you know it's available 24-7. Try it a for a few weeks—if you over-indulge, go back to keeping the food out of the house.

Remember to talk with your doctor if you have any concerns about your health.



### 3 ADDITIONAL GOAL-SETTING TIPS

1. Get a pen and piece of paper and write it down. There are certainly gadgets and technology you can and should leverage, but there is tremendous power behind the act of physically writing down your goal—it makes it real.
2. Avoid the words “some”, “less” and “more.” These vague descriptors give you wiggle room and permission to deviate from your goal. What does “I will exercise more” or “I will eat less fast food” really mean? You can only truly measure success if you deal in measurable quantities.
3. Track your progress every week. Take note of where you succeeded and where you fell short every week. This will help you celebrate your accomplishments and recognize the areas you need to focus on.



# Make It Happen!

## How To Set Successful Health Goals In The New Year

New Year’s resolutions, goals, “bucket lists”—that time of year is here again already! To be sure, this is the time when many people reassess their previous year’s goals and set new and perhaps even more ambitious goals.

You’ve probably heard that your goals need to be **SMART** (specific, measurable, attainable, realistic, timely). You should indeed focus on **SMART** goals, but here are some additional, yet often overlooked details when it comes to **SMART** goals:

1. Get **specific** with the process. If your goal is to lose 15 pounds this year or exercise five days a week, plan out the specific process that will help you get there. For example, what are the exact days and times you will work out? How will you ensure exercise fits into your daily schedule?  
comfortable shoes and workout gear, a place to exercise, etc.
2. **Measure** your desire to achieve the outcome. Are you aiming to achieve a goal because your friends and family are encouraging you to do it, or is it something that you truly desire? On a scale of 1 to 10, measure your desire to achieve the result. If it’s less than 5, it’s likely that you don’t have much vested in the goal.
3. Focus on the resources you’ll need to make the goal **attainable**. What tools do you need to achieve your goal? Make a list of the essentials. For example, if you want to exercise more your essentials would include
4. Share your goals if they are truly **realistic**. If you’re vested in your goal, go public with it, as you will definitely need encouragement and support from your family and friends. If you want to keep your intentions private, it’s a good indicator that you’re not confident about reaching your goal. Take some time to reassess if you feel like keeping your goal private.
4. Schedule **time** for failure. No one is perfect, so allot some time for setbacks. There may be some weeks where you simply can’t fit any time in for exercise or perhaps you didn’t have time to cook healthy meals. That’s ok. Just don’t throw your plan away because you missed the mark on a few occasions. Persistence is key.

# Feeling Tired & Sore?

## HOW TO PREVENT MUSCLE MALAISE

It starts with the best of intentions: to get and stay active. But somehow, before you know it, you've done too much too quickly and just the thought of putting on your walking shoes seems to make your joints and muscles ache even more. The good news is that you're not alone. Feeling tired and sore after a workout is completely normal. However, you do want to take the right precautions to prevent injuries that could put you on the sidelines for good.

**Consider these surefire strategies to prevent injuries and to keep you on track with your fitness goals:**

**Take lessons or hire a pro.** Even just one or two lessons with a pro can help you avoid injury. From walking on the treadmill to using free weights, using the correct technique is crucial to preventing injuries. Additionally, getting expert advice can help you moderate your routines so you don't do too much, too soon.

**Add variety to your routine.** Doing the same exercise over and over can lead to overuse or repetitive use injuries, such as strains, shin splints and/or tendinitis. Mix it up every once in a while, for example, walk on a treadmill one day and do the step mill the next.

**Take it slow.** It's much easier to add a bit of intensity or length to your workout routine over time, rather than going all-out on day one. Give your body the time it needs to build strength and endurance—build the pace of your workout over time.

**Rest when you feel sore.** Tired muscles are an invitation to injury. Take a day or two off if you feel tired and sore.

### Should You Use Heat or Ice?

Do you know when to use ice and when to use heat on an injury or sore muscles? Read on for information about treatment of injuries with ice packs and heating treatments.

#### Use Ice or Ice Packs:

If you have a recent injury (within the last 48 hours) where swelling is a problem (like a sprain), you should be using an ice treatment. Ice packs can help minimize pain and swelling around the injury.

Place an ice wrap on the affected area for about 10 minutes at a time. Allow your skin temperature to return to normal before icing a second or third time. You can ice an injury such as a sprain several times a day for up to three days.

#### Use Heat Treatments:

Heat treatments should be used for chronic conditions (like an overuse injury) to help relax and loosen tissues, and to stimulate blood flow to the area. You can use heat treatments for chronic conditions before exercising or participating in an activity. Apply heat (like a heating pad or warm towel) to the affected area 15 to 20 minutes at a time.



It's always a good idea to talk with your doc before starting a new type of physical activity, especially if it's particularly strenuous or if you have any medical conditions.

# WELCOA'S **spark16**

IGNITE YOUR BEST YOU.

In every issue you'll find 16 ridiculously simple ways to stay healthy!

## IN THIS ISSUE

- » Weighty Matters: Are You A Healthy Weight?
- » Do You Get Enough Vitamin D?
- » You Lost The Weight, Now Learn How To Keep It Off
- » Don't Let Injury Derail Your Workout Routine



## DID YOU KNOW?

**30**  
& above

THE BMI MEASUREMENT THAT CLASSIFIES AN ADULT AS OBESE.

**30**  
minutes

THE AMOUNT OF PHYSICAL ACTIVITY YOU SHOULD AIM FOR PER DAY TO MAINTAIN WEIGHT LOSS.

**4,000**  
IU

THE "TOLERABLE UPPER INTAKE" LEVEL PER DAY FOR VITAMIN D FOR ADULTS AND CHILDREN OVER THE AGE OF NINE.

## How Can I Tell If **My Child** Is A *Healthy* Weight?

The Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics (AAP) recommend the use of Body Mass Index (BMI) to screen for overweight and obesity in children and teens aged 2 through 19 years. For children and teens, BMI is age and sex-specific and is often referred to as BMI-for-age. *It is not appropriate to use the BMI categories for adults to interpret BMI numbers for children and teens.*

After BMI is calculated for children and teens, the number is plotted on the CDC's BMI-for-age growth charts to obtain a percentile ranking. Your child's pediatrician usually gathers and plots this information during your child's yearly check-up. He or she will tell you where your child falls percentage-wise. However, it's important to note that BMI is not a diagnostic tool. To determine if excess fat is a problem, additional assessments, like skinfold thickness measurements and evaluations of diet and physical activity would be performed.

## What's In A Number?

TYPICAL COST

**\$50**

FOR A 1-HR LESSON WITH A **CERTIFIED PERSONAL TRAINER**

In one hour you can learn proper form and technique to prevent injury.

TYPICAL COST

**\$100 TO \$200**

FOR A PHYSICAL THERAPY SESSION

If you severely injure yourself during a workout or activity, you may need several sessions.