



Health Matters

Your source for healthy eating and active living

January 2012

Happy New Year!

Own Your Cravings:

Tips for Meeting Your 2012 Wellness Goals

In light of so many resolutions being made this month, I wanted to share excerpts from a blog post about cravings—you know, those foods you just HAVE to have that can derail your health goals.

Read on...

~Bernadette, your

Fit 2 Live Coordinator—975-8777

Adapted from a blog post by Laurie Erdman on www.owningpink.com.



Have you ever been going along on your diet, losing weight, when all of the sudden you have the overwhelming urge to have a hot fudge sundae? You try to talk yourself out of it, but just can't. You succumb. You feel good for a few minutes, but then you feel awful. All that hard work seems to unravel.

Let's talk about what typically causes cravings—LIFE!

One of the primary triggers for cravings is our emotional reaction to life. Ever eat a pint of ice cream as you mourned a lost relationship? Eaten a whole pizza while working late under the stress of a deadline? These are all poor food choices made in reaction to life stressors.

Since we can't eliminate these events, how do we deal with the cravings? By acknowledging them. Own them. When we recognize that we are craving that ice cream to sooth the pain of a lost relationship, the ice cream loses its power.

So the next time you crave something that undermines your wellness goals, ask yourself what is going on with you emotionally. Are you upset about work? Are you unhappy in your relationship? Are you bored or uninspired in your job? Do you lack a spiritual foundation? Any of these can lead you to seek solace in food (that's why they call it "comfort" food). A little self-analysis may be the key to keeping you from that brownie—and support your happiness in the long-run.

NEW PRIZE ADDED: TIME OFF!

1/2 day off for five lucky winners

JOIN THE WELLNESS PROGRAM AND WIN!

Kick off the New Year right by joining the Fit 2 Live Employee Wellness program! It's free to join and gives you big discounts on City health facilities.

All members that sign up by February 29, 2012 will be entered into a drawing to win an Arkansas Razorbacks gift basket (\$89 value)!!!

Also, five lucky winners will get a half day paid time off!

Steps to joining:

1. Complete a Personal Health Appraisal through QualChoice (online or on paper)
2. Provide proof of having a physical since July 2011 (or get your 2012 physical free at the Employee Wellness Clinic)
3. Bring proof of both to the North Little Rock Community Center



Stadium cushion, hog snout, pompom, mug, foam hand, puzzle, notepad, paper plates, napkins, license plate, and car flag.

WIN THIS!

...and a half day off work!

STRESS MANAGEMENT

Part 4 of 7

Reduce job stress by prioritizing and organizing

When job and workplace stress threatens to overwhelm you, there are simple steps you can take to regain control over yourself and the situation:

Time management tips for reducing job stress:

- **Create a balanced schedule.** Analyze your schedule, responsibilities, and daily tasks. All work and no play is a recipe for burnout. Try to find a balance between work and family life, social activities and solitary pursuits, daily responsibilities and downtime.
- **Don't over-commit yourself.** Avoid scheduling things back-to-back or trying to fit too much into one day. All too often, we underestimate how long things will take. If you've got too much on your plate, distinguish between the "shoulds" and the "musts." Drop tasks that aren't truly necessary to the bottom of the list or eliminate them entirely.



Next month: Prioritizing, Part II

- **Try to leave earlier in the morning.** Even 10-15 minutes can make the difference between frantically rushing to your desk and having time to ease into your day. Don't add to your stress levels by running late.
- **Plan regular breaks.** Make sure to take short breaks throughout the day to take a walk or sit back and clear your mind. Also try to get away from your desk or work station for lunch. Stepping away from work to briefly relax and recharge will help you be more, not less, productive.

Info brought to you by:

Your City of NLR "Fit 2 Live" Employee Wellness Program

Join FREE! Get big discounts on health and fitness!

For more information, visit www.nlrpr.org/employeeewellness or contact Bernadette Gunn Rhodes, Fit 2 Live Coordinator, at 975-8777 or brhodes@northlittlerock.ar.gov.