

## RESULTS FOR LIFE

Monthly tips and topics for a healthier lifestyle

### Healthy Weight

Happy New Year! January is a month filled with resolutions, hopes, and goals for the coming year. Let this year be your year! Does your resolution include achieving or maintaining a healthy weight? This newsletter is filled with information on ways to hit your weight goal through nutrition, sleep and a little bit of willpower. Don't forget to include exercise to aid in weight maintenance.

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#### The Sleep-Weight Connection



How many of us feel as though there aren't enough hours in the day to get everything done? Work responsibilities, personal responsibilities, errands, social events, family commitments can take up a huge chunk of our time. Many people view sleep as just "down time," a time when the brain shuts off and the body rests. Some people may sacrifice a few extra hours of sleep to complete their other daily tasks.

However, more research is emerging to highlight how important it is to get a good night sleep. Not only is your health and quality of life linked to sleep, but your weight status is also impacted by the number of hours of sleep you receive. If one of your New Year Resolutions is to lose weight, you may want to take some time to examine your sleep!

According to the National Sleep Foundation, the recommendation for sleep is between 7-9 hours for adults. The Nurses' Health Study, which followed 68,000

#### Fit Tip of the Month



#### How to Create an Exercise Habit

Is there a secret to making exercise a part of your life so that it becomes a habit? We've got some great strategies that can help you make exercise a part of your life for good!

- 1) **Be consistent** – Apply consistency to exercise, perform some exercise every day. Start with a 30-day challenge to get some activity every day.
- 2) **Set a time** – Figure out what your best, most protected time of day is where you are likely to stick to your exercise and try not to vary that time.
- 3) **Send yourself a reminder** – Send yourself a text or an email so that you won't forget.
- 4) **Start small & progress later** – Start with 5, 10, 15 minutes to get started and let your body get used to the new exercise. Once your body is used to daily exercise, slowly increase the amount of exercise- no sooner than 2-3 weeks after starting.
- 5) **Make it fun** – If you associate a habit with pain, you will shy away from it. If you make it fun, you'll look forward to it.
- 6) **Lay out your gear** – Put your clothes and whatever other

middle-age American women for 16 years is considered the longest and largest study on adult sleep habits and weight. The study found that compared to women who slept seven hours a night, women who slept five hours or less were 15 percent more likely to become obese over the course of the study.

#### What exactly is the sleep and weight connection?

1. **Increases hunger:** Sleep plays an important role in appetite, energy use, and weight control. A lack of sleep causes the production of the hormone ghrelin, an appetite stimulant, to increase, while causing the appetite suppressor hormone, leptin, to decrease. Therefore, we are left feeling hungrier during the day. This can make it difficult to regulate appetite and may lead to weight gain over time.
2. **More time in the day to eat:** The less people sleep, the more likely they are to crave foods that are higher in carbohydrates and calories. Overtime consumption of these foods can lead to weight gain. In addition, if you are only sleeping for 5 hours, you are up and awake for more hours of the day and may be more inclined to eat more or include more snacks.
3. **Decrease in physical activity** – people who don't get an adequate night's sleep tend to feel tired or fatigue during the day. As a result, they may be less inclined to engage in physical activity.

**Resources:** [Harvard T.H. Chan School of Public Health](#); [National Sleep Foundation](#)

**Erica Lokshin, MS, RDN, LDN– Registered Dietitian/Health Coach**

equipment you need out ahead of time and in your line of vision.

- 7) **Just get going** – Just start, don't think about how long or how hard – once you get going, you usually won't want to stop.
- 8) **Mix it Up** – Keep it interesting by trying different exercises, which will allow for using different muscle groups and allow others to have rest days!
- 9) **Plan rewards for yourself** – Once you achieve your goal, reward yourself with some new workout clothes, or anything else that will make you feel good about your accomplishment!

**Resources:** [Ace Fitness](#)

**Suzanne Toon MS, CPT**

**Always consult your physician before beginning this or any exercise program. For more exercises or ideas, visit [www.myinteractivehealth.com](http://www.myinteractivehealth.com).**

## Have you seen your new wellness website?



We've taken the online wellness experience to a whole new level. Tap into a concierge-like web experience that will assist you on your journey to better health. Fresh, modern and easy-to-use, the website includes interactive guides, pin-able content, personalized action steps and much more!

Log on today at [www.myinteractivehealth.com](http://www.myinteractivehealth.com) (or at your company-provided web link) to see more.

## Preventive Focus Thyroid Stimulating Hormone (TSH)

The thyroid gland is a butterfly-shaped endocrine gland in the middle of the lower neck. The thyroid's job is to make hormones. Thyroid hormones help the body use energy. The gland also plays an important role in regulating your weight, muscle strength, body temperature, and even your mood. The risk of a thyroid condition increases with age. Thyroid conditions are more prevalent in the female population than the male population. A blood test called TSH (Thyroid Stimulating Hormone) is used to find out if your thyroid is functioning correctly.

TSH levels that are elevated can mean your thyroid is not producing enough thyroid hormones, a condition called hypothyroidism. When thyroid hormone levels are too low the body's processes start slowing down. TSH levels that are low can mean your thyroid is producing too much of the hormone, a condition called hyperthyroidism. If there is too much thyroid hormone, functions of the body tend to speed up. If your TSH test results are abnormal, your health care provider may order additional tests to determine the cause of your thyroid problem.

Symptoms of hypothyroidism include:

- Extreme fatigue
- Slowing of the heart rate
- Having dry skin and brittle nails
- Weight gain
- Having a low tolerance to cold
- Being constipated
- Having memory problems/forgetfulness

Hyperthyroidism symptoms include:

- Irritability
- Hair loss
- Unexplained weight loss
- Sleep disturbances
- Having a fast heartbeat
- Excessive sweating
- Feeling nervous, anxious, or moody

If you are experiencing these symptoms, it is important to share this information with your doctor to determine if a TSH blood test should be completed.

**Resources:** [Interactive Health](#); [American Thyroid Association](#)

**Alyssa Edwardson RN, BSN**



## Weight Loss Beyond Willpower

Learn how to successfully lose weight through lifestyle changes and healthy diet modifications. Understand the importance of physical activity and that small changes make a huge difference to obtaining permanent weight loss. Discover the role our environment plays on our food choices and learn practical tips to overcome emotional eating.

**Date:** Thursday, January 17, 2019

**Time:** 12:00pm - 12:45pm Central

[Register Now](#)

After registering, you will receive a confirmation email containing information about joining the webinar.

A recorded version of the webinar will be available for viewing within seven business days on the [Interactive Health](#) member website.

## Recipe of the Month

### Zucchini Noodles

Looking for a quick and healthy dinner? These zucchini noodles can be made in less than 10 minutes! Zucchini noodles are a great way to sneak in vegetables and cut down on refined carbohydrates.

#### Ingredients

- 1 Tablespoon olive oil
- 3 garlic cloves, chopped
- 10 cherry tomatoes, sliced
- ½ cup – 1 cup Northern Navy beans, rinsed and dried
- 2-3 zucchinis or pre-made zucchini noodles

#### Directions

1. Use a julienne peeler, mandolin, or spiralizer to turn zucchini into noodles. Or purchase pre-made zucchini noodles. Set aside.
2. Heat olive oil in sauté pan and add garlic. Sauté garlic until lightly browned. Add the tomatoes and sauté for 3 minutes until softened. Add the beans and sauté for 2-3 minutes. Sprinkle with salt and pepper to taste
3. Add the zucchini noodles and sauté until zucchini is soft and tender
4. Remove from heat and serve

#### Nutritional Information Per Serving (Serves 2)

Calories: 189

Total Fat: 7 grams

Saturated Fat: 1 gram

Cholesterol: 0 milligrams

Protein: 7 grams

Total Carbohydrates: 25 grams

Dietary Fiber: 9 grams

Sugars: 2 grams

Sodium: 327 milligrams

**Recipe From:** [Erica Lokshin, MS, RDN, LDN, Registered Dietitian/Health Coach](#)

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## Active Insights

If you haven't visited lately, here's what you've missed:

Stay up to date with client, member, personal, and policy insights at [Active Insights](#)

[Member Mitigates Triglycerides Levels with Healthy Eating](#)

“After my first health evaluation, my health score was generally good. The only problem area was my triglycerides – they were rather high. My biggest mistake was not taking the time to learn what that really meant, and instead I went on with my life as I always had, without making any changes.”

Interactive Health provides comprehensive wellness programs to individuals across the nation. Our worksite wellness program is designed to engage you in the management of your health through early detection and identification of risk factors. Our goal is to *measure, motivate and reward* you as you begin a journey on the pathway to better health. We create a personalized pathway that is unique to your health status. Our program provides you with the specific tools and resources you need to achieve your personal health goal.