5 Healthy Resolutions

The start of a new year often means the start of new habits. Set realistic goals for yourself this year! A healthy diet and regular physical activity can easily be achieved by making some of these easy, conscious decisions:

- **Eat breakfast every day.** Many people who maintain long term weight loss eat breakfast daily.
- **Prepare a healthy lunch at home and take it to work.** Taking your lunch to work helps you avoid last-minute lunch choices, which often result in selecting high-fat and high-calorie options.
- **Drink water.** Keep it cold in the fridge or add a slice of fruit for flavor.
- **Eat smaller food portions.** When eating out save some of your meal and take it home for another meal or split one meal between two people. At home, put only the amount you want to eat in a small bowl and don’t go back for more.
- **Maintain your physical activity routine.** If you need extra encouragement be active with a friend or relative or start an activity that may have always interested you, such as gardening or bicycling.

Employee Wellness, Spokane Regional Health District

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Keep Out the Winter Chill

**How does wind chill work, and why should it concern me?**

The wind chill index is the temperature your body feels when the air temperature is combined with the wind speed. It is based on the rate of heat loss from exposed skin caused by the effects of wind and cold. As the speed of the wind increases, it can carry heat away from your body much more quickly, causing skin temperature to drop. When there are high winds, serious weather-related health problems are more likely, even when temperatures are only cool.

**Dress warmly and stay dry**

Adults and children should wear:
- A hat
- A scarf or knit mask to cover face and mouth
- Sleeves that are snug at the wrist
- Mittens (they are warmer than gloves)
- Water-resistant coat and boots
- Several layers of loose-fitting clothing

Be sure the outer layer of your clothing is tightly woven—preferably wind resistant—to reduce body-heat loss caused by wind. Wool, silk, or polypropylene inner layers of clothing will hold more body heat than cotton. Stay dry; wet clothing chills the body rapidly. Excess perspiration will increase heat loss, so remove extra layers of clothing whenever you feel too warm. Also, avoid getting gasoline or alcohol on your skin while de-icing and fueling your car or using a snow blower. These materials in contact with the skin greatly increase heat loss from the body. Do not ignore shivering. It’s an important first sign that the body is losing heat. Persistent shivering is a signal to return indoors.

“Winter Weather: Outdoor Safety,” Centers for Disease Control and Prevention

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Edamame – When You Crave a Salty Snack

With a light sprinkle of salt, edamame is a fresh and easy snack, says Wendy Bazillian, R.D. Boil frozen edamame (soybean) pods like the ones you get at Japanese restaurants and bring ½ cup of them to work to eat cold. To eat them, squeeze the pod and pop the bean into your mouth or strip the bean from the pod with your teeth. Discard the empty pod and enjoy.

Those empty pods might have a secret benefit, too. “The pods are like a trail of evidence, which research has shown can play a role in determining how we know when to stop eating and our feelings of satisfaction,” Bazillian says.

Adryan Dillon, 8 Snacks to Eat for Weight Loss

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Restless Legs Syndrome

If you have restless legs syndrome, exercise may help you get a better night’s sleep. In a recent Brazilian study, people with restless legs who started a six-month exercise program slept better and had fewer leg movements.

Berkeley Wellness

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**Bulletin Board**

See how fit you are by taking the free Adult Fitness Test by the President’s Council on Physical Fitness & Sports. Go to [http://www.adultfitnesstest.org/](http://www.adultfitnesstest.org/)