

## Eat Right At Work

The workplace can be a nutritional battlefield with doughnuts in the break room, co-workers' candy bowls, and afternoon birthday cake. But when it comes to wellness, workplace culture change can happen at a glacial pace — so don't rely on corporate policies to protect you from nutrition pitfalls. Take charge of your choices to nourish your mind and body — so you can move through your day feeling fantastic and doing your best work.

### CREATE A PLAN

Make a habit of meal-planning once a week — simply map out your breakfast, lunch, dinner, and snack ideas for each day. Then, make a shopping list and stock your fridge and cupboards. Check your work-site's cafeteria menu and decide when to buy lunch and when to brown-bag it. Freeze dinner leftovers for grab-and-go meals — and prepare

snacks and lunches the night before. Planning ahead gives you more choices — and saves money.

### SENSIBLE SNACKS

Skip the vending machines and stock your own snacks. Pair complex carbohydrates with protein and a small amount of fat for sustainable energy — and control portions to avoid calorie overload:

- Whole wheat crackers and low-fat cheese
- Sliced bell peppers, baby carrots, whole-grain pita slices, and hummus
- Apple slices with 1 tablespoon peanut butter or sunflower seed butter
- ½ turkey sandwich on whole grain bread with low-fat cheese and mustard
- 1 ounce of almonds with a cup of mixed fruit

### LUNCHTIME CUISINE

Avoid fatty foods and highly

processed fare, which can leave you feeling sluggish and wanting more after a meal. Instead, choose foods close to their natural state whenever possible — they're more satisfying, more nutritious, and more likely to sustain you through the afternoon. Check out these examples:

- Whole-grain pita stuffed with 1/3 cup homemade egg salad (made with reduced-fat mayo) and vegetables
- Vegetable soups: mushroom-barley, chicken-vegetable, or potato-broccoli. Pair a bowl of soup with a ½ sandwich and a cup of grapes or strawberries.
- Spinach, arugula, and romaine salad tossed with cherry tomatoes, onion, peppers, carrots, and 1 ounce of cubed low-fat mozzarella. Top with 2 tablespoons of light vinaigrette. Add a whole-grain dinner roll with deli turkey on the side.

## Unhealthy Habits

Studies have found that for some people, watching television can be a cue to snack and mindlessly consume unneeded calories. Those who watch more television report consuming fewer fruits and vegetables than those who spend less time channel surfing. That's why it's a good idea to plan ahead and stock up on healthy snacks to nibble on while watching your

favorite shows, sporting events or movies. Or better yet, skip the snacks and get up and move around during commercial breaks (just don't head to the fridge).

You might also consider setting daily television and internet allowances, which have proven to be effective in reducing sedentary time. After all, Many of us watch shows that

are of little interest—or drive others crazy by constantly changing the channel—while waiting for something interesting or entertaining to come on. Instead, an evening walk or bike ride would prove to be a more enjoyable—and certainly more healthful—alternative to lounging on the couch.

## Reaching Your Goals The SMART Way



Are you one of those people who resolve to get back into shape every time the New Year comes around—but for some reason fail to accomplish that goal every year? If so, perhaps you might need to adjust the strategy you use when setting these hard-to-reach objectives.

One proven way to set effective goals is using the **SMART** goal method. This method will allow you to take those vague ideas and transform them into reality.

**SPECIFIC:** The goals must specifically state what is to be accomplished. They must be easily understood and

should not be ambiguous or subject to interpretation. For example, rather than stating you would like to improve your fitness level, set a specific goal to be able to run a mile in 12 minutes.

**MEASURABLE:** The goals must be measurable so that there is no doubt about whether you achieved them. Measurable goals also allow you to evaluate your progress. Goals can be measured objectively or subjectively (i.e., how you feel and look), or both. For example, you could measure your percent body fat and body weight, but also monitor how your pants fit.

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**ATTAINABLE:** The goals must be attainable—not too difficult or too easy. Easy goals do not motivate, and overly difficult ones may frustrate you and lead to a perception of failure.

**RELEVANT:** The goals must be relevant or pertinent to your particular interests, needs and abilities. For example, when preparing for a 5K walk, running quarter-mile sprints would not be the best approach.

**TIME-BOUND:** The goals must be time-bound by specific deadlines for completion. Timelines can be both short-term and long-term and should help you stay focused and on track

## Periodized Training

It turns out that the exercise you've been doing has worked so well that your body has adapted to it. You need to "shock" or "surprise" your body a bit. You need to give it a new challenge periodically if you're going to continue to make gains.

That goes for both strength and cardiovascular training. "Periodizing" your training is the key.

Instead of doing the same

routine month after month, you change your training program at regular intervals or "periods" to keep your body working harder, while still giving it adequate rest.

For example, you can alter your strength-training program by adjusting the following variables:

- The number of repetitions per set, or the number of sets of each exercise
- The amount of resistance

used

- The rest period between sets, exercises or training sessions
- The order of the exercises, or the types of exercises
- The speed at which you complete each exercise

