



WELLBEING

Insights



December 2014

Living a Better, More Vibrant Life

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Your
Cholesterol**

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of the
Month

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of the **Month**

December is **Smoking Awareness Month**

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December is Smoking Awareness Month. Smoking harms nearly every organ in your body, causing many diseases and affecting the health of smokers in general. Smoking cessation has immediate, as well as long-term benefits for you and your loved ones.

Smoking is the leading preventable cause of death in the United States.

- Cigarette smoking causes more than 480,000 deaths each year in the United States. This is about one in five deaths.
- Smoking causes more deaths each year than all of the following combined:
 - Human Immunodeficiency Virus (HIV)
 - Illegal drug use
 - Alcohol use
 - Motor vehicle injuries
 - Firearm-related incidents

- More than 10 times as many U.S. citizens have died prematurely from cigarette smoking than have died in all of the wars fought by the United States during its history.
- Smoking causes about 90 percent (9 out of 10) of all lung cancer deaths in men and women. More women die from lung cancer each year than from breast cancer.
- About 80 percent (8 out of 10) of all deaths from Chronic Obstructive Pulmonary Disease (COPD) are caused by smoking.
- Cigarette smoking increases the risk of death from all causes in men and women.
- The risk of dying from cigarette smoking has increased over the last 50 years in men and women in the United States.

Start the new year off with a smoke-free environment for you and your family.



Quitting and Reduced Risks

- Quitting smoking cuts cardiovascular risks. Just one year after quitting smoking, your risk for a heart attack drops sharply.
- Within two to five years after quitting smoking, your risk for stroke could fall to about the same as a nonsmoker's.
- If you quit smoking, your risks for cancers of the mouth, throat, esophagus and bladder drop by 50 percent within five years.
- Ten years after you quit smoking, your risk for lung cancer drops by 50 percent.



For More Information Call

QUIT NOW to be connected
to the quit line in your State:

1-800-QUIT NOW (784-8669)

Contributed by:



Charlize Theron - How She Kicked The Habit

Quit with Exercise:

Oscar winner Charlize Theron used to be a three-packs-a-day girl until "packing it" in favor of more healthy habits like yoga and Pilates.

How it works: According to research carried out in the US, the biggest reason for ex-smokers to relapse is that the quitter feels anxious about being without cigarettes. Stress management techniques, such as yoga, can play an important role in long-term success, whether you want to stop by yourself or join a program.

Success rate: The natural high provided by exercise combined by a change in routine can often be a good combination for smokers worried about missing their fix. Most smokers find that they do not crave cigarettes after exercise.

Charlize says: "I used to be such a bad, bad smoker - shameless, Marlboro Reds, three packs a day, chain-smoking, horrible. I don't know how anybody lived with me. I started yoga and Pilates in the hope that dedicating myself to a healthy ritual would help me stay off cigarettes and it has. But I still love my food!"



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Lower Cholesterol



Taking Medicine

Healthy Diet

Losing Weight

Exercise



6 Things You Can Do to

Improve Cholesterol & Triglycerides

Improving your cholesterol and triglyceride levels is easy if you follow these simple steps:

- 1) Stop smoking if you are a smoker.
- 2) Eat less animal or saturated fat and more unsaturated fats like olive or canola oil.
- 3) Eat plenty of foods high in soluble fiber such as oats, apples and beans.
- 4) Restrict alcohol and foods and beverages with added sugars.
- 5) Get at least 30 minutes of brisk activity every day.
- 6) If diet and lifestyle measures are not enough, consult your physician.

Contributed by: National Heart, Lung and Blood Institute; American Heart Association





How Tobacco Affects Your Teeth, Gums & Mouth

Tobacco is nothing to smile about. Besides hurting your lungs and heart, it can stain your teeth and leave you with bad breath, gum disease and even oral cancer. The list below explains how smoking or use of smokeless tobacco (chew, snuff or spit) can seriously affect your oral health.

The cancer risk is big.

- Smokers are six times more likely than nonsmokers to develop oral cancer.
- People who use smokeless tobacco (snuff, dip or chewing tobacco) are 50 times more likely to get cancers of the cheek, gums and lining of the lips than those who do not.
- If you use tobacco and drink alcohol, you may have an even higher risk of developing oral cancer.

Warning signs of oral cancer include:



- A sore on the inside of your mouth that bleeds and does not go away.
- Pain in the mouth that does not go away.
- Lumps or rough spots on lips, gums or inside the mouth.
- White or red patches in the mouth.
- Chronic sore throat.
- Difficulty swallowing or moving your jaw or tongue.

Receding gums.

- Smokeless tobacco, cigarettes, pipes and cigars all damage gum tissue, causing the gums to pull away (or recede) from the teeth.
- A receding gum line makes pockets in the tissue where disease-causing bacteria can hide.
- Untreated gum disease can damage the bone beneath your teeth, making it more likely you will lose teeth.

Out of control tartar.

- Studies show that people who smoke or use smokeless tobacco have more tartar on their teeth than those who do not use tobacco.
- Tartar traps harmful bacteria next to the teeth and gums.
- When tartar builds up, it is difficult to keep teeth and gums clean even if you brush and floss regularly.

Stained and lost teeth.

- Tobacco in all its forms can stain your teeth.
- Smokers can lose more teeth than nonsmokers do.
- Forty-one percent of regular smokers 65 and older have lost teeth.

Killer breath.

- Tobacco products of any kind can cause halitosis (bad breath).
- Breath fresheners and mouthwashes cannot hide bad breath for long. The smell comes back.

There is no proven safe way to use tobacco.

Start a QUIT plan today!

www.smokefree.gov/quit-plan



Tobacco and Money - What does it really cost?



You have probably heard that smoking causes cancer, heart disease and high blood pressure. Obviously, cigarettes make your hair, clothes and breath smell badly, gives you wrinkles and makes it harder for you to do well at sports. But, have you ever thought about how much money cigarettes cost? When it comes to smoking, money is a big factor.

Price of a pack. When people start smoking, they do not usually think that they will smoke a lot; however, the nicotine in tobacco is addictive. Once you start, you will crave more and more. Many people who smoke regularly, smoke a pack or more a day.

Do the math. A pack of cigarettes can cost from \$4 to \$10, depending on where you live. For example, say cigarettes in your area are \$7 per pack. Here is how much it would cost if you smoked a pack a day:

$\$7 \text{ per pack} \times 7 \text{ days} = \49 a week.
 $\$49 \times 4 \text{ weeks} = \196 a month
 $\$49 \times 52 \text{ weeks} = \$2,548 \text{ a year}$

If you smoke two packs a day, that is more than \$5,000 a year!

That is a lot of hard-earned money going up in smoke!

What could you buy with the money you would burn?

In **one week**, you could save enough money to pay for any of the following:

- Two movie tickets
- A new T-shirt
- A gym membership

In **one year**, you would have enough money for:

- A new mountain bike

- Down payment on a car
- New clothes

In **20 years** you would have enough to:

- Make a down payment on a house
- Buy a car
- Assist with your child's college education

The money you spend on smoking does not stop with the price of a pack. Here are just a few other costs:

- Teeth Cleaning: To get rid of yellow and brown tobacco stains! *Average cost: \$75 per cleaning*
- Health Care: Extra doctor's visits for colds, asthma, bronchitis and pneumonia. *Average cost: \$80 per visit*
- Hospital Bills: For lung cancer. *Average cost: \$50,000 for surgery, radiation and chemotherapy.*
- Life insurance: Smokers pay more! *Average cost: Up to three times as much!*
- Funeral: Cigarettes kill about one out of every three long-term users. *Average cost: \$3,000 to \$10,000 for funeral, coffin and gravesite.*

Do not let tobacco companies convince you to burn your hard earned money!



A smiling woman with dark hair, wearing blue scrubs, is holding a large red and white 'No Smoking' sign. The sign features a black silhouette of a lit cigarette with a wavy line representing smoke, crossed out by a red diagonal line. The background is a soft-focus indoor setting.

5 Steps to QUIT Smoking

The decision to quit can be difficult. Do not rely on willpower alone to keep you smokefree. Prepare so that you can feel confident in your ability to quit today.

Step ONE

Tell your friends and family. Ask them for support during these weeks.

Step TWO

Get the support you need, either by developing your own quit plan or finding a quit program. A quit plan combines strategies to help you stay focused, confident and motivated to quit. Call 1-800-QUIT-NOW (1-800-784-8669) to get started.

Step THREE

Stay busy. It might seem simple, but staying busy is one of the best ways to stay smokefree on your quit day. Try going to dinner at your favorite smokefree restaurant, chew candy, drink a lot of water and exercise.

Step FOUR

Avoid smoking triggers such as places, people or things that urge you to smoke. On quit day throw away your cigarettes, lighters and ash trays.

Step FIVE

Stay positive, but vigilant. Do not think of quitting as forever. Pay attention to now and the days will add up.

For More Information call QUIT NOW to be connected to the quit line in your state:

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Warm Chocolate Pudding

This holiday favorite recipe has a marvelous chocolate flavor, but it is *low in fat* and super quick to make. Your family and guests will rave over this healthy treat.

Ingredients

- 1 large egg
- 2 1/4 cups nonfat or low-fat milk, divided
- 2/3 cup sugar, divided
- 1/8 teaspoon salt
- 2/3 cup unsweetened cocoa powder
- 2 tablespoons cornstarch
- 1 teaspoon vanilla extract



Preparation

1. Lightly beat egg with a fork in a medium bowl.
2. Combine 1 1/2 cups milk, 1/3 cup sugar in a medium saucepan; bring to a simmer over medium heat, stirring occasionally.
3. Meanwhile, whisk the remaining 1/3 cup sugar, cocoa and cornstarch in a medium bowl. Whisk in the remaining 3/4 cup milk until blended. Whisk the simmering milk mixture into the cocoa mixture. Pour the mixture back into the pan and bring to a simmer over medium heat, whisking constantly, until thickened and glossy, about 3 minutes. Remove from heat.
4. Whisk about 1 cup of the hot cocoa mixture into the beaten egg. Return the egg mixture to the pan and cook over medium-low heat, whisking constantly, until steaming and thickened, about 2 minutes. (Do not boil.) Whisk in vanilla. Serve warm.

Nutrition Facts

Yields: 6 servings

Calories	164
Fat	2 g
Cholesterol	37 mg
Total Carbs	22 g
Protein	6 g
Fiber	3 g
Sodium	110 mg



Superfood *of the Month*

MINT

With the holidays in full swing, it is the perfect time to talk about mint. We smell mint around us constantly during this time of the year, in teas, candy canes, coffee drinks and so much more.

Health Benefits of Eating Mint

Mint is more than just a beautiful, vibrant green garnish on your plate. It has many health benefits and is used around the world for its medicinal properties.

Nutrition wise, mint is an excellent source of manganese, vitamin C and vitamin A. Ideally, try to choose fresh mint over the dried form of the herb since it has a much richer flavor. When you select mint, the leaves should look vibrant, be a rich green color and free from dark spots or yellowing. Mint is very easy to grow; you can even grow it in a window herb garden. Be cautious with your outside garden. Mint grows very quickly and will spread so it is best to keep it in a separate container.

Nutrition Facts

Serving Size: 1 ounce

Calories	20
Total Fat	0.g
Sodium	9 mg
Fiber	2 g
Total Carbs	4 g
Protein	1 g
Sugars	0 g



Exercise of the Month

Arm Circles

Type: Stretching
Main Muscle Worked: Shoulders
Other Muscles: Traps
Equipment: None
Level: Beginner

1



Stand up and extend your arms straight out by the sides. The arms should be parallel to the floor and perpendicular (90-degree angle) to your torso. This will be your starting position.



2

Slowly start to make circles of about 1 foot in diameter with each outstretched arm. Breathe normally as you perform the movement.



3

Continue the circular motion of the outstretched arms for about ten seconds. Then reverse the movement, going the opposite direction.

TIP

Ten second movements equal one set and each circle equals one repetition. As you get stronger you can use some light resistance.



You should consult with your personal physician before starting any exercise routine.



Eat This...

Not That...



Mashed Bananas for Fats

The creamy, thickening-power of mashed (ripe!) banana acts the same as avocado in terms of replacing fat in baking recipes. The consistency is ideal, and the bananas add nutrients like potassium, fiber, and vitamin B6. One cup of mashed banana works perfectly in place of 1 cup of butter or oil!



“We didn’t have a nutritious breakfast, did we?”



We would like your feedback and personal stories to use and feature in future publications.

Your Personal Wellness Story:

If you have a personal health or wellness story that you think would inspire others, please feel free to send a brief letter and your picture to our editor.

Gail@HealthierU.net

Thank you for reading and contributing. We sincerely hope that we can become a healthier part of becoming a healthier you.





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