



# HEALTHY YOU

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UK Health & Wellness Program  
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## Introducing: 12 Months of Change



We're all familiar with the New Year's Resolution. Did you make one this year? Maybe it's to lose weight, get fit or just be healthier. Come January 1st we're motivated. We're ready for change. We're raring to go. Sadly, we're also familiar with the flip side of most New Year's Resolutions – the fizzle-out stage. You lose your motivation. Those donuts at the staff meeting look too good. Your treadmill collects dust. Your New Year's Resolution goes kaput.

We need to do the work beyond January, to constantly recharge our motivation throughout the year. That's why UK Health & Wellness is introducing 12 Months of Change. 2009 will be an entire year of change, inspiration, advice and support for your year-long goals. There are no fad diets here. No magic pills. No new workout gizmo. No promises to lose 10 pounds overnight. Instead, we'll give you solid, practical advice and encouragement from our experts.

## January: Are you *really* ready to change?

There is one very important thing you must do before making changes. Even before setting goals, you must be *ready* to change. What does that mean? There are five stages of change, and right now you are in one of them.

1. Pre-contemplation: You have a problem (overweight, high blood pressure, smoking, etc.) and you may or may not admit it. You have no intention of changing.
2. Contemplation: You realize there is a problem and you are thinking about making changes.
3. Preparation for Action: You intend to make changes within the next month and are possibly already making changes.
4. Action: You are engaging in consistent behavior in order to produce desired results. For example, you have been working out four times a week for three months.
5. Maintenance: You maintain your new behavior for six months or more.

Many factors can play a role in spurring us to change – seeing an unflattering picture of yourself, concern after a visit to the doctor's office, or buying a bigger pant size. Only you can make the change internally. No one can do the work for you. Be honest with yourself. Where are you? Hopefully, you are at least preparing to take action today. After all, just thinking about change won't get you any results. If you are not ready to change, ask yourself why. Is good health worth the work? Are *you* worth it? If you're ready, complete the "change-work" below for January and then move on to pages 2 and 3 for the next steps. — *Melanie J. Sparks, Health Communications Coordinator*

### Your "Change-Work" for January:

1. Be honest with yourself. Are you truly ready to change?
2. What do you want to change? (Don't try to change everything at once. Focus on one major change at a time.)
3. Why do you want to make this change? How will you benefit?



# HEALTHY YOU

## Are you at a healthy weight? Find out now ...

### What is BMI?

A good starting point is to determine your **body mass index** (BMI). BMI is a measurement to assess weight relative to height. The higher your BMI, the greater your risk of some diseases, including high blood pressure, coronary artery disease, stroke, and type 2 diabetes.

### How do I find my BMI?

- Visit your UK Healthtrac Rewards page at [www.healthydashboard.com/uk](http://www.healthydashboard.com/uk). Log in and click on “Healthy Weight” under interactive tools. From there, you can click on the BMI calculator and enter your height, weight and waist measurement.
- Visit [www.nhlbisupport.com/bmi/](http://www.nhlbisupport.com/bmi/) and enter your height and weight in the calculator. If you prefer, the site also provides a printable chart for determining BMI.

### What does my BMI mean?

- Underweight = Less than 18.5
- Normal weight = 18.5-24.9
- Overweight = 25-29.9
- Obesity = BMI of 30 or greater

### What about my waist circumference?

Waist circumference is a good indicator of your abdominal fat — another predictor of your risk for heart disease and other diseases. To determine your waist circumference, wrap a body measuring tape snugly around your waist midway between the top of your hip bone and the bottom of your rib cage. You are at risk with a **waist measurement of over 40 inches in men and over 35 inches in women.**

### How do I measure my body fat percentage?

There are several ways to measure your body fat percentage:

- **Attending a Wellness on Wheels (WOW)** is probably the easiest way to get an accurate body fat measurement. While you're there, you will also find out other important numbers such your cholesterol and blood sugar. To make an appointment, visit [www.uky.edu/HR/wellness/healthscreening.html](http://www.uky.edu/HR/wellness/healthscreening.html).
- A **scale that measures body fat** percentage using electrical impedance.
- A **skinfold caliper** measures body fat in various areas of your body such as at your waist or triceps.
- **Hydrostatic weighing** determines body fat by submerging a person in water and comparing the dry weight to the weight in water. It is accurate but also very expensive.

### Now I know where I stand, but how much weight should I plan to lose?

Plan for a healthy, safe weight loss of one to two pounds per week. That may not sound like big numbers, but it adds up with persistence and hard work. Remember, you didn't gain the weight overnight and you can't expect to lose it overnight.

*Disclaimer: This information is not intended to replace advice from your physician. You should always check with your physician before making major changes to your diet and/or physical activity schedule.*



# HEALTHY YOU

## Seven tips for setting goals that stick



1. New Year's resolutions can be a great motivation for change, but don't limit yourself to making changes at only a certain time of year. Think about losing weight and improving your health as ongoing and lifelong endeavors, not dictated by the calendar.

2. Set realistic goals. Decide on long-term goals you would like to achieve within the next three to six months. Next, develop short-term goals to serve as stepping stones to your long term goals. Make your goals S.M.A.R.T.: **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, and **T**ime-bound. Treat yourself to non-food rewards when you reach your goals.

3. Try not to make too many changes at once. This can set you up for failure and discourage future efforts. Prioritize your goals and decide what is most important to tackle first. For example, if you want to quit smoking, lose weight, and start exercising, you might consider quitting smoking first and then move on to the other goals.

4. Share your goals with people who will be supportive. This can boost your motivation and commitment to change. You will also get some much needed encouragement and maybe even inspire some people to make changes with you!

5. Make your changes a priority and identify barriers. Ask yourself how to minimize obstacles and accept that you will probably have to make some changes to accommodate your new habits. This might include changes to your schedule or a shift in family and social obligations.

6. One of the best ways to ensure success is to give yourself permission to make mistakes and to be forgiving of yourself when you have setbacks. You must be determined to move forward and not dwell on the past. Tomorrow is a new day!

7. Join UK Health & Wellness programs to enhance your efforts, such as Weight Loss Matters and Body Shop Fitness. These programs are offered at low cost and connect you with health experts and others who are trying to reach the same goals! Visit [www.uky.edu/HR/Wellness](http://www.uky.edu/HR/Wellness) for more information. — *Karen Bryla McNeese, Ed.D., R.D.*



Take Action: Print out a goal setting worksheet and get started today!  
[www.uky.edu/HR/wellness/documents/goalsetting.pdf](http://www.uky.edu/HR/wellness/documents/goalsetting.pdf)



# HEALTHY YOU

## Calendar

### Register now for the Heart, Sole & Glove 5K Run/Walk

The UK Health & Wellness Program's annual Heart, Sole & Glove 5K Run/Walk is **Saturday, Feb. 7, at 10:00 a.m., (Kids' Fun Run at 9:30), at Coldstream Park** (Newtown Pike/I-75, Embassy Suites Parking Lot). The race is open to the community! The entry fee is \$15 for pre-registration and \$20 for day of race. A portion of the proceeds will benefit the Kentucky Children's Hospital. The first 100 entrants will receive a free pair of winter running gloves. For more information, please visit [www.uky.edu/HR/wellness/5k.html](http://www.uky.edu/HR/wellness/5k.html).

### Winter/Spring WOW Schedule Now Online

Wellness On Wheels is a **FREE mobile health screening**. Ten-minute appointments are scheduled at various campus locations throughout the year. Appointments consist of tests for non-fasting cholesterol, glucose and triglycerides, height, weight, blood pressure, body fat percentage, and waist circumference. To make your appointment, please visit [www.uky.edu/HR/wellness/healthscreening.html](http://www.uky.edu/HR/wellness/healthscreening.html).

### Take Action: Lunch & Learn Series

Attend our three FREE Take Action: Lunch & Learn Sessions this winter and spring. The first session, "**Take Action: The Exercise Prescription**" is **Feb. 4, from 12:10-12:50 p.m., at WT Young Library and Feb. 11 at 405 Wethington**. Register at [www.uky.edu/HR/wellness/lunchandlearn.html](http://www.uky.edu/HR/wellness/lunchandlearn.html).

### Need help meeting your weight loss goals?

Now is the perfect time to make good health a priority by joining the Weight Loss Matters program. New classes begin Tuesday, Feb. 17, or Thursday, Feb. 19. **The registration deadline is Feb. 13, and class size is limited.** For more information or to register online, visit [www.uky.edu/HR/wellness/weightlossmatters.html](http://www.uky.edu/HR/wellness/weightlossmatters.html).

### Chair massage

Having one of those days? You deserve a chair massage! The cost is only \$5 for 10 minutes or \$10 for 20 minutes. The next chair massage is **Feb. 19, from 9 a.m. to 1 p.m., in Scovell Hall**, Room 220, Suite 2. Reservations are required. For more information, call 257-9355.

## Quick Health Tip

Don't be mystified by weight loss. It breaks down to a simple equation: **If calories in are less than calories out, the result is weight loss.** If calories in equal calories out, the result is maintenance. If calories in are greater than calories out, the result is weight gain.

## How We Can Help

Meet with our dietitian for a **free\* nutrition consult**. Our dietitian can help you meet your nutrition goals whatever they may be — weight loss, lowering your cholesterol, or lowering your blood pressure. For more information, visit [www.uky.edu/HR/wellness/consults.html](http://www.uky.edu/HR/wellness/consults.html).

*(\*Available only to UK employees, retirees, spouses and sponsored dependents.)*

## Quick & Healthy Recipe

### Black Bean Relish

- 1 15 ounce can black beans (rinsed and drained)
- 1 medium tomato (finely chopped)
- 1 small red bell pepper (chopped)
- 1 Serrano chili (peeled, seeded, and finely chopped)
- 1/4 cup red onion (finely chopped)
- 2 T white wine vinegar
- 1 T vegetable oil
- 1/4 t. salt

Mix all ingredients. Refrigerate until chilled. May be served with baked tortilla chips or as a topping for rice, chicken, burritos, etc. Store covered in the refrigerator for up to 2 weeks.

Servings: 5 (1/2 cup) Exchanges: 1 starch

The UK Health & Wellness Program is part of UK's employee benefits package and is available to all UK employees, retirees, spouses and sponsored dependents.

