



HEALTHY YOU

November 2007

UK Health & Wellness Program
116A Seaton Center • Lexington, KY 40506-0219
www.uky.edu/HR/wellness • (859) 257-WELL (9355)

Coming soon:

Dec. 7, Wellness Day

10 a.m.-3 p.m., Alumni Gym

Your holiday gift from the UK Health & Wellness Program: useful information on nutrition, fitness, Healthtrac Rewards, stress relief, and more. Enroll in programs such as Body Shop Fitness, Biggest Blue Loser, and Weight Loss Matters.* Enjoy free refreshments and chances to win prizes all day.

•10-12 - Relaxation techniques, fitness class and tai chi demos

•10-11:30 - Ask the nutrition expert

•11-1 - Ask the fitness expert

•12-12:20 - See why dance is a hot fitness trend - Zumba class demo

•1-3 - Ask the relaxation expert

*Enrollment fee payments will be accepted on site.

Are you the Biggest Blue Loser?

Last year's winners, married couple Tim and Julene Jones, each lost about 10% of their body weight during the competition!

How much will you lose? The competition will kick off in January. More details in the December issue.

Tips for healthier holiday eating



It's that time of year again when an endless parade of office potlucks and holiday get-togethers make healthful eating seem like an impossible goal. But it doesn't have to be. It's possible to enjoy your favorite holiday foods without packing on the pounds. Here are some tried-and-true strategies:

1. It's not really about what you eat, but how much you eat. It's okay to have your favorite foods, just keep your portions small.
2. Think about what you're eating before you put it in your mouth. Do you really want it? Is it a special food you can only have this time of year? This will cut down on "mindless eating."
3. Don't let yourself get overly hungry before a holiday meal or party. Trying to "save up" calories for special occasions usually backfires because you eat more and make poorer choices when you are hungry. Try having a light snack beforehand.
4. Don't stand near the food. You are just tempting fate! Get your food and then walk around and mingle.
5. Remember that alcohol increases appetite and contributes extra calories. Opt for low-calorie drinks and save your calories for the food.
6. Be prepared for social pressures and learn the art of saying "No, thank you. I'm full." Don't feel pressured to eat more than you want. Be assertive and know that there are other ways to be a gracious guest.
7. Bring a healthful dish to share. By doing this, you are guaranteed to have at least one healthful food to eat!
8. Don't let the time from Thanksgiving to New Year's turn into one, long eating frenzy! Try to limit your indulgences to the actual day on which the holiday takes place and return to your normal habits as soon as the day is over.

--- Karen Bryla McNees, Ed.D., R.D.



HEALTHY YOU

Healthtrac Success Story: From feeling stuck to running 5Ks



If you had told Jill Hatton a year ago that she'd be gearing up to complete her fifth 5K race in a year, she wouldn't have believed you. But it's a fact.

Jill started her journey to better health by simply participating in the **UK Healthtrac Rewards Program**. When Jill spoke to her health coach last December, she mentioned feeling stuck with her weight loss results.

"I felt stuck in a never ending situation. I was tired of feeling the same way and looking the same way," Jill said. "I couldn't understand how I could work full-time and go to school full-time and juggle all of that, but I couldn't lose this weight and keep it off very long."

That's when Jill learned she could see a dietitian through the UK Health & Wellness Program at no cost. In January, she began working with Kim Moore, program liaison and registered dietitian. Kim gave Jill a nutrition plan focused on calorie counting and portion control. Jill began keeping a

food diary and notes not only what she eats, but why she is eating to keep tabs on emotional eating. "I realize that if I don't document something in that journal, I am only lying to myself. So everything goes in there," Jill said.

Jill knows that healthy nutrition is only part of the weight-loss solution. She recently completed her fifth 5K race this year. She also began strength training to help reach her ultimate goal of competing in a triathlon.

"In a million years, I never thought I would ever, ever do anything like this at all," Jill said. "I learned how to swim earlier in the year. Before then, I was totally afraid of the water. Now, I love swimming."

Jill's biggest challenge has been finding time for fitness and sticking to it. She took Kim's advice and shifted her thinking about fitness. She now thinks of it as part of her daily routine just like eating and sleeping. Her dedication has made a lasting impression on her partner in health, Kim Moore.

"Jill is a role model for behavior change and a diligent student in the areas of nutrition and exercise. We set goals together and she does her homework assignments," Kim said. "Between our sessions every three months, she keeps me informed of her progress via e-mail. We celebrate her successes – like her best 5K time ever last week! And I encourage her along the way. She is a constant reminder of why I do what I do on a daily basis."

Has Jill's hard work and commitment to better health paid off? Yes, in amazing ways. Jill's cholesterol, blood glucose and blood pressure have all improved, and she has dropped six pant sizes and eight shirt sizes so far. She still has a way to go before reaching her goal but puts it all in perspective. "I have realized my weight did not appear overnight and will definitely not leave overnight," Jill said. -- MPJ

UK Health & Wellness Staff

Tammy Akin, M.S.
Wellness Specialist Sr.
(Healthtrac Rewards, BeHIP)

Carrie Davidson, ACSM HFI
Wellness Coordinator
(Body Shop Fitness)

Daphne Cameron
Staff Support Associate

Jody Ensman, M.S.
Program Manager

Melanie Jackson
Health Communications Coordinator

Melissa McDonald
Health Promotion Coordinator
(WOW, Chair Massage, Special Programs)

Karen Bryla McNeese, Ed.D., R.D.
Wellness Dietitian
(Nutrition Consults, Weight Loss Matters)

Kim Moore, R.D.
Health & Wellness Program Liaison
(BeHIP, Weight Loss Matters)

Carol Watson
Administrative Support Associate

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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.