

Welcome to **Whole Life Wellness**. This is the first edition of the wellness newsletter published by Partnering for Change Wellness Coaching. **To visit our web site, [click here](#).**

We all know that if you want information about what you should be doing to stay well, you can go to almost any web site or self help book. But life, and change, is not so simple. We face many challenges in our life, such as the lack of support, time, motivation, and/or skills that often keep us stuck. We may want to lose weight, get rid of stress, fit exercise into our busy schedules, and feel energized, but we don't know **how** to do that. Therefore, you will find that this newsletter presents up-to- date information about important lifestyle changes to improve health, as well as effective strategies that I use in coaching to help you achieve the changes you desire. *Believe in the possible, and you are soon doing the impossible .*

### In this issue

- Change is not a four letter word!
- Getting healthy 10 minutes at a time
- Are you diet trapped? Take the quiz
- Eating breakfast might reduce your risk of disease

### Change is not a four letter word!



To help us survive as a species when life was much more dangerous than it is now, our brains learned to feel comfortable with the status quo, even if it was awful. Over time it became almost normal for us to fear, and not want to talk about, change. Unfortunately, taking this approach often makes us feel unhappy and stuck in behaviors that we don't like.

It's important to know that change doesn't have to be fearful or hard if we learn effective strategies to create change. Behavior-change experts say we need only three things to make a change: motivation, a method and practice. We CAN actually train ourselves to

embrace healthier beliefs and thoughts, which lead to healthier lives, just by using these three elements. How do we do that? Here are some tips:

- Remember that the best changes are things you want to do, not things someone else tells you to do.
- You need to believe that whatever change you plan to make will actually help. If you need convincing, talk with others who share your issues, and read books and articles, to obtain evidence of your idea's effectiveness.
- Make sure that the changes you want to make are realistically attainable. Setting a goal of running on a treadmill an hour a day when you first begin may not be reasonable or safe.



Your Wellness Coach, Rebecca Cohen

I hope you have enjoyed, and learned from, this first newsletter. I gladly welcome suggestions for future newsletters and hope that you will browse through the web site. **Remember, enjoy the journey and dream BIG!**

### **BONUS LOW-FAT RECIPE:**

Here is a really good low fat blend that you can use in lots of recipes. I make some at the beginning of the week and keep it in a plastic container in the fridge to use in sauces; muffins; dips; and as a replacement for sour cream, mayonnaise or heavy cream. Take a few tablespoons out, add some powdered sugar to taste, pour it over fresh fruit and YUM-it's delicious. Or use instead of sour cream in potatoes.

Yield: 2 cups

- 1 cup non-fat plain yogurt (I use Dannon because it isn't sour)
- 1 cup non-fat cottage cheese

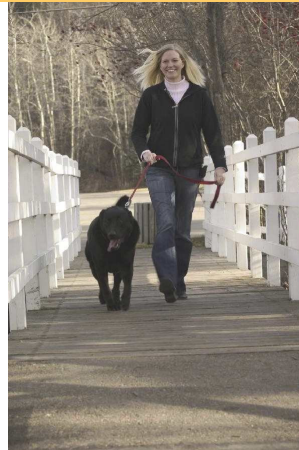
Place the ingredients in a blender and blend until smooth. **DO NOT** use a food processor- it turns out watery. Nutritional info per cup: 130 cal., 0g fat, 0mg cholesterol, 12g carbohydrate.

- Start small, breaking large goals into achievable chunks. A less ambitious goal that you achieve makes you feel good and keeps you moving forward.
- Stay flexible. For example, have alternate plans for exercising if it's raining outside.
- Keep the flow going. Change takes longer than we think and you will experience ups and downs. Changing behavior means changing habits, and sometimes a part of us doesn't want to give up the habit.

## Getting healthy 10 minutes at a time

You don't have to make all-encompassing, sweeping changes in your life to get healthy. Even if you feel you don't have time in your day to exercise, these are ideas to get yourself started and move toward a healthier body.

- Take a 10 minute "walk break" instead of a coffee break at work
- Do resistance activities while waiting in line
- Take action, even if in little segments. Exercise for 10 minutes three times each day. Whether it's walking, working out to an exercise video, or lifting light weights, this adds up to 30 minutes of exercise and is a beginning.
- Take 10 minutes to vacuum, garden or push the lawn mower around
- Take your dog for a 10 minute walk and burn approximately 42 calories in the process



Sign up for the **complimentary coaching consultation** to find out how you can lose weight, feel energized, de-stress your life, be more productive, and feel good about yourself. Wellness coaching can help you take control of your health to achieve *Your Personal Best*.

## Quick Links to the Web Site

[Complimentary Coaching Consultation](#)

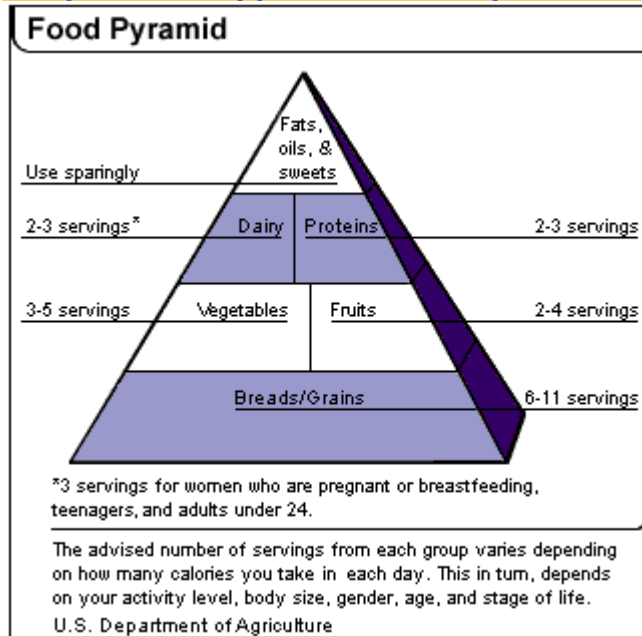
[Wellness Resources](#)

[Wellness Quizzes](#)

[More about Rebecca Cohen, Wellness Coach](#)

*"It is never too late to become what you might have been" (George Eliot)*

## Are you diet trapped? Take the quiz



Did you know that the average American diet consists primarily of “nutrient poor” foods that lack nutritional value because of additives and preparation methods? The number one health problem in the United States is obesity and it is primarily our poor diet that keeps us struggling to lose weight, stay healthy, and find the energy to be productive.

It doesn't have to be this way!

Incorporating foods

into your life that are “nutrient rich” can give you energy, satisfy your appetite, get rid of cravings, and actually help you lose weight. *Without dieting!* Eating foods high in nutrients and fiber (such as fresh fruits, vegetables, beans, legumes, and whole unprocessed grains), will give your body what it needs to feel healthier and more energized. In addition, they will actually decrease your hunger, and you will eat less, because you will feel biochemically full (with nutrients) and mechanically full (with fiber). The U.S. Dept. of Agriculture has developed a **food pyramid** (see diagram above) to help you learn how many daily servings of each food type are needed to enhance health. You can read more about healthy nutrition for adults and children at <http://www.mypyramid.gov/>

**Take the quiz and if you answer “yes” to any of these questions, you are diet trapped. Yes or No:**

1. Do you ever go hungry or exercise obsessively to lose weight and 'keep it off'?
2. Do you believe that 'eating less and exercising more' is a successful weight loss strategy?
3. Do you say things like, "I need to go on a diet" or "I fell off my diet"?
4. Are you living on shakes, meal replacement bars or soy?
5. Do you have cravings for the very foods you know are probably not promoting your health?

## Eating breakfast might reduce your risk of disease

The exact effects of breakfast are not clear. Studies have found that people who eat breakfast are less likely to be obese, diabetic, or to have cardiovascular disease than those who usually don't. One theory about why this is true is that starting the day with a meal may prevent a build up of hunger and overeating later in the day. While the cause is uncertain, we do know that breakfast may be the most important meal of the day in controlling health and weight.



If you'd like more information on the importance of breakfast for kids and adults and suggestions for quick meals, go to the following web sites. Type "breakfast" or "breakfast ideas" into the search box:

- [www.eatright.org](http://www.eatright.org)
- [www.americanheart.org](http://www.americanheart.org)