Most of us welcome the New Year … a fresh start, a chance to close a chapter and open new doors. Some commit to resolutions for attitude and behavior changes, while others turn away from opportunities because the thought of stepping out of their comfort zone brings too much anxiety, fear, doubt, or apathy. Many have faced unexpected and unwelcomed change in the past year and simply want to avoid more. Whether we like it or not, change is inevitable and we must embrace it.

One approach to reduce resistance to change is to remember that change is situational – a shift from one thing, person or place to another. What’s most important is how one transitions through it.

William Bridges, the author of *Transitions: Making Sense of Life’s Changes*, suggests that transition "represents a path to come to terms with a new situation and involves adjusting, reorienting and redefining ourselves." Bridges recommends walking through three stages:

**Saying Goodbye** - Every transition begins with an Ending or a loss, such as a divorce or loss of job. Even "good" changes can lead to a sense of loss; a job promotion requiring longer hours can impact home and family life. A new baby can lead to a loss of freedom. Letting go of the way things used to be is essential.

**Shifting into Neutral** - The Neutral Zone is an in-between time defined by uncertainty. For example, employees remaining after a reduction in force may be disoriented by the loss of colleagues and from taking on new job duties. While this stage can be distressing, it is also where real transformation takes place - an opportunity to re-examine life and priorities.

**Moving Forward** - After letting go of the past and allowing time for re-evaluation, one may start to accept the reality of the change and identify with the new situation. This third stage, the New Beginning, allows one to see each change as a beginning and offers the excitement of trying something new, which can eventually become a familiar, comfortable routine.

Depending on the change and the person, these stages can last from a few days to even years, and are often challenging to navigate. This makes self care even more vital. Therefore, practice healthy eating, sleeping/relaxation, exercise and communication while adjusting through change.

If you find that you need additional support, consider seeking professional help. FSAP provides free and confidential services for faculty, staff and immediate family members.

Robin Huskey, LCSW, CEAP, Manager of Education and Outreach

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**All About Health Goes Paperless!!**

This will be the final printed version of *All About Health*. Beginning in March 2010, the newsletter will be available online only. You will be able to access *All About Health* on the FSAP website at [www.fsap.emory.edu](http://www.fsap.emory.edu), the Human Resources website at [www.hr.emory.edu](http://www.hr.emory.edu), and on the Emory Healthcare Employee News site at [http://emoryhealthcare.org/employee/employee-newsletters/index.html](http://emoryhealthcare.org/employee/employee-newsletters/index.html) under “Additional News Sites” on the right. To sign up to receive an electronic version, join the FSAP self serve list serve at [http://apps.hr.emory.edu/MailingList/](http://apps.hr.emory.edu/MailingList/).
Wellness and Lifestyle

Tips for Achieving A Healthy Weight

If you are thinking about losing weight, you are in good company. Losing weight is one of Americans’ top New Year’s resolutions. In 2008, 26.1% of Americans age 18 and older were obese (CDC). Maintaining a healthy weight can help prevent or manage several medical concerns, including high blood pressure, high cholesterol, type 2 diabetes, and heart disease. To keep Americans healthy, reducing the number of obese adults is a major goal of Healthy People 2010.

Obesity is “a result of a complex variety of social, behavioral, cultural, environmental, physiological and genetic factors” (Healthy People 2010). Because of this, it is understandable that weight loss can be a challenge. Below are some tips that can help individuals stick to their weight loss goals.

Be specific: Rather than wanting to “lose weight,” be specific about how much to lose and what strategies to use.

Set realistic and achievable goals: Instead of changing habits entirely, start with smaller changes such as cutting out a soda a day or using stairs instead of the elevator.

Maintain a support system: Work on goals with a friend or ask people to check in regarding progress. Having people to support you and hold you accountable can help to accomplish goals.

Track progress and give rewards: Keep track of and celebrate progress at different milestones.

Call FSAP: Schedule up to three free fitness and/or nutrition coaching sessions or an appointment for general resources and support. And remember, New Years may be what spurs some people to action, but change can happen at any time throughout the year.

For more information about maintaining a healthy weight, go to: http://www.cdc.gov/healthyweight/index.html

Alyssa Lederer, MPH, CHES, Health Educator

Small Changes Can Add Up to Weight Loss Success

The New Year marks the time when millions of Americans vow to lose weight. To achieve a successful long-lasting weight loss, it is important to make changes that can realistically be maintained and become healthy habits.

The secret to weight loss is to “move more and eat less.” Being equipped with a plan can help you reach your goals.

Start by taking an in-depth look at your current schedule of activities. Try to incorporate exercise into the schedule you already have in place, such as walking to meetings, exercising while waiting for your child at their after-school activities, or fitting in activity during television time at home. Another strategy is to identify activities that you enjoy and are fun, such as a dance class, sports league or karate class.

Next, take a look at your food selections. Eating fewer calories does not have to lead to hunger if you make the right choices. Foods that are higher in fiber, such as fruits, vegetables, beans and whole grains; and protein rich foods that are lower in fat like poultry, fish and leaner cuts of beef and pork are all naturally lower in calories. Also, portion control is part of the weight loss equation. Using common house hold items as a reference for proper portion size can help keep things simple. For example:

• 3 oz meat or poultry = a deck of cards
• 1 cup pasta or veggies = a tennis ball
• 1 medium piece of fruit = a small fist

Remember, you don’t have to change everything all at once. Focus on making one or two changes each week. Over time, small changes can add up to big results.

Tara Cox, MPH, RD, Wellness Specialist
Melissa Morgan, MS, HFS, Wellness Specialist
Incorporate Fish into Your Diet with Snapper

Sautéed Snapper with Plum Tomatoes and Spinach

If you can’t find snapper, purchase another mild, firm white fish, such as cod or halibut. Serve alongside your favorite pasta tossed with pesto.

**Ingredients**
- 1 tablespoon olive oil, divided
- 4 (6-ounce) snapper fillets
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 1/2 cups diced plum tomato (about 6 tomatoes)
- 2 teaspoons bottled minced garlic
- 1/4 cup dry white wine OR low sodium vegetable broth
- 3 cups baby spinach leaves

**Preparation**
Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat. Sprinkle fish evenly with salt and pepper. Add fish to pan; cook 2 minutes on each side. Remove fish from pan. Heat remaining 1 1/2 teaspoons olive oil in pan over medium-high heat. Add tomato and garlic; sauté 1 minute. Stir in wine OR vegetable broth; simmer 2 minutes. Add spinach to pan; cook for 1 minute or just until spinach wilts. Return fish to pan. Spoon tomato mixture over fish; cook 1 minute or until fish flakes easily when tested with a fork or until desired degree of doneness.

Yield: 4 servings (serving size: 1 fillet and about 1/2 cup spinach mixture)

**Nutrition**
- CALORIES 225 (24% from fat); FAT 5.9 g (sat 1 g, mono 2.9 g, poly 1.3 g); IRON 1.3 mg; CHOLESTEROL 63 mg; CALCIUM 90 mg; CARBOHYDRATE 5.2 g; SODIUM 280 mg; PROTEIN 36.5 g; FIBER 1.7 g

© Cooking Light, MAY 2007
Nutrition information reviewed by Tara Cox, MPH, RD, Wellness Specialist

Kicking the Habit

Emory Offers Resources to Help You Quit Smoking

Do you want to quit smoking in 2010? Emory offers a number of different services to support you with your goal of kicking the habit.

Several Zero Tier Drugs may be of assistance to support your efforts. To see the full list of medications and resources available, and to learn more about Zero Tier Smoking Cessation benefits, visit www.hr.emory.edu/healthspotlight. Remember to share this important information with your physician.

This year, Emory supports your decision to quit by offering programs at no cost and reimbursement programs for those who qualify. If you are looking for information on the next 8-week Freedom From Smoking class, visit the FSAP website at www.fsap.emory.edu. For more information and to reserve your space in the January 20, 2010 class, contact the FSAP at 404-727-4328.

This year, make a change to quit smoking! We can help!
**FSAP Programs**

**Anger Management Skills Group**

* Begins Friday, February 12
* Meets every other week from 1 p.m. - 2:15 p.m. for a total of 6 classes
* Participants will learn, share and discuss practical strategies for managing anger more effectively.

All prospective participants must be pre-screened no later than Friday, February 5.

**Grief & Loss Support Group**

* Begins Wednesday, February 24
* Meets weekly from 3:30 p.m. - 5 p.m. for 6 weeks
* Participants will receive information and support regarding the grief process and learn how to cope with grief and create meaning in life after the loss of a loved one.

All prospective participants must be pre-screened no later than Wednesday, February 17.

**Call the Emory Wellness Center at 404-727-4328 to register or for more information.**

**Freedom From Smoking**

* Wednesdays, January 20 – March 10, 2010
* (8-Week Session)
* 4:30 p.m. – 6 p.m.
* Emory University Hospital
* 2nd Floor, E Wing, Classroom B-C

To register, contact Tara Cox, Wellness Specialist, at tara.cox@emory.edu or contact FSAP at 404-727-4328.

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**Wellness Calendar**

**BLOOD PRESSURE SCREENINGS**

**January 13**

The Carter Center
453 Freedom Parkway, 30307
11 a.m. - 12:30 p.m.

**January 13**

Kirbo Building
1149 Ponce de Leon Ave., 30306
1 p.m. - 1:45 p.m.

**January 21**

1762 Clifton Road, Suite 1495
Conference Room A
11 a.m. - 12:30 p.m.

**February 3**

NetCom @ EUHM, 5th Floor Davis Fischer Building
11 a.m. - 12:30 p.m.

**February 25**

Woodruff P.E. Center
2nd Floor Conference Room
11 a.m. - 12:30 p.m.

**WELLNESS FAIRS**

**January 20**

N. Decatur Building
2nd Floor, Kennesaw Room
8:30 a.m. - 3 p.m.

**February 11**

Carlos Museum
Reception Hall
8:30 a.m. - 3 p.m

**January 26**

Blomeyer Fitness Center
1525 Clifton Rd
5th Floor Conference Room
4 p.m. - 5:30 p.m.

**February 23**

Blomeyer Fitness Center
1525 Clifton Rd
5th Floor Conference Room
4 p.m. - 5:30 p.m.

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Please forward comments and suggestions to:
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