Getting Your Exercise Plan Back On Track

Were you exercising regularly in the past? Maybe you enjoyed the mild fall air and were walking on a regular basis before the weather turned cold. Maybe you started off the New Year with a bang, going to the gym everyday. Now it is a few months into 2009, and your exercise program may have fallen off.

At some point, everyone may experience a relapse. Luckily, it’s never too late to get it back on track.

The first step in reviving your exercise program is to evaluate your past exercise plan. Take a moment to think about a period of time when you were exercising regularly. What parts of your exercise program did you enjoy most and what parts worked best with your daily routine? Also, what was your obstacle to being successful — was it time management, a lack of resources, support or education, or a loss of interest? Make a list of both the positive and not-so-positive aspects of your past program to work from.

After evaluating your past plan, set new short-term and long-term goals, keeping in mind the things you discovered during the evaluation process. Your short-term goals should be specific, including the type of exercise you plan to do, how often, and the location and duration each session.

EXAMPLE: My short term goals are 1) to ride my bike three days a week at the park for 30 minutes, and 2) to take a one-hour Salsa class on Friday evening at the gym.

Your long-term goals are those you would like to achieve three months or more down the road. These goals can focus on measuring the success of your exercise program, maintaining your commitment, or making progressions. Write down your goals or share with someone for continued support.

EXAMPLE: My long term goals are 1) to complete the Peachtree Road race in July, and 2) improve my good (HDL) cholesterol by 10 points at my next check-up in September.

Finally, it’s time to set your plan in motion. Make time for your exercise program by scheduling it into your day as you would any other appointment and record your progress using a calendar or another type of log. As you begin to make exercise a part of your routine again, stay focused on your goals. Remember — do not get discouraged when you come to bumps in the road. With a plan and preparations, it is much easier to move toward your goals.

Melissa Morgan, MS, HFS, Wellness Specialist

Learn more about Relapse as one of the Stages of Change on page 2.
Did You Know: 5 Facts About Sleep

To commemorate National Sleep Awareness Week (March 1-8, 2009), here are 5 facts you should know about sleep hygiene.

1. In general, exercising regularly makes it easier to fall asleep and contributes to sounder sleep. However, exercising sporadically or right before going to bed will make falling asleep more difficult.

2. Caffeine has been called the most popular drug in the world. People consume caffeine on a daily basis in coffee, tea, cocoa, chocolate, some soft drinks and some drugs. Caffeine can cause unrestful sleep.

3. We naturally feel tired at two different times of the day: about 2:00 AM and 2:00 PM. It is this natural dip in alertness that is primarily responsible for the post-lunch dip.

4. Snoring is the primary cause of sleep disruption for approximately 90 million American adults; 37 million on a regular basis.

5. People who don’t get enough sleep are more likely to have lower levels of leptin, an appetite-regulating hormone. Low levels of leptin can promote an appetite increase.

Source: National Sleep Foundation, www.sleepfoundation.org

RELAPSE: Getting Back in the Game

In the last issue of All About Health, you learned strategies to maintain your desired change. However, experience shows that most of us “fall off the wagon” at least once in our journey.

Whether striving for sustained sobriety, regular exercise, healthy eating habits or smoking cessation, RELAPSE (the sixth Stage of Change*) is not only common, but a normal part of the change process. While a relapse may be discouraging, it is important that you do not allow a sense of failure to halt your progress. Instead, consider these steps:

- Look at your “slip” as a minor setback and an opportunity to learn and become stronger.
- Quickly reassess your motivation and barriers to change; restart the process again at the preparation, action, or even the maintenance stage.
- Get the facts. What people, places, stressors or attitudes might be related to the relapse? How will they be avoided in the future?
- Ask for help to brainstorm more effective coping strategies. Contact FSAP if you need help in this area.
- Give permission to your support people to help hold you accountable.

Remember, the idea behind the Stages of Change Model* is that behavior change does not happen in one step. You may cycle though the stages several times before achieving a lasting lifestyle change.

Robin Huskey, LCSW, CEAP
Manager of Education and Outreach

*Developed by James Prochaska and Carlo DiClemente, 1983
Spring into Better Health With This Nutritious Fruit

The harvest season for tomatoes grown in Georgia begins in March, so spring is the perfect time to re-introduce this popular produce to your diet. This bright and colorful fruit is low in calories (only 20 calories per ½ cup serving) and rich in vitamin C, vitamin A and fiber.

The signature color of tomatoes is produced in part by a powerful antioxidant called lycopene, which becomes more readily available for absorption through cooking and processing. This powerful nutrient has been linked to health benefits, including reducing the risk of heart disease and prostate cancer, and improving eye health (Source: Lycopene.org).

Here is a savory recipe to help you incorporate more tomatoes into your diet.

Spring Seafood Stew

Poaching is an excellent way to cook seafood, since the cooking liquid makes a flavorful base for sauce. This recipe features a French technique called monter au beurre (to mount with butter), whereby chilled butter is whisked into the cooking liquid at the last minute to ensure a satiny sauce.

1 teaspoon olive oil
Cooking spray
1 cup thinly sliced leek (about 1 large)
3 garlic cloves, minced
1 cup dry white wine
1 (14 1/2-ounce) can fat-free, less-sodium chicken broth
3/4 pound medium shrimp, peeled and de-veined
3/4 pound large sea scallops, cut in half horizontally
2 tablespoons chilled butter, cut into small pieces
1 1/2 cups chopped plum tomato
1 tablespoon minced fresh tarragon
1 teaspoon grated lemon rind
1/2 teaspoon salt
1/2 teaspoon black pepper
1/4 teaspoon ground red pepper

Heat oil in a large Dutch oven coated with cooking spray over medium heat. Add leek and garlic; cook 4 minutes or until tender, stirring occasionally. Add wine and broth; bring to a simmer. Stir in shrimp and scallops; bring to a boil. Reduce heat; simmer 3 minutes or until shrimp and scallops are done.

Remove shrimp and scallops from pan with a slotted spoon; keep warm. Bring broth mixture to a boil; cook 4 minutes.

Reduce heat to low. Add butter, stirring constantly with a whisk. Stir in chopped tomato and remaining ingredients.

Divide shrimp and scallops evenly among 4 soup bowls. Spoon broth mixture into each bowl.

Yields 4 servings

Nutritional Analysis:
287 Calories (29% from fat); 9.3g fat (sat 4.1g, mono 2.8g, poly 1.2g); 3.3mg Iron; 173mg Cholesterol; 93mg Calcium; 10.8g Carbohydrate; 817mg Sodium; 34g Protein; 1.3g Fiber

Source: Cooking Light, MAY 2002
Reviewed by Tara Cox, MPH, RD, Wellness Specialist
Wellness Calendar

BLOOD PRESSURE SCREENINGS

March 10
Emory Parking Office
Conference Room
1701 Lowergate Drive 30322
10 a.m. - 11:30 a.m.

March 13
Carter Center
453 Freedom Parkway 30307
Lower Commons Area
11 a.m. - 12 p.m.

March 13
Kirbo Building
Conference Room
12:15 p.m. - 12:45 p.m.

April 2
Grady FOB Building
Lobby Area
49 Jesse Hill Jr. Drive 30303
11 a.m. - 12:30 p.m.

April 9
Department of Alumni Relations
1st Floor, Suite 2402
1762 Clifton Road 30322
11 a.m. – 12:30 p.m.

April 10
Cannon Chapel
Commons Area
515 South Kilgo Circle 30322
11 a.m. – 12:30 p.m.

WorkLife Resource Center to Hold Summer Camp InfoStops

Believe it or not, enrollment for some 2009 summer camps has begun. Emory is working hard to help you find the best summer camp programs for your children. This year, FSAP will be coordinating efforts with the WorkLife Resource Center, which will sponsor this program.

This year’s summer camp campaign will kick off with a workshop, “Selecting a Quality Summer Program,” presented by Brown Richards & Associates on March 13, 2009, from 12 p.m. – 1 p.m. in room 1.432 of the 1599 Clifton building. Please contact Audrey Adelson at the WorkLife Resource Center at (404) 727-1261 or at audrey.adelson@emory.edu to reserve your seat.

Our dependent care program specialists and staff from Brown Richards & Associates will be providing summer camp information at InfoStops across Emory.

March 17
1599 Clifton Building
HR Main Lobby
11 a.m. - 1 p.m.

March 19
Emory University Hospital Midtown
Lobby, Medical Office Tower
11 a.m. - 1 p.m.
2 p.m. - 4 p.m.

March 20
Dobbs University Center
DUC Commons Area
11 a.m. - 1 p.m.

March 24
Wesley Woods Geriatric Hospital
Lobby next to Cafeteria
11 a.m. - 1 p.m.

March 26
Rollins School of Public Health
P-Level Lobby
11 a.m. - 1 p.m.

March 27
Yerkes Main Station
Main Lobby
11 a.m. - 1 p.m.

March 31
Emory University Hospital
H-Wing, 1st floor, Outside Cafeteria
11 a.m. - 1 p.m.
3 p.m. - 4 p.m.

April 2
Goizueta Business School
2nd Floor Lobby
11 a.m. - 1 p.m.

April 3
Robert Woodruff Library (Main)
Jones Room, 3rd Floor
11 a.m. - 1 p.m.

April 8
Grady Hospital
Faculty Office Building Lobby
11 a.m. - 1 p.m.