



JULY '13

Well NEWS

A Monthly Insight into Health and Wellness



Recognizing your Hunger Signals

What drives you to eat- hunger or appetite? The Hunger/Fullness Continuum can help you identify your stage of hunger, appetite and fullness. By paying attention to these triggers, you can begin to control your eating-rather than allowing it to control you.

The Hunger/Fullness Continuum...Hunger is physical, like a growling stomach or inability to concentrate, and is controlled by physiological conditions like blood sugar level or the emptiness of your stomach. When you're hungry, your body will signal you with a rumbling stomach, fatigue, lack of focus, food cravings and/or mood changes.

Appetite is an interest in food. The appearance, the smell or the thought of food can stimulate appetite, even if you are not hungry. When your appetite is stimulated, you may not actually be hungry but may feel hungry as a result of the stimulus. In moments like these, ask yourself, "Am I really hungry, or do I feel like I'm hungry?"

Fullness is feeling content...The stomach signals the brain that it's full and the brain responds by sending out hormones to stop eating. The Hunger Scale shows that being pleasantly full falls in the safe hunger zone but becoming uncomfortable does not. It's important to remember that the brain takes 20 minutes to realize fullness, so learn to recognize this feeling quickly and preempt it with portion control.

The Hunger Scale helps you learn to identify your stage of hunger or fullness.

AVOID THIS AREA	<ol style="list-style-type: none"> 1. Famished, weak dizzy. A headache often occurs in this state. 2. Very hungry, irritable, low energy. 3. Stomach begins growling.
THE SAFE HUNGER ZONE	<ol style="list-style-type: none"> 4. Light hunger 5. Comfortably satisfied. 6. Pleasantly full.
AVOID THIS AREA	<ol style="list-style-type: none"> 7. Becoming uncomfortable. 8. Feeling stuffed. 9. Uncomfortable, stomach hurts, need to loosen clothing. 10. Feeling sick, unable to move, nauseous. Need to sleep it off.

Developing Awareness...Do you realize what signals you are following? Consider keeping a food journal for two weeks to identify your eating patterns. Use the Hunger Scale to rate how you feel before and after eating and record when and what you eat. This exercise will help you determine if you are eating as a result of being hungry vs. having your appetite stimulated, or if other factors such as fatigue, being under stress or certain social settings are dictating your habits.

With time, you will become better at identifying your safe hunger zone and may begin to notice patterns in how you eat. When that happens, you'll be closer to identifying what eating pattern is right for you: fewer, larger meals or smaller, more frequent meals. As you become better at eating in response to your body's true hunger signals, you will eliminate eating from appetite stimulation, stress, fatigue, or other non-hunger reasons. By applying these tools, you will begin to control your eating rather than allowing it to control you.



Newsletter Quiz

1. Name a situation that causes you to end up in one of the Avoid Stages of The Hunger Scale.
2. Why are you able to burn more calories by exercising outside?

To earn your Wellness Incentive Points, e-mail your response to Katie@wellworksinc.com by June 30, 2013.



TIME TO TAKE YOUR WORKOUT OUTSIDE

As the weather heats up and the sun is up longer, take your workout outside! Nature is the perfect buff-body training ground.

Here are some great reasons to either start your exercise program outside or to move your current workout from the gym.



You will Go for Longer! You will be surprised to see how much faster time goes when you are outside and not tempted to stare at the clock. The distractions of a new routine, a new setting and scenery will make time fly.

Burn More Calories. You can torch up to 5 to 7 percent more calories by just moving your workout outside. Mother nature's varied terrain, winds, temperatures and other factors all contribute to this.

It is Free! Don't waste all of that money on a gym membership especially if you don't go. Save on gas and gym fees by going right outside of your house for exercise.

You'll Be Happier. Exercising outside is an organic mood booster. Feelings of euphoria, revitalization, energy, reduced stress and positive thinking can all occur after exercising in the fresh air.

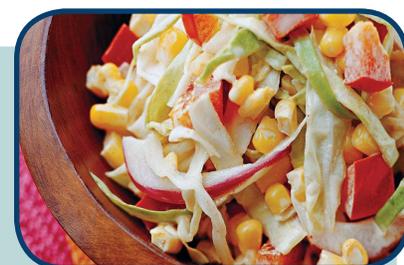
Avoid the Germs. Indoor air is actually two to five times more polluted than outdoor air according to the Environmental Protection Agency. Gyms are breeding grounds for germs and bacteria. By moving your exercise outside, you can avoid all of this.

Think more Clearly. Having a closeness to nature increases our well-being. It has an immunization effect by protecting us from future stresses and helping us concentrate and think more clearly.

Workout anytime you want to. There is no schedule of class or gym hours to adhere to. You will not have to worry about not getting on the piece of equipment that you want. You can fit exercise in virtually anytime and anywhere when you are using the outdoors.

Enjoy Exercise. Those who exercise outside state that they have more enjoyment and satisfaction. This makes them more likely to repeat the activity again at a later date.

Healthy Recipe OF THE MONTH Southwestern Coleslaw



Ingredients

- 1 package (9oz) frozen corn
- 1/3 cup fat-free mayonnaise
- 1 tablespoon lime juice
- 2 tablespoons honey
- 1/4 teaspoon ground chili pepper
- 3 cups shredded green cabbage
- 3/4 cup chopped red sweet pepper
- 1/3 cup thinly sliced red onion
- 1/3 cup chopped cilantro

Preparation

1. Cook corn according to package directions. Let stand to cool.
2. In a small bowl, stir together mayonnaise, lime juice, honey, cumin and chili pepper. In the large bowl, combine the corn, cabbage, sweet pepper, onion and cilantro.
3. Pour mayonnaise mixture over cabbage mixture. Toss gently to coat. Serve immediately or cover and chill for up to 24 hours.

Nutrition

Per serving (1 cup): 80 calories; 1g fat; 0mg cholesterol; 17g carbohydrates; 2g protein; 3g fiber; 125mg sodium.