



NORTHERN NEW ENGLAND Benefit Trust

NNEBT is a non-profit Trust Fund providing Teamster members and their families with quality health and welfare benefits.

News from The Trust

MARCH 2009

Taking That First Step

It's easy to start a walking program.

From shopping malls to nature trails and treadmills, millions of Americans enjoy the health benefits of regular walking, the easiest exercise.

Are you a would-be walker? Here's a 5-step plan to get you in the habit:

- 1 Warm up your muscles** for 5-10 minutes by gradually increasing your walking pace.
- 2 Wear comfortable clothing** and supportive shoes designed for walking or running.
- 3 Stay aware** – avoid distractions such as phone chat and listening to music. Walk in well-lit, safe, populated areas.
- 4** When you don't feel like exercising? **Think of ways to get going again** – such as walking with a friend or walking in a mall during bad weather.
- 5 Take the write step.** Record distance, time and how often you walk to follow your progress – and enjoy the results.

Doctor approval? Get your health care provider's okay if you have medical issues such as chronic backache, arthritis or hypertension, or before significantly increasing your physical activity.

STEP Into A Walking Routine

Week	Warm-up Time	Fast-walk Time	Cool-down Time	Total Time
1	Walk slowly 5 minutes	Walk briskly 5 minutes	Walk slowly 5 minutes	15 minutes
2	Walk slowly 5 minutes	Walk briskly 8 minutes	Walk slowly 5 minutes	18 minutes
3	Walk slowly 5 minutes	Walk briskly 11 minutes	Walk slowly 5 minutes	21 minutes
4-plus	Add 3-5 fast minutes each week until you reach 40 minutes.			

Pace yourself. If your body isn't used to regular physical activity, start with the NIH's walking program, based on walking 3 times a week. If you walk fewer times a week, allow more than a week before increasing your pace and frequency.



Did you know ...
The human body has at least 600 muscles; more than half of them are designed for walking.

best bits

■ **American Diabetes Alert Day is March 24.** More than 23 million adults and children have diabetes, and one quarter of them don't know they have it. The American Diabetes Association encourages you to take their Diabetes Risk Test at www.diabetes.org.

■ **Studies show that smokers are 4 times more likely** than nonsmokers to suffer from pneumococcal disease, which includes bacterial pneumonia and meningitis. So last fall the Advisory Committee on Immunization Practices recommended the pneumococcal vaccine for smokers ages 19-64. Previously this vaccine was advised only for people age 65-plus or with chronic conditions – regardless of whether they smoke – since they are at higher risk for illness or death from pneumococcal diseases.

■ **Child-resistant packaging is not always child-proof.** Products are judged child resistant when tests show 85% of children under 5 years old cannot open a package in 5 minutes (the other 15% can open it quickly). Why take chances? Keep household products and medications in their safety packaging or weekly pill planners, locked up and out of children's reach. Secure weekly pill planners too.

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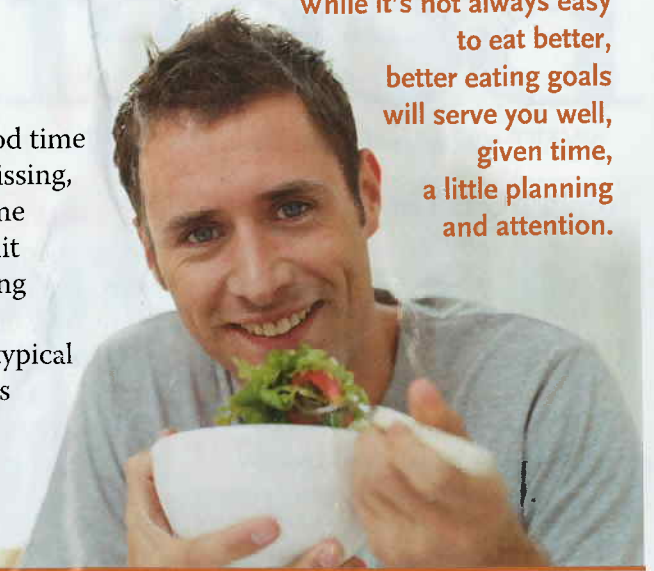


Nutrition POP Quiz

March launches National Nutrition Month – a good time to assess your eating habits: what’s good, what’s missing, or what might be adding unwanted weight. Set some personal nutrition goals, such as adding at least one more fruit and vegetable per day, watching beverage calories, and limiting fried foods.

Have fun with the quiz – it targets some nutrition myths typical in our age of infomercials and misleading media bites. Always get your advice from the experts, including the American Dietetic Association (ADA), your health care providers, and this newsletter.

While it’s not always easy to eat better, better eating goals will serve you well, given time, a little planning and attention.

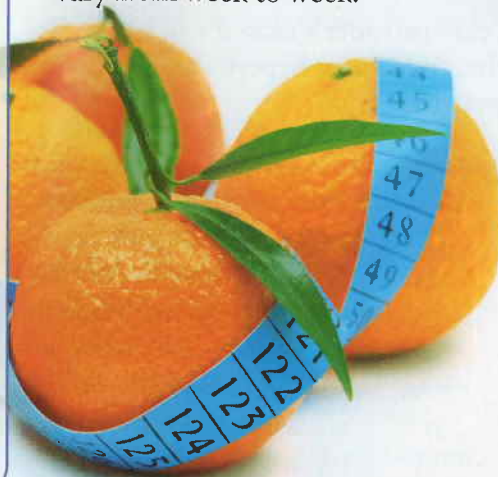


ANSWERS

- 1. Margarine has fewer calories than butter.**
 Fact Fiction
- 2. If you eat more calories than your body uses, they will be stored as fat.**
 Fact Fiction
- 3. For best health, be sure all the foods you eat are low in fat.**
 Fact Fiction
- 4. Snacking may keep you from overeating at meal times.**
 Fact Fiction
- 5. Eating excess carbohydrates causes weight gain.**
 Fact Fiction
- 6. Truly whole-grain foods have the word *whole* listed as the first ingredient on the label.**
 Fact Fiction
- 7. The average American gets about 15% of calories from beverages.**
 Fact Fiction

- 1. Fiction** – Regular margarine and butter each have about 36 calories per teaspoon. Instead, choose healthier vegetable spreads or liquids, which are lighter in fat than margarine and butter. **BEST:** Products labeled “light” (for less fat and fewer calories) and “no trans fat” (to avoid partially hydrogenated oils).
- 2. Fact** – In theory, losing one pound requires a deficit of 3,500 calories – if you ate 500 fewer calories per day you’d lose a pound a week. However, every “body” is different, so your weight loss may vary from week to week.

- 3. Fiction** – You can balance high-fat and low-fat foods and still eat well, provided you keep total daily fat intake within 20%-35% of calories. **BEST:** Avoid trans fats and a high intake of saturated fat-rich foods.
- 4. Fact** – Healthful snacks can provide sustained energy so you’ll be less likely to overeat at your next meal. **BEST:** Choose snacks that fill nutritional gaps.
- 5. Fiction** – Consume too many calories from any source – carbohydrate, protein, fat – combined with inactivity, and you are more likely to gain weight. **BEST:** Keep meals balanced for successful, long-term weight control.
- 6. Fact** – Foods labeled *wheat flour* or *enriched wheat* are made with refined (white) flour and lack the bran and germ that supply valuable nutrients and fiber found in whole-grain products. Instead, choose products that list *whole wheat*, *whole rye* or *whole oats*.
- 7. Fiction** – Beverages, including coffee, milk and regular soft drinks, supply nearly a quarter of our dietary calories. **BEST:** skim milk, pure fruit juices, and water.



GOAL LINE Walking too routine? Pick new, interesting routes through parks or past gardens, historic sites or waterways.

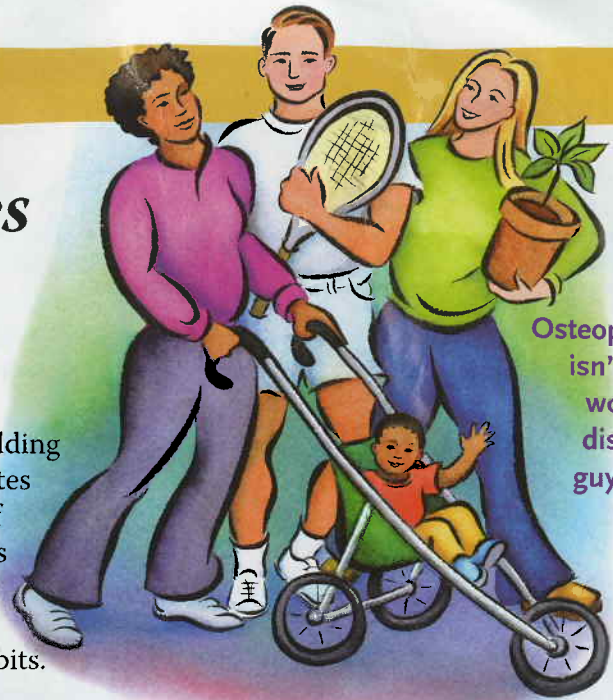


Bone-Building Moves

The key to keeping bones strong is regular weight-bearing activity. That's any movement that causes you to move against gravity while you're upright. The force helps your bones stay strong and dense. The more bone-strengthening activities you do at any age, the better your chances of warding off bone loss (osteoporosis).

Guidelines from the Osteoporosis Foundation:

1. Frequency – Perform bone-building exercises 30 minutes a day most days of the week. If time is a factor, break the 30 minutes into 10- or 15-minute bits.



Osteoporosis isn't just a woman's disease – guys need to take care of their bones too.



Are You Weight-Loss Ready?

People choose to lose weight to gain something – better health, self-esteem or energy. The Partnership for Healthy Weight Management says setting sensible weight loss goals increases your chances of success.

What's "sensible" weight loss? Base your weight loss program on several factors: positive eating habits, more physical activity, mental attitude, age and any chronic problems.

The American Dietetic Association says the most successful weight loss comes from setting real, practical goals. To prepare yourself, think about how and why you want to lose weight. **Check all that apply to you:**

- I have a medical condition such as diabetes, arthritis or high cholesterol that could improve if I lose weight.
- I suffer from anxiety, low self-esteem or depression.
- Losing weight will give me the confidence and energy to be more socially and physically active.
- My biggest obstacle to losing weight is _____.
- I am inspired to lose weight by _____.
- My goals (timeline, amount of weight to lose) are realistic.
- I am making lifestyle changes that I can maintain to aid my weight loss goal.
- I accept that weight management is long-term, rather than a quick fix.
- I have a support network that will encourage me throughout my program.

Discuss your plan with your provider, especially if you have health conditions that may affect your ability to reach your goal. Weight loss usually means altering your lifestyle. New habits take time and patience but you can enjoy the benefits of better health along the way.

2. Intensity – High-impact weight-bearing activities include hiking, dancing, jogging, stair climbing, backpacking or tennis. Low-impact, less intense options include elliptical training, yoga, tai chi, walking, and gardening.

3. Strength-building – Build muscle by using resistance from your weight, dumbbells, bands, Pilates or other activities that work your muscles. Aim for 2 or 3 weekly workouts.

Exercise each muscle group – shoulders, upper back, lower back, middle back, upper arms, forearms, chest, abdominals, calves, thighs, and hips. Alternate by working 4-6 muscle groups during each session.

To avoid injury: Start gradually, adding more time, weight or repetitions as you get stronger. **Important:** If you have a chronic condition, such as osteoporosis or heart disease, or you are prone to fractures or fall frequently, use extra caution or ask for help from a trainer.

Consult your health care provider before starting regular muscle workouts.

