



Did You Know...

Happy Happy Happy.

As we enter 2014, are you thinking outside the box, or are you just trying to get through the day?

Days are cold and not so sunny at times, and that is when seasonal affective disorder (SAD) affects those of us that require the sun to make us shine. So go on! Bundle up and soak in whatever sunny days you find!

And regular exercise — whether inside or out — is a great way to chase away the winter blues!

New Year's is also a great time to attend to all your screening health needs! Check your benefits booklet to see what you are eligible for, and make those appointments now!

Fad Dieting: Warning Signs Your New Diet Isn't Safe

The old saying, "There's nothing new under the sun," is especially true each January as thousands of Americans make New Year's resolutions to diet, exercise and finally lose those unwanted pounds. Unfortunately, the temptation to reach these goals in unhealthy ways can be very strong. Doing the daily work of healthy habit changes such as eating healthier foods and exercising regularly is less appealing than the easy route promised by fad diets.

Fad diets are weight-reduction diets that enjoy temporary popularity by promising quick solutions for losing weight, often in ways that compromise nutrition. Most people who follow a fad diet gain the weight right back after they stop the diet.

Here are a few signs your new diet program may be a fad:

- It promises more than 2 pounds of weight loss per week.
- It forbids a basic food group or food nutrient

(fats, carbohydrates, proteins, etc.).

- The claims sound too good to be true.
- It involves a quick fix or diet drug.
- There's a product you need to buy in order to lose weight.

Make a New Year's resolution to be patient with yourself and set realistic, healthful weight-loss goals. And be sure to check out www.choosemyplate.gov to customize a meal plan that's right for you.

Be Healthy Recipe

Tuscan White Bean Dip *Makes 6 servings.*



- 1 teaspoon olive oil
- 1 tablespoon garlic, chopped (about 3 cloves)
- 2 tablespoon onions, chopped
- 1 cup low-sodium cannellini beans, rinsed
- ¼ cup low-sodium chicken broth
- 1 tablespoon fresh parsley, rinsed, dried, and chopped (or 1 teaspoon dried)
- 1 teaspoon fresh oregano, rinsed, dried, and chopped (or ¼ teaspoon dried)

Combine ingredients. Serve with chopped carrots and celery sticks.

Nutritional information per serving:	
Calories	87
Total fat	4 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	25 mg
Total fiber	3 g
Protein	3 g
Carbohydrates	10 g
Potassium	158 mg
Vitamin A	2%
Vitamin C	4%
Calcium	0%
Iron	6%

Percent Daily Values are based on a 2,000 calorie diet.

Want to Stop Using Tobacco? There's a Program for that.



If your New Year's resolution is to stop using tobacco, then don't forget you have a program right at your fingertips that can make this year's resolution successful. McWane, Inc. offers the Quit For Life® Program to all McWane team members and their dependents who are 18 years of age and older.

Quitting tobacco is the best thing you can do for your health,. The Quit For Life program uses proven techniques developed and tested over the past 25 years, that have helped hundreds of thousands of people successfully quit tobacco.

Enroll in a program that allows you to:

1. **Quit at Your Own Pace.** Quit on your terms, but get the help you need, when you need it..
2. **Conquer Your Urges to Smoke.** Gain the skills you need to control cravings, urges and situations involving tobacco.
3. **Use Medications So They Really Work.** Learn how to supercharge your quit attempt with the proper use of nicotine substitutes or medications.
4. **Don't Just Quit, Become a Non-Smoker.** Once you've stopped using tobacco, learn never again to have that "first" cigarette.

Go to www.quitnow.net or call 1-866-Quit4Life (748-8454)



For Generations