



Newsletter

Fargo VA Health Care System

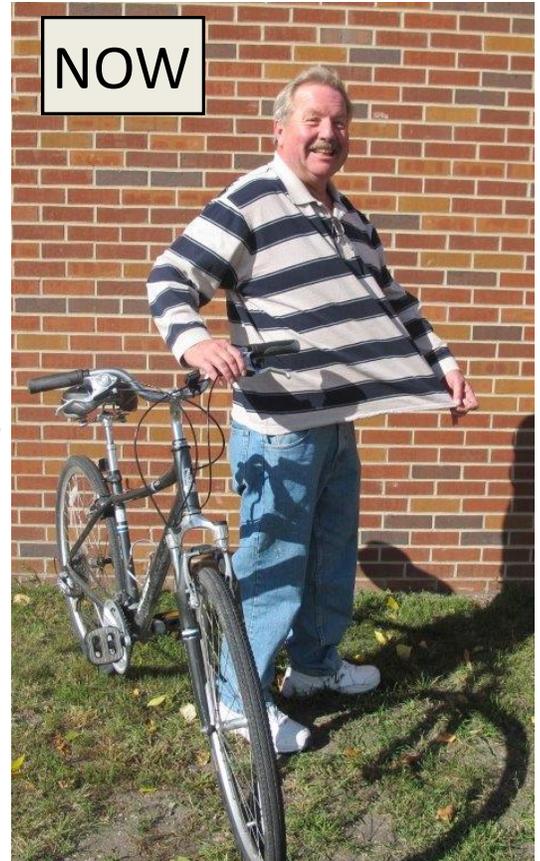
Winter 2014

For Bill Svien, learning that he was “pre-diabetic” scared him into taking action. He joined the MOVE! program in January 2014. Since joining, he has lost close to 60 pounds. He found great motivation meeting with MOVE! staff one-on-one 1-2 times per month. Along with his new physical appearance comes a new life style. He sticks to an 1800 calorie per day diet replacing Oreo's and milk with fruits and veggies. He also eats breakfast every day and has made exercise part of his daily routine. He spends 1 hour each day



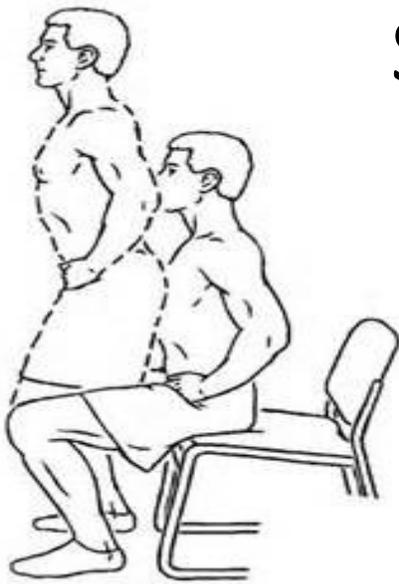
THEN

either walking or riding his bike a minimum of 6 days per week. “If I don’t work out, I feel guilty”. He has purchased a stand for his bike so he can continue to ride his bike indoors into winter. With the drop in weight, he has also seen improvements in his blood pressure and his cholesterol. He is very thankful for the great support that he has received through the MOVE! program! On behalf of the Fargo VA MOVE! Team, we would like to say



NOW

“Congratulations Bill!”



Sit to Stand Exercise:

Sit on edge of chair, feet flat on floor.
Stand upright, extending knees fully.

Repeat **5-10** times per set.

Do **1-2** sets per session.

Do **2** sessions per day.

S.M.A.R.T. Goals for Lifestyle Change

S-Specific

- You must state your goal as specific as possible.

M-Measurable

- You need to have a way to measure progress.

A-Achievable

- Your goal should be meaningful to you and set by YOU.

R-Realistic

- Goals should be ambitious, but not impossible.

T-Time-Bound

- When will you finish your goal?



Write your goal:

Example: I will (your goal here) by (how you will do the goal). I will know I am making progress because (how you will measure the goal) (time goes here).

Your goal: I will(_____)by
(_____). I will know I am making progress
(_____)(_____).

Staying Mentally Healthy During Winter

When daylight decreases over the fall and winter the changes can affect a person's mental health, sometimes causing lethargy and depression. The **Aurora Mental Health Center** offers ways to stay mentally health through the winter.

1. Get some sun every day.

Suggestions: Get outdoors! Walk extra distance while running errands, take a 15 minute walk or break outside during the day, and sit near a window in the sunlight.

2. Brighten up your home.

Suggestions: Open the curtains and blinds; paint the walls a lighter color; use brighter bulbs or increase the lamps in a room; use brighter colors in decorating or install a skylight or window in a dark room, or trim tree branches that block the sun.

3. Eat a healthy diet —not just what you crave.

Suggestions: Limit your caffeine and sugar intake; eat more protein (nuts, eggs, peanut butter, fish, lean meats, milk, cheese); eat at least four cups of non-starchy vegetables; use healthy oils such as olive or canola oil; and eat complex carbohydrates (whole grains, such as whole wheat pastas, breads, and crackers, and cereals; oatmeal; and brown rice).

4. Get moving!

Suggestions: Take a walk outside; walk up and down the stairs at your home; purchase a fitness video to do at home; take the dog for a longer walk; join a fitness club; go skiing, snowboarding, ice skating, or snowshoeing.

5. Develop a sleep routine.

Suggestions: Set a regular bedtime; establish a sleep and wake schedule; create a relaxing bedtime routine; avoid caffeine, alcohol, and food close to bedtime; and have a comfortable area to sleep.

6. Take a break from life's daily stressors.

Suggestions: Try stress management techniques such as yoga, meditation, aromatherapy, and deep breathing; read a book or article; listen to music or watch a movie; be creative. Avoid alcohol and unprescribed drugs for stress relief and remember exercise can lift your mood.

7. Socialize.

Suggestions: Meet a friend you haven't seen in a while and go out for a healthy breakfast; invite a few friends over to play cards or a board game; go to a high school play or basketball game; or meet after work to share an appetizer.

8. Take a trip some place warm.

Suggestions: Plan your destination trip to Florida, Mexico, or the Caribbean for the winter. Check orbitz.com, travelocity.com, or other internet searches for good deals.

Holiday Weight Loss Tips



Don't let the holidays de-rail all your weight loss progress thus far. Plan ahead to enjoy your holidays, but eat in moderation. Try some of these holiday weight loss tips:

- * Plan ahead of time what you'll eat and stick with your plan
- * Avoid leftovers so the holi-"day" day doesn't stretch into a holi-"week"
- * Tell others in advance if you don't want them to bring you any cookies or holiday treats
- * Offer to bring a dish to a holiday gathering so you can bring a lower-calorie option, such as a salad or fruit plate
- * Eat a low-calorie snack and drink a big glass of water before the holiday meal to curb your appetite
- * Chew gum or pop a breath mint at a party to help you eat less
- * Watch what you drink! Calories in fluids can add up. Water, diet soda, diet apple cider, or unsweetened tea are better choices. Limit alcohol and sugary drinks.
- * Limit your portions. Take only one helping, or take an extra-small amount of food the first round so that you can enjoy a small second helping of a few foods
- * Enjoy a small piece of dessert so you don't feel deprived, but chew it slowly and enjoy every bite
- * Get out and exercise on the holiday—go for a walk, go sledding, or build a snow-man!
- * Listen to your stomach, eat slowly, and stop before you are stuffed
- * Focus on the conversation, not the food

Choose these foods MORE often:

| | |
|--------------------------|------------------------|
| Turkey or chicken breast | Plain potatoes or rice |
| Salad | Steamed vegetables |
| Fresh Fruit | |

Choose these foods LESS often:

| | |
|---------------|------------------------|
| Prime rib | Pie, cake, and cookies |
| Stuffing | Gravy |
| Bread pudding | Eggnog |
| Candy | |