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DID YOU KNOW?

Results show that as many as three out of four Gulfstream employees are either overweight or obese.

Obesity is on the Rise

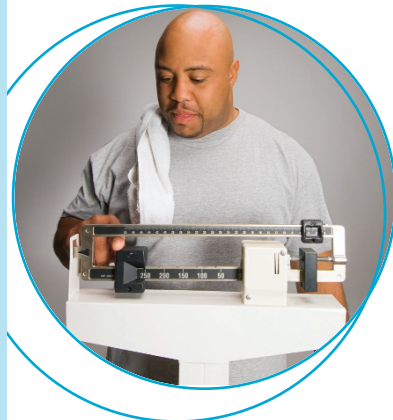
Results of health risk assessments done for more than 1,700 Gulfstream employees showed that almost three out of four of those employees were either overweight or obese. That's a startling statistic!

In response, this issue of the *Partners 2 Health* newsletter will focus on what you can do to live a healthy life by incorporating weight management habits into your lifestyle. While we all know that we need to "eat right" and "exercise," what does that really mean? The simple solutions detailed in this issue will show you how the small things can add up to a healthier weight and a healthier you for the long run.

Your weight is an important part of your overall health. It's a key factor in determining your risk for many serious health issues such as diabetes, heart disease and many cancers. It's scary to learn that obesity in the United States has become an epidemic of large proportions, and even scarier to realize its effect on our employees and their family members.



- Today in the United States two-thirds of adults are classified as overweight or obese. And, as we saw earlier, these numbers are even higher for Gulfstream employees.
- Each year, Americans spend billions of dollars on strategies to lose weight. Despite this, obesity in the United States is on the increase and has been on the increase for decades.
- The U.S. Department of Agriculture data suggests that between 1970 and 2000, average daily calorie consumption increased by 24.5 percent or about 530 calories per day.



The good news is that losing a small amount of weight can reduce your chances of developing health risks. For example, reducing your weight by just 10 percent can decrease your chance of developing heart disease. Read on for more tips and suggestions on how to manage your weight for overall well-being.



Body Mass Index Chart Instructions

First

Find your height

Then

Find your weight

Finally

Determine your BMI

How to Measure Your Weight

There are several ways in which weight is measured and obesity is determined. The most common measure today is something known as “Body Mass Index” or “BMI.” You can use the chart below to help you find out whether or not you’re at a healthy weight, overweight, or obese. The chart is a calculation that takes both your weight and your height into account. While this is not the only way to find out the status of your weight, it’s a first step in determining whether or not you need to do something about your weight.

Find your height and weight on this chart, and determine your BMI results and health status (healthy, overweight, or obese). If you find that your BMI reflects a health status of overweight or obese, you’re not alone. Read on for simple solutions you can begin to incorporate into your diet and routine to get to a healthy weight status.

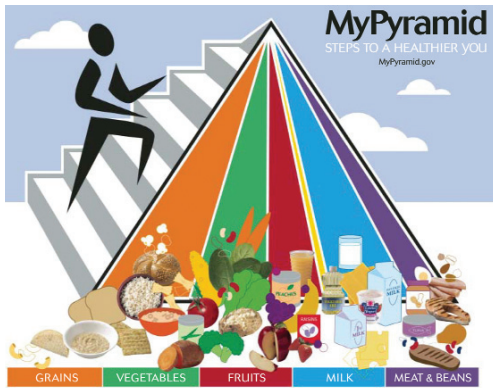
In the highlighted example below, an employee who is 5 feet 9 inches tall and weighs 196 pounds will have a BMI of 29 and be considered overweight (and almost obese).

	Body Mass Index (BMI)											
	Healthy		Overweight					Obese				
	19	24	25	26	27	28	29	30	35	40	45	50
Height	Weight (lbs.)											
4'10"	91	115	119	124	129	134	138	143	167	191	215	239
4'11"	94	119	124	128	133	138	143	148	173	198	222	247
5'0"	97	123	128	133	138	143	148	153	179	204	230	255
5'1"	100	127	132	137	143	148	153	158	185	211	238	264
5'2"	104	131	136	142	147	153	158	164	191	218	246	273
5'3"	107	135	141	146	152	158	163	169	197	225	254	282
5'4"	110	140	145	151	157	163	169	174	204	232	262	291
5'5"	114	144	150	156	162	168	174	180	210	240	270	300
5'6"	118	148	155	161	167	173	179	186	216	247	278	309
5'7"	121	153	159	166	172	178	185	191	223	255	287	319
5'8"	125	158	164	171	177	184	190	197	230	262	295	328
5'9"	128	162	169	176	182	189	196	202	236	270	304	338
5'10"	132	167	174	181	188	195	202	208	243	278	313	348
5'11"	136	172	179	186	193	200	208	214	250	286	322	358
6'0"	140	177	184	191	199	206	213	220	258	294	331	368
6'1"	144	182	189	197	204	212	219	226	265	302	340	378
6'2"	148	186	194	202	210	218	225	232	272	311	350	389
6'3"	152	192	200	208	216	224	232	240	279	319	359	399
6'4"	156	197	205	213	221	230	238	246	287	328	369	410



People with a BMI between 25 and 29.9 are considered overweight while people with a BMI of 30 or above are considered obese.

Eat Right and Live Well



While most of us know the basic concepts behind eating well, why is it so hard to make it a part of our daily routines? It may be that time is a constraint or you don't prepare your own food so can't control what goes into it. Maybe you crave certain foods that are supposed to be considered a "treat" but

have become a daily indulgence for you over the years. Maybe your portions are much bigger than you think. Whatever the reason, managing your weight can be, well, manageable.

The U.S. Department of Agriculture has recently introduced its new concept for the food pyramid, MyPyramid, which has been widely used for years as a food and calorie guide for Americans. While this is a good baseline for overall health in your diet, you may need to modify it based on dietary needs or restrictions. However, the basic concepts of getting in a variety of healthy grains, lean meats, low-fat dairy, and plenty of fruits and vegetables, while minimizing intake of high-fat, high-sugar foods, are key and will help you manage your weight.

Getting a variety of healthy grains, lean meats, low-fat dairy, and plenty of fruits and vegetables, while minimizing intake of high-fat, high-sugar foods, will help you manage your weight.



GRAINS Make half your grains whole	VEGETABLES Vary your veggies	FRUITS Focus on fruits	MILK Get your calcium-rich foods	MEAT & BEANS Go lean with protein
<p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta</p>	<p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweet potatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine — choose more fish, beans, peas, nuts, and seeds</p>

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day	Eat 2 1/2 cups every day	Eat 2 cups every day	Get 3 cups every day; for kids aged 2 to 8, it's 2	Eat 5 1/2 oz. every day
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Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.



Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain these.
- Check the nutrition facts label to keep saturated fats, trans fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.



Get the Most Nutrition out of your Diet

While using the MyPyramid as a guide when making choices about your daily nutritional needs, the tips below offer further benefits to your health.

1 Go lean with protein.

Incorporate lean meats, skinless poultry, eggs and beans in your diet.

2 Make half your grains whole.

Instead of white breads and pastas, opt for whole-grain products that contain fiber.

3 Get calcium-rich foods.

Look for foods that say “low fat.” Many items such as milk, cheese, and yogurt come in low-fat varieties.

4 Focus on fruit.

Always have a variety of fruit on hand. Fruits not only contain vitamins and antioxidants, but also fiber.

5 Vary your vegetables.

The best way to eat a variety of vegetables at once is to make a green salad and use low-fat or fat-free salad dressing.

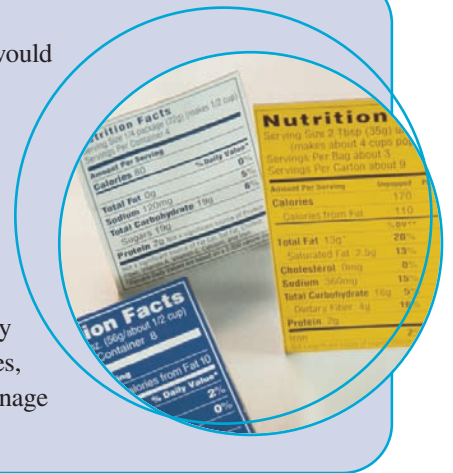
Source: U.S. Department of Agriculture

Think about this. If you consume 100 more calories a day than you burn, you will gain almost one pound per month or about 12 pounds per year!

Read Food Labels

Why read food labels? If you were to go purchase a car, would you buy it without knowing whether or not it was safe to drive? Today, we put more thought into the details and safety of buying a car than we do in figuring out if what we are putting into our bodies is safe for our health.

A first step to help you become aware of what you're eating is to read food labels. Food labels are on any packaged food and sometimes on fresh food. They not only provide portion sizes, but also percentages of carbohydrates, sugars, fat, sodium, and other nutrients so that you can manage your daily intake.



Food Labels 101

While we all know that calories, fat, sugar, cholesterol and sodium consumption play an important part in managing weight and health factors, do we pay attention to the amounts we are consuming each day? Start reading food labels to learn more about your daily intake. It helps.

1. Serving size: This tells you the amount of food in one serving size (i.e., 1 cup, 2 crackers, 1 oz.). Nutrition facts on the label are measured using one serving size.

2. Calories: This number tells you the amount of energy in the food. Knowing how many calories you consume is a key to weight management.

3. Calories from fat: This number tells you the amount of calories from fat in the food. Limiting fat, particularly trans fat, in your diet is another key to weight management.

4. Percent daily values:

These percentages are based on the FDA recommended daily allowances. Monitoring percent daily values throughout the day can help manage your weight.

5. Total fat: Total fat is the number of fat grams in one serving of food. Pay attention to how much is saturated fat and how much is trans fat. Both of these fats are unhealthy.

6. Cholesterol and sodium: This number tells you how much cholesterol and sodium are in the food. Managing cholesterol and sodium intake can help with high blood pressure and high cholesterol.

10 Healthy Snack Ideas

With all the easy-to-grab and convenient snack options available today, it's no wonder that calorie consumption has increased. Instead of opting for a high-fat, high-sodium snack like potato chips or high-fat, high-sugar snacks like cookies or chocolate bars, choose these nutrient-rich, handy snacks instead. You'll save a lot of empty calories and manage your weight all at once.

1. Air-popped popcorn
2. Almonds (or other nuts)
3. Hard-boiled eggs
4. Hummus and vegetables
5. Nonfat cottage cheese
6. Nonfat yogurt
7. Orange slices
8. Protein bars
9. Sliced apples
10. Sunflower seeds

Save a lot of empty calories and manage your weight all at once.

Keep your portions in proportion.
You'll keep down your weight!

Portion Control

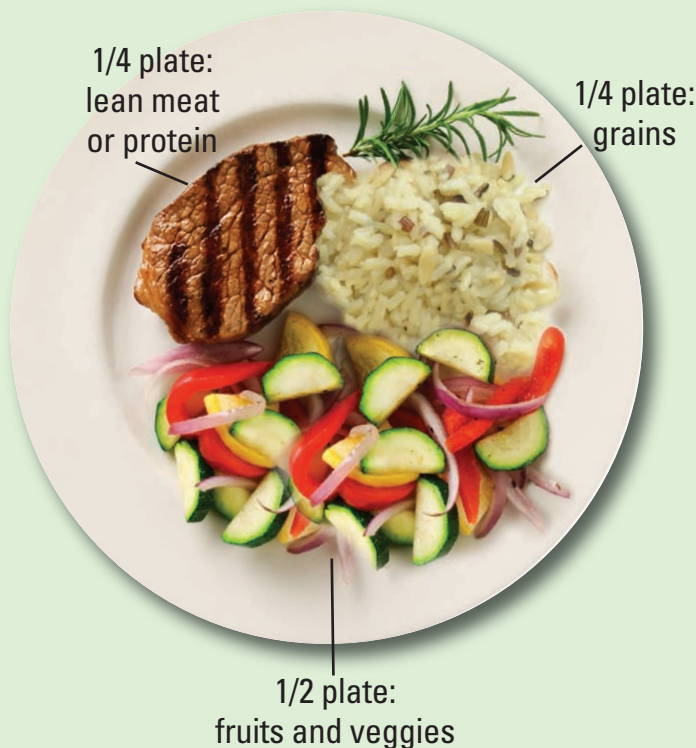
Many of us eat more than our bodies need. Often, it's because we eat too fast (not letting our stomachs tell our brain in time that we're getting full) or because we simply eat portion sizes that are too large. Even when eating healthy foods, you can gain weight if you eat too much.

Here are a few tips to help:

1. Pay close attention to how much food is on your plate. Do you really need to completely fill a plate in order for you to be satisfied?

2. Use smaller plates. It's been pointed out that the size of American dinner plates is often larger than the plates used in other parts of the world. This causes us to put more on our plates than we really need.

3. Eat more slowly and chew your food well. This will help you realize when you're really getting full.



4. If you eat out, be especially careful of portion sizes. Don't be afraid to ask for a "doggie bag" if you find you are served too much. Many restaurants also offer lunch-size portions for dinner and, for many people, this smaller size is more than enough to satisfy them. Finally, try to avoid buffets where the inclination is to load up a plate to "get your money's worth." If you do go to a buffet, ensure you're filling your plate with healthier foods.

The graphic to the left illustrates portion sizes to keep in mind.

Those who exercise regularly—three to five times per week for 30-60 minutes — have more energy, less stress, and better moods compared to those who don't exercise.



Lose Weight and Gain Energy with Exercise

Another key component of weight management and weight loss is exercise. To maintain body weight in a healthy range, balance calories from foods and beverages with calories you burn up. To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.

In the end, the benefits of exercise far “outweigh” weight management. Those who exercise regularly — three to five times per week for 30-60 minutes — have more energy, less stress, and better moods compared to those who don't exercise. It is recommended that American adults should get at least 30 minutes of physical activity each day for health benefits.

The biggest challenge with incorporating exercise into your daily routine is finding the time and motivation to do it. Combine a lack of motivation with a busy schedule and family obligations, and finding room in your life for exercising can sometimes seem like a lost cause. But it's not. To the right are some simple steps to keep motivated and incorporate physical activity into your daily routine.

1 Exercise in the morning.

Those who work out first thing in the morning stick to their routines longer.

2 Exercise in 15-minute increments. Don't have 30 minutes? Try two 15-minute workouts instead.

3 Vary your activity.

It's important to keep motivated by changing your routine. Even if you like walking, try a new route or ask a friend or family member to join you.

4 Join a group.

Sometimes we can't go it alone. Find out if there is a neighborhood group or a group through your community that you can join. Not only will you meet new people, but you will stay motivated.

5 Take your family with you.

Get your family and pets involved and go for evening walks or weekend bike rides.

Start a Walking Exercise Program Today

While the thought of starting an exercise program can seem daunting and tiresome, it's really just the beginning of a more energetic, happy you. Exercise programs can be a helpful guide as you begin a more active lifestyle. Programs typically start off slowly, and then build up intensity and duration over time. Walking is one of the easiest ways to

start an exercise routine. It's convenient, you can do it anywhere, and you can do it with friends, family, and co-workers. Review the walking plan below and start today to help you with your weight management goals.

Here's a 12-week walking program developed by the Mayo Clinic:



Weeks	Total Time (min)	Days	Approx. hours per week
1	20	3	1
2	20	3	1
3-4	25	4	1¼
5-6	30	3-4	1½-2
7-8	35	3-4	2-3
9-10	40	4-5	3-3½
11-12	40	5-6	3½-4

Spotlight ON Health

Weight Watchers at Work

As part of the Partners 2 Health initiative, the Savannah location recently started a Weight Watchers at Work program. After just seven weeks of doing the program, the 42 members who signed up lost more than 300 lbs!

The program can build a great support network of co-workers to help you lose weight. All you need is 20 interested members who pay a relatively small fee and you can reap the benefits of the program. The Weight Watchers at Work program includes:

- A weekly meeting and weigh-in with a Weight Watchers representative
- Information on Weight Watchers weight loss programs
- Nutrition counseling to help you follow the Weight Watchers plan
- Discussion with co-workers about the challenges and successes of your weight loss plan
- An online tool to help you manage your food choices and track your activity throughout the week

If you would like to start a Weight Watchers at Work program in your office location, talk to your HR representative and ask him or her to speak with Lee Walton, Senior Benefits Administrator in Savannah, at ext. 2-7394.



Start a program at your location!

In this issue, we've provided many tips and steps that you can take to improve your overall health while managing your weight. The best thing you can do for yourself is to set small goals. Over time, you'll realize that the small steps you've taken have made a significant impact on your health and weight. For more personalized information on how you can manage your weight, go to the MyPyramid site at: www.mypyramid.gov.

For an easier way to access online resources, go to www.partners2health.com and select your site from the navigation menu on the left. Then follow the instructions below.

If this is your medical plan:	Access your Health Risk Assessment here:	Log-on to your health information Web site here:	Find care management information here:
Aetna Global Benefits® (Expatriates)	Go to www.aetna.com and log in or register.	Go to www.aetnaglobalbenefits.com . Click on "Members" and then log in or register.	Go to www.aetnaglobalbenefits.com . Click on "Members" and log in or register. Or, call Aetna Global Benefits® at 1-800-231-7729.
Aetna POS	Click on the links to Simple Steps for a Healthier Life and log in or register.	Click on the link for Aetna POS. Select "Members and Consumers," then "Health Information," then "IntelliHealth." Or you can go directly to www.intellihealth.com .	Click on the link for Aetna POS. Select "Members and Consumers," then "Products and Programs," and finally "Disease Management" for information on Aetna's Healthy Outlook program. Or you can call Aetna Customer Service at 1-888-562-7822.
CBCA/Anthem Memorial Health Partners (Savannah)	Click on the link to "Health Information Web Site." First-time users will be instructed to establish a login and password. Once logged in, select "My Assessments" on the left of the home page or click on "Take Your Health Risk Assessment."	Click on the link to "Health Information Web Site." First-time users will be instructed to establish a login and password. Once logged in, use the navigation tools to select the topic you want.	Call Healthy Returns, sponsored by Memorial Health Partners, toll-free at 1-800-551-6923.
CIGNA PPO	Click on the link to "MyCIGNA.com," and log in or register. Then click "I want to" and then "Take a health risk assessment."	Click on the link to "MyCIGNA.com," and then log in or register. Once logged in, use the navigation tools to find the health topic you want.	Call CIGNA at 1-800-981-9112 to learn about the Well Aware program.
Kaiser HMO	Go to www.kp.org and log in to "My Health Manager," then "Health & Wellness." Select "Live Healthy." Mouse to the left side and choose "Total Health Assessment."	Go to www.kaiserpermanente.org . Mouse over the tab near the top called "Health and Wellness" and select "Conditions and Diseases" to access the health encyclopedia.	Go to www.kaiserpermanente.org . Select "Health and Wellness," "Live Healthy," and then "Manage Chronic Conditions."
Network Health	HRAs with screenings are offered onsite once per year. Check with Human Resources for more information.	Click on the link to "Network Health" and log in. You will need your member ID to register. Once logged in, choose "Health Resources." Resources available include "Medline Plus Consumer Health Info," "Affinity's Tips for Better Health," and links to other resources.	Call Network Health at 1-800-236-0208 for information.
PacifiCare	Click on the link to PacifiCare. Next choose "Member/Visitor," then select "California" under "I reside in..." and click on "Go." From there, choose "Health and Wellness," then "Health Risk Assessment" from the menu on the left.	Click on the link to PacifiCare. Next choose "Member/Visitor," then select "California" under "I reside in..." and click "Go." From there, choose "Health and Wellness," then select the topic you want.	Call PacifiCare Member Services at 1-800-913-9133.
United Healthcare	Click on the link to United Healthcare and log in or register. Then click on "Health Topics and Tools" followed by "Assess and Improve Your Health."	Click on the link to "United Health Wellness" and log in. Click on "Health Topics and Tools," then select the topic that interests you.	Call United Healthcare at 1-866-633-2446.



"Partners 2 Health" is the companywide initiative for employees and their families to work together with Gulfstream to achieve a healthy life and reduce healthcare costs. Under this partnership, Gulfstream will supply the resources (medical plans and health-related information) and families will make informed decisions (taking into consideration that health guidance) to maintain or improve their health. In addition to substituting for the preposition "to" ("Acting as partners will lead to better health"), the "2" signifies the two partners (employees and Gulfstream) and the two phases (short-term and long-term) of everyone's health. Additionally, the "2" represents the two goals of the initiative — the primary goal of better health and the secondary goal of lower healthcare costs.