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Small Steps...BIG Results

If you're like most people, you've given some thought to 2010 and what you can do to improve your health. It might be losing weight, eating better, or getting more exercise. Whatever you choose to do, here's some practical advice—take small steps at first. If you try to take on too much at once, you'll probably get discouraged and maybe even quit altogether.



A journey of a thousand miles begins with a single step.

— CHINESE PROVERB

Lee Iacocca—the man who many credit with saving Chrysler Corporation in the 1980s—used to make his managers break their large goals into smaller ones. So, for example, instead of having a salesperson try to sell \$1 million in cars in a year, he'd ask them to sell \$250K in cars in a calendar quarter. It kept them focused on what they need to do **now** and the task seemed less intimidating.

You can do that with your health as well. Don't try to get in shape and run a marathon by the end of the month. Try just going for a walk today and then build from there. Before you know it, you'll be seeing improvement and will be more motivated to keep going. From there, success will just build on itself.

So, what are some small steps you can take to improve your health in 2010? The U.S. Department of Health and Human Services has a very interesting Web site called SmallStep (www.smallstep.gov) that provides tips on how adults and kids can improve their health one small step at a time. We've listed many of these tips in the following pages.

Taking small steps can have a
BIG impact over time.



THINGS TO DO IN 2010



Healthy Eating

Here are some things you can do to eat healthier in 2010.

- Avoid food portions larger than your fist.
- Increase the fiber in your diet.
- Skip seconds.
- Skip buffets.
- Use vegetable oils over solid fats.
- Keep to a regular eating schedule.
- Choose fruit for dessert.
- Consume alcoholic beverages in moderation, if at all.
- Conduct an inventory of your meal/snack and physical activity patterns.
- Choose a checkout line without a candy display.
- Make a grocery list before you shop.
- Buy 100% fruit juices over soda and sugary drinks.
- Flavor foods with herbs, spices, and other low-fat seasonings.
- Remove skin from poultry before cooking to lower fat content.
- Eat before you get too hungry.
- Stop eating when you are full.
- Choose smaller-sized snacks.
- Include several servings of whole grain food daily.
- Cut back on added fats or oils in cooking or spreads.
- Cut high-calorie foods like cheese and chocolate into smaller pieces and eat only a few pieces.
- Use nonfat or low-fat sour cream, mayo, sauces, dressings, and other condiments.
- Replace sugar-sweetened beverages with water and add a twist of lemon or lime.
- Replace high-saturated fat/high-calorie seasonings with herbs grown in a small herb garden in your kitchen window.
- Refrigerate prepared soups before you eat them. As the soup cools, the fat will rise to the top. Skim it off the surface for reduced fat content.
- When eating out, ask your server to put half your entrée in a to-go bag.
- Substitute vegetables, like lettuce, tomato, onion and cucumber, for other ingredients in your sandwich.
- Portion out your snack on a plate, not from the bag, to stay aware of how much you're eating.
- Buy or portion out treats and snacks in small bags or packages.
- Store especially tempting foods, like cookies, chips, or ice cream, out of immediate eyesight, like on a high shelf or at the back of a freezer.
- When buying in bulk, store the excess in a place that's not convenient to get to, such as a high cabinet or at the back of a pantry.

Ask your doctor about taking a multi-vitamin.



Eat More Whole Grains

Make your sandwich on 100% whole wheat or oat bread or snack on whole grain crackers. Start with oatmeal or whole grain cereal in the morning.

- Eat leaner red meat and poultry.
- Eat half your dessert.
- Eat off smaller plates.
- More carrots, less cake.
- Eat more celery sticks.
- Share an entree with a friend.
- Before going back for seconds, wait 10 minutes. You might not want seconds after all.
- Snack on fruits and vegetables.
- When eating out, choose a small or medium portion.
- If main dishes are too big, choose an appetizer or a side dish instead.
- Ask for salad dressing “on the side”.
- Eat sweet foods in small amounts.
- Every time you eat a meal, sit down, chew slowly, and pay attention to flavors and textures.
- Eat before grocery shopping.
- At sandwich shops, ask for leaner cuts and smaller amounts of roast beef, turkey, or ham; extra lettuce and tomato; and whole-wheat, oat, or rye bread.

Top your favorite cereal with apples or bananas.



Don'ts for 2010

Don't eat late at night.

Don't skip meals.

Don't skip breakfast.

Don't take seconds.

Don't sugarcoat it.
Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients.

Healthy Eating (continued)

- Swap your usual sandwich side for crunchy broccoli florettes or red pepper strips.
- Focus on fruits. Bag some fruit for your morning commute. Toss in an apple to munch with lunch and some raisins to satisfy you at snack time.
- Snack on low-fat or fat-free yogurt. Try it as a dip for fruits and veggies and a topper for baked potatoes.
- Go lean with protein. Eat lean or low-fat meat, chicken, turkey, and fish. Try beans and peas as your lean protein. For example, enjoy pinto or kidney beans on a salad or a hearty split pea or lentil soup for extra protein and fiber.
- Toss salad with salad olive oil and flavored vinegar.
- Keep a bowl of cut-up vegetables in the refrigerator for snacks. Carrot and celery sticks are traditional, but consider broccoli, cucumbers, or pepper strips.
- Choose low- or reduced-sodium, or no-salt-added versions of foods and condiments when available.
- Ask for more vegetable toppings (like mushrooms, peppers, and onions) and less cheese on your pizza.



Never be fruitless! Stock up on peaches, pears, and apricots canned in fruit juice or frozen (without added sugar) so they're always on hand.



Use spices instead of salt. Start by cutting salt in half.



Cooking in 2010

Here are some things you can do to cook healthier in 2010.

- Broil, grill, roast, or poach meat, poultry or fish instead of frying.
- Bake or broil fish.
- Use whole grains such as barley in vegetable soups or stews, bulgur in casseroles, or brown rice in stir fries.
- Vary your veggies—it's easy to go green. Add frozen chopped spinach, collard greens, or turnip greens into a pot of soup.
- Microwave a sweet potato for a delicious side dish.
- Get your calcium-rich foods. Use fat-free or low-fat milk instead of water when you make oatmeal, hot cereals, or condensed cream soups, such as cream of tomato.
- Trim visible fat from meat and remove skin from poultry.
- Know your fats. Use some vegetable oil instead of butter for cooking and baking.
- Plan some meals around a vegetable main dish, such as a stir-fry or soup. Then add other foods to complement it.
- Stock up on frozen vegetables for quick and easy cooking in the microwave.
- Grill, steam or bake fruits and vegetables instead of frying.
- Have fruit—such as baked apples, pears, or a fruit salad—for dessert.
- Lower the sodium. Rinse canned foods, such as tuna and canned beans, to remove some of the sodium.
- Add vegetables like bell peppers, broccoli, spinach, mushrooms or tomatoes to your egg or egg white omelet.
- Look for fruit without added sugar or syrups and vegetables without added salt, butter, or cream sauces.



Grill vegetable kabobs as part of a barbecue meal. Try tomatoes, green peppers, and onions.



Exercise in 2010

Here are some things you can do to get more exercise in 2010.

- Do sit-ups in front of the TV.
- Bicycle to the store instead of driving.
- Choose an activity that fits into your daily life.
- Ask a friend to exercise with you.
- Make time in your day for physical activity.
- Bike to the barbershop or beauty salon instead of driving.
- If you find it difficult to be active after work, try it before work.
- Take a walk or do desk exercises instead of a cigarette or coffee break.
- Take small trips on foot to get your body moving.
- Keep a pair of comfortable walking or running shoes in your car.
- Choose activities you enjoy and you'll be more likely to stick with them.
- Stretch before bed to give you more energy when you wake.
- Explore new physical activities.
- Vary your activities, for interest and to broaden the range of benefits.
- Stay active in winter. Play with your kids 30 minutes a day.
- Buy a set of hand weights and play a round of Simon Says with your kids— you do it with the weights, they do without.
- Swim with your kids.
- You can break up your physical activity into 10-15 minute sessions throughout the day—it's the daily total that matters. Aim for at least 30 minutes for adults, 60 minutes for children.

Exercise with
a video if
the weather
is bad.



- Walk briskly through the mall and shop 'til you drop...pounds.
- Clean your closet and donate clothes that are too big.
- Take your body measurements to gauge progress.
- When you order fast food, take it home and put it on a plate. If you're surprised at how full the plate looks, order smaller sizes next time.
- Carry your groceries instead of pushing a cart.
- Use a snow shovel instead of a snow blower.
- Mow the lawn with push mower.
- Join an exercise group.
- Do yard work.
- Take stairs instead of the escalator.
- Fetch the newspaper yourself.
- Sit up straight at work.
- Wash the car by hand.
- Pace the sidelines at kids' athletic games.
- Take the dog to the park.
- Avoid laborsaving devices.
- Perform gardening or home repair activities.
- Work around the house.



Reward and
acknowledge
your efforts.



Be realistic.

Make small changes over time in what you eat and the level of physical activity you do. Small steps often work better than giant leaps.

Be adventurous.

Expand your tastes to enjoy a variety of foods and physical activities.

Be flexible.

You don't need to worry about just one meal or one day. Find your right balance between what you eat and the physical activity you do over several days.

Be sensible.

Enjoy the foods you eat, just don't overdo it.

Things to Try in 2010

Try your burger with just lettuce, tomato, and onion.

Try brown rice or whole-wheat pasta.

Try a green salad instead of fries.

Try a new fruit or vegetable (ever had jicama, plantain, bok choy, starfruit or papaya?).

Try fast food options such as smaller burgers, grilled chicken sandwiches or salads with low-calorie dressings, cups or bags of fresh fruit, low-fat milk, 100% fruit juice and bottled water. Order from the kids' menu if you can.

Try thin slices of avocado on a sandwich or sprinkle some nuts on a salad.

Try a main dish salad for lunch. Go light on the salad dressing.

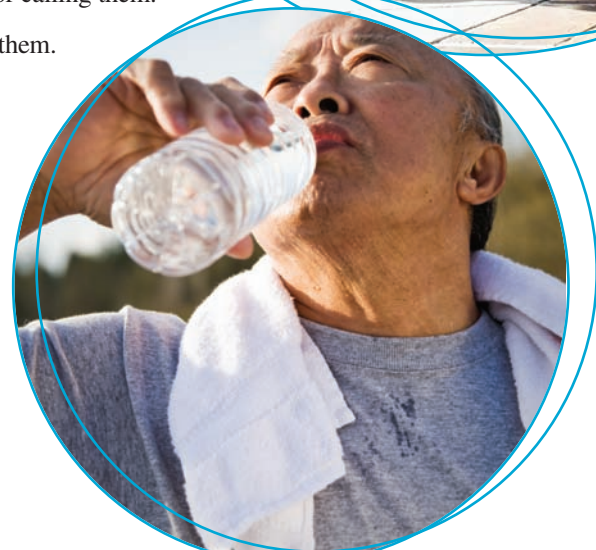
Try eating at least two vegetables with dinner.



Walking in 2010

Here are some things you can do to put walking into your daily routine in 2010.

- Walk to work.
- Walk during lunch hour.
- Walk instead of driving whenever you can.
- Take a family walk after dinner.
- Walk to your place of worship instead of driving.
- Walk your kids to school.
- Get a dog and walk it.
- Replace your Sunday drive with a Sunday walk.
- Go for a half-hour walk instead of watching TV.
- Make a Saturday morning walk a group habit.
- Walk briskly in the mall.
- Park farther from your destination and walk.
- Walk instead of sitting around.
- Take your dog on longer walks.
- Walk on the beach instead of sunbathing.
- Walk to a co-worker's desk instead of e-mailing or calling them.
- When walking, go up the hills instead of around them.



Drink lots of water.



"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.