



### LIVE FIT

By: Tonya Coulter, The Alcohol and Substance Abuse Prevention Council

#### Share your love this Valentine's Day and help someone you know stop smoking.



February may be best known for Valentine's Day, but it also holds the title of American Heart Month, a great time to make lifestyle changes that lead to a healthier heart.

Heart disease remains the leading cause of death for both men and women in the US. A major risk factor for coronary heart disease is cigarette and tobacco smoke. One of the best paths to a healthier heart is to give up smoking.

Cigarettes not only cause 30% of all cancer deaths in the U.S., they are also a major contributor to the 600,000 people who die each year of heart disease. Quitting smoking at any age will greatly reduce the risk for heart disease, as well as cancer, strokes and other diseases. In addition to the benefit of improved personal health, here are other benefits to consider:

- You will be less likely to catch colds and you're skin will look more youthful.
- You will have more money and more time to spend with your family.
- Your car, home and kids won't smell like smoke.
- Your children will be healthier.
- The strength and determination it takes to quit will set a great example for your family and friends.

Heart disease can be prevented and controlled by taking this important step: quit smoking today and begin healing your heart.

In New York State we have many free resources for individual looking to stop smoking as well as employers who want to assist their staff: <https://www.nysmokefree.com/>

#### Tips to help a friend or coworker stop smoking

Smoking is the most preventable cause of premature death in the US. Encourage smokers that you know to take charge of their heart health this February. To help a friend or loved one stop smoking, have them answer the following questions:

- What do I dislike about smoking?
- What do I miss out on when I smoke?
- How is smoking affecting my health?
- What will happen to me and my family if I keep smoking?
- How will my life get better when I quit?
- Reviewing these answers each time they feel the urge to smoke will help reinforce their commitment to stop.

# GET FIT

By: Sarah Currier, Custom Fitness

## Working Out with a Buddy

Strength comes in numbers, meaning the more there are of you the greater the benefits, the faster the results, and the more you will stay committed. Here are some top reasons why working out with a partner or in a group can help you reach your fitness goals.

**You are committed...** it's easy to cancel plans with yourself but when you have a workout buddy it's more difficult to find an excuse when someone else is depending on you. Partners give you accountability and more reasons to stay on track and not quit. Some studies show that those who workout alone have a 43% dropout rate, while those who went to the gym with someone had only a 6.3% dropout rate. That's huge!

**You work harder...** a partner can increase the intensity of your workouts. They are your spotter, coach, motivator, or even your trainer. You're more likely to power through those last difficult reps with someone spotting and pushing you through the lift and each of those little lifts will add up and make a difference. Also a spotter can keep an eye on your form, preventing injuries, and give you confidence and security to complete the exercise safely and effectively

**It's more fun...** you have more options than sweating it out on the treadmill or rotating through nautilus equipment. You can play recreational sports, do a partner exercise routine, or join a class, gym, or personal training session together.

**It's more affordable...** Training with a partner allows you split the costs or receive discounted pricing. The same goes for many gyms who offer dual or family memberships, again splitting the costs and saving you money. Referring your friends can also help you score great deals and discounts on services, so spread the word and join forces.



# EAT FIT

By: Susan Cuda, Namaste Yoga

## Healthy Snacks at Work!

If you feel a loss of energy in the mid-morning or afternoon, it may be a result of your blood sugar dropping, which can lead to loss of focus, memory, and increased tension throughout your body. A healthy snack that is rich in nutrients from all three food groups will help these symptoms to subside because it takes longer to digest.

An ideal snack should contain ten grams of protein, carbohydrates, and 150 calories. Consuming protein such as milk, eggs, and beans, you won't have the energy highs and lows experienced with sugary foods or drinks.

So, where should you start? Here are some ideas:

- Eggs! Hard boiled eggs are easy to make, inexpensive, convenient to pack, and easy to make ahead of time.

- Hardboiled egg with salsa and or avocado.

- Cottage cheese in a portion size container with veggies or fruit.

- Spread cream cheese on celery

- Don't forget the nuts, a palm full will supply the crunch and the protein to keep you going.

- Almonds are a good choice and they come in assorted flavors.

- Nut butter and crackers. If you are eating low carb, adjust the portion size to four crackers and 2 tablespoons of nut butter.

- Make you own bean dip and enjoy it with pita chips

- Bake your own Spicy Oven Roasted Chickpeas

- Hummus dip and veggies

