




Weight loss: Is what you believe true?



Is what you believe about how to successfully lose weight really true? A recent **New England Journal of Medicine** study says it may not be.

The study's authors say that many things people think about [weight management](#)  [SEE PAGE 8](#) aren't true. They may be myths or presumptions. They say there's no proof – from randomized, controlled trials – to back them up. **Mayo Clinic** experts agree that these trials are important – but that other types of research can offer valuable insights, too.

Here's another view on four ideas that the study finds aren't true, from **Donald D. Hensrud, M.D.**, Preventive Medicine, and medical editor-in-chief of *The Mayo Clinic Diet*, and **Karen Grothe, Ph.D., L.P., A.B.P.P.**, Psychology, both of Mayo Clinic, Rochester, Minn.

New England Journal of Medicine (NEJM) study: Regularly eating breakfast hasn't been proved to help prevent obesity.

Dr. Hensrud (DDH): Many studies link eating breakfast to better weight control. Mayo Clinic experts advise people to have a healthy breakfast every day.

NEJM study: In their current form, physical education classes haven't been proved to prevent or reduce childhood obesity.

Dr. Grothe (KG): "In their current form" is the key here. The authors aren't arguing against physical education classes. They're commenting on how these classes affect children's weight.

NEJM study: Eating more fruits and vegetables – without making any other changes – won't lead to weight loss or less weight gain.

DDH: It's true that if you add more fruits or vegetables on top of everything else you're eating, you won't lose weight. But if you eat more fruits and vegetables, you'll probably eat less of other foods that are higher in calories.

NEJM study: Assessing a person's readiness hasn't been proved to be important for weight loss.

KG: Readiness for change can come and go and depends on many factors. If you want to lose weight, it's important to be able to say what steps you're willing to take to get there.

Read the study:
Casazza K, et al. Myths, presumptions, and facts about obesity. *The New England Journal of Medicine*. 2013;368:446.

Carpenters: Rebuilding your health can be a do-it-yourself job

"Steve Austin, astronaut... a man barely alive. We can rebuild him. We have the technology. We can make him better than he was. Better... stronger... faster."

So began each episode of *The Six Million Dollar Man*. If you were alive in the mid-1970s, you might remember this TV series.

The Six Million Dollar Man was Steve Austin, played by Lee Majors. Barely surviving a spacecraft crash, Austin was surgically

reconditioned for duty with a six-million-dollar makeover to prepare him for a new top-secret assignment.

Austin's right arm, both legs and left eye were retrofitted with high-tech bionic implants that gave him superhuman strength, speed and vision. His power plant was said to be atomic. No wonder the operation cost \$6 million.

The immediate popularity of *The Six Million*

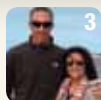
Dollar Man prompted ABC to launch a second series: *The Bionic Woman*, about a former tennis pro (Jaime Sommers, played by Lindsay Wagner) who received bionic implants following a near-fatal skydiving accident.

Both series were cancelled in 1978, but their themes have particular relevance today as consumers deal with the economic realities of our current healthcare system.

continued on page 8



2
WHAT IS HOSPICE?



3
GINA AND ANDRE: LEISURE-TIME TIPS



4-5
A WEEK'S WORTH OF HEALTHY MEALS



6
COMMON HEALTH INSURANCE TERMS



7
MEAL-PLANNER GROCERY LIST



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EXPERT INSIGHT

What is hospice?

By Timothy J. Moynihan, M.D., Oncology, Mayo Clinic
 Dr. Moynihan specializes in hospice and palliative medicine. He is director of the Palliative Care Consulting Service for Mayo Collaborative Services LLC at Mayo Clinic, Rochester, Minn.

Hospice is something many people have heard of but don't know much about. [Hospice](#) SEE PAGE 8 is a program that comforts and supports people nearing the end of life and their families.

Hospice care includes:

- Treatments for comfort, such as medications to treat pain
- Medical equipment, such as oxygen, a hospital bed or a walker
- A team of health care workers and volunteers
- Help for caregivers, from assistance with bathing and medications to spiritual support and breaks for the caregiver
- Support for the family both before and after a loved one's death

People who receive hospice care are expected to live for six months or less. But it can be given for as long as a doctor and the hospice care team feel it's needed.

While it's most often given at home, hospice care is also offered at hospitals, nursing homes, assisted living facilities and hospice facilities.

Research shows that hospice care can help people receiving it feel better and even live longer. It can help people who are dying – and their loved ones – prepare for and cope with the end of life.

Hospice helped Fran Gentling and her husband, Armand, who died Dec. 27, 2012, truly enjoy the rest of the time they had together, and hospice still provides comfort to Fran today.

"Hospice has been so absolutely wonderful," Fran says. "They shared their happiness and brightness with us every time they came in. We became one family."



Learn more about hospice and find hospice services near you at www.caringinfo.org.

OR SCAN THIS WITH YOUR SMARTPHONE.

integrative insights

Choosing a massage therapist

Find a good massage therapist with these tips.

- Tell your doctor that you'd like to try massage therapy. Your doctor may be able to help you find a massage therapist. You may also be able to get a list of licensed massage therapists from a nearby hospital or medical school.
- Once you've found a few therapists you're interested in, give them a call. Ask about their education, training and experience. The **American Massage Therapy Association** recommends that massage therapists get at least 500 hours of supervised massage therapy training. Also ask about their license and certifications and any education they've had that may relate to your health, such as massage for cancer. In addition, some massage therapists are members of the American Massage Therapy Association, get certified by the **National Certification Board for Therapeutic Massage and Bodywork** or both.
- When you call a licensed or certified massage therapist, talk about what you want to get out of massage therapy. Ask therapists if they practice the type of massage that would best meet your needs.

Types of massage

Swedish is the most common.

Deep tissue is used to treat injured muscles and break up scar tissue.

Sports and chair are other common types of massage.

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Want access to the health experts at Mayo Clinic?

This newsletter provides it. Mayo Clinic's 3,700 physicians, scientists and researchers help develop and review articles in this publication. Our editorial board also reviews each article to ensure that we're offering accurate, action-oriented information.



Make your leisure time count

How you spend your time away from work may make you happier overall. Building many small chunks of leisure time – such as taking a short walk with a friend – into your day can boost your mood and help you feel less stressed. Make time for leisure – and make it meaningful and enjoyable – with this advice.

Change your priorities

Cut down on how much time you're on the Internet. Spending too much time online can actually sap your happiness. Instead, make time for more rewarding leisure activities. Listening to music or reading a book, for example, are activities that are linked to higher levels of happiness.

Get social

When you can, spend your leisure time with other people. Leisure activities with other people can help you feel a sense of belonging and companionship. [SEE PAGE 8](#). And, social activities tend to lead to more happiness than do leisure activities that you do on your own.

Mix it up

You'll be healthier and enjoy life more if you take time for a variety of different activities, instead of making time for just one or two things you like to do. Consider trying new activities, too.

Clear your mind

Learn to leave work at work during your leisure time. Research shows that people who leave their worries at the office are happier than those who often think about work during their free time.

MyStory

Gina and Andre: 'It recharges you'

Volleyball has always been the go-to choice for fun for Andre Osmond and his wife, Gina Chiri-Osmond. Andre used to play volleyball professionally. Playing in local volleyball leagues is a way for the couple to have fun and stay active.

But after they moved to California, the couple realized that their work-life balance had changed – and not for the better.

"Everything took longer," Andre says.

With more people everywhere, living outside of Los Angeles was a lot different from their life in Iowa. The couple also realized that they needed to look beyond volleyball for fun.

"I think sometimes we tend to get into a rut with volleyball. It loses its luster after a while," Andre says.

After Gina was laid off from her job in California, the couple started looking for work in the Midwest. They both landed new jobs, moved back to the Midwest and explored their options with a fresh look at what leisure time truly means to them.

Although they joined a local volleyball league, they looked at other activities, too. Doing something new by learning a new language, for example, is a great way to spend your leisure time, the couple agrees.

"It makes you think about life in a different way," Gina says.

"It recharges you," Andre adds.

Here are other ways Gina and Andre say you can make sure that fun is part of your life.

- Start with something you enjoy. If you like to read, for example, think about joining a book club.
- Make an appointment for leisure time; put it on your calendar.
- If you feel selfish when you think about doing something fun for yourself, consider activities that allow you to have fun while helping others, such as tutoring or volunteering.
- Sign up and pay for a class. That's one way to make sure you'll follow through.

Gina and Andre share each other's values when it comes to how they feel about leisure time.

"It's important to not feel guilty about it when you need personal time to reinvigorate and regenerate," Gina says.

"There's more to life than work," Gina says. "We sometimes take work too seriously."

"And sometimes life not seriously enough," Andre says.



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"It makes you think about life in a different way."

– Gina Chiri-Osmond



Have a personal health success story to share?

Email *EmbodHealthnews*letter @mayo.edu or write to *Mayo Clinic EmbodHealth* newsletter, 200 First St. SW, Rochester, MN 55905. All correspondence becomes the property of Mayo Clinic, which reserves the right to edit material.

Weekly Meal Planner

7
DAYS

Need new ideas for dinner?
Try these healthy recipes you can
make in 30 minutes or less. Use these
quick and easy recipes to kick-start
your healthy eating this week!



Grocery list

Turn to page 7 for a grocery list for all of these meals!

Grilled salmon packets

Ready in 25 minutes | Serves 4

- 4 salmon fillets (4 oz. each)
- 1 cup fresh or frozen pepper stir-fry vegetables (onions and green, red and yellow peppers)
- 2 cups reserved brown rice (from Monday)
- 2 T chopped parsley
- 1 tsp. salt-free lemon-pepper seasoning
- ½ lemon, sliced into 4 pieces, seeds removed

Note: If you didn't prepare extra rice on Monday, prepare 1½ cups dry instant brown rice according to the package directions.

1. Preheat grill to medium-high heat or preheat oven to 350° F. Spray 4 (12-inch square) pieces of heavy-duty aluminum foil with cooking spray. Center one salmon fillet on each piece of foil.
2. Top each fillet with pepper stir-fry vegetables, brown rice, parsley, seasoning and a lemon slice. Bring the foil together and make small, overlapping folds down the length of the packet to seal. Twist the two ends to make a tight seal so the liquid won't escape during cooking.
3. Grill over medium heat or bake in 350° F oven for 15 to 20 minutes or until fish flakes easily with a fork.



TUE

Nutrition analysis per serving: 290 calories, 8 g total fat (2 g saturated fat, 0 g trans fat, 3 g monounsaturated fat), 60 mg cholesterol, 65 mg sodium, 27 g total carbohydrate (3 g dietary fiber, 3 g sugars), 25 g protein

Asian chicken & brown rice

Ready in 20 minutes | Serves 4

2½ cups instant brown rice

1 T olive or canola oil

1 lb. boneless, skinless chicken breasts, cut into ¼-inch slices

1 lb. (about 5 cups) fresh or frozen stir-fry vegetables

2 cloves garlic, minced

¼ cup hoisin sauce

1. Cook the brown rice as directed on the package. Once it's done, reserve 2 cups of cooked rice. Cool and refrigerate in an airtight container for grilled salmon on Tuesday.
2. Place a 12-inch skillet over medium to high heat. Add the oil and chicken. Stir-fry for 2 minutes.
3. Add the vegetables and garlic, stir-frying for an additional 3 minutes or until vegetables are firm, yet tender, and chicken is no longer pink in the center.
4. Add hoisin sauce to the chicken mixture. Stir and simmer for 1 minute.
5. Divide rice among 4 plates and top with stir-fry.



Nutrition analysis per serving: 350 calories, 8 g total fat (1 g saturated fat, 0 g trans fat, 4 g monounsaturated fat), 75 mg cholesterol, 410 mg sodium, 7 g total carbohydrate (4 g dietary fiber, 7 g sugars), 28 g protein

Southwest chicken & beans

Ready in 20 minutes | Serves 4

1 lb. boneless, skinless chicken breasts, diced

1 package reduced-sodium taco seasoning mix

1 15-oz. can unsalted black beans, drained

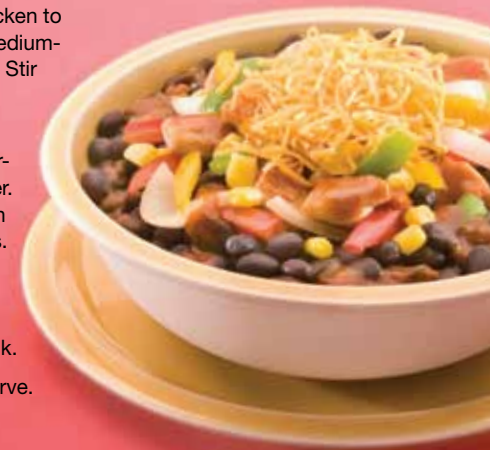
1½ cups frozen corn

¾ cup fresh or frozen pepper stir-fry vegetables (onions and green, red and yellow peppers), chopped

¾ cup water

¾ cup reduced-fat shredded cheddar cheese

1. Spray a 10-inch skillet with cooking spray. Add chicken to the skillet; cook over medium-high heat for 2 minutes. Stir occasionally.
2. Add the seasoning mix, beans, corn, pepper stir-fry vegetables and water. Cook over medium-high heat for 8 to 10 minutes. Stir frequently until the sauce is slightly thickened and the chicken is no longer pink.
3. Top with cheese and serve.



Nutrition analysis per serving: 390 calories, 8 g total fat (4 g saturated fat, 0 g trans fat, 1 g monounsaturated fat), 90 mg cholesterol, 680 mg sodium, 36 g total carbohydrate (9 g dietary fiber, 2 g sugars), 39 g protein

MON

WED

Linguine with chickpeas & arugula

Ready in 30 minutes | Serves 4

6 oz. whole-grain linguine or spaghetti

½ T olive or canola oil

1 cup fresh or frozen pepper stir-fry vegetables (onions and green, red and yellow peppers), chopped

3 cloves garlic, minced

1 15-oz. can unsalted chickpeas (garbanzo beans), drained

¼ tsp. crushed red pepper

1 lemon, juiced and zested

1 cup shredded Parmesan cheese

4 oz. (about 4 cups) arugula or baby spinach, coarsely chopped

1. Cook linguine for 5 minutes in boiling water. Drain, reserving 2 cups cooking water.

2. In a large skillet, heat oil over medium-low heat. Add pepper stir-fry vegetables and garlic. Cook for 3 minutes.

3. Add the pasta, reserved cooking water, chickpeas, crushed red pepper, lemon zest and lemon juice. Cook for about 5 minutes or until the pasta is al dente.

4. Remove pan from the heat and stir in the cheese and arugula or baby spinach. Toss to combine until arugula or baby spinach is wilted.



THU

Nutrition analysis per serving: 310 calories, 7 g total fat (3 g saturated fat, 0 g trans fat, 3 g monounsaturated fat), 10 mg cholesterol, 250 mg sodium, 49 g total carbohydrate (9 g dietary fiber, 3 g sugars), 16 g protein

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Quinoa salad

Ready in 30 minutes | Serves 4

1 cup quinoa

1¼ cups water

1 lemon, juiced

1 garlic clove, minced

¼ tsp. ground black pepper

2 T olive or canola oil

1 large cucumber, seeded and cut into ½-inch pieces

1 pint cherry tomatoes, halved

⅓ cup chopped parsley

¼ cup chopped red onion

½ cup reduced-fat feta cheese

1. Bring quinoa and water to a boil in a medium saucepan over high heat. Reduce heat to medium-low and cover. Simmer for about 10 minutes or until the quinoa is tender.

2. Remove quinoa from heat and let stand, covered, for 5 minutes. Then fluff quinoa with a fork and spread it out onto a large rimmed baking sheet to cool.

3. To make the dressing, whisk lemon juice, garlic and pepper in a small bowl. Gradually whisk in oil.

4. After the quinoa has cooled, transfer it to a large bowl and add the dressing, cucumber, tomatoes, parsley and onion.

5. Top with feta cheese and toss gently to mix.



SAT

Nutrition analysis per serving: 290 calories, 12 g total fat (3 g saturated fat, 0 g trans fat, 6 g monounsaturated fat), 5 mg cholesterol, 250 mg sodium, 36 g total carbohydrate (5 g dietary fiber, 6 g sugars), 11 g protein

© MFMER

Tuna, white bean & arugula sandwiches

Ready in 20 minutes | Serves 6

2 2.6-oz. pouches low-sodium tuna in water, drained

1 15-oz. can unsalted white beans, drained

¼ cup diced red onion

3 T chopped parsley

1 lemon, zested and juiced

¼ tsp. ground black pepper

1 T olive or canola oil

6 whole-wheat ciabatta or hamburger buns, cut lengthwise and lightly toasted

1 tomato, sliced

1 cup arugula or baby spinach

1. Break up tuna into small pieces and place in a large bowl.

2. Add beans, onion, parsley, lemon zest, lemon juice, pepper and oil. Mix together.

3. To make the sandwiches, scoop tuna mixture onto the bottom bun. Top with tomato slice, arugula or baby spinach, and the other half of the bun.



FRI

Nutrition analysis per serving: 250 calories, 6 g total fat (1 g saturated fat, 0 g trans fat, 3 g monounsaturated fat), 10 mg cholesterol, 260 mg sodium, 39 g total carbohydrate (7 g dietary fiber, 7 g sugars), 13 g protein

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Grilled pork tenderloin & sweet potato

Ready in 30 minutes (plus marinating 30 minutes to overnight) | Serves 4

1 T olive or canola oil

2½ T horseradish mustard

½ tsp. ground black pepper

1 lb. pork tenderloin, cut into 4 pieces

½ cup fat-free plain Greek yogurt

1½ lbs. sweet potatoes, peeled and sliced lengthwise, about ¼-inch thick

1. In a large, shallow bowl or baking dish, whisk together oil, 1 T horseradish mustard and ¼ tsp. pepper.

2. Place the pork tenderloin in a glass baking pan and spread the mixture over the meat. Coat meat evenly. Cover and refrigerate for at least 30 minutes or overnight.

3. In a small bowl, mix Greek yogurt with 1½ T horseradish mustard. Cover and refrigerate.

4. Preheat grill to medium-high heat or oven to 350° F. Place sweet potatoes in a small bowl. Spray with cooking spray and sprinkle with ¼ tsp. pepper. Toss sweet potatoes to coat evenly. Grill until tender, turning once; about 10 minutes. Keep them warm in a covered baking dish or aluminum foil.

5. Place pork on the grill for 5 minutes and turn. Grill for 5 minutes more or until a meat thermometer inserted into the thickest part reads 160° F (medium) or 170° F (well-done). Serve the pork tenderloin with sweet potatoes and yogurt sauce on the side.



SUN

Nutrition analysis per serving: 310 calories, 8 g total fat (2 g saturated fat, 0 g trans fat, 3 g monounsaturated fat), 75 mg cholesterol, 210 mg sodium, 31 g total carbohydrate (5 g dietary fiber, 11 g sugars), 29 g protein

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Learning health insurance terms

Need help understanding your health insurance or health plan paperwork? Start by learning some common terms.

Copay: A fixed amount you pay for a covered health care service, such as a doctor visit. You usually pay this when you receive the service. The amount can vary by the type of covered health care service.

Deductible: The amount you owe for health care services your health insurance or plan covers before your health insurance or plan begins to pay.

Coinsurance: Your share of the costs of a covered health care service, calculated as a percentage. You pay coinsurance plus any deductibles you may owe. Your health insurance or plan pays the rest.

Annual out-of-pocket limit: The most you'll have to pay for your medical care in a given period – usually a year – before your health insurance or plan pays 100 percent of your medical expenses.

Formulary: A list of both generic and brand-name drugs that are approved for use by health insurance or health plan members.

Note: All health insurance and plans vary. These terms may or may not apply. To learn about the specific coverage you have, refer to your health plan or health insurance paperwork.



LIFE LESSONS FROM THE BLUE ZONES® OKINAWA, JAPAN

People in certain areas of the world tend to live longer, healthier lives and experience very few of the diseases that affect others. In these areas, identified by **Dan Buettner**, author of *The Blue Zones*, people are three times more likely than most Americans to live to be 100 years old – and still enjoy life.

Here are what people in Okinawa, Japan, do to live longer, healthier, happier lives, according to research conducted by Buettner, his colleagues at **National Geographic** and other researchers that specialize in aging.

- Embrace a sense of purpose.
- Rely on a plant-based diet.
- Grow a garden.
- Eat soy.
- Develop a social support network.
- Enjoy safe exposure to sunshine.
- Stay active.
- Plant a medicinal garden. Mugwort, ginger and turmeric are staples of an Okinawan garden.
- Have an attitude that helps them bounce back from stress and enjoy life today.

✓ **People in all of the Blue Zones share key habits. They eat a healthy diet, get regular physical activity, have a sense of meaning and purpose in their lives, and enjoy a strong sense of community and social support.**

ADAPTED FROM BUETTNER D. THE BLUE ZONES. 2ND ED. WASHINGTON, D.C.: NATIONAL GEOGRAPHIC; © 2012. PRINTED WITH PERMISSION.

QUICK QUIZ: TEST YOUR UNDERSTANDING

- COPAYS ARE ALWAYS THE SAME.**
 True False
- THE DEDUCTIBLE IS HOW MUCH YOU HAVE TO PAY FOR HEALTH CARE SERVICES BEFORE YOUR HEALTH INSURANCE OR HEALTH PLAN STARTS TO PAY.**
 True False
- COPAYS AND COINSURANCE ARE THE SAME THING.**
 True False
- A FORMULARY LISTS ONLY THE BRAND-NAME DRUGS PREFERRED BY YOUR HEALTH INSURER.**
 True False

TAKE THE QUIZ, ENTER TO WIN!

ENTER FOR A CHANCE TO WIN ONE OF MAYO CLINIC'S AWARD-WINNING BOOKS!

Contact information will be used for the purposes of this contest only.

Name: _____

Phone number: _____

Email (optional): _____

MAIL Clip out your quiz and mail it to Stephanie Vaughan, *Mayo Clinic EmbodyHealth* newsletter, 200 First St. SW, Rochester, MN 55905.

OR EMAIL your answers and contact information to EmbodyHealthnewsletter@mayo.edu. Include "Healthy You drawing" in the subject line.

WINNERS Contest entries must be received by Aug. 15, 2013. One winner will be chosen to receive a Mayo Clinic book of the winner's choice. Winners will be notified by phone or by email if no phone number is given.

★
Congratulations to Emily D. of West Fargo, N.D., the winner of February's Healthy You drawing!

WORKPLACE STRESS: TIPS FOR MEN AND WOMEN

LEARN HOW TO IMPROVE HOW YOU MANAGE WORKPLACE STRESS **SEE PAGE 8** WITH THIS ADVICE, TAILORED SPECIFICALLY FOR MEN AND WOMEN.

CLIP AND SAVE

See pages 4 and 5 for recipes!



Grocery list

Produce

- 4 lemons
- 1 cucumber
- 1 pint cherry tomatoes
- 1 bunch parsley
- 1 bulb of fresh garlic
- 1 red onion
- 1½ lbs. sweet potatoes
- 1 fresh tomato
- 6 oz. arugula or spinach
- 1 lb. fresh or frozen stir-fry vegetables (with pea pods, baby corn and water chestnuts)
- 11 oz. fresh or frozen pepper stir-fry vegetables (with onions and green, red and yellow peppers)
- 12-oz. bag of frozen corn

Dairy

- 4 oz. reduced-fat feta cheese
- 3 oz. shredded Parmesan cheese
- 4 oz. fat-free plain Greek yogurt
- 6-oz. bag reduced-fat shredded cheddar cheese

Meat and fish

- 1 lb. pork tenderloin
- 2 lbs. boneless, skinless chicken breasts
- 1 lb. salmon fillets (4 oz. each)

Grocery

- Horseradish mustard
- Crushed red pepper
- Salt-free lemon-pepper seasoning
- 1 15-oz. can unsalted white beans
- 2 2.6-oz. pouches low-sodium tuna in water
- 14 oz. instant brown rice
- 1 7-oz. bottle of hoisin sauce
- 6 oz. whole-grain linguine or spaghetti
- 1 15-oz. can unsalted chickpeas (garbanzo beans)
- 1 15-oz. can unsalted black beans
- 1 package reduced-sodium taco seasoning mix
- 6 oz. quinoa

Bakery

- 6 2-oz. whole-wheat ciabatta or hamburger buns

What to have on hand

- Olive or canola oil
- Ground black pepper
- Cooking spray
- Heavy-duty aluminum foil



WOMEN AND STRESS



MEN AND STRESS

WHY YOU'RE STRESSED

Women often play many roles: the dedicated employee, involved mother and caregiver to aging parents, for example. This can be stressful.

Women sometimes feel they're treated unfairly by peers or managers, or simply don't get along with them.

Job-related stress peaks for men who feel that they:

- Have little control over their work environment
- Don't have much say in decisions made at work
- Have overwhelming demands placed on them

WHAT NOT TO DO

Vent too much without trying to solve the problem
Put off or avoid dealing with work-related problems
Turn to food for comfort
Answer your cellphone at the dinner table or check email often

Think badly of yourself or others
React to workplace problems with anger, frustration or aggression

HOW TO COPE

Deal with the real issue behind a stressful situation or a conflict with a co-worker. Do this in a productive and timely manner instead of letting a problem fester.

When you're at home, set limits on when you'll return calls or respond to emails. At the office, try not to work during your lunch break. If you can, take a 10-minute break every few hours.

Set reasonable standards for yourself. If you're feeling overwhelmed, think about talking to your employer about possible changes to your responsibilities that may reduce your stress.

Make space for your personal life by managing your time wisely. Plan ahead, set boundaries and don't put things off.

Try to think positively and see workplace challenges from others' points of view. If you feel angry, walk away and count to 10 before you respond.

ADVICE FOR MEN AND WOMEN

Make healthy-eating choices.
Get regular physical activity.
Reach out to friends and family for support.
Avoid using tobacco products.

Don't misuse alcohol.
Cope with on-the-job stress in your off-hours by making time for yourself and what you value most. This will give you something to look forward to and help you cope with stress when you're on the clock.

Juggling family and work demands

If you have a family – whether it's a spouse or partner, children, aging parents, or all of the above – work toward achieving balance with these tips.

Eat right, exercise and get enough sleep. These healthy habits will help you have enough energy to get through your busy schedule. Try mixing physical activity with family time to get the best of both worlds.

Look to others for support. Ask your spouse or partner, a relative, or a family friend for help if you need it, such as driving kids to activities or watching them if you need to spend extra time at work for a special project.

Use resources from your employer. Use your vacation time and see if there are any flextime work arrangements you can make.

Leave work at work. Disconnect from work-related emails and cellphone calls whenever you can.

Learn how to say no. Adding one more commitment can damage your work-life balance. If you choose to say yes, think about what you *won't* do so that you can keep your balance.



WANT MORE INFORMATION?

Visit www.CarpentersHealth.org

For more on:

Losing weight
Hospice care
Maintaining friendships
Workplace stress

Search on:

[weight management](#)
[hospice](#)
[companionship](#)
[workplace stress](#)

HealthQuestions

Q What's the best way to stay hydrated when I'm working outside in the heat?

A Get your body ready for outdoor work by drinking 2 to 2½ cups of water or sports drink (Gatorade, Powerade, others) at least four hours before working outside. Drink 1 to 1½ cups of fluids 10 to 15 minutes before you begin. While you're outside, drink 1 cup of water or sports drink every 15 to 20 minutes, whether you're thirsty or not.

If you're going to be doing physical work for more than an hour, a sports drink is the best option. Avoid drinking alcoholic, caffeinated or sugary drinks. They may leave you feeling thirsty. Finally: Make sure your drinks are cool, not ice-cold. Cold drinks can cause stomach cramps.

Q How can I use a heart rate monitor to see how hard I'm working during exercise?

A A heart rate monitor can help tell you how hard you're working during physical activity. It can tell you if you're in your target heart rate zone for physical activity. The first step is to figure out your maximal heart rate. Use the formula $206.9 - (0.67 \times \text{age})$.

If you're in good health, figure your target heart rate range. For moderate physical activity, your heart rate should be 50 to 70 percent of your maximal heart rate. For vigorous physical activity, your heart rate should be 70 to 85 percent of your maximal heart rate. Once you know your target heart rate range, use the data from your heart rate monitor to adjust how hard you're working out when you need to.

For most people who get regular physical activity and aren't competitive athletes, it's generally not too important to check your heart rate during exercise.

? HAVE A STORY IDEA OR HEALTH TOPIC YOU'D LIKE TO READ ABOUT?

Email it to us at EmbodyHealthnewsletter@mayo.edu or write to us at Mayo Clinic EmbodyHealth newsletter, 200 First St. SW, Rochester, MN 55905.

All correspondence becomes the property of Mayo Clinic, which reserves the right to edit material. Readers who send in questions will not be identified. We regret that we can't respond to each question.

Rebuilding your health ...

continued from page 1

Today, according to the Centers for Disease Control and Prevention, 75% of our nation's \$2.6 trillion healthcare bill goes toward the treatment of patients with chronic diseases that can be prevented by making healthy lifestyle choices.

Meanwhile, technology continues to expand treatment choices for patients, making it more challenging than ever to make informed healthcare decisions. Does the fact that a particular treatment is new mean that it is more effective than existing treatments? Does the fact that it's available mean that it is necessary?

When patients receive care that's not necessary or doesn't deliver optimal results, they are not getting high value for their healthcare dollars. This is why patients need to do their homework and engage in the decision-making process, rather than relying completely on the opinions of their physicians.

In reality, most people don't need expensive medical procedures to become better, stronger, or faster. For the most part, improving your health and your performance can be a do-it-yourself job when you're committed to preventing health risks from becoming health disasters and getting high-quality healthcare when you need it.

A six-million-dollar surgical operation still seems unfathomable, even by today's standards. However, with life expectancy now topping 78 years for men and women, and with healthcare costs rising 7-8% annually, it is possible that a person's healthcare expenses, lost productivity, lost wages, and lost benefits due to illness and injury could reach \$6 million over his or her lifetime.

Offered exclusively to eligible carpenters, spouses, and dependents, Mayo Clinic's **EmbodyHealth** website (www.CarpentersHealth.org) can help you make better lifestyle choices and better healthcare decisions.

EmbodyHealth is a private, secure, and spam-free website offering prevention-focused assessment tools, as well as articles and recipes for healthy living. Self-guided programs such as My Stress Solution, My Fitness Solution, and My Weight Solution can help you set achievable goals, track your progress, and keep you motivated to make lifestyle improvements. EmbodyHealth is also a highly credible source of information about symptoms, illnesses, and treatments.

If you haven't used EmbodyHealth, you'll need your 11-digit Member ID to register. Your Member ID can be found on any Explanation of Benefits (EOB) statement mailed to you. You can also contact Participant Services at the Trust Office: (800) 552-0635.