

DAY IN & DAY OUT™

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W E L C O A ' S O N - L I N E B U L L E T I N F O R Y O U R L I F E S T Y L E

CONSIDER THIS...

The Right Habits For Aging Well

How we age is a product of heredity and habits. And while we can't do a great deal about our heredity, we have a tremendous amount of control over the more important factor—habits. Because age is all about time, it is also about accumulation—and what you accumulate over time has a lot to do with your quality of life.

Consider This...

Are you accumulating stress, strain, tension, toxins, injuries, and poor attitudes? These will inevitably result in poor health and will become magnified over time. On the other hand, you could be accumulating the effects of proper nutrition, water, rest, mental exercise, physical exercise, good posture, and positive attitudes. Over time, these will create a much different outcome.

Remember, only you have the power to decide which group of habits you want to accumulate. Improve your habits and improve the quality of your age.

★ ★ ★ F E A T U R E A R T I C L E ★ ★ ★

THE PERSONAL TUNEUP

Imagine driving down the highway and seeing a junkyard. Focus on one particular automobile that is rusted out and broken down. Imagine as you continue driving down the highway that you see another car coming towards you in excellent condition. This vehicle is the same year and make of the automobile that you saw in the junkyard. What's the difference between the two?

The Proper Fuel... Time can't be the main difference—the automobiles are the same age. The difference between the two vehicles is the type of care and maintenance each automobile received. This automobile analogy applies to our own health and well-being too. Give your automobile (your body) what it needs on a regular basis to keep wear, tear, and breakdown from occurring. For example, your body needs proper fuel just like your car. Proper fuel includes eating a variety of foods and drinking plenty of water. Getting this fuel will provide you with the necessary building blocks for a strong body and a high energy level.

All In Tune... You'll also want to keep your body properly tuned up by participating in various exercise activities, but remember to also get regular periods of rest and relaxation. Like car maintenance, recognizing and addressing problems or symptoms early, rather than allowing them to progress, is key to staying healthy.

As you move along the road of life, understand that care and maintenance—not necessarily time—determines the quality of your health and well-being as you age. Believe you are worth keeping well. Start your actions today. As you overcome the initial resistance to change, you'll quickly gain momentum.



"The Wellness Councils of America is dedicated to building world-class corporate wellness programs."

CHARTING A HEALTHY COURSE EXERCISING AND EATING FOR THE LONG JOURNEY

Plain and simple, people are living longer these days. And often, the later years in life are quality ones, filled with health and vitality. But how can we be sure we're preparing our bodies for the years ahead? Below are tips on food and exercise that will help prepare you for life's (longer) journey ahead.

Food: Be Aware Of What You Eat.

Think about what you are eating, and that each bite is important, and results in fuel for the body, or stored fat.

Eat A Balanced Diet

Choose a variety of foods from fruits, vegetables, breads and cereals, along with your meat serving. Think "little, little, little," instead of lotta lotta, lotta." Small servings of many things work to keep you balanced.

Monitor Your Snacking Habits

One 12-ounce soda is approximately 160 calories, and a candy bar varies from 250-400 calories. Cut back on snacks and eating between meals!

Eating Away From Home

Almost half of your meals may be eaten away from home. Find low calorie foods like salads or fruits to include in your work and restaurant eating.

Find New Rewards

Instead of eating, try developing other rewards for being good or coping with stress. Try shopping or spending time doing your hobby. Learn deep breathing or other stress reducing responses.

Exercise: "Use It Or Lose It"

You lose muscle mass and strength as you age. Exercise slows the loss, and rebuilds muscle. You can regain most of your lost strength with regular large muscle movement.

Build In Activity

Increase your physical activity at work by walking during breaks, stretching at your workstation, and exercising during your lunch hour. Include at least one recreation activity each day that requires movement like walking the dog, gardening, riding your bike, or playing a sport.

Resistance And Overload = Maintenance

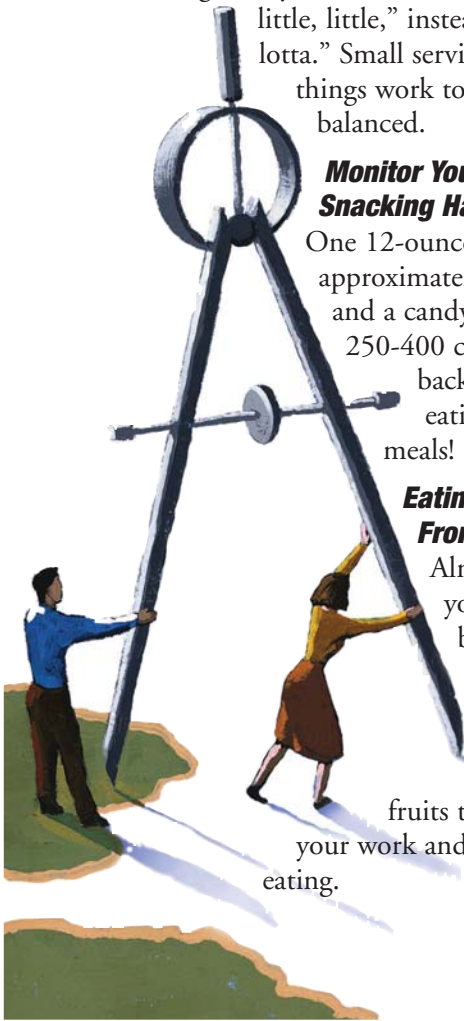
Look for ways to lift, push, pull, and move things that require the large muscles of your legs and back to work hard.

Continuous Motion = Endurance

Think of ways to get 30 minutes per day of movement, in 5-minute increments, or more. These add up to your needed 30 plus minutes of movement daily.

Think More (not less) For Success

You need to create activity each day that adds over 300 burned calories to your daily routine. An hour of walking, or a combination of walking and lifting weights, is the ideal way to burn these calories.



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