



Can't Do  
**10,000  
Steps?**  
Try These

By Charles Platkin, PhD, MPH

Health experts recommend that we take **10,000 steps per day**, or walk about 5 miles, to get healthy. But this recommendation can be intimidating, and not everyone has the time to walk that much. Luckily, there are other ways to stay active. First step, follow the national recommendations for physical activity: 150 minutes of moderate-intensity exercise per week, or about 22 minutes per day (this is the minimum – more is better).

Here are several activities and the average calories you'll burn doing each per hour:

- **Bicycling:** 422 calories per hour
- **Ice skating:** 387 calories per hour
- **Dancing:** 316 calories per hour
- **Gardening:** 316 calories per hour
- **Table tennis or Ping-Pong:** 281 calories per hour
- **General housework:** 246 calories per hour
- **Golfing:** 245 calories per hour (303 – pulling your clubs)
- **Miniature golf:** 210 calories per hour
- **Pool or billiards:** 175 calories per hour
- **Yoga:** 175 calories per hour

### MORE WAYS TO ADD STEPS:

- **Walking meetings:** Whenever possible, hold your meetings while you walk. Or, if you can't convince your colleagues to do that, try walking to your out-of-office meetings.
- **Use your head:** If you talk on the phone, try a headset (if your phone is corded) and stand or, better yet, pace during calls if you have space and won't disturb your coworkers.
- **Old school:** Walk to coworkers' desks instead of emailing or calling them.

## Heads Up for Safety: Prevent Brain Injuries

We love our winter sports – skiing, sledding, hockey, ice skating and snowboarding. But moving at high speeds in slippery conditions can lead to tumbles and collisions that often cause head injuries, such as a concussion.

Before you or your children head out for fun, review these CDC safety guidelines:

1. Always wear properly fitted helmets; replace them after a serious crash.
2. Ensure your equipment is working properly.
3. Enforce no hits to the head and no dangerous play in hockey and all contact sports.
4. Ensure athletes follow the rules of play.
5. Don't allow young children to play in snowy, slippery areas without close supervision.
6. Don't ski or sled around trees.



January is  
**Winter Sports  
TBI Awareness  
Month.**



### Signs of Concussion

A concussion is a disturbance in brain function caused by a direct or an indirect force to the head. Most concussions are mild and temporary and don't cause a loss of consciousness – so you can have one without realizing it. That's why it's good to learn the warning signs.

**Some symptoms may be immediate** and include headache, dizziness and mental confusion.

**Some symptoms may be delayed by hours or days after injury:**

- Trouble concentrating or remembering
- Sensitivity to light and noise
- Trouble sleeping
- Trouble thinking or slurred speech
- Nausea or vomiting
- Unusual fatigue or weakness
- Loss of balance

**If you have any of the above symptoms, have someone take you to the nearest ER or call 911 for emergency medical aid.**

## QuikQuiz™:

### Weight – How to Lose It

Before you get serious about weight loss, see if you know 3 keys to success by answering these questions.

1. Why don't fad diets work?
2. How often should you weigh yourself?
3. What habits aid weight loss? >>Answers on other side.



Healthy Weight Week  
is January 18-22.



# Improve Your Attention Span

By Eric Endlich, PhD

Many of us contend with information overload and hectic schedules, making it harder to stay focused on the task at hand. These simple principles can help.

## >Take care of your mind and body.

Get enough sleep and exercise; eat regular, nutritious meals and snacks. Manage your stress and moods to help keep your mind clear. Practice regular meditation – it's a good tool for staying calm and focused.

>**Reduce distractions.** Identify 1 task to focus on and when possible ignore everything else, including your phone, email, visitors and interruptions (maybe post a do-not-disturb sign). While tempting, multitasking often leads to working inefficiently and ultimately longer – the opposite of your goal.

>**Keep your mind sharp.** Challenge yourself with brainteasers or puzzles. Develop new hobbies, study another language or take a class to learn something different. Being mindful of more details in your environment can train your brain to focus.

>**Match the task to the time.** If possible, do complex assignments during periods when you're most alert. Save routine or repetitive tasks for lower-energy times, such as midafternoon.

>**Take time between tasks.** Stretch for a few minutes or move around a bit. Adding buffer time between jobs can prevent thinking about the next task before even finishing the current task.



*“Opportunity is missed by most people because it is dressed in overalls and looks like hard work.” – Thomas Edison*

# Find the Fiber

By Cara Rosenbloom, RD

**Fiber has many health benefits – but how much do we need, and where is it?** Many people fall short, eating just half the amount that's needed. It may be because they don't know which foods contain fiber. This guide will help you find the fiber.

## Why more fiber?

Men require 30 to 38 grams of fiber per day, while women need 21 to 25 grams. Fiber helps prevent constipation and keep you regular, and has other important health benefits, too. It helps:

- Control blood sugar and cholesterol levels.
- Reduce the risk of heart disease and type 2 diabetes.
- Provide fullness so you maintain a healthy weight.
- Lower your risk of some cancers.

## Where's the fiber?

Fiber is found only in plant foods, so it's not in meat, poultry, eggs or milk products. It's in:

- Vegetables.
- Fruit.
- Whole grains.
- Beans and lentils.
- Nuts and seeds.



## HERE ARE SOME OF THE HIGHEST-FIBER CHOICES:

FOOD (1 cup unless otherwise stated)	Amount of fiber (g)
<b>BEANS</b>	
Legumes: beans, lentils, etc.	16-19
Edamame, green peas	5-6
<b>FRUITS &amp; VEGETABLES</b>	
Blackberries, raspberries	8
Medium pear	6
½ cup figs, prunes	6-8
Brussels sprouts, broccoli, cauliflower	6
Leafy greens: spinach, kale, etc.	4
<b>NUTS AND SEEDS (¼ cup)</b>	
Flax, chia	12-16
Almonds, sesame seeds	4-6
<b>GRAINS</b>	
½ cup high-fiber bran or psyllium cereal	12-14
Whole grains: barley, buckwheat, quinoa, brown rice, oats, etc.	4-6
Cereal: bran flakes, wheat squares, etc.	4-6

# QuikQuiz™ ANSWERS:

>>Continued from other side.

1. Diets that severely restrict calories can deprive you of essential nutrients and create hunger. Once you resume normal eating, the lost weight often returns. Choose a modest, long-term plan that satisfies with smaller portions and regular exercise.
2. When losing weight, many people benefit from weighing themselves every day, ideally first thing in the morning, without clothes and after using the bathroom. Daily weigh-ins help you identify weight fluctuations and habits. Then check less frequently (weekly) but regularly to stay in control.
3. People who lose weight and keep it off use several methods, including apps or smart devices to track eating and exercise, eating less and exercising more (doing activities they enjoy helps, too). Allow time to adapt to changes.



Smart Moves toolkit is at [www.personalbest.com/extras/16V1tools](http://www.personalbest.com/extras/16V1tools).

1.2016