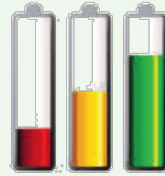


Willpower is the ability to resist short-term temptations in order to meet long-term goals. When it comes to New Years Resolutions, people regularly cite a lack of willpower as the No. 1 reason for not following through with their plan. What few people ever consider is that willpower is a resource that is capable of being depleted.



This year, as you begin adopting new behaviors for the New Year, treat your willpower like a rechargeable battery. Once you use it, let's say, at a dinner party where you successfully refrain from overeating, take some time before you use it again and let it recharge. If you don't, then like that rechargeable battery, your willpower could be gone when you need it most.

The Dangers Of BPA

Reduce Your Exposure For Better Health

Plastics are an inexpensive and common staple in our lives, but increasingly scientists are finding there may be a hidden cost to our health. Bisphenol A, or BPA, is an industrial chemical used in common plastic products and epoxy resins in items like canned goods, food storage containers, toilet paper, plastic cups and eating utensils, pizza boxes, credit card receipts, recycled paper, baby food jars, bottle tops, soda and beer cans, water supply pipes and dental sealants. The danger occurs when these plastics and resins release chemicals into our air, food and drink. A recent study by the Centers for Disease Control revealed that exposure is extremely widespread, and found detectable levels of BPA in the urine samples of 93-95% of tested people 6 years or older.

Once this organic compound is ingested, it acts similarly to estrogen causing hormone-disrupting effects with metabolism and making fat cells larger. Evidence is increasing to show that exposure to BPA can cause a large list of diseases including heart disease, intestinal damage, infertility and reproductive issues, erectile dysfunction, behavior problems in children, diabetes, metabolic disorder and obesity.

On September 18th of this year, a study reported in the Journal of the American Medical Association found that children with the highest levels of BPA in their urine were twice as likely to be obese as those with the lowest, regardless of how many calories kids were taking in through their diets.

This controversy is not new, but the United States is way behind on the BPA issue. Canada, the European Union, Turkey, Japan, and France have laws protecting consumers from the use of BPA in some/all packaged foods.

So what should you do? The National Institute of Environmental Health Sciences recommends that we reduce our exposure to BPA by doing the following:

- Do not microwave or store food in containers with polycarbonate plastics (avoid all those with recycle codes 3 & 7). Use glass, porcelain or stainless steel containers, especially for hot or acidic foods and liquids.
- Reduce your use of canned goods and drinks and replace them with fresh or frozen produce and glass containers.
- Seek out BPA-free products, such as:
 - Pyrex[®] microwave cookware
 - Ziploc[®] brand bags and Saran[™] brand plastic wraps
 - GladWare[®] brand plastic containers
 - Brita[®] water pitchers
 - Powdered infant formula instead of pre-mixed liquid
 - Glass jarred tomato sauce and other acidic foods
 - Evenflo[®] baby bottles
 - Campbell's[®] soups is phasing out the use of BPA in its products in 2012.



Sources: cbsnews.com, Niehs.nih.gov, foxnews.com, healthychild.org, mayoclinic.org

The Wellness NEWS

A Publication of the WellPoint Wellness Centers

Lite Bites:

Stuffed Butternut Squash

Source: www.fruitsandveggiesmorematters.org

INGREDIENTS

- ½ c. onion, chopped
- 1 clove garlic, crushed
- ½ t. sage
- ½ t. thyme
- ½ c. celery, diced
- 3 T. oil
- 1 c. whole wheat bread crumbs
- ½ c. cheese, low-fat
- 1 medium butternut squash (or any winter squash), halved lengthwise, seeds removed



DIRECTIONS

1. Cook onions, garlic, sage, thyme, and celery in oil. Cook over low heat until onions are soft.
2. While vegetables and herbs are cooking, cut squash in half and remove seeds. Clean butternut squash and microwave on high for 5 minutes.
3. Once onions are soft, add bread crumbs. Continue to cook over low heat for 5-10 minutes. Remove from heat and mix in the cheese.
4. Pack stuffing into cleaned out squash. Bake, covered at 350°F for 20 minutes, or until squash feels tender.

NUTRITION FACTS

of Servings = 4; Serving Size = ¼ squash;
Calories per Serving = 240; Fat = 12g (Sat 2g);
CHO = 28g; Protein = 8g; Fiber = 4g;
Chol. = 5mg; Sodium = 125 mg;
WW Points Plus[®] = 7.



November 2012 Member Recognition

MEMBERS WHO VISITED THE WELLNESS CENTER 8+ DAYS PER MONTH

Elite 8

- Bradley Basham
- Lamar Daniels
- Schelley Fickey
- Ashley Hash
- Lauren Henk
- Kenya James
- Kimberly
 McConnell
- Jessica McGuire
- Howard Mowles
- Rhonda Pierson
- Heather Pillis
- Donna Pugh
- Julia Stover
- Rachael Turner
- Micki White
- Ivy Williams-Link
- David Wills

Dedicated 12

- Sharon Bannister
- Ron Childress
- Alicia Cochran
- Kelly Dooley
- Michelle Dudley
- Janie Dye
- Elizabeth
 Garwood
- Jeff Hash
- Elaine Isler
- Ashaki Johnson
- Renee Kincer
- Lisa Lujan

Fab 15

- Chris Arnold
- Linda Boyd
- Pamela
 Edgecumbe
- Jason Gentry
- Justin Keyser
- Rosemary Perry
- Karen Price
- Sharon Tice

DECEMBER GROUP FITNESS



Class Time	Monday	Tuesday	Wednesday	Thursday	Friday
Morning				Interval Training:  7:15am-7:45am	Circuit Class:  7:30am-8:00am
Afternoon	Bootcamp:  12:00pm-12:30pm	Stretch & Tone:  12:00pm-12:30pm & 12:30pm-1:00pm	Interval Training:  12:30pm-1:00pm	Stretch & Tone:  12:00pm-12:30pm & 12:30pm-1:00pm	
Evening	Yoga:  5:00pm-5:45pm	Circuit Class:  4:30pm-5:00pm	Bootcamp:  5:15pm-5:45pm		

You must be a Wellness Center LiveWell member to participate in group fitness classes.

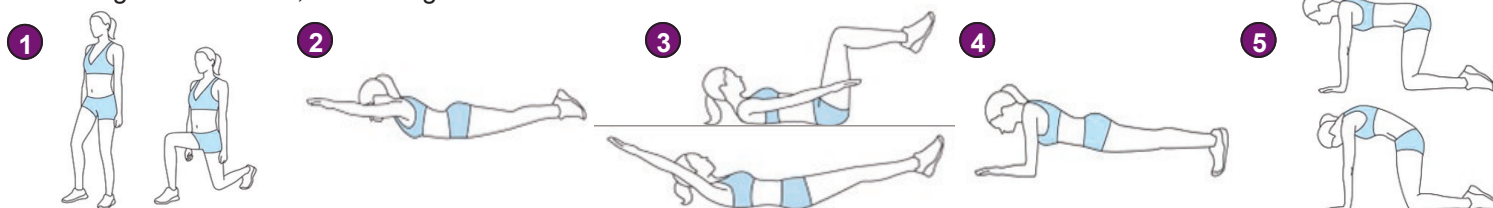
Please contact the Wellness Center if you are unsure of your member status

OR if you need to upgrade your membership from FitWell to LiveWell.

FITT Tips: Travel Workouts Made Easy

Everything You Need is Right In Your Hotel Room

Fitting in a good workout while traveling doesn't have to be problematic. In fact, a good quality workout can consist of these multi-muscle exercises done right in your hotel room. So, next time you are traveling, perform 2 sets of 15 repetitions of the following five exercises, and then go for a brisk walk or hit the stairs for some cardio.



Photos: realsimple.com

December 2012

Contact the Wellness Center at 54.853.3089 for more information about the programs highlighted below.

Mon	Tue	Wed	Thu	Fri	Sat/Sun
					1 2
3	4	5	6	7	8 9
10	11	12	13	14	15 16
17	18	19	20	21	22 23
24	25 	26 HAPPY KWANZAA 	27	28	29 30



31

Happy New Year! Everyone sets a resolution (or several) for the new year. Why not let the Wellness Center help you stick with your resolution to make 2013 your healthiest year so far!