



# November Wellness Newsletter

## Special Points of Interest

- 🗨 It Fits Tips
- 🗨 November is American Diabetes Month
- 🗨 HelpNet Seminar
- 🗨 BAC for Safety
- 🗨 Financial Wisdom
- 🗨 Healthy Recipes
- 🗨 HelpNet



### TIPS

Are you hoping to drop a few pounds before the upcoming holiday season or are you simply trying to get into the habit of eating healthy? In a world of long workdays, exhausting commutes and temptingly easy junk food, consistency can seem impossible to anyone without an iron will. That's why preparation is key to ultimate weight loss success. Remember the saying, "failing to prepare, is preparing to fail"? Check out this month's tips to help make preparing for success easier.

1. **Start simple. Stick to ideas that don't need many ingredients or complicated cooking techniques.** It can mean chopping and portioning recipe ingredients such as vegetables or lean proteins ahead of time for meals or measuring nuts or crackers so they are ready for snacks.
2. **One meal.** Start off prepping for one meal (i.e. lunch every day at work) and build up to prepping multiple meals for each day.
3. **Schedule prep time.** Sometimes it's not enough just to plan *what* you're going to eat

for the week. Planning *when* you'll eat your healthy meals can also help with your weight loss efforts. Set aside time in your calendar for food planning, prepping, and your activity/exercise. A visual reminder of how important committing to your health really is to you.

4. **Make your prep work last when it comes to your produce.** Separate the ethylene-producers. Ethylene gas is a naturally occurring plant hormone that speeds up the ripening process. To increase the shelf life of your produce and save money on grocery bills, separate ethylene-producers (like avocados, ripe bananas and tomatoes) from the veggies that are spoiled by the gas (broccoli, spinach and sweet potatoes).

Remember, it takes about 3 weeks to form a habit. Weekly food prep is no different. Don't throw in the towel if it doesn't work out the first time. Or the first few times. Adapt and overcome. Food prep is about making your life easier. It also helps with making healthier eating choices, especially when you open up the refrigerator door and see healthy delicious meals and snacks ready to eat.

**'It Fits Tips' compliments of Medical Weight Loss Clinic.**



## Prediabetes: The Path to Prevention

For more information, see handout attached with the email of this newsletter.

HelpNet is pleased to announce that effective November 15th at noon EST the free on-demand online seminar, *"Holidaze: How to Enjoy the Holidays and Minimize Holiday Stress"* will be available for your viewing pleasure. No advance registration required.

For more information, see poster attached with the email of this newsletter.

## The ABCs of BAC

### A Guide to Understanding Blood Alcohol Concentration and Alcohol Impairment

#### Q: What is “BAC”?

**A:** The amount of alcohol in a person’s body is measured by the weight of the alcohol in a certain volume of blood (measured in grams per deciliter). This is called the blood alcohol concentration or “BAC.” Alcohol is absorbed directly through the walls of the stomach and the small intestine, goes into the bloodstream, and travels throughout the body and to the brain.

Alcohol is quickly absorbed and can be measured within 30 to 70 minutes after a person has had a drink.

#### Q: Does the type of alcohol I drink affect my BAC?

**A:** No. A drink is a drink, is a drink.

A typical drink equals about half an ounce of alcohol (.54 ounces, to be exact). This is the approximate amount of alcohol found in:

- ♦ one shot of distilled spirits, or
- ♦ one 5-ounce glass of wine, or
- ♦ one 12-ounce beer

#### Q: What affects my BAC?

**A:** How fast a person’s BAC rises varies based on a number of factors:

**The number of drinks.** The more you drink, the higher your BAC.

**How fast you drink.** When alcohol is consumed quickly, you will reach a higher BAC than when it is consumed over a longer period of time.

**Your gender.** Women generally have less water and more body fat per pound of body weight than men. Alcohol does not go into fat cells as easily as other cells, so more alcohol remains in the blood of women.

**Your weight.** The more you weigh, the more water is present in your body. This water dilutes the alcohol and lowers the BAC.

**Food in your stomach.** Absorption will be slowed if you’ve had something to eat.

#### Q: What about other medications or drugs?

**A:** Medications or drugs will not change your BAC. However, if you drink alcohol while taking certain medications or drugs, you may feel – and be – more impaired, which can affect your ability to perform driving-related tasks.

#### Q: When am I impaired?

**A:** Because of the number of factors that affect BAC, it is very difficult to assess your own BAC or impairment. Even small amounts of alcohol affect one’s brain and the ability to drive. People often swear they are “fine” after several drinks – but in fact, the failure to recognize alcohol impairment is often a symptom of impairment.

While the lower stages of alcohol impairment are undetectable to others, the drinker knows vaguely when the “buzz” begins. A person will likely be too impaired to drive before looking – or maybe even feeling – “drunk.”

#### Q: How will I know I’m impaired, and why should I care?

**A:** Alcohol steadily decreases a person’s ability to drive a motor vehicle safely. The more you drink, the greater the effect. As with BAC, the signs of impairment differ with the individual. Drivers with a BAC of .08 are approximately **4 times more likely** to crash than drivers with a BAC of zero. At a BAC of .15, drivers are at least **12 times more likely** to crash than drivers with a BAC of zero. The risk of crashing is even greater for young males. Further, many studies have shown that even small amounts of alcohol can impair a person’s ability to drive.

Every State has passed a law making it illegal to drive with a BAC of .08 or higher. A driver also can be arrested with a BAC below .08 when a law enforcement officer has probable cause, based on the driver’s behavior.

The following chart contains some of the more common symptoms people exhibit at various BAC levels, and the probable effects on driving ability.

# Be Safe

# This Holiday Season

Special Thanks to **Judge Hallacy** for this article.

Blood Alcohol Concentration (BAC) <sup>1</sup>	Typical Effects	Predictable Effects on Driving
.02	<ul style="list-style-type: none"> <li>Some loss of judgment</li> <li>Relaxation</li> <li>Slight body warmth</li> <li>Altered mood</li> </ul>	<ul style="list-style-type: none"> <li>Decline in visual functions (rapid tracking of a moving target)</li> <li>Decline in ability to perform two tasks at the same time (divided attention)</li> </ul>
.05	<ul style="list-style-type: none"> <li>Exaggerated behavior</li> <li>May have loss of small-muscle control (e.g., focusing your eyes)</li> <li>Impaired judgment</li> <li>Usually good feeling</li> <li>Lowered alertness</li> <li>Release of inhibition</li> </ul>	<ul style="list-style-type: none"> <li>Reduced coordination</li> <li>Reduced ability to track moving objects</li> <li>Difficulty steering</li> <li>Reduced response to emergency driving situations</li> </ul>
.08	<ul style="list-style-type: none"> <li>Muscle coordination becomes poor (e.g., balance, speech, vision, reaction time, and hearing)</li> <li>Harder to detect danger</li> <li>Impaired judgment, self-control, reasoning, and memory</li> </ul>	<ul style="list-style-type: none"> <li>Concentration</li> <li>Short-term memory loss</li> <li>Speed control</li> <li>Reduced information processing capability (e.g., signal detection, visual search)</li> <li>Impaired perception</li> </ul>
.10	<ul style="list-style-type: none"> <li>Clear deterioration of reaction time and control</li> <li>Slurred speech, poor coordination, and slowed thinking</li> </ul>	<ul style="list-style-type: none"> <li>Reduced ability to maintain lane position and brake appropriately</li> </ul>
.15	<ul style="list-style-type: none"> <li>Far less muscle control than normal</li> <li>Vomiting may occur (unless this level is reached slowly or a person has developed a high tolerance for alcohol)</li> <li>Significant loss of balance</li> </ul>	<ul style="list-style-type: none"> <li>Substantial impairment in vehicle control, attention to driving task, and in necessary visual and auditory information processing</li> </ul>

<sup>1</sup> Information in this table shows the BAC level at which the effect usually is first observed, and has been gathered from a variety of sources including the National Highway Traffic Safety Administration, the National Institute on Alcohol Abuse and Alcoholism, the American Medical Association, and www.webMD.com.

## Q: What can I do to stay safe when I plan on drinking?

**A:** If you plan on drinking, plan not to drive.

You should:

- ◆ Plan a safe way home in advance and never drive after drinking.
- ◆ Designate a sober driver.
- ◆ Use a taxi, call a sober friend or family member or use public transportation.
- ◆ Download NHTSA's SaferRide mobile app (free from the iTunes store and Google Play), to easily call a taxi or a friend for a ride home. The app can also help you identify your location, if needed.
- ◆ Always wear your seat belt. It's your best defense against impaired drivers.



## The ABCs of BAC

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U.S. Department  
of Transportation  
**National Highway  
Traffic Safety  
Administration**



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of Transportation  
**National Highway  
Traffic Safety  
Administration**



# November Financial Wisdom

## BE THANKFUL

for Your Retirement Plan



Your retirement plan is one of the most important parts of your financial future. Take the time to understand your retirement benefits.

Visit [ifebp.org/Retirement101](http://ifebp.org/Retirement101).

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# HEALTHY RECIPES

GOOD FOR A FIT TICKET POINT WITH SUBMISSION OF RECIPE

## Slow Cooker Hawaiian Sticky Chicken

By: Lyndie Edwards

### Ingredients:

2 pounds boneless, skinless chicken breasts  
3 cups chicken broth  
1 cup pineapple juice  
1 cup crushed pineapple  
3 cloves garlic  
1 teaspoon salt  
1/4 cup soy sauce  
2 tablespoons teriyaki sauce  
1/4 cup hoisin  
1/4 teaspoon crushed red pepper flakes  
1 tablespoon Wondra flour  
hot cooked rice

1. Place the chicken breasts, chicken broth, pineapple juice, crushed pineapple, garlic cloves and salt in your slow cooker and set on high.
2. Cook for 4 hours then remove the chicken to a cutting board.
3. Drain the broth from the slow cooker into a large measuring cup or bowl. Measure out 2 cups of the broth (including some of the crushed pineapple) and put back into the slow cooker.
4. Add the soy sauce, teriyaki sauce, hoisin, crushed red pepper flakes and Wondra flour to the broth and whisk to combine.

Shred the chicken with two forks and return to the slow cooker with the sauce. Stir to combine the chicken with the sauce, cover and cook on high for 1 more hour.



## Chipotle Lime Chicken

By: Tonya Johnson

### Ingredients:

2 (9 oz.) **Chipotle Lime Chicken**  
1 cup fat-free canned refried beans  
2 cups finely shredded Romaine lettuce  
1/2 cup guacamole  
1 cup salsa  
1/4 cup fat-free Greek yogurt  
Raw vegetables (carrots, pepper strips, broccoli, etc.)

Prepare the **Lime Chicken** according to package directions. Using a spoon or fork, break up the chicken into smaller pieces.

Place lettuce on a platter. Top with the **Lime Chicken**, then refried beans, guacamole, salsa, and yogurt. Serve with your choice of raw vegetables or on small plates



## Peachy Stuffed Banana

By: Tasha Cummings

### Ingredients:

1 Banana sliced down the middle  
2 tbsp. of Peach Philadelphia cream cheese  
1/8 tsp of ground cinnamon

Enjoy!



# HEALTHY RECIPES Continued

## Whole Egg, Bacon and Avocado Quesadilla

By: Kimberly Bachman

### Ingredients:

3 rashers of streaky bacon, chopped  
4 flour tortillas (Note 1)  
4 eggs  
1 large avocado, halved and sliced  
½ cup grated cheese (I used cheddar)  
Salt and pepper



Heat a skillet over high heat. Add the bacon and cook until cooked to your liking. Remove bacon onto a paper towel lined plate.

Drain excess fat from the skillet and wipe away/ scrape off any black bits. Return to the stove over medium heat.

Place a tortilla in the skillet. Place avocado slices around the rim of half the tortilla and thinner slices across the middle to form a "ring" to hold the egg. Squish the pieces close together to seal them so egg does not leak.

Crack an egg into the center, sprinkle with bacon, cheese and season with salt and pepper. Fold the tortilla over and cook for 4 minutes or until golden and crisp. I usually cook 2 in the skillet.

Flip, turning over the folded edge (i.e. slide the spatula under the curved edge and flip over the folded edge). Cook the other side for 3 minutes or until golden and crisp. Remove from the skillet. Repeat with remaining tortillas.

Serve immediately, while hot!

### Notes

1. I prefer using flour tortillas for quesadillas because they get nice and crispy. Also, they don't crumble or break apart when you fold them / cut them. But you can make these with corn tortillas to make them gluten free.

2. This recipe is not suitable for freezing (even after cooking) because avocado does not freeze well.

## Weight Watchers Taco Chili

By: Julie Hinten

### Ingredients:

1 lb. ground beef or ground turkey  
2 (15oz) diced tomatoes, Mexican flavor  
1 large onion (chopped)  
1 package taco seasoning  
1 package Hidden Valley ranch dressing  
1 (15oz) hot Chili beans  
1 (15oz) Pinto beans  
1 (15oz) black beans  
1 small bag frozen corn or 1 can corn (drained)

Brown the meat and chopped onion, drain.

Mix the taco and ranch dressing mix into meat.

Add all other ingredients, without draining.

Simmer for 1/2hr.—1 hr.

You can add sliced avocado, cheese or tortilla chips.

6WW points plus—1 cup.



**\*\*\*Healthy Recipes can still be sent for the December Wellness Newsletter.**

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## Kick Butts!

The American Cancer Society Great American Smokeout event is **November 17, 2016**. Tobacco use is the single biggest preventable cause of early death and disease in this country. **PREVENTABLE**. Now is your chance to finally quit with thousands of Americans all on the same day.

### How can I get ready to quit tobacco?

- Carry items that keep your hands and mouth busy: Gum, sunflower seeds, hard candy, or a stress ball to squeeze.
- Find ways to distract yourself: Going on a walk, playing a game on your phone, or enjoying your favorite hobby can help take your mind off any cravings.
- Evaluate your habits related to your tobacco use. Create a list of changes you can make in your daily routine to help you stay quit.
- Try a nicotine replacement therapy such as nicotine gum, nicotine lozenges, or a nicotine patch to help manage your tobacco cravings.
- Get support: Call a trained tobacco cessation coach at 888-888-8888 to support you through the quit process.

**Quitting tobacco is hard, but don't give up. Mark your calendar for November 17th to start a healthier life tobacco free!**

# HelpNet

VISIT [WWW.HELPNETEAP.COM](http://WWW.HELPNETEAP.COM) OR CALL 1-888 975-9355 TO SPEAK TO A WELLNESS COACH ABOUT ADDITIONAL RESOURCES AVAILABLE. **No time to talk?** USE THE LIVE CHAT FEATURE ON THE WEBSITE TO CONNECT WITH A COACH VIA INSTANT MESSAGE.