



Keeping Resolutions

Ready to achieve your health goals? Here are some resources for you and your family.



Eat Healthy: Eat at least 2.5 cups of colorful vegetables and 1.5 cups of fruit per day. More at: fruitsandveggiesmatter.com.



Move More: Aim for 150 minutes of moderate activity (brisk walking) per week and major muscle training on 2 or more days — visit cdc.gov/physicalactivity/



Quit Tobacco: Contact Free and Clear to see how you can stay quit. Free to City employees with medical coverage. (See page 2.)
 Call 1-866-784-8454.



Manage Stress: Find positive ways to deal with life issues instead of over-doing with food, alcohol, or cigarettes, or other unhealthy actions. Want to talk to a professional counselor?
 Call Horizon Health EAP at 1-888-272-7252.



WeightWatchers®

Weight Watchers, the only evidenced-based weight loss program, launched a new program called *Points Plus* using up-to-date nutrition and healthy weight loss research.
 To enroll, call 1-866-879-8274.

► **Services and special City pricing:**
personnelweb/Content/Inweb/benefits/pubs/WeightWatchers.pdf

City Events

Helping a Family Member Battle the Blues

Tuesday, January 11
 12 noon - 1:00 pm
 SMT 4050/4060

Thursday, January 20
 12 noon - 1:00 pm
 SMT 4050/4060

Deferred Comp - Wise Investing

Thursday, January 13
 12 noon - 12:45 pm
 SMT 4080

Monthly Blood Pressure Screening

Wednesday, January 26
 10:30 am - 1:30 pm
 SMT 4096

Deferred Comp - Calculate Your Total Retirement Income

Wednesday, January 26
 12 noon - 12:45 pm
 SMT 4020
 Registration required: call 206-447-1924

Quick Course in Healthy Weight Goal Setting



If you're starting a new eating plan, setting a sensible weight loss goal is the key for success. But how do you know if your expectations are reasonable or over the top?

- **Think short term and long term when deciding how many pounds you want to shed.** A reduction of 5 to 10 percent may be a good start and can bring great health benefits. For the long haul, getting your body mass index (BMI) to a healthy level might be a good target.
- **Take into account your fitness level,** health concerns and available time to devote to weight loss. You may need your health care provider's help.
- **Be realistic about how fast you can lose the weight.** A loss of about 1-2 pounds per week is best for most. -To do this you will need to take off 500-1,000 calories per day by eating less and exercising more.
- **Evaluate your goals weekly.** Make changes if you need to, and remember that roadblocks and setbacks are normal.
- **Plan for success.** Credit yourself for any accomplishment — it's a step in the right direction.

Reach Your Personal Best

Begin a new routine for top health — body and mind.

- It's best not to change too many aspects of your lifestyle at once.
- Be specific, not vague. Example: "Walk at the track Tuesday, Thursday and Saturday" versus "Exercise more." Make these appointments in your calendars, especially the ones that send auto reminders.

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Tobacco-Free...for Life



Improve your health this year by adding "quit smoking" to your New Year's resolutions list.

City employees and adult family members covered on a city medical plan are eligible for **free** coaching and nicotine replacement therapy.

Call 1-866-QUIT-4-LIFE (1-866-784-8454), or log on to www.quitnow.net today for more details.



24-Hour Nurse Consultation



Have a condition or illness question? Call a nurse any time. Employees and covered adult family members with City medical coverage have access to nurse consultation by phone.

Aetna's Informed Health Line: 1-800-556-1555
Group Health's Consulting Nurse Services:
Seattle 206-901-2244
Tacoma 253-596-3400
All other areas 1-800-297-6877

Health E-tools



Watch your U.S. mail in February for a post card from your medical plan about the electronic health record and health risk assessment.

General Information: *Take Charge!* is a general guide to healthy benefits and behavior. Contact your health care professional with your specific health care concerns.