

Wellness Tid Bit

March 2009



We hope that you found our first wellness email useful and informative. Our society needs to be more aware of what we put in our mouth. Our wellness emails will not deal only with the issues of health, but also mental wellness. The two go hand in hand and are equally important!

How to Survive the STRESS of Tax Season

We understand that this time of year is stressful for all taxpayers. When we get stressed, we tend to eat poorly, sleep less and let our emotions run rampant. Do these sound all too familiar?

Here are some ideas on how you can handle stress. It doesn't take a scientific study to show that surrounding yourself with supportive family, friends and co-workers can have a positive effect on your mental well-being. The benefits of a strong social support network are the sense of belonging, increased sense of self-worth, and feeling of security. Cultivate your support network by staying in touch and be proactive - don't wait for someone else to make the first call. Also know when to say "no" and when to say "yes", be a good listener, challenge yourself by looking for ways to improve yourself, appreciate your friends & family and take time to say THANK YOU!! It's always a good idea to make more friends and improve on the relationships with the ones you already have.

It is easy us to make poor food choices and over eat when we are stressed. We also tend to dine out more as it is convenient for our busy schedules. Look out for what and how much you eat daily as the research is shocking!!

A funny thing has happened to America's restaurant appetizers; they've started growing bigger than the meals they prepare for us. It's now common to wolf down 500 to 600 greasy calories before we even start on our entrees. To help you wrap your arms around the problem, we've gathered the most gluttonous pre-meal binges in America.

1. CHILI'S: Texas Cheese Fries w/ Jalapeno-Ranch Dressing
2,070 calories, 160 g fat and 3,730 mg sodium
Fat Equivalent: Eating 16 Taco Bell Crunchy tacos
2. On The Border: Grande Fajita Nachos - Grilled Steak
1,970 calories, 127 g fat and 3,780 mg sodium
Fat Equivalent: Eating an entire package of Oreos
3. Outback Steakhouse: Aussie Cheese Fries with Ranch
2,030 calories, 200 g fat (estimated) and 3,685 mg sodium (estimated)
Calorie Equivalent: Eating as many as 21 White Castle Hamburgers
4. Pizza Hut: Taters (full order)
1,580 calories, 104 g fat and 4,160 mg sodium
Sodium Equivalent: Eating more than two bags of Ruffles Potato Chips
5. Romano's Macaroni Grill: Romano's Sampler
(Fried calamari, fried mozzarella, tomato bruschetta and garnish)
1,640 calories, 98 g fat and 4,000 mg sodium
Calorie and Sodium Equivalent: Eating more than 10 KFC extra crispy drumsticks
6. Ruby Tuesday: Grand Sampler
(fire wings, southwestern spring rolls, fried mozzarella, and chicken tenders)
1,644 calories and 100 g fat
Calorie Equivalent: Eating 5 McDonald's Cheeseburgers!!
7. T.G.I. Fridays: Pizza Skins (Full order)
2,400 calories, 155 g fat and 3,600 mg sodium
Calorie Equivalent: Eating a large Domino's hand-tossed sausage pizza!!

There are tons of good & FREE websites to help you find and track your recommended average daily intake of calories, fat and vitamins to help you maintain and lose weight!

www.fitday.com

www.dietandfitnesstoday.com

www.myfooddiary.com

In order to get your body to function the way you want, including your thoughts and emotions, you need to make sure your body is well.

So take care of yourself, you only live once!!