Choosing fruits and vegetables that are in season and plentiful in the market are a great way to cut your food costs and add variety to your family’s diet. Improved transportation and storage provide an abundance of fruits and vegetables from which to choose from year round. Great choices in our area of the country for the month of March are:

**FRUITS:**
- Pineapples
- Apricots
- Grapefruit
- Mangoes
- Bananas
- Lemons
- Oranges
- Strawberries
- Avocado

**VEGETABLES:**
- Asparagus
- Artichokes
- Broccoli
- Cabbage
- Carrots
- Celery
- Green Beans
- Lettuce
- Mushrooms

* Underlined items can be found at low or reduced costs.

The Black and Gold, Fit and Bold Wellness Program is off to a great start. The program was established January 19, 2010 by a nineteen member wellness committee. The wellness committee initiated the wellness program and will oversee its continuation over time. This program was designed to promote wellness in employees, boost morale, improve health and fitness, increase productivity in the workplace and over a period of time, and possibly reduce healthcare expenses through fewer insurance claims. Studies have shown an employees’ wellness program can reduce absenteeism, reduce staff member turnover rates, and insurance experiences thus reduce healthcare costs. See good start on pg 3

The overall goal of Wellness Wednesdays is for you to be empowered to improve your quality of life regarding your health and personal finances. You will set realistic goals, identify small, do-able “action steps”, identify obstacles and overcome them and put your mind to it* and take action! The 8-week sessions are free and are held on Wednesdays from 12 noon to 1 p.m. in the J. B. Watson Memorial Library Auditorium. You may purchase a workbook for $4.75, but it is not required for workshop participation. You can bring a brown bag lunch, as only light refreshments (if any) will be provided. Hope to see you there! [Download the Registration Form].

The project is funded in part by a Pine Bluff Area Community Foundation, JRM Community Lifestyles Grant.
How to Design Your Own Diet
Design a plan around your eating habits

Elizabeth M. Ward, MS, RD • WebMD Feature • Reviewed by Louise Chang, MD

Prescribed diets plans, such as Jenny Craig, The Zone, and The South Beach Diet are wildly popular and often quite successful, at least in the short term. But they don’t adequately address personal eating styles, family and work schedules, or exercise preferences.

The Best Diet: The One That Works for You

If you bristle at the thought of complying with someone else’s idea of how you should shed pounds, the good news is that you don’t need weeks’ worth of expensive prepared frozen meals or a militant eating and exercise program to drop the weight. Even a slight decrease in calories, preferably on a plan that meets nutritional needs, is all it takes.

"One diet is not necessarily any more successful than the next," says Joy Bauer, MS, RD, author of Your Inner Skinny: Four Steps to Thin Forever. "We know from research studies that almost any plan that reduces calorie intake results in weight loss, regardless of whether it’s high-carbohydrate, low-carbohydrate, high in protein, or low in fat."

But here’s the rub: Weight loss won’t last unless you change your eating and exercise habits for good in a way that meshes with your food preferences, schedule, and lifestyle. 

Dieter, Let’s Get Personal

Before you begin designing your own diet plan, some self-reflection is in order.

"Knowing who you are and what you need is the most important information you can have when it comes to losing weight, eating healthy, and changing your lifestyle," says Heather K. Jones, RD, co-author of What’s Your Diet Type? Use the Power of Your Personality to Discover Your Best Way to Lose Weight. "Our personality explains why some approaches to weight control work, while others fail."

Jones says dieting takes more than willpower, and that people who successfully lose weight and keep it off have simply discovered which approaches work for them and their unique personalities.

Calculating Calories For Weight Loss

Diet don’t work unless you run a calorie deficit by eating less energy than you burn. Most healthy people without chronic conditions can safely drop no more than two pounds a week on a balanced diet.

Adhering to a daily calorie budget for weight loss is the crux of any successful do-it-yourself diet plan. Your calorie allowance is based on your age, sex, physical activity level, and weekly weight loss goals.

Once you have calculated your calorie level, the next step is figuring out what to eat for weight loss. Bauer says the best diet plans are based on whole foods, such as vegetables, fruits, whole grains, lean protein, and low-fat dairy foods, because they lay the foundation for a lifetime of healthy eating.

The U.S. Department of Agriculture’s MyPyramid.gov web site provides a blueprint for healthy eating, no matter what your weight goal. The number of servings to include on a daily basis from each of the five food groups, and oils, is determined by the calorie level you choose for weight loss. MyPyramid.gov also provides information about proper portions for foods in each food group.

How to Design Your Daily Meals and Snacks

You know how many servings from each of the food groups you need. Now you need to decide how to combine them to make healthy, satisfying meals and snacks that keep temptation at bay. Here are some basic rules:

• Have at least three meals a day. Eating on a regular basis prevents extreme hunger that can wreak havoc on your resolve to eat better and exercise more.
• Stay fuller for longer by combining protein (found in the greatest amounts in foods from the milk and meat/beans food groups) with fiber (found in whole grains, vegetables, fruit, and legumes) at every meal and snack. Noshing on fat-free yogurt and an apple, or a hard-cooked egg and a small whole grain roll, is more satisfying than spending the same number of calories on soda crackers, which are very low in fiber and devoid of protein.
• Conserve calories. Choose the lowest-calorie choices from each food group. For example, opt for 1% reduced-fat milk or fat-free milk instead of full-fat; 93% lean ground beef instead of 85%; and light popcorn instead of popcorn smothered in butter.

CONTINUED ON PG 4

6 Key Questions to Answer

In order to design your own diet, Bauer and Jones advise asking yourself the following six questions:

1. Do you prefer to eat three, five, or eight meals a day? Once you determine your desired eating schedule, divide your calories accordingly.
2. How much time will you devote to food preparation? If you hate to cook, or have limited time, you’ll need to simplify the preparation of healthy, fresh, and lightly processed foods.
3. What type of support, and how much, do you require? Everyone needs some cheering on to succeed, especially when the initial enthusiasm for changing bad habits begins to wane. Family and friends, online weight loss communities, and diet buddies can help you when you’re tempted to ditch your healthier diet and exercise program.
4. Do you love to dine out? You’ll need to account for restaurant food by seeking out the calorie counts of the foods you eat most often.
5. Will you require a daily treat to feel satisfied? If you can’t live without a little something special every day, reserve 100 calories for a single-serve package of cookies or chips, or for a frozen treat, like a fudge bar.
6. How much exercise can you reasonably do? Experts recommend at least 30 minutes a day of moderate physical activity, such as walking, on most days of the week, but you may have to build up to that, especially if you aren’t physically active. Ask your doctor what’s best for you.
**RECIPES**

**Broccoli Salad**

*From USDA*

**Serving Size:** 1/8th of recipe

**Yield:** 8 servings

**Ingredients:**

- 6 cups chopped broccoli
- 1 cup raisins
- 1 medium peeled and diced red onion
- 2 Tablespoons sugar
- 8 cooked and crumbled bacon slices (optional)
- 2 Tablespoons lemon juice
- 3/4 cup mayonnaise, lowfat

**Instructions:**

1. Combine all ingredients in a medium bowl.
2. Mix well.
3. Chill for 1 to 2 hours.
4. Serve.

**Cost:**

- Per Recipe: $3.34
- Per Serving: $0.42

**Source:**

- Adapted from: *Healthy lifestyles 2003* In the Kitchen with Chef Stephanie Green Arizona Nutrition Network

**Author:** Arizona Nutrition Network

**Categories:**

- Eat Less Saturated Fats, Trans Fats and Cholesterol
- Eat More Fruits and Vegetables
- General
- No Cooking Required
- Side Dishes
- Salads

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**TAI CHI EASY Classes**

**Tuesdays • 5:30 - 6:30 p.m.**

**March 16 - May 4**

**Golden Lion Stadium • Pennymon Room**

Lisa Duke, Instructor

In association with the Jefferson Regional Medical Center Outreach program, Mrs. Lisa Duke, Coordinator of JRMC’s Weight Loss Program is volunteering to teach Tai Chi Easy for the Black and Gold, Fit and Bold Wellness Program.

Lisa Duke has lived in Pine Bluff for 12 years with her husband Bauer and three children. Having lived and worked several years in Africa and Southern California, she has brought her passion for public health to Southeast Arkansas. Lisa has a Masters in Public Health, and loves her position as Coordinator of the JRMC Weight Loss Program. “I get to work with some of the smartest people! They realize that leading a healthy lifestyle is important, and that it requires attention and effort. They also utilize the support available to them through our program and at the Wellness Center.” Lisa has expanded her teaching skills, by becoming a certified Les Mills Body Flow® and RPM® instructor, and a Tai Chi Easy facilitator at the Wellness Center.

**What is Tai Chi Easy?**

Tai Chi Easy is a slow, graceful series of movements based on Chinese martial arts. Done standing or seated, Tai Chi Easy uses a modified number of movements making it simple to learn. Research has shown that over time, Tai Chi Easy helps a person improve their flexibility, balance and leg strength. Additionally, Tai Chi Easy is wonderfully relaxing, and effective in reducing stress.

**Remember; please consult your physician and/or health care professional before performing any new exercise techniques. Any application of these techniques and your decision to participate in the Tai Chi Easy class is solely at your own discretion and risk.**

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**GOOD START**

The first nine weeks consisted of members exercising through participating in TAE BO™ and Walking Away the PoundS™. Thumbs up to all faculty and staff members who participated in the exercise classes and benefitted from the experience. Keep up the good work!

Special thanks to Mrs. Pauline Thomas, Vice Chancellor of Finance and Administration for her support and cooperation. The first newsletter was published and distributed via e-mail. Please express your thanks to Mrs. Tisha Arnold, Administrative Analyst of Planning, Institutional Research and Public Information for her diligent work and expertise in designing and creating all publications for our program, a job well done.

Keep your eyes open for future activities sponsored by your Wellness Program. Black and Gold, Fit and Bold is the way to be this spring.

Thanks for your continued cooperation, participation and assistance.
About the Black & Gold, Fit & Bold Wellness Program

History: The first wellness concept was developed in 2003 under the leadership of Mrs. Letsie Bass, Director of Health Services, with the initiation of the walking trail. The members of that committee were:

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
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<tbody>
<tr>
<td>Sedelle Herring</td>
<td>Linda Thomas</td>
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<tr>
<td>Onia Walters</td>
<td>Dr. Charles Colen</td>
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<tr>
<td>Mary Jones</td>
<td>Linda Fair</td>
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<tr>
<td>Freddie Sims</td>
<td>Leon Crumblin</td>
</tr>
<tr>
<td>Joyce Blunt Scott</td>
<td>Zachariah Butler</td>
</tr>
<tr>
<td>Capt. Harvey Jones</td>
<td>Gloria Davis</td>
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Mission: The mission of the Black and Gold, Fit and Bold Wellness Program is to promote and improve the wellness of the campus community as a whole by empowering each employee to be physically active and demonstrate health-promoting behaviors with the intent that the benefits gained by each employee individually who elects to participate will be compounded and manifested throughout the campus community.

Goals: The goals of the program are to:

1. Promote physical activity, healthy behaviors and wellness among employees
2. Educate employees on the benefits of physical activity and healthy behaviors and on risk factors associated with chronic disease and reduced health/wellness

To achieve these goals, it is the aim of the program to provide on-campus physical activity programs and promote other opportunities on UAPB campus and in the community that encourages employees to be active.

Wellness Committee 2010

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
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<tbody>
<tr>
<td>Cynthia Anderson</td>
<td>George Herts</td>
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<tr>
<td>Tisha D. Arnold</td>
<td>Paul Hooven</td>
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<tr>
<td>Letsie I. Bass</td>
<td>Mary Jones</td>
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<td>William Beene</td>
<td>Dr. Therthenia Lewis</td>
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<td>Gladys Benford</td>
<td>Ronald Reynolds</td>
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<td>Dr. Edmund Buckner</td>
<td>Flavelia Stigger</td>
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<td>Rita Conley</td>
<td>Pauline Thomas</td>
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<tr>
<td>Bobbie Crockett</td>
<td>Dr. William Torrence</td>
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<tr>
<td>Husny Dahlan</td>
<td>Dr. Janette R. Wheat</td>
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<td>Rita Gates</td>
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American Heart Association

National Workplace Wellness Week • April 5-9, 2010

Key Statistics:

- Health care costs in the United States doubled from 1990 to 2001 and are expected to double again by 2012.1
- Chronic illnesses affect more than a third of working-age Americans and the costs associated with chronic diseases account for approximately 75 percent of the nation’s annual health care costs.2
- Over 130 million Americans are employed across the United States and since a significant part of their day is spent at work, comprehensive, culturally sensitive health promotion within the workplace is essential to maintain and improve the nation’s health.3
- Nearly 60 percent of employers’ after-tax profits are spent on corporate health benefits. An estimated 25-30 percent of companies’ medical costs per year are spent on employees with excess health risk.4 That contrasts to three decades ago when only seven percent of corporate profits paid for health costs.5
- Addressing risk factors early can make a difference. For example, $5.6 billion in heart disease costs could be saved if one-tenth of Americans began a regular walking program.6
- Employer spending on health promotion and chronic disease prevention is a good business investment. Programs have achieved a rate of return on investment ranging from $3 to $1.5 for each dollar invested with savings realized within 12 to 18 months.

Read more at: http://www.americanheart.org/presenter.jhtml?identifier=3065736

Links

2010 Women’s Health Calendar
http://www.womenshealth.gov/pub/calendar/index.cfm

HEALTHY Ways Program
Sponsored by the National Institutes of Health | (Find out if you are eligible to participate and learn more)
(501) 526-6654 (anytime) | healthyways@uams.edu

QualChoice’s QCare Health Programs (QCARE): benefits members with chronic conditions, such as diabetes, hypertension and asthma. Our Care Managers and Health Coaches work with each member and their family to improve understanding of the illness and what it means to the member’s lifestyle.

American Cancer Society
http://www.cancer.org/docroot/home/index.asp

DESIGN YOUR OWN DIET (CONT’D)

Prevent Portion Distortion, At Home and Away

All foods fit on a balanced weight control plan, but proper portions are paramount. Most people rarely go overboard on carrot sticks and celery, but it’s a different story when it comes to cheese, pasta, fatty red meats, and other favorite foods.

If you’re uncertain what constitutes reasonable serving sizes -- and let’s face it, most of us are -- invest in a reliable kitchen scale, measuring cups, and measuring spoons to determine portions at home. If exactitude isn’t your style, learn how to compare correct portion sizes to everyday objects, such as a baseball, a deck of playing cards, and a light bulb.

Correctly eyeballing portions is particularly helpful when dining out. It’s a useful skill to have, because it’s unlikely you’ll be eating every meal at home.

"On average, Americans eat six meals a week away from home," says Hope Warshaw, MS, RD, author of Eat Out, Eat Right. Even when you’re dining on reasonable portions, the calories can add up. "Research shows that restaurant food serves up more added fat and sugar and fewer fruits, vegetables, whole grains, and low-fat dairy than homemade food," Warshaw says. That doesn’t mean frequent diners are doomed to fail at dieting. However, it helps to limit dining out as much as possible by bringing food to work and on the road, and by counteracting extra calories with physical activity.

Rely on books and the web sites of your favorite eating establishment for the calorie counts of the dishes you order. Always ask for what you need to limit calorie consumption, such as low-fat salad dressing served on the side, grilled meat and fish prepared with no added fat, and plain vegetables.

American Heart Association
National Workplace Wellness Week • April 5-9, 2010

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