



THE
WILDCAT WAY
TO
Wellness

*A personal approach to
better health for Kentucky*

by Janet Tietyen, Extension Specialist, Food and Nutrition

CATskills for Better Health



Cooking with Pyramid Power

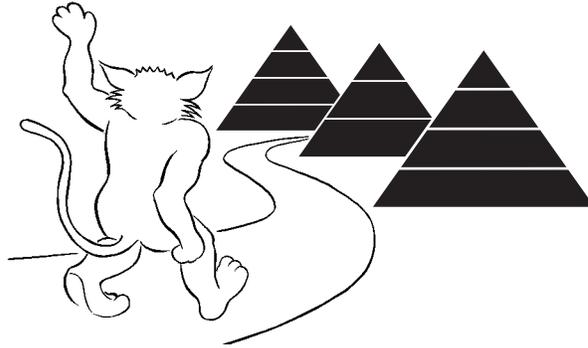
Activity You Can Live With

Time To Be Well



Cooperative Extension Service • University of Kentucky • College of Agriculture

The Wildcat Way To Wellness: Where Will It Take You?



What Does Wellness Mean to You?

- Freedom from disease
- Feeling good
- Improving health
- Keeping in shape
- Being stress free
- Being your best

How Can You Find the Way to Wellness?

- Complete a Personal Pyramid Profile for both your diet and activity to see how they compare to current guidelines for good health.
- Learn about The Pyramid Plan for a Healthy Weight if you want to lose weight.
- Acquire CATskills for fitting health into your busy life. CATskills are new ways to get cooking, activity, and time on your side.

CATskills:

Cooking with Pyramid Power

Activity You Can Live With

Taking Time To Be Well

CATSkill #1:

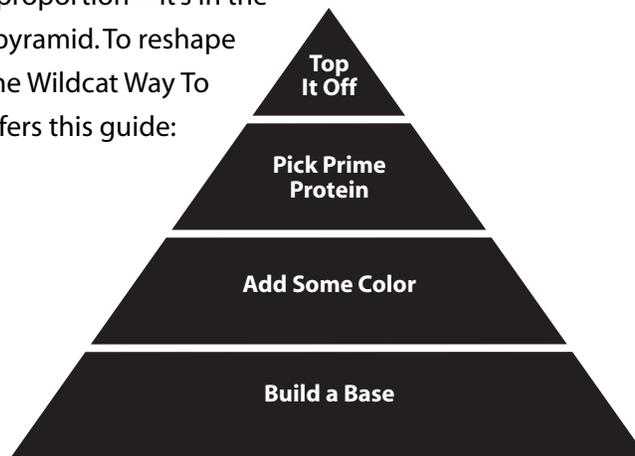
Cooking with Pyramid Power



Take a look at your Personal Pyramid Profile for what you eat. You will probably discover where you can make some changes that are right for you. Cooking with Pyramid Power will show you how.

Reshaping Your Diet

How does your Personal Pyramid Profile for what you eat compare to the Food Guide Pyramid? If you are a “typical” Kentuckian, you are eating too few foods from the base and middle of the Pyramid and too many foods from the tip, making it easy to become “tip heavy.” A diet for good health has more balance and better proportion—it’s in the shape of a pyramid. To reshape your diet, the Wildcat Way To Wellness offers this guide:



Build a Base

Building a good foundation is the key to eating with Pyramid Power. You can build a solid base with good sandwich bread, cornbread, muffins, bagels, and tortillas. You can add hearty soups and salads to that base. Foods with “the layered look” such as pizza and pasta that build on a carbohydrate base are not only healthy, but reflect our taste for ethnic flavors and convenient one-dish meals.

Add Some Color

One of the easiest ways to shape up your diet is to add more fruits and vegetables. Think of it as adding some color to your diet. Five-A-Day—five servings of fruits and vegetables a day—is the guideline for better health. Know what fruits and vegetables your family likes and make them available. You can keep a bowl of favorite fruits on the counter such as apples, bananas, and oranges and encourage family members to take a piece of fruit with them when they leave for the day. Use salsa to add color, flavor, and nutrition to eggs, cheese, and potatoes. Put some color on a pizza with vegetables. For extra nutrition, add fruits and vegetables to desserts, treats, breads, and other baked goods.



Pick Prime Protein

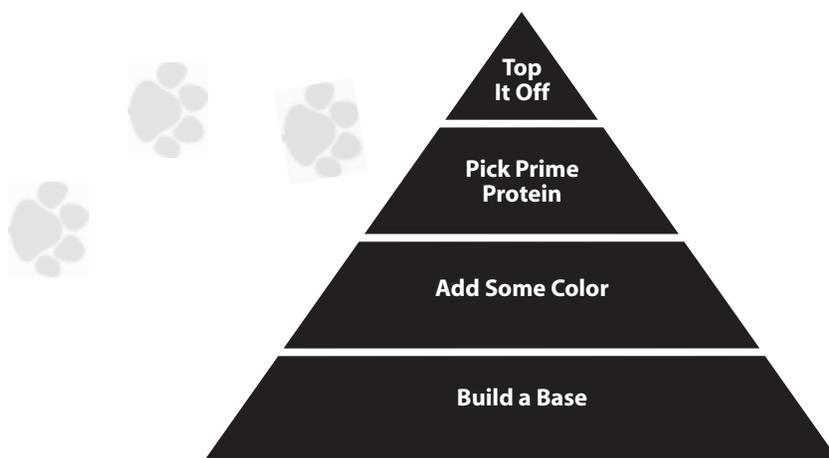
Prime protein picks are those that are lower in fat. You'll need two to three servings of low-fat dairy foods like milk, yogurt, and cottage cheese. Try using dairy products in cooking and baking to add

extra nutrition. Lean beef, chicken, pork, and turkey make good ingredients for healthy dishes and as sandwich fillings. Eggs are another good lean source of high-quality protein. Dry beans and peas are also prime protein picks.

Top It Off

Most of us are looking for ways to make fewer calories deliver more nutrition, and you should look for recipes that help you trim the tip of your Pyramid. Sometimes, however, you may need to use a little of the real thing. Here are some tips for cooking with Pyramid Power—adding flavor without too much fat or added sugar:

- For some foods, like cheese or salad dressings, try reduced-fat instead of fat-free products. You may want to try using a ratio of two-thirds reduced-fat product to one-third real thing.
- Try using one-third less sugar in your recipes.
- Make your sweet treats count. Cook with fruits, vegetables, and low-fat dairy ingredients in muffins and in desserts such as banana cream pie or sweet potato pie.



Shopping the Wildcat Wellness Way

Build a Base: Buy foods to build a base such as:

- rice and pasta dishes
- pizza crust
- grits and oats
- hearty sandwich bread
- reduced-fat baking mix
- muffin mix
- cornmeal mix
- ready-to-eat cereals

Look for products that offer both convenience and good value.

Add Some Color: Buy some colorful fruits and vegetables—fresh, frozen or canned:

- canned beans
- fresh vegetables to keep on hand:
 - celery
 - onions
 - cabbage
 - carrots
 - potatoes
- canned vegetables and tomato products
- applesauce
- orange juice
- fresh fruit to keep around:
 - apples
 - oranges
 - bananas

Pick Prime Protein: Pick up a variety of low-fat dairy products, such as:

- milk (skim, 1/2%, or 1%) for drinking, cereal, and cooking
- cheeses such as part-skim mozzarella for pizza
- low-fat cottage cheese for lasagna or tuna salad or on a tomato
- yogurt for a breakfast on the go

- Keep eggs on hand for baking and for quick meals like omelets, and look for good value in lean meats to put in one-dish meals.
- Have a supply of sandwich fillings:
 - peanut butter
 - pimiento cheese
 - tuna salad
 - egg salad

With sandwich fillings, a little goes a long way.

Top It Off: Buy flavorful fats and oils that help you avoid being “tip heavy,” such as:

- low- and reduced-fat salad dressings
- flavored vinegars like apple cider vinegar
- cooking sprays flavored with garlic, lemon, or olive oil
- cheeses like bleu, feta, Gouda, and cheddar
- sugar, brown sugar, and honey to add flavor
- garlic powder, oregano, chili powder, cinnamon, or nutmeg to add flavor without adding calories

Other Travel Tips for the Wildcat Way To Wellness

- It takes a lot of fluid to get most of us through the day, so make your beverage choice part of the way to wellness. Try to keep in stock both milk and orange juice. Both are packed with good nutrition, and without them, it may be hard to get enough calcium, folate, vitamin C, and vitamin A. Most of us could use a lot more of these nutrients in our diets, so drink up.

- Find dishes you like and rely on these favorites like old friends. Everyday cooking need not be “by the book.” Cooking without recipes means less measuring and more time saved. Try some new dishes, too. Newspapers, magazines, and advertisements are good places to get ideas.
- Let fresh produce be your inspiration for seasonal dishes for everyday eating, holiday meals, and other special occasions. Cooking with Pyramid Power is an all-year way of eating.
- Eat breakfast. If you can’t eat before you leave in the morning, take something with you like a breakfast bar, bagel, yogurt, or fruit and milk.
- Try not to eat out very often. Eating right is easier when you control the menu. Pack your lunch instead of eating fast food. Make a pizza instead of ordering one. You’ll save money and travel farther down the road to wellness by being your own chef.

Think about your Personal Pyramid Profile for what you eat. Where would you like to make some changes? What ideas would you like to try for shopping? Cooking? Try to think about changes you can make in your food choices to eat well.

Write down your Personal Pyramid Profile for what you eat on page 18. Make a list of groceries you would like to try.

But remember, eating is just one part of the Wildcat Way To Wellness. Being active and taking the time to be well are also important.

CATSkill #2:

Activity You Can Live With

On your way to wellness, create a Personal Pyramid Profile for what you do, develop a personal activity plan, and learn how you can become more active.



What Is “Activity You Can Live With”?

It means more activity throughout your day; making time to enjoy nature on a regular basis; and becoming stronger in muscles, heart, and mind. Activity you can live with will help you feel better and get more done.

New research has resulted in some very good news: you can improve your health significantly by working just a few minutes of activity into your daily routine. Even fidgeting seems to help people stay fit. Now you can garden, take nature walks, or make housework your workout and know that any activity is good for your health.

See if this sounds familiar: you get in your car and drive to work, you sit at a desk all day, you get in your car and drive home, you sit and watch television. You also feel tired and stressed because you don't get things done. *If this sounds like you, Activity You Can Live With may be the most important part of your way to wellness.*

Activate Your Life

Most of us don't need to be as physically active as our ancestors were in order to accomplish our daily duties. Appliances, grocery stores, and cars help us have more time to do what we



want to do. Look at your Personal Pyramid Profile for what you do to determine how active you are. Start by considering how active you are around the house. Do you regularly go up and down stairs, carry laundry, run the sweeper, clean out closets, or move boxes? Household duties will help keep you in shape. Think about how you get to work. Could you park farther away and take 10 minutes to walk to the office?

Walk a While

Walking is probably the most popular form of fitness because you can do other things while you walk. Do you need some quiet time by yourself? Walking can give you something most of us need—time to think. Would you like to listen to some music? Walking is ideal for enjoying some tunes. Is there something you



need to talk over with someone at work? Do it over a walk. Is there a friend or neighbor you'd like to see more often? Schedule a regular time to walk. On the weekends, make time to get out and enjoy nature. Kentucky State Parks are among the places we can go to see the Commonwealth. Walking is good for your health, both mind and body.

Build Some Strength

Building and keeping strong muscles and bones is important for people of all ages and sizes. We also need good aerobic fitness to be able to enjoy life to the fullest. If you have been inactive, you might want to start with something you can do in front of the television or when you wake up, such as a body awareness routine including stretching and toning. Use of weight-resistance equipment (like weight machines or hand weights) can help you maintain bone strength and muscle mass. But you don't need special equipment; you can use canned goods as hand weights.

Activity Breaks

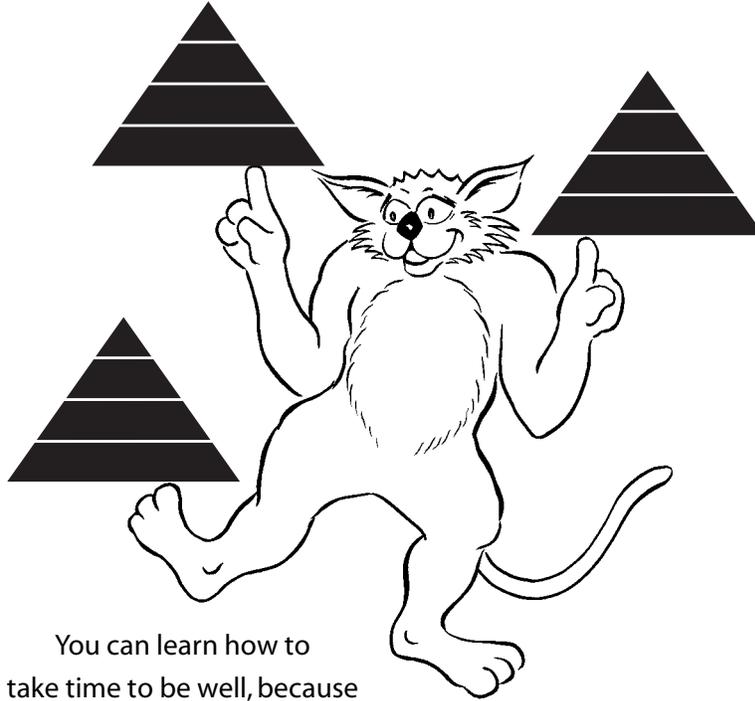
Do you work at a desk or computer? Do you watch television or read books? If so, you might be able to work activity breaks into your routine. A good goal is to not sit still for more than 30 minutes at a time. At least twice an hour, try to stretch or walk for a few minutes. Activity can be part of a trip to the bathroom, copy machine, or mail room. It can be a trip downstairs to visit with a friend. Give yourself a break.

For your Personal Pyramid Profile for what you do, think about what you do. What activities might help you on your way to wellness?

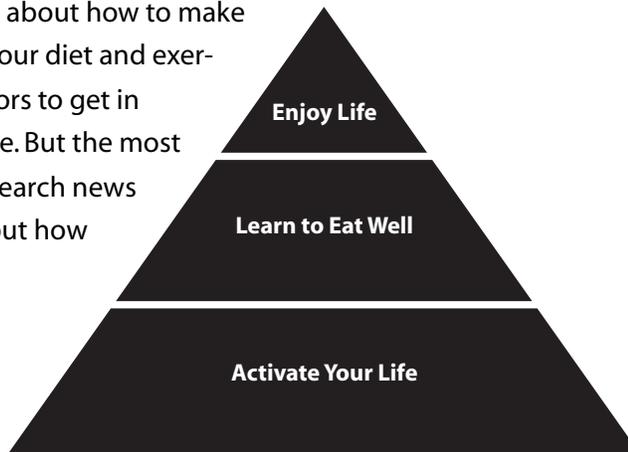
Write down your Personal Pyramid Profile for what you do on the worksheet on page 19.

CATSkill #3:

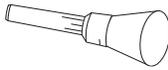
Time to Be Well



You can learn how to take time to be well, because the latest research shows how thoughts and behaviors today help shape what you think and do tomorrow. We now know much more about how to make changes in our diet and exercise behaviors to get in better shape. But the most exciting research news may be about how



and why we make those changes. It may be that the old saying of “mind over matter” has some scientific basis.



Research Spotlight: Thoughts Affect Health

We now know that chemicals in the brain called “neurotransmitters” play an important role in human behavior. Research in this area has resulted in many new prescription drugs for conditions such as depression, anxiety, and obesity.

Among the neurotransmitters you may have heard about is serotonin, which is known to affect moods and behaviors such as eating (which it affects in part through its influence on appetite) and sleeping. In the 1970s, scientists began to realize the influence thoughts can have on behavior and began to develop a treatment for depression called “cognitive therapy” that helps people change their thought patterns. Cognitive therapy has been shown to be as effective as medications in the treatment of depression and may influence serotonin levels in the brain.

Perhaps the most exciting implication about serotonin is that positive thoughts and actions, because they influence serotonin levels, can promote behavior changes. People in generally good health who do not need medications seem to be able to use thought and action to make positive changes in their moods, appetite, and sleep patterns, which can have a significant effect on wellness.

David Burns, M.D., author of a popular book on this subject, observes that “you feel the way you think.”

Changing Thought Patterns

Your response to life’s events is a matter of choice. Sometimes negative thoughts pop into your head automatically, but you can

learn to turn the pessimist inside you into an optimist. Your thoughts are under your control, and you choose how you react to a given situation.

Researchers agree that you can positively change your sense of well-being by:

-  engaging in regular physical activity
-  thinking positive thoughts
-  managing your emotions
-  coping with stress effectively

Sometimes we worry without purpose. Certainly, some amount of worry encourages us to do what we need to do. But rumination without either resolution or action is seldom productive. Especially with yourself, try to forgive and forget. Many people—women in particular—are harsh self-critics. It is important to make decisions about which thoughts or behaviors you would like to change. Then, consider whether you are willing to make those changes.

For example, if you want to lose weight, you will need to change your eating and activity behaviors. Try to select changes you are comfortable making, and go slowly. If you are not willing to change your eating or activity patterns, try to accept yourself at your current weight. No good will come from continually telling yourself you need to lose weight. If you are able to focus on a goal of better health rather than weight loss, you may succeed.

One way to check your thought patterns is to keep a log of “automatic” thoughts. This will help you see if you are thinking negatively. By learning to rethink your thought response to different types of events, you can reshape your attitude, which in

turn will help you be in a better mood, have more energy, and enjoy a greater sense of well-being. Take heed of current research on how thoughts affect behavior, because a positive outlook and the belief that we are making progress help us move down the road to wellness. Remember what Dr. Burns says: “you feel the way you think.”

Taking Time

We live in a world where time always seems to be lacking, but slowing down and taking care of ourselves is an important part of staying well. Here are some ideas to help you:

- Learn to enjoy moving. Physical activity can have a very positive influence on mood and appetite. Activate your life to be truly well.
- Make time to get out into nature. Hiking, boating, swimming, and just sitting in the great outdoors can help us gain perspective on our place in the universe.
- Do something daily for your spirit. Inspirational reading or writing in a journal are just two examples. Visit your local library or bookstore to enjoy many books to help you nurture the spiritual side of your life.
- Use a sense of humor to help you through difficult times. Humor can indeed be the best medicine. Laughing and smiling have a positive effect on you and those around you.
- Take time every day to be “body aware.” When you wake up or take a shower, for example, try stretching or moving all parts of your body.
- Use visual cues in your home, car, or at work to remind you to take time to be well. They can be an ever-changing environment of encouragement to support you on your way to wellness.

- Take time to think about what you value: family, friends, work, time to read, learning something new. Are you living in a way that supports what you value? Are your behaviors helping you reach your goals in life?
- Occasionally take time to become completely absorbed in something other than yourself. Some people do this by cooking, sewing, painting, or playing music. You could also try dancing or reading—whatever strikes your fancy.
- Take time to be with family, friends, and others in your community. Being with people with whom you have something in common, volunteer work, and belonging to a group can greatly enrich your life.
- Consider owning a pet. The loyal companionship of a cat or dog has been shown to have a positive effect on people. See your local humane society or animal shelter for pets you can adopt.
- Finally, take time to rest and sleep. You probably know how many hours of sleep you need to feel your best, so make an effort to get to bed on time. Many of us don't get enough sleep during the week and try to catch up over the weekend. You may find that you'll feel better and get more done if you take time each day to get enough sleep.



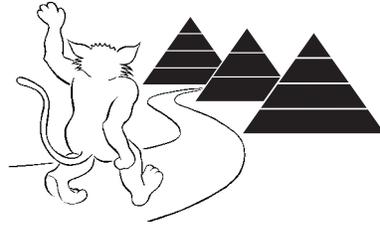
As recently as 50 years ago, people were more physically active but had little time for recreation. They also had strong ties to family and community. Now we have the luxury of choosing our activities and, in some cases, our company. Take advantage of what today's world has to offer by taking Time To Be Well.

References

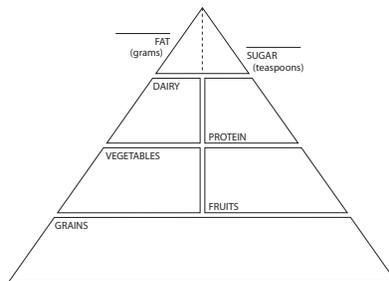
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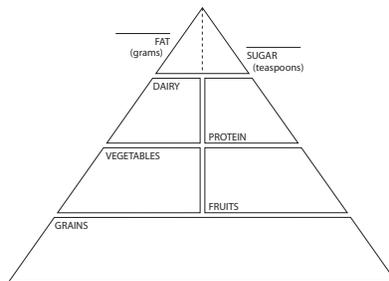
The Wildcat Way To Wellness Where Will It Take You?



What Do You Eat?



Recommended Profile



Personal Pyramid Profile

The difference (+ or -) between the recommended profile and your actual profile.

Cooking with Pyramid Power—Grocery List

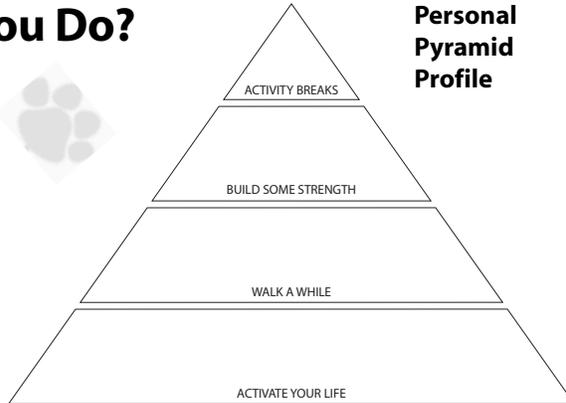
 Build a Base

 Add Some Color

 Pick Prime Protein

 Top It Off

What Do You Do?



- | | | |
|--|------------|-----------|
| 1. Do you get 30 minutes of activity 5 or more times per week? | yes | no |
| 2. Do you walk for at least 20 minutes 3 or more times per week? | | |
| 3. Do you do any strength building or aerobic activity 3 or more times per week? | | |
| 4. Do you take activity breaks during work or while watching television? | | |

For good health, the advice is to get 30 minutes 5 times a week.

That's a total of 150 minutes a week.

Where can you add activity?

How Can You Take Time To Be Well?



The Wildcat Way to Wellness

Personal Pyramid Profiles

What do you eat?

What do you do?

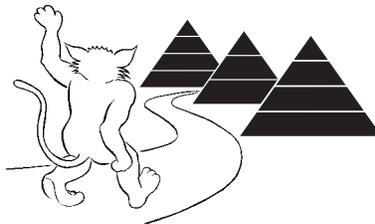
The Pyramid Plan for a Healthy Weight

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Where will it take you?

Cooperative Extension Service - Food and Nutrition Programs

We grow ideas—to help you eat right.

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability, or national origin.