



# MSAD #1 Wellness News February 2009



## Wellness Programs

### Massage Therapy

Where: PIHS Health Services Office  
Contact Amanda Blade, LMT, at 939-5430  
Contact Danielle Soucy, LMT, at 314-0810

### Personal Fitness Trainer

Contact Marie Waddell, Certified Fitness Trainer  
Phone: 227-3610 or 764-8120  
Email: marie.waddell@sad1.org

### Fitness Center

Mon.-Fri. 5:00-7:30 AM  
2:45-7:00 PM  
Saturday 7:00-10:00 AM  
Sunday Closed  
Vacations 7:00-10:00 AM  
Holidays Closed

### Wildcat Challenge – NEW!

Move and Improve 2009 – Coming Soon!

## 15 Ways to More Fruits and Veggies

Best ways to eat more fruits and veggies:

1. Have 1 cup of fruit or 100% fruit juice for breakfast.
2. Take 1 cup of fruit for your mid-morning snack.
3. Eat at least 1 cup of vegetables at lunch. This can be a salad or vegetable soup.
4. Eat at least 1 cup of vegetables for dinner.
5. Make 1 vegetarian recipe each week; don't be afraid to try new ones!
6. Eat a salad at least once a day, every day.
7. Keep frozen veggies on hand for quick side dishes and to throw in pasta or soup during the week.
8. Start shopping in the produce section of the grocery store and build your meal ideas from what you find there.
9. At least 1/3 of your grocery cart should be from the produce section when you shop.
10. Keep fresh and dried fruit on hand for grab and go snacks.
11. Take fresh fruit with you every day for snacks.
12. The next time you visit a fast-food restaurant, order a salad instead of fries.
13. Make a delicious fruit dessert a couple times per week.
14. Make a veggie stir fry once each week and use a variety of fresh and frozen vegetables.
15. When eating, fill ½ of your plate with fruits and vegetables.

[www.foodandhealth.com](http://www.foodandhealth.com)

## Wellness Committee Members

Erin Argraves, Lori Bates, Brian Cronin, Holly Johnson, Sheila Nemer, Deb Raymond, Marie Waddell, Marv White.

## Skimping on Calories

### Under-Eating-NOT a Weight Loss Strategy!

A common pitfall of dieting is to not eat enough calories. Under-eating delivers fast but temporary results. Have you been on a low-calorie diet before? As long as you can stick with eating TOO FEW calories you will see the scale move downward and sometimes rapidly. But then at some point, your progress fizzles out. Being too aggressive with weight loss makes it nearly impossible for you to keep your weight off. Here are FOUR reasons under eating doesn't work:

1. Eating TOO FEW calories causes you to lose muscle. With muscle loss there is a water loss which makes you think you are doing great when you get on the scale. As you lose muscle, your metabolism creeps downward making weight loss more difficult week after week.
2. Eating TOO FEW calories sabotages your exercise program. Not getting enough fuel makes you feel more tired and less likely to exercise as much or as hard. You will be more successful by burning more calories through consistent exercise and strength training 3x week to maintain/build muscle.
3. Eating TOO FEW calories creates feelings of hunger and deprivation. Low-calorie diets feel like punishment and are a short-term approach. When they are over, rebound eating usually follows. This is where the term "yo-yo dieting" comes from.
4. Eating TOO FEW calories makes your body slow down its metabolism by as much as 20% to prevent starvation. Your body will resist weight loss. The goal is to keep your metabolism happy by eating enough – a happy metabolism is your best weight loss friend!

Keep in mind that eating more can help you reach your ultimate goal, whereas under-eating will cause you to quit your program.

If you are hungry before meals and ready to eat, that's OK. If you are hungry after meals or have hunger pangs during the day, or are feeling extra tired, it's likely that you are not getting enough to eat.

[www.BiggestLoserClub.com](http://www.BiggestLoserClub.com)

## National Wear Red Day! February 6, 2009

Be sure to wear red Friday, February 6, 2009!

TAMC is sponsoring a photo contest. Group photos of "Go Red" participants will be taken in each building. Photos submitted will go into a prize drawing. One Aroostook County school will receive a \$100 cash prize to put toward employee wellness/physical education. For more information on heart health go to:

[www.goredforwomen.org](http://www.goredforwomen.org)