

SAFELY ACHIEVING YOUR WEIGHT LOSS RESOLUTION

A Wellworks For You Blog

Everyone's body is unique. When it comes to losing weight, different people will benefit from a variety of unique methods. Overall, there are several tips that can help all New Year's weight loss resolution makers in their quest. Before you even determine which route to take, remember these important guidelines:

Keep Track – Finding motivating ways to track your progress in your weight loss journey can be extremely beneficial. Having hard evidence of the work you are accomplishing will keep you emotionally, mentally, and physically energized to stay at it!

Long Term = Long Lasting – Think of ways to change your eating habits and lifestyles for the long haul. Making healthier choices will aid you in your New Year's weight loss resolution quest and will help you to start feeling happier and more energized. Rather than attempting a quick, radical diet, opt for making choices you can stick with from here on out. No one wants to lose weight in two weeks just to put it all back on in week three.

Take it Slow – If you lose too much weight too quickly, you are not doing yourself any favors. What will most likely happen is that you will feel tired and sick. While you may be happy about the pounds you are dropping, realize that most of this weight loss is due to water and muscle loss rather than fat loss (what you really want). Experts agree that finding and sticking to a weight loss plan that allows you to lose a couple pounds a week is a far healthier way to achieve your goals.

Find Support – Enlist friends and family that you trust to have your back as you begin this journey. Do not be afraid to ask for their continued encouragement and gentle accountability. Knowing you have people who care about you on your side will keep you uplifted and help you make the right decisions day after day.



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JANUARY HEALTH OBSERVANCE

Cervical Cancer Awareness Month

January 1 – January 31

Did you Know?

The death rate for cervical cancer has **decreased by more than 50%** over the last 30 years due to the increased use of screening.

Routine screenings for cervical cancer not only detect cancer in its earliest stages but can prevent it from occurring altogether. The American Cancer Society put together a list of guidelines that all women should follow for the prevention and early detection of cervical cancer.

- All women should begin cervical cancer testing (screening) at age 21. Women aged 21 to 29 should have a Pap test every 3 years.
- Beginning at age 30, the preferred way to screen is with a Pap test combined with an HPV test every 5 years. This is called U co-testing and should continue until age 65. Another reasonable option for women 30 to 65 is to get tested every 3 years with just the Pap test.
- Women over 65 years of age who have had regular screening in the previous 10 years should stop cervical cancer screening as long as they haven't had any serious pre-cancers (like CIN2 or CIN3) found in the last 20 years.
- Some women believe that they can stop cervical cancer screening once they have stopped having children. This is not true. They should continue to follow American Cancer Society guidelines.

SLEEP FOR A BETTER YOU IN THE NEW YEAR

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Getting the appropriate amount of sleep each night can affect your health in a positive way.

The obvious signs of a good night's sleep – feeling refreshed, lack of under-eye circles and bags, and increased energy – are just the tip of the iceberg when it comes to the benefits of healthy sleep habits. Adequate sleep is an important component of your overall health, affecting your weight, heart, mind, and more. Some key benefits of sufficient sleep include:

- Improved memory
- Reduction of inflammation in the body
- Enhanced creativity
- Decreased stress levels
- Sharpened attention

Before you decide to watch an extra episode of your favorite show before bedtime, think about what you could be missing out on during your 7-8 hours of recommended sleep.



Did you Know?

According to the National Highway Traffic Safety Administration, in 2013, an estimated 800 deaths, 44,000 injuries, and 72,000 crashes were attributed to drowsy driving.

Featured Recipe:



BREAKFAST EGGS ITALIANO

4 Servings

INGREDIENTS

- 1/4 cup white vinegar, distilled
- 2 teaspoons extra virgin olive oil
- 1 shallot, minced
- 1 clove garlic, minced
- 1-pound zucchini, (about 2 medium) diced
- 12 ounces plum tomatoes, (3-4) diced
- 3 tablespoons fresh basil, thinly sliced, divided
- 1 tablespoon balsamic vinegar
- 1/2 teaspoon salt
- to taste freshly ground pepper
- 8 large eggs
- 4 whole-wheat English muffins, split and toasted
- 2 tablespoons Parmesan cheese, freshly grated

NUTRITION

330 calories; 14 g fat(4 g sat); 5 g fiber; 31 g carbohydrates; 21 g protein; 84 mg folate; 374 mg cholesterol; 7 g sugars; 1343 IU vitamin A; 28 mg vitamin C; 107 mg calcium; 2 mg iron; 681 mg sodium; 575 mg potassium

DIRECTIONS

Fill a large, straight-sided skillet or Dutch oven with 2 inches of water; bring to a boil. Add white vinegar.

Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add shallot and garlic and cook, stirring, until fragrant, about 1 minute. Stir in zucchini and tomatoes and cook, stirring occasionally, until the zucchini is tender, about 10 minutes. Remove from the heat; stir in 1 tablespoon basil, balsamic vinegar, salt and pepper.

Meanwhile, reduce the boiling water to a gentle simmer; the water should be steaming and small bubbles should come up from the bottom of the pan. Crack each egg into a small bowl and slip them one at a time into the simmering water, taking care not to break the yolks. Cook for 4 minutes for soft set, 5 minutes for medium set and 8 minutes for hard set. Using a slotted spoon, transfer the eggs to a clean kitchen towel to drain.

To serve, top each muffin half with some of the vegetable mixture, an egg, a sprinkling of cheese and the remaining basil.