

TU Wellness

TULANE UNIVERSITY



Lose Weight the Healthy Way

By Kathleen M. Zelman, MPH, RD

It's never too late or too early to turn over a new leaf and resolve to get your waistline under control – again. There is no reason to wait until January 1st for the annual promise to get to a healthy weight.

So which is the best diet? There are thousands of diets to choose from but the challenge is figuring out which one is right for you. It really doesn't matter which diet you choose because all diets help you lose weight.

In search of a healthy diet plan

Experts agree, the best diet is one that is sustainable. It doesn't matter how scientific the program sounds or how fast it claims to work or even how many people have tried it. What matters is whether you can stick with the plan forever. Forget the word 'diet' and consider the plan your new way of eating, at least most of the time.

Nobody is perfect and that should not be your goal. Aim to be a "B" student instead of an "A" student because striving for perfection can lead to binges or throwing in the 'diet' towel.

Another approach is to think of your diet plan as a bank account with an allotment of calories and try to make healthy choices to use your calories. On occasion, it is fine to go over in calories as long as the majority of the time you stick to a consistent routine. In order to have sustainability and satisfy hunger, diet

plans should not go below 1,200 calories for women and 1,500 calories for men. Once you achieve your weight loss goals, these numbers should increase by at least 200 calories per day.

Fit in fitness

The role of exercise has been in the news lately questioning the importance of exercise, especially in weight control. Make no mistake about it, exercise matters. Getting regular physical activity is absolutely essential for your heart, lungs, and muscles, for stress relief and to burn calories.

At the end of the day, losing weight is about taking in fewer calories than you burn so if exercise makes you hungrier; choose low calorie foods and drinks so you don't upset the calorie balance. Bottom line, moving more, working fitness into your daily routine will help you lose weight and make you healthier.

JANUARY 2018 ISSUE:

HEALTHY WEIGHT

HEALTHY RECIPE

RALLY SURVEY & CAMPUS NEWS

MESSAGE BOARD & ANNOUNCEMENTS

HEALTHY RECIPE: APPLE CIDER ROASTED PORK TENDERLOIN

Ingredients

- 1 (2 pound) pork tenderloin sliced into 1-inch thick medallions
- Dash salt and pepper
- 1/2 teaspoon Chinese Five Spice Powder (or substitute cinnamon)
- 1 tablespoon olive oil
- 1 shallot, diced
- 3 large apples, peeled and sliced 1/2 inch thick (Granny Smith, Cortland or Jonagold)
- 3 tablespoons Dijon mustard
- 1 tablespoon maple syrup
- 1/3 cup apple cider
- 1 teaspoon fresh lemon juice
- 1 tablespoons fresh rosemary, finely chopped

Heat 1 tablespoon of olive oil in a large skillet coated with cooking spray, over medium high heat. Rub pork with salt, pepper and cinnamon. Add pork and sauté 2-3 minutes per side until 145 internal temperature. Remove from pan, tent with foil and set aside.

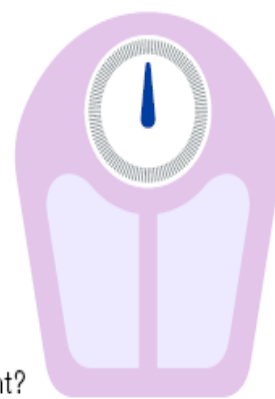
In the same skillet, over medium high heat, add shallots, apple cider and maple syrup and bring to a boil, scraping up any browned bits – about 1 minute. Whisk in mustard and lemon juice. Add apple slices to pan, reduce heat to medium, toss apples with sauce, cover and simmer until apple slices are tender.

Return pork medallions and accumulated juices to pan; stir to combine with apples and sauce. Serve medallions with apples and sauce, garnish with fresh rosemary.



On the scale: What's your goal?

How many pounds would you have to drop to lose 5 or 10 percent of your body weight?



This chart can give you some idea.*

Your current weight:	5 percent weight loss:	10 percent weight loss:
180 lbs.	9 lbs.	18 lbs.
190 lbs.	9.5 lbs.	19 lbs.
200 lbs.	10 lbs.	20 lbs.
210 lbs.	10.5 lbs.	21 lbs.
220 lbs.	11 lbs.	22 lbs.
230 lbs.	11.5 lbs.	23 lbs.
240 lbs.	12 lbs.	24 lbs.
250 lbs.	12.5 lbs.	25 lbs.
260 lbs.	13 lbs.	26 lbs.
270 lbs.	13.5 lbs.	27 lbs.
280 lbs.	14 lbs.	28 lbs.

*Ask your doctor about the weight goal that's right for you — and healthy ways to reach that goal. This is especially important if you have a chronic health condition.

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What's Your Rally Age?

Discover Your Rally Age, Get Rewarded

WHAT'S YOUR
RALLYSM AGE?



Your **Rally Age** is a measure that can help you assess your health, shown in years over or under your actual age. It demonstrates how your life choices and health behaviors impact your **predicted lifespan**. **Tulane employees and spouses** with UnitedHealthcare insurance completing the 15-minute online Rally Health Survey **January 1, 2018 – January 31, 2018**, will be entered into a **raffle drawing**!

Get started at myuhc.com (click the link to Rally under Health Resources).

Email tuwellness@tulane.edu with questions.



Fitbit raffle winner at LBC.

HEALTH & WELLNESS AT TECHNOLOGY CONNECTION

Technology Connection and TUWellness are promoting all of the new health and wellness gadgets offered at the Technology Connection store in the LBC, Uptown campus. Employees are encouraged to visit the store during open hours to learn more about the gadgets on sale. Employees can also bring their computer equipment in for minor repairs. Technology Connection honors most Apple warranties. For more information contact the store at 504-862-8059.



Fitbit Thermos raffle winner at LBC.



Fitbit raffle winner at TUMG.

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MESSAGE BOARD:

Interested in Weight Watchers? Depending on the number of participants, WW will kick off in January 2018. Email TUWellness to obtain more information about Weight Watchers. TUWellness will subsidize 50% of enrollment for all participants completing 12 weeks.



January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Mondays:

Zumba @ Tidewater Bldg, Diboll Gallery. 5:30pm to 6:30pm

Tuesdays:

Yoga at Naval Science/ROTC Lobby, 12pm to 1pm

Yoga at TNPRC, Admin Bldg, Auditorium, 4:10pm to 5:10pm

Yoga at Tidewater, Diboll Gallery, 5:10pm to 6:10pm

Thursdays:

Zumba at Tidewater, Diboll Gallery, 5:30pm to 6:30pm

TU WELLNESS

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