

# Newsflash

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Oregon Business Magazine Award Winner  
for best medium-sized nonprofit  
to work for in the state!  
2010, 2011 & 2012  
and  
Alfred P. Sloan Award Winner 2011 & 2012

## 8 Tips for a Healthier Lifestyle

Tip 1: Set yourself up for success by planning small, manageable steps; not a one-time drastic change. Drink plenty of water to help flush your body of waste products and toxins. Lack of water can cause tiredness and headaches. And remember to exercise. Find an activity that you like to do each day.

Tip 2: Chew slowly and stop when you feel full. Think about your food as nourishment, not as entertainment or comfort. Don't eat in front of the TV or computer. Eat breakfast, and small meals throughout the day. Avoid snacking after dinner.

Tip 3: Eat a variety of fruits and vegetables each day. They are low in calories and packed with vitamins, minerals, antioxidants and fiber.

Tip 4: Eat more healthy carbohydrates. Good choices are whole grains, beans, fruits and vegetables they help you feel full longer and keep your blood sugar and insulin levels stable. Avoid white flour, refined sugar and white rice which don't have bran, fiber and nutrients, and cause spikes in blood sugar levels.

Tip 5: Include healthy fats in your diet such as canola, peanut and olive oils, avocados, almonds, pecans, pumpkin and sesame seeds, salmon, anchovies and sardines. These fats nourish your brain, heart, hair, skin and nails. Avoid the unhealthy fats in margarine, snack foods, candies, cookies and fried foods.

Tip 6: Protein provides the energy to get up and go and is essential for maintaining cells, tissues and organs. Try a variety of proteins like beans, nuts, seeds, peas and tofu. Other quality sources of protein are fish, chicken, turkey, and eggs.

Tip 7: Calcium is essential for healthy bones. Sources include milk, yogurt, cheese, dark leafy greens, romaine lettuce, celery, broccoli, cabbage, summer squash, green beans, Brussels sprouts, asparagus, black beans, pinto beans, kidney beans and baked beans.

Tip 8: Avoid candy, cakes, and desserts. Instead of soda pop, try sparkling water with lemon or a splash of fruit juice. Try natural sweets like fruits, bell peppers, and natural peanut butter. Too much salt can cause high blood pressure and other problems. Avoid processed and pre-packaged meals such as canned soups or frozen dinners. Cut back on salty snacks like as potato chips, salted nuts and pretzels.

Don't let any setbacks discourage you. Every change you make to improve your health matters. The long term goal is to reduce the risk of cancer and disease, feel good, and have more energy.



## Happy Birthday to:

Amanda N  
Andrew C  
Angela F  
Bradford C  
Bryon Y  
Buzzy B  
Chad G  
Charles H  
Chris H



Christopher C  
Clinton M  
Connie W  
Conor H  
Cynthia H  
Darren L  
Eda W  
Jennifer B  
Jennifer B



Jimmy Joe O  
Jonathan C  
Jordan E  
Joseph C  
Joseph K  
Joshua S  
Kim V  
Kodiac S  
Kristel W



LaDonna G  
Lila M  
Linda W  
Luke G  
Maria R  
Mark A  
Michael M  
Paul B  
Rebecca W



Renae K  
Rick J  
Ricky A  
Robert C  
Robert G  
Sam N  
Shelina J  
Steven M  
Terry L  
Victor C



And to anyone we may have missed!!



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