



# BalanceWorks® Newsletter



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## Healthy Tips for your College Bound Teen

As the semester begins, college is an exciting, new adventure for most students. College means independence, which results in your teenagers creating their own rules to live by. One of these rules can be overindulging in dining hall food, and possible alcohol consumption that can cause your teenager to gain the dreaded “Freshman 15.” A drop in physical activity is also to blame for college weight gain.

Extra weight is often a challenge to shed during and after college. Weight gain can lead to health problems in the future, so it is important to take control before it happens. Urge your college student to take responsibility from the beginning, and share these tips on eating healthy and staying active in college.

**Plan Meals.** With dining halls stocked to the maximum with pizza, hamburgers, pasta, French fries, and all sorts of junk food, it is easy to dive in and overindulge. Make a plan to eat a turkey sandwich on wheat with an apple, and stick to it.

**Eat Fruits and Vegetables.** Fruits and vegetables add flavor but low calories to meals. Encourage your teenager to load up on these to prevent weight gain and eat smart.

**Eat in Moderation.** Portion control is always important in avoiding the “Freshman 15.” Half of the plate should be filled with vegetables and fruits, one quarter with grains (whole is best), and one quarter with lean protein.

**Eat Breakfast.** Breakfast is the most important meal of the day. It kick-starts the day by fueling your teenager’s body and brain. Try whole grain toast or cereal and a piece of fruit, instead of sugary cereals and cheesy eggs that will pack on the calories and drain energy.

**Avoid High Calorie Drinks.** College students are overwhelmed by the sudden availability of a variety of sodas, juices, and power drinks that are loaded with calories. Choose water, sugar-free drinks, and low-fat milk to lessen your calorie intake from beverages.

**Exercise.** Most colleges and universities have a gym at no extra cost for students. Many school gyms also have classes available. If the school does not have gym access, look for an affordable gym or find things to do outdoors for 30 minutes a day. Walking to class and taking the stairs can provide good exercise.



For more information or advice about Healthy Eating at College, contact the work/life experts at BalanceWorks® by calling

**1.800.327.2255.**

eni’s BalanceWorks® program is a confidential 24/7 service provided by your employer to help achieve work/life balance.



## Be Healthy at Work

Most office jobs require work at a computer, which means sitting at a desk for long periods of time. Other workplaces require long periods of standing. What both of these workplaces have in common is the struggle to eat healthy, get enough exercise, and stretch tense muscles. Most people feel that they do not have time for these, and often do not have the resources or knowledge to do so. You can turn your workplace into your own health center by following these tips.



### Healthy Eating

#### DO:

- For lunch, bring whole wheat breads, lean meats, lettuce, and tomatoes from home. Leave off the mayo and cheese, and substitute mustard or low-fat spreads.
- As a snack, bring fruits, vegetables, and nuts to munch on while you are at work.
- Stock your work area or office with healthy foods in case you feel hungry and have already eaten. Rice cakes and low calorie granola bars are handy.
- Drink water and sugar free beverages. Many sugar free drink mixes now contain vitamins, antioxidants, and fiber to promote health.

#### DON'T:

- Turn to the vending machine. These machines are typically loaded with junk foods that are high in fat and calories. They will also cause you to feel tired and drained soon after consumption.
- Keep high calorie foods and snacks in your office for easy munching.
- Overindulge in your coworker's birthday cake or ice cream at the workplace party.

- Drink regular soda or sugary drinks that add calories and eventually decrease your energy level.

### Exercise

- Take the stairs instead of the elevator.
- Park at the far side of the parking lot.
- Walk during your lunch break.
- Take the longer way to the restroom.
- Take a 10 minute walking break.
- Use your workplace gym if one is available

### Stretching

**Steady Standing Posture.** Stand with your feet hip-length apart and bend your knees slightly. Imagine the crown of your head being pulled up by a string and feel your spine straighten. Roll your shoulders back and down, lower your chin, and unclench your jaw.

**Ragdoll Stretch.** Take a seat and reach your hands up over your head. Take a deep breath, exhale, and drop your arms and chest to the ground and hang like a rag doll. Keep this position until you feel relaxed and calm.

**Crossed Leg Twist.** While sitting, cross your left leg over your right. Place your right hand on the crossed knee. Slowly twist your body to the left and look over your left shoulder. Switch legs and repeat to the right.

**Leg Stretch.** Tighten your stomach muscles, and straighten your legs in front of you while sitting. Lift them a half an inch off of the ground. Take a deep breath and push your elbows into the back of your seat. Point your toes forward and rotate your feet left and right. Repeat when necessary.

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