

Big hello to everyone:

Happy Happy New Year. In the spirit of positivity, the CSEP executive board has launched a challenge to inspire our members to get healthy in 2015. The challenge is simple and can be of your own design. Our program involves two things: healthy eating and active living. Our goal is to monitor success, and here are the three metrics that we will be evaluating:

1. We need a log of miles walked by employees (there will be prizes for the most miles walked)
2. We want to hear your own new ideas about getting fit and eating healthier (there will be a prize for new initiatives and how they've been successful for your office)\*
3. We are still rewarding weight loss. As you know, our big losers last year were from Danbury Eye Physicians. We want to continue to encourage this successful program (there will be additional prizes for the most weight loss- last year it was an iPad for the office)

**Let's get started.** All you need to do is register for this program by filling out the fitness contract below. There are no hidden clauses and we're not going to drop you for poor performance, but we will reward you for at least trying. **That's the challenge.** On the back of this letter, you will find tips to help you with your healthy eating initiative, but be creative and use your ideas. We're partners in ophthalmology and now we're partners in promoting good health to the public.

Here's to a bright, happy, and healthy new year,

The CSEP Executive Committee

\*If we choose your office's idea to highlight in our June meeting, your office will win a prize.

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Details: The program starts on **February 1 and ends on May 1**. You may choose one or all areas to focus on. **Designate a health agent to record your office's progress and submit this form.**

Practice Name / Health Agent:

Names of Participants (submit on separate page if needed):

1) Miles walked for each individual (include name and miles):

Total miles walked:

2) Office's idea for healthy eating (try to keep this to a one to two page submission):

3) Total office weight loss:

Please type this information and submit it in a pdf format any additional pages describing program to CSEP by May 10. E-mail: [debbieosborn36@yahoo.com](mailto:debbieosborn36@yahoo.com).



Fit Together NWCT is a healthy eating, active living collaborative based in Northwest Connecticut. Carla Angevine, a registered dietitian and nutritionist, is on the Fit Together Steering Committee and offers the following advice for those looking to become healthier:

When it comes to healthy weight management, small steps add up. In fact, little changes in eating and activity level have a more positive impact on health than drastic ones. This is because you are more likely to stick with smaller changes over time. Extreme diets and intensive exercise regimens may work well at first, but they rarely last over the long term. Healthy weight is all about balancing food intake with physical activity. Most of us could improve our energy balance by shaving just 100 calories a day off our usual intake.

### **Small Changes Add Up**

1. **Downsize Your Dishes.** Use smaller plates and bowls to help you eat less. We tend to fill up the dish we're using and then eat it all. Our brains also think we are getting more when the same amount of food is placed in a smaller dish.
2. **Mindful Eating – Savor Your Meals.** Eating slowly helps you consume only what your body needs to feel satisfied. Eating too quickly, in less than 20 to 30 minutes, leads to overeating and feeling uncomfortably full afterwards.
3. **Leave Some Food on Your Plate.** This is especially important if you grew up in the “clean plate club.” By leaving even a few bites, you can focus more on your internal signals of satisfaction and less on eating food just because it is there.
4. **Don't Eat Out of a Bag or Box.** When you eat out of a package, you are likely to keep eating until it's all gone – no matter how many servings the package actually contains. Pour one serving into a small bowl.
5. **Choose Your Glass Wisely.** Here's another place where our eyes play tricks on us. When glasses are short and wide, we tend to fill them with more fluid and to drink more. Use a slender glass for any beverage except water.
6. **Rethink Your Drinks.** High-calorie beverages like soft drinks, juice drinks, energy drinks, specialty coffees and alcohol add calories just like solid foods. Whenever possible, replace these drinks with plenty of water.

Carla H. Angevine MS, RD, CD-N, is a Registered Dietitian Nutritionist with a Masters degree in Nutrition and Exercise Physiology from Columbia University and licensed in the State of Connecticut. She is the Clinical Nutrition Manager at Charlotte Hungerford Hospital and achieved a specialty certification in Child and Adolescent Weight Management by the Academy of Nutrition and Dietetics, the world's largest organization of food and nutrition professionals. She not only has clinical nutrition experience working with clients who have conditions including diabetes, cardiovascular disease, and food allergies, but she is also a certified fitness instructor and teaches fitness classes in Litchfield and Warren.

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