



# The Beacon

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## Med-Cert Medical Management Resources

*"Guiding your way to better health management"*

### Tips for Making New Year's Resolutions

If you are the type of person who makes, but never keeps, New Year's resolutions, have a look at these tips to help you set practical and attainable goals this year.

- **Don't** abandon the idea of setting resolutions because you have broken them in the past. You may need to simply readjust the type and number of goals you are setting for yourself.
- **Do** be realistic. A resolution to run a marathon by year's end is unrealistic for an inexperienced exerciser. Likewise, resolving to stop all your unhealthy habits at once is likely to fail. Pick a safe, attainable goal with a realistic time frame.
- **Don't** make too many resolutions. Pick one or two themes, such as anger management, stress control, healthy eating, smoking cessation, fitness improvement, career advancement, that are most important to you, and set reachable goals within these areas.
- **Don't** set resolutions whose success is based upon factors beyond your control. Resolving to have a new job by the summer depends not only upon your own initiative, but also upon external factors (the economy, the job market in your field) over which you have no control. Instead, tell yourself "I resolve to have updated my resume and send it out to X companies by summer." That way, the success of

your resolution is entirely within your control.

- **Do** set resolutions based upon *your own* wishes, desires, goals, and dreams, and not those of society or those persons close to you. While this seems obvious, many people waste time trying to meet society's or another person's expectations. A resolution is bound to fail if it is not from your heart.
- **Do** plan intermediate goals if it helps you maintain control. Decide where you would like to be in three or six months, and check yourself then. Achieving these smaller goals will give you a sense of accomplishment and motivation for the bigger projects.
- **Do** use the buddy system. Rely on your friends to support you in your resolutions, and do the same for your friends. Social support can be a great strengthener of motivation.
- **Do** plan a reward for yourself when the resolutions or intermediate goals are met.

### Top 10 New Year Resolutions

- Lose weight
- Stop smoking
- Stick to a budget
- Save or earn more money
- Find a better job
- Become more organized
- Exercise more
- Be more patient at work/with others
- Eat better
- Become a better person

### Did You Know...



The Environmental Protection Agency (EPA) recently tested tap water quality on 158 domestic and international flights and found that about 12% of them did not meet health standards. Consider sticking to bottled water and canned drinks, without ice, if you are offered beverages on your flight, or bring your own bottle of water.



Working out later in the day could be a great way to breeze through your exercise routine. Airway resistance appears to vary throughout the day, according to circadian rhythms, a new study revealed. Schedule time for exercise later in the day when lung function peaks in most people. This could help you feel less winded and help you get more out of your workouts.



### I'M SPEECHLESS

When an exercise routine leaves you speechless, you may need to back off. Not being able to carry on a conversation while you work out may be a sign that you are exercising at too high an intensity, a new study revealed. Talking should not be as easy as it is when you are at rest, but avoid huffing and puffing. Pace yourself so you can chat a little with a friend if you wanted to.

## EATING BETTER

We are bombarded daily with conflicting information about our health. Is it better to eat a low-carb diet or a balanced diet? Should we be physically active three or five times a week? In addition, how can we be expected to follow any of these recommendations when we are so busy? It's no wonder many of us throw up our hands and give up. Nevertheless, if we want to live long and fulfilling lives, it is essential that we learn the real facts about health nutrition and physical activity. Luckily, the real facts are straightforward.

1. Eat a healthy diet that includes fruits, vegetables and whole grain products and be sure to **control portion sizes** (see *Serving size chart below*).
2. Get physically active at least five times a week, for 30 minutes or more.
3. Avoid tobacco and illegal drugs altogether.

### SERVING SIZE CARD:

Cut out and fold on the dotted line. Laminate for longtime use.

<p><b>1 Serving Looks Like . . .</b></p> <p><b>GRAIN PRODUCTS</b></p> <p>1 cup of cereal flakes = fist</p> <p>1 pancake = compact disc</p> <p>½ cup of cooked rice, pasta, or potato = ½ baseball</p> <p>1 slice of bread = cassette tape</p> <p>1 piece of cornbread = bar of soap</p>	<p><b>1 Serving Looks Like . . .</b></p> <p><b>VEGETABLES AND FRUIT</b></p> <p>1 cup of salad greens = baseball</p> <p>1 baked potato = fist</p> <p>1 med. fruit = baseball</p> <p>½ cup of fresh fruit = ½ baseball</p> <p>¼ cup of raisins = large egg</p>
<p><b>1 Serving Looks Like . . .</b></p> <p><b>DAIRY AND CHEESE</b></p> <p>1½ oz. cheese = 4 stacked dice or 2 cheese slices</p> <p>½ cup of ice cream = ½ baseball</p> <p><b>FATS</b></p> <p>1 tsp. margarine or spreads = 1 dice</p>	<p><b>1 Serving Looks Like . . .</b></p> <p><b>MEAT AND ALTERNATIVES</b></p> <p>3 oz. meat, fish, and poultry = deck of cards</p> <p>3 oz. grilled/baked fish = checkbook</p> <p>2 Tbsp. peanut butter = ping pong ball</p>



## FACTS ABOUT SMOKING

- Smoking has been identified as the single most preventable cause of death and disease in the United States.
- Cigarettes currently cause about 20% of all deaths in the U.S.
- Approximately 50 million Americans smoke.
- Each year, about 3 million people worldwide die from smoking.

**With statistics like these, it is certainly important for you to consider quitting.**

Smoking is one of the most addictive habits, yet nearly half of Americans who once smoked eventually quit. To help you quit smoking, you can get in-depth information on successful smoking cessation techniques, nicotine patches, and other products at Web MD's web site at [www.webmd.com](http://www.webmd.com) or contact Med-Cert and we can help you find the resources you need.

### Med-Cert provides:

*Utilization Management, Maternity Management, Large Case and Wellness Disease Management, Transplant Coordination and Stop Loss Assessments*

**For information on any of our services, please call 866-261-5657 (toll free).**

**We are on the Internet. Visit us at:**  
[www.medcertinc.com](http://www.medcertinc.com)

## Recipe Corner



### DILLED TOMATOE BISQUE (with or without shrimp)

- 1 can condensed tomatoe soup
- 2 oz very dry white wine
- 1-½ tsp fresh dill weed chopped (or ½ tsp dry)
- 4 oz precooked baby shrimp (optional)
- 2 Tbsp dry butter buds
- 1-½ cups fat free half & half
- Dash of Tabasco
- ½ cup grated low-fat cheddar or provolone cheese

In medium saucepan, mix soup and wine. Add butter buds and dill weed and stir well. Slowly stir in half and half, and then heat over medium heat, stirring to prevent sticking. When soup starts to simmer, either add shrimp and stir to heat through, or pour into bowls and top with grated cheese and a bit of freshly chopped dill weed if you have it. If you DO NOT USE the shrimp, use the cheddar cheese. If you use the shrimp, use the provolone. VEGGIE CHEESE is also good in this recipe! Serve with a fresh fruit salad and crusty mixed grain bread or corn chips. *Serves two.*



This newsletter is brought to you courtesy of Med-Cert, Inc. Our sources for this edition were the Web MD, US Dept. of Human & Health Services, Real Age - Health Tools and Tips for Living Younger, and the Happy Day Cards (fishing for a healthy recipe) web sites.