Goodbye Tobacco, for Good

If you recently quit tobacco, avoiding relapse is the final stage of kicking your habit. Giving in to just 1 cigarette or dip is a minor setback you quickly correct; a relapse is returning to your old pattern of using.

Don't let 1 little slip become a slide into relapse. First, don't tell yourself, I've given in so I may as well give up. You're smarter than that. Quickly renew your commitment to quitting for good.

>>Continued on other side.
Serious Exercise for Homebodies

Is working out at home as effective as a gym workout? Yes. You can get fit and slim without a gym.

Create an official workout zone at home – even if it’s small, you’re more likely to use a space dedicated to exercise.

Strive to reach full fitness by including multiple forms of exercise. Here are some examples to kick-start your plan:

Cardio exercise: Check out space-saving elliptical trainers and treadmills; add a fitness tracker to monitor your progress.

Floor exercise: All you need is a roll-up floor mat to practice yoga poses, Pilates, push-ups and stretches. For an advanced core workout, include planks (a type of Pilates exercise) or a stability ball routine.

Weight training: Start with 3-, 5- or 8-pound weights and resistance bands to mix it up.

Machine-free workouts: Collect exercise videos that have workouts with no equipment required, such as Pilates, Zumba or circuit body weight routines. Tip: Browse the online workout options at ACE Fitness: www.acefitness.org/acefit/ACEfit-workouts/.

Just getting started? Get evaluated by your health care provider, particularly if you’re unaccustomed to routine exercise or have health concerns.

Secrets of Organic Food Labeling

By Cara Rosenbloom, RD

If you pay a premium for organic apples and free-range chicken, you may wonder if the package claims are genuine. Here’s an overview of what’s required to make these healthy-sounding declarations.

Foods labeled as organic must meet USDA standards, which are based on the Organic Foods Production Act. These standards cover the product from farm to table. The USDA Organic logo verifies that the organic farm:

- Supports animal welfare.
- Gives animals access to the outdoors rather than keeping them in cages or pens.
- Does not use genetically modified ingredients, irradiation, synthetic fertilizers, antibiotics, growth hormones or prohibited pesticides.
- Has yearly on-site USDA inspections.

Good to know: If your vegetables and fruits don’t bear the USDA Organic logo, look at the produce sticker. If the first number in the 5-digit code is a 9, you’ve got an organic product. Conventional produce starts with a 4 (regular) or 3 (hybrid, such as a grapple – grape and apple).

The USDA Organic symbol is not handed out lightly. There are many regulations, and some companies forego the process. Instead, they use vague terminology to make their products sound organic. Watch out for:

- The term natural – it’s not regulated, so it’s meaningless.
- The terms GMO free and fair trade certified – they don’t mean organic.
- Products imported from countries that don’t regulate organic claims.

Bottom line: If you are buying organic, look for the USDA Organic logo. It verifies that the product you’re buying has 95% or more organic content and follows all of the rules listed above.

Goodbye Tobacco, for Good >> Continued from other side.

5 Keys to Preventing Relapse

1. Don’t have even one. People who avoid that first puff or chew are more likely to succeed over time.

2. Remove temptations. Avoid places and situations that trigger your urges, such as alcohol, socializing with tobacco users or boredom.

3. Don’t give in to stress. It’s a major trigger for smoking or dipping, and in actuality tobacco use causes stress. Fortunately, conquering nicotine addiction will significantly reduce your stress.

4. Get support. Call a friend or your quitline coach.

5. Get medical advice. If you have recurrent depression, insomnia, or withdrawal symptoms or you worry about weight gain, see your health care provider.

Don’t put yourself down if you relapse – it means you need to try a different approach to quitting. Your health care provider can help you find a method that works for you – for good.