

Health, Fitness & Beauty

Weight loss tips from a woman who lost 50 pounds

(StatePoint) Life is full of memorable events – both big and small. But sometimes, when you don't feel your best, those moments can seem like a blur. With her upcoming wedding approaching, Audrey B. was determined to enjoy this special time in her life, but there was one thing standing in her way – her own self-confidence.

"I no longer felt comfortable in my own skin," says Audrey. "I knew I needed to focus on my health and wellness goals so that I could feel my best in time for my wedding."

And that's just what she did. By the time her big day rolled around, Audrey had lost 50 pounds. "I can honestly say I'm happier and healthier than ever before. And now I actually enjoy eating healthy and staying active," explains Audrey, who found success using Nutrisystem.

If you have an upcoming event in your life or you're

simply looking to commit to a healthier lifestyle, these simple tips, which helped Audrey on her weight loss journey, may help you too.

Use Portion Control. Did you know that over the last few decades, portion sizes in restaurants and at dinner tables have grown? That means oftentimes you're eating more than you need to, which can hinder your weight loss efforts. With Nutrisystem, meals are perfectly portioned and set you up for success so that you're not overindulging.

Add Veggies to Every Meal. The key to losing weight and keeping it off is to replace high-calorie, low-fiber foods with low-calorie, high-fiber foods like vegetables. High-fiber foods can help you feel full faster so it's important to add them to every meal. Vegetables are great for snacking too. For example, try grabbing a bowl of carrots or

slices of bell pepper instead of potato chips.

Drink More Water. Water has so many benefits, from increasing energy and relieving fatigue to boosting your immune system and of course, promoting weight loss. Water can help you feel full and potentially eat less. In fact, sometimes a glass of water is enough to curb what you thought was hunger. If you have a hard time reaching your water intake goal, you can use an app, like Nutrisystem's NuMi, to send you reminders and track what you consume.

Get Moving. A key part of living a healthier lifestyle is making sure you move more. One of the most simple and effective exercises that can be done anywhere is jumping rope. It's not only a solid cardiovascular workout, it's great for challenging your coordination and stamina. No matter what exercise you



choose, moving your body for 30 minutes per day can have great benefits. You can even break that 30 minutes into three 10-minute sessions to make it less daunting.

If you have a transformation story like Audrey, visit

story.nutrisystem.com to share your journey with Nutrisystem for a chance to win a share of \$50,000. For more great tips and other success stories, visit leaf.nutrisystem.com.

There is no better than time

now to focus on your health and wellness goals and boost your overall confidence. For Audrey, she admits to feeling more self-assured than ever before as a result of prioritizing her health.

More HEALTH on next page

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Pictured left to right: Sarah, Cherie, Cheryl, Keri, Heather, Gary, Brandi, Amber.

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Stroke is rising in young adults

(StatePoint) Often times stroke is associated with older populations, but many people are unaware that it can occur at any age. In fact, one out of five people who have a stroke are under age 55.

A stroke is a brain attack that occurs when blood vessels in the brain are blocked or burst. Strokes can cause long-term disability, impair a person's ability to speak, see or move, and can even result in death. While you can lose everything to stroke, taking quick action at the first sign can help with recovery and have a lasting impact. Unfortunately, almost 30% of adults younger than 45 don't know the five most common symptoms of a stroke, according to research published in The American Heart Association's "Stroke." At the same time, stroke is on the rise in that age group.

"Young people who are not familiar with the most common signs of stroke are at risk of inaction at a time

when every second matters," says Sheryl Martin-Schild, MD, PhD, stroke medical director at Touro Infirmary. "Both stroke survival and recovery are possible with the right care at the right time."

Immediate medical attention is dependent on everyone learning and being able to recognize the sudden onset of the BE FAST signs and symptoms of a stroke in themselves and others and calling 911 immediately. BE FAST stands for Balance, Eyes, Face, Arm, Speech, Time and refers to these signs of stroke:

- Balance: Sudden loss of

balance

- Eyes: Loss of vision in one or both eyes

- Face: Face looks uneven or droopy

- Arm: Arm or leg is weak or hanging down

- Speech: Slurred speech, trouble speaking or seems confused

- Time: Immediately call 911

No matter a person's age, understanding stroke risk factors is also vital, as some factors can be managed with lifestyle changes. These risk factors include high blood pressure, atrial fibrillation, high cholesterol, smoking,

diabetes, poor circulation, lack of physical activity and obesity. It's important for everyone to talk to their health care provider about safely managing these factors through diet, exercise and smoking cessation.

"According to the CDC, stroke is a leading cause of serious long-term disability. Therefore, it's critical to learn the signs and take action right away," says Dr. Martin-Schild. "It is far better to react than to regret."

For more information and resources, visit strokeawareness.com, developed by Genentech Inc., a member of the

Roche Group.

"BE FAST" was developed by Intermountain Healthcare, as an adaptation of the FAST model implemented by the American Stroke As-

sociation. Reproduced with permission from Intermountain Healthcare. © 2011 Intermountain Healthcare. All rights reserved.

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