There is something magical about the start of a new year. It offers an opportunity to start fresh and make changes in our lives. Too often, however, we try too hard to make too many changes, and our resolve quickly leaves us. It is possible, though, to make resolutions that we can keep.

The first step in planning a successful change in your life is to decide specifically what you want to do. Making vague resolutions such as, “I want to be healthier,” or “I want to lose weight,” leave a lot of room for interpretation and increase the risk of failure. Instead, try nailing down specific behaviors that you want to alter. Resolving to walk one mile on your treadmill everyday or to eliminate carbonated drinks from your diet are specific things that you can measure and control.

Being patient with yourself is tantamount to your success. It takes time to make changes that will last a lifetime. You didn’t gain that 50 pounds overnight, and you won’t lose it overnight either. If you love to eat, chances are, you will overdo it sometimes. Just get back on your plan and keep moving forward. In time, you’ll meet your goal.

When trying to make any lifestyle change, it’s important to like yourself. We are much more inclined to do good things for the people whom we like than for the people we do not. It may be easy to beat yourself up emotionally when you make mistakes, but it isn’t productive. You must like yourself and believe that you are worth the sacrifice to make this change in your life.

It’s a New Year!

Mark your calendars for the third annual OCCC Health and Wellness Fair. This year’s event will be held on Wednesday, February 16, from 10 a.m. until 2 p.m. in the college union. Vendors from a variety of agencies will participate to provide health and wellness information to students, employees, and community members.

Employees who participate may be able to get credit for their quarterly safety training. Students who participate will be eligible for small hourly prizes, and one student participant will win a $50 Wal-Mart gift card. We hope to see you there.
Human chorionic gonadotropin (hCG) is a hormone produced during pregnancy. It has also been approved by the FDA as a fertility treatment. The controversy surrounding hCG, however, stems from its use as a weight loss treatment.

The hCG diet first originated in the 1950’s. Low-dose injections of hCG are combined with an ultra low-calorie (500 calories) diet. The hormone is supposed to alleviate symptoms of hunger while targeting fatty tissue in certain regions of the body. Although a number of doctors have jumped on the bandwagon and prescribe this diet for their clients, articles in the Journal of the American Medical Association and the American Journal of Clinical Nutrition warn that hCG is neither safe nor effective as a weight loss treatment.

As with other fad diets, people do lose weight rapidly on the hCG diet. After all, you’re only consuming 500 calories per day which is a starvation diet. HCG purportedly keeps people from feeling deprived and hungry. However, since it is not realistic to expect to eat so little for a long period of time, individuals tend to gain back the lost weight once they go off the strictly regimented diet.

Among the risks of hCG use are birth defects (women using hCG as a fertility treatment must be closely monitored), early onset of puberty in boys, nutrient deficiencies, gallstones, headaches, and fatigue and irritability.

Making appropriate lifestyle changes will yield better results that are sustainable for life.

| Breakfast: |  
| --- | --- |
| Tea or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours. Saccharin or Stevia may be used. |  

| Lunch: |  
| --- | --- |
| 1. 100 grams of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp. All visible fat must be carefully removed before cooking, and the meat must be weighed raw. It must be boiled or grilled without additional fat. Salmon, eel, tuna, herring, dried or pickled fish are not allowed. The chicken breast must be removed from the bird. |  
2. One type of vegetable only to be chosen from the following: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage.  
3. One breadstick (grissino) or one Melba toast.  
4. An apple, orange, or a handful of strawberries or one-half grapefruit.  

| Dinner: |  
| --- | --- |
| The same four choices as lunch (above.) |  

Losing weight involves a simple mathematical formula: eat fewer calories and burn more calories.

To the right is Dr. A. T. W. Simeons’ original hCG diet. There are more sensible ways to lose weight and keep it off.
Early twentieth century cigarette advertisements touted their products as a way to lose unwanted pounds and keep them off. For some individuals, tobacco use does keep them from eating, in part because nicotine tends to anesthetize the taste buds so that food isn’t appealing. This means that they may, indeed, gain weight after they quit smoking because food will suddenly taste better. However, not everyone who uses tobacco products is fashionably thin.

Obesity is defined as having a Body Mass Index (BMI) of 30 or higher or as being more than 20% above one’s ideal weight. Approximately 20% of obese American adults also smoke. Perhaps the people in this category overeat to compensate for not tasting their food.

It is true that people tend to gain weight when they give up smoking. On average, a person will gain just under ten pounds in the months that follow quitting tobacco. However, those individuals who increase their activity levels tend to gain only one or two pounds on average.

Tobacco use is the leading cause of preventable death in the United States. Obesity is the second leading cause. Still, any health gains one makes by quitting tobacco are worth the risk of gaining a few pounds after quitting.

The best way to counter weight gain is to have a plan in place before actually quitting. Stock up on healthy munchies such as vegetable sticks or fruit. Sugar-free chewing gum is also a healthy alternative to fattening foods. Increasing activity levels by walking more, taking an exercise class, etc., can also help alleviate the desire for a cigarette or food, and it helps burn calories.

Having a buddy to talk to when your resolve feels weak can also get you through rough times. Sometimes, you just need a minute to think about whether you really want that piece of candy or not.

Also, remember to breathe deeply. Smokers tend to inhale very deeply which brings oxygen into the lungs. After quitting, former smokers tend not to breathe as deeply. Keeping your body well-oxygenated can help you resist the urge to smoke or to eat.

Oklahoma City Community College offers classes in a variety of formats and lengths in order to accommodate as many student needs as possible. If you are a student who uses tobacco products and have no desire to quit when the August 1, 2011 tobacco use ban occurs, then we encourage you to think about your usage and how you can schedule classes to best meet your needs. For example, if you live close enough to the campus for driving not to be an issue, you might try splitting up classes and having a couple every day of the week. If an online format works for you and you know you are disciplined enough to be successful in this type of class, then it would rarely be necessary to come to campus. Thus, you can schedule your usage around the times you would be here. Consider, also, using some kind of smoking cessation aid, such as gum or lozenges, to get you through a class or two if you absolutely must schedule them back-to-back.

It is possible for students to continue tobacco use and to complete their degree programs. It will simply require some thoughtful planning before August rolls around. For more help, please speak with an academic advisor, or contact Erin Logan at 682-7821 (elogan@occc.edu) or Mary Turner at 682-7544 (mturner@occc.edu).
Student Support Services houses a variety of services designed to enhance the performance and well-being of students at Oklahoma City Community College.

- Services to Students with Disabilities, including providing accommodations for documented disabilities, interpreting and captioning services for deaf and hard of hearing students, and assistive technology.
- Professional counseling by a licensed provider.
- Learning support specialist to assist with academic needs such as learning styles, study skills, test-taking, and general health and wellness issues.
- TRIO Grant Programs (Upward Bound and Trio Student Support Services) designed to help first generation college students learn more about college before they arrive and how to be more successful once they are here.

For more information about our services and how to access them, please visit our website at http://www.occc.edu/support/ or call us at 682-7520. We are located on the first floor of the Main Building near SEM Entry 3.

**Chicken Adobo Soup with Bok Choy**

- 1/3 cup reduced-sodium soy sauce
- 1/3 cup rice vinegar
- 2 garlic cloves, sliced
- 1 bay leaf
- 1 teaspoon olive oil
- 1/2 yellow onion, chopped
- 4 cups chicken stock or broth
- 1 1/2 cups skinned and shredded roasted or boiled chicken breast meat
- 1/2 uncooked whole-wheat couscous or 1 cup cooked brown rice
- 1/2 pound baby bok choy, halved lengthwise and sliced crosswise 1/2 inch wide
- 2 green (spring) onions, including tender green tops, thinly sliced

In a small saucepan, combine the soy sauce, vinegar, garlic, and bay leaf over medium-high heat. Heat the mixture until it just comes to a boil. Remove from heat and set aside.

In a large saucepan, heat the olive oil over medium heat. Add the yellow onion and sauté until soft and lightly golden, about 6 minutes. Add the chicken stock and bring to a boil. Add the soy sauce mixture, chicken, and couscous. Return to a boil, reduce the heat to medium, and simmer for 2 minutes. Add the bok choy and simmer until the bok choy is tender, about 2 minutes. Discard the bay leaf.

Ladle into warmed individual bowls and garnish with the green onions. Serve immediately.

Makes 4 servings

Per serving:
- 295 calories
- 29 grams protein
- 30 grams carbohydrate
- 6 grams total fat
- 1 gram saturated fat
- 3 grams monounsaturated fat
- 48 milligrams cholesterol
- 769 milligrams sodium
- 5 grams fiber

Mmmm. Chicken soup really is good for the soul.