The goal of Broward College wellness program is to help employees lead happier, healthier lives at work and home.

The passport to Wellness is a tool designed to help Broward College employees track their participation in Wellness activities and earn points and incentives along the way.
There are many things the "experts" tell us to do to get to and stay at a healthy weight and prevent type 2 diabetes: Choose healthy foods, make healthy meals, be active 30 minutes a day. But where should you start? It's not easy to do all of this everyday living in today’s fast-paced and fast-food world. And it can be even harder if you have a lot of changes you want to make.

It's easier to make lifestyle changes one step at a time—over months and years. Think of each small step as one piece of your effort to change your habits. Making changes one step at a time gives you the best chance to reach and stay at a healthy weight and prevent type 2 diabetes.

The good news is that making just a few small changes can make a big impact on your weight and health. Learn how to make these changes step-by-step at www.diabetes.org.

**Healthy Recipe**

**Healthy Pumpkin Pie**

**INGREDIENTS**

- 1 (15 ounce) can solid pack pumpkin
- 1(14 oz) can fat free evaporated milk
- ¾ cup egg substitute
- 2/3 cup Splenda
- ½ tsp salt
- ½ tsp ground cinnamon
- ½ tsp ground nutmeg
- ½ tsp ground ginger
- 1 (9 in) unbaked pastry shell

**DIRECTIONS**

In a large mixing bowl, combine the first seven ingredients; beat just until smooth. Pour into pastry shell. Bake at 425 degrees F for 15 minutes. Reduce heat to 350 degrees F; bake 25-30 minutes longer or until a knife inserted near the center comes out clean. Cool on a wire rack. Store in the refrigerator.
THE RIGHT TOOL TO BALANCE YOUR DIET

You probably already use the Nutrition Facts label in some way—maybe to check calories, fat or sodium content. But, the more familiar you are with the information, the more you’ll want to use it daily to ensure you’re eating a healthy, balanced diet.

Use the label when you shop, as you plan your meals, and as you cook each day. The label makes it easy to determine the amounts of nutrients you’re getting and to compare one product to another:

Strive for a diet that emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Include lean meats, poultry, fish, beans, and nuts. Choose foods that are low in saturated fats, trans fats, cholesterol, salt, and added sugar.

Regular physical activity is important for your overall health and fitness. It also helps you control body weight by balancing the calories you take in from food with the calories you expend each day. For more information, visit www.healthierus.gov/dietaryguidelines.

HERE’S WHERE TO FIND MORE INFORMATION ON HEALTHY LIVING:

U.S. Department of Health and Human Services
Dietary Guidelines for Americans
www.healthierus.gov/dietaryguidelines

Dietary Approaches to Stop Hypertension (DASH)
www.nhlbi.nih.gov/health/public/heart/hbp/dash

U.S. Food and Drug Administration
Nutrition Facts Label
www.cfsan.fda.gov/~dms/foodlab.html

U.S. Centers for Disease Control and Prevention
Nutrition and Physical Activity
www.cdc.gov/nccdphp/dnpa

U.S. Department of Agriculture
Nutrition Information
www.nutrition.gov

Food Pyramid
www.mypyramid.gov

FDA is responsible for promoting and protecting the public’s health by ensuring that the nation’s food supply is safe, sanitary, wholesome, and honestly labeled.
Sugar is very important to our diet according to the America Heart Associations (AHA); our body requires sugar in order to operate properly. Our brain especially relies on sugar or glucose to function. Not enough sugar in our bloodstream can lead to confusion, forgetfulness and even worst coma. Let’s face it we need sugar is both good and bad for your health.

Too Much Sugar

The effects of consuming too much sugar in our diet can lead to overweight, stroke and heart disease. Long-term consumption can increase the build up of insulin resistance. This makes it difficult for the body to operate at its normal sugar levels. End result can be type 2 diabetes.

Sugar Names

Recognizing sugar names on labels will be helpful when making healthy choices. Next time we will discuss the best sugar sources.

<table>
<thead>
<tr>
<th>Brown sugar</th>
<th>Invert sugar</th>
<th>Dextrose</th>
<th>Malt syrup</th>
<th>Glucose</th>
<th>Sucrose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn sweetener</td>
<td>Lactose</td>
<td>Fructose</td>
<td>Molasses</td>
<td>High-fructose corn syrup</td>
<td>Sugar</td>
</tr>
<tr>
<td>Corn syrup</td>
<td>Maltose</td>
<td>Fruit juice concentrates</td>
<td>Raw sugar</td>
<td>Honey</td>
<td>Syrup</td>
</tr>
</tbody>
</table>

Tips: The recommended amount of sugar for an adult man of normal weight is 9 tsp. a day and 6 tsp for a woman. AHA

Sugar Level Chart

- Less than 110mg/dL Normal
- 110 – 125 mg/dL Pre-Diabetes
- 126mg/dL or Higher Diabetes

Lets continue the discussion on Facebook and Blog!
CIGNA Quit Today®
Tobacco Cessation Program

Our CIGNA Quit Today® program helps you develop a personal quit plan to become and remain tobacco free. You can choose from two options, a telephone program or an online program – or use both.

Program Features:

The telephone program:
- Individual telephone coaching
- Dedicated wellness coach
- Convenient evening and weekend coaching hours
- Program workbook & tool kit
- Healthy Rewards® discounts*
- Optional telephone group support
- Free over-the-counter nicotine replacement therapy (patch or gum)**
- Support line available 7 days a week, 24 hours a day

The online program:
- Personal quit plan
- 8-week self-paced program
- Weekly educational emails with key learning themes and tips
- Healthy Rewards® discounts*
- Secure, convenient support

CIGNA Healthy Steps to Weight Loss®
Weight Management Program

The CIGNA Healthy Steps to Weight Loss® program helps you manage your weight using a non-diet approach. It assists you in building confidence, becoming more active, eating healthier and changing habits. You can select from two convenient options, a telephone program or an online program – or both.

Program Features:

The telephone program:
- Personal healthy living plan
- Individual telephone coaching
- Dedicated wellness coach
- Convenient evening and weekend coaching hours
- Workbook and tool kit
- Healthy Rewards® discounts*
- Support line available 7 days a week, 24 hours a day

The online program:
- Personal health assessment and healthy living plan
- A 12-week self-paced program
- Weekly educational emails with key learning themes and tips
- Interactive tools and resources
- Healthy Rewards® discounts*
- Secure, convenient support

Strength & ResilienceSM
Stress Management Program

Our Strength & ResilienceSM stress management program helps you understand the sources of your stress, learn coping techniques and manage stress both on and off the job. You can select from two convenient options, a telephone program or an online program – or use both.

Program Features:

The telephone program:
- Personal stress management plan
- Individual telephone coaching
- Dedicated wellness coach
- Convenient evening and weekend coaching hours
- Workbook & tool kit
- Healthy Rewards® discounts*
- Support line available 7 days a week, 24 hours a day

The online program:
- 8-week self-paced program
- Weekly educational emails with key learning themes and tips
- Workbook & tool kit
- Healthy Rewards® discounts*
- Secure, convenient support

*Some Healthy Rewards programs are not available in all states. A discount program is NOT insurance, and the member must pay the entire discounted charge.

** Over-the-counter nicotine replacement therapy (NRT) is provided by CIGNA Tel-Drug® Home Delivery Pharmacy, but must be ordered through the CIGNA Quit Today program. Only one course of NRT is available per participant, per calendar year.

It’s easy and convenient to enroll. Just call or go online. 1.866.417.7848
www.myCIGNA.com