

5 Ways to Kick the Snack Attack

If you're like most Americans, you probably have at least one snack during the course of your day. If you're able to eat healthy snacks, a "snack attack" isn't a bad thing. But, if you find yourself eating junk food out of vending machines, these five strategies will ensure that your "snack attack" doesn't get the best of you.

1) Write it down. Keeping a journal of your snack habits can help you find ways to combat the snack attack. Record what times of the day you're hungry, why you might be hungry, as well as what you're eating. You may be surprised to find out just how much your snacking calories are adding up.

2) Make a plan. If you've taken a look at your snacking habits, you might have noticed that you always get hungry at a certain time of the day, or a certain event triggers your hunger. By planning for your hunger pangs, you can avoid the vending machine all together, and have a healthy snack brought from home.

3) Spice it up. Try to avoid sweets at all costs. Most sweets are packed full of empty calories that contribute little for nutrition. Consuming a spicy snack can lessen your urge for sweets and keep your calories down.

4) Bring 'em with you. By making healthy snacks at home and bringing them to work, you can avoid having to choose the lesser of two evils in your workplace vending machine. Bringing your own snacks gives you control over your own diet.

5) Take a hike. When a "snack attack" comes along, try heading out for a quick walk. This walk can help take your mind off your craving, as well as burn calories that may have ended up as fat.



SNACK ATTACK

FOOD FACTS

Americans are snacking more than ever before, and many of the snack items are coming from workplace vending machines. Check out these fast facts about American snacking and vending machines.

- ☞ **The earliest known vending machine dates back to Egypt in 215 BC where a device found in places of worship dispensed holy water when a coin was deposited.**
- ☞ **There are almost 450 different soft drinks on the market today, and each year Americans consume more than 50 gallons per person.**
- ☞ **Vending machines are a \$35 billion dollar industry, and one machine alone can rake in more than \$1,500 in a week.**
- ☞ **Americans consume nearly six pounds of potato chips every year.**
- ☞ **Today's vending machines now offer everything from gourmet coffee to fresh-made French fries.**

Source: National Automatic Vending Merchandising Association; National Soft Drink Association; ABC News, USA Today





Note to
Self:

Simplify Your Life

Most of our lives are filled with clutter—stacks of paper, bills, and other should-be-organized stuff. But how does all that clutter affect your time? To illustrate, consider the following example: on a typical workday, a person with a cluttered work area will spend an hour and a half simply looking for things or getting distracted. Over the course of a year, that's a month and a half of lost time. Consider the following suggestions for taking the clutter out of your day.

- **Cancel subscriptions to magazines you never read.** These just add to your list of things you'd LIKE to do—more importantly, it's a waste of money.
- **Set up automatic bill payments.** This process will help alleviate late payments, save you time, and save money on postage.
- **Say no when necessary.** You can't always please everyone, so realize you don't have to take on every project or responsibility.
- **Simplify your wallet or purse.** Take out those unused, unnecessary credit cards and other items that you don't use. The less clutter, the better.
- **Consolidate your debt.** Combine your debts and search for one low interest rate. Not only will this save you money, it will save you time.

Organization is not glamorous, nor is it commonly thought of as a time-saver. However, clutter is the companion of inefficiency. Make organization a priority and you'll find time is on your side.

Source: Families and Work Institute



LONG-TERM STRESS IS BAD FOR YOUR HEALTH

Some experts think that stress may cause 50% of all disease. Stress contributes to the first and second leading causes of death—heart disease and cancer. It's also a factor in migraines, digestive problems, mental illness, chronic insomnia, fatigue, high blood pressure, asthma, allergies, ulcers, tooth decay, and the common cold.

We're not talking about one incident. It's chronic stress—day in, day out—which can harm your immune system, making you more prone to accidents, illness, and plain old unhappiness.

Many of us have come to accept stress as normal—doesn't everyone complain about how busy they are?

That doesn't make it okay. Take a look at your stress levels, what causes your stress, and what you can do about it.

