

## Anthem teams with Bob Harper to promote health

Anthem has teamed up with trainer Bob Harper from the popular TV show “The Biggest Loser” to provide the tools and information necessary to help individuals improve their health and be a positive influence on the ones they care about. Anthem and Bob Harper are working together to highlight how our health connects us and how one person’s healthy behaviors can positively affect someone else’s health behaviors. Trainer Bob’s approach to wellness is based on the powerful insight that healthy living isn’t about a quick fix, it’s about making a lifestyle change.

By working together with Trainer Bob, Anthem hopes to expand its current efforts and reach more people like you to provide the information and tools you need to help live a healthy life. These tips from Trainer Bob will get you started. Be sure to pass them along to someone you care about to help them get healthy and stay healthy! And remember, our health connects us. [Calculate your health footprint](#)

### TEN TIPS FROM TRAINER BOB HARPER

1. Get more fiber. Fiber can be found in whole grains, fruits, vegetables, nuts, beans, and seeds. Fiber-rich foods are more filling. So increase your fiber intake — you will feel full quicker, and stay full longer.
2. Portion size does matter — even when it comes to snacks. Have a healthy snack between meals. If you snack on fruits and vegetables, there is really no limit. Craving something sweet? Make it easy by choosing a snack that comes in a single-serving size, such as a 100 calorie packs. This will help to prevent you from eating more than you should.
3. Vary your workouts. Your body can get used to doing the same exercises all the time, which leads to plateaus and boredom. Keep your body and mind challenged. So if your cardio workout is always running on the treadmill, mix it up by kickboxing or taking a spin class instead



4. Keep a food journal. It is the key to helping you become accountable for what you eat.
5. Eat breakfast. It’s important to eat something within 30 minutes of getting up in the morning.
6. Eat every four hours. Eating frequently keeps your hunger in check and can help you prevent bad food decisions.
7. Minimize your intake of artificial sweeteners. Too much can trigger your craving for something really sweet — like pie or ice cream.
8. Water, water, and more water! Water keeps everything moving through you. It also enriches your skin and will help you lose weight. Drink as much water throughout the day as you can.
9. Snacks on the go. Always have snacks with you to help resist having to eat fast food and processed or prepackaged foods. Fruit or a handful of raw or dry roasted nuts are great options.
10. Workout buddy. Having a workout partner can be a great way to keep you going. Making plans to work out together keeps you accountable and less likely to skip the workout.

[Click here to meet more Anthem experts](#)

### Meet the Experts



**Cindy Lafond**  
Senior Program Director  
Greater Manchester Family YMCA

Cindy Lafond is currently Senior Program Director at the Greater Manchester Family YMCA. She began her career with the YMCA in 1994. Her current role is to oversee the Health and Wellness Department for the Downtown Manchester and Goffstown Allard Center YMCAs, including training and coordinating over 100 group aerobic classes, 3 fitness centers, and over 75 staff members.

Cindy not only considers herself a fitness professional, but an educator as well and is committed to helping people achieve their health and wellness goals.



**José Montero, MD**  
Director, Div. of Public Health Services  
NH Department of Health & Human Services

José Montero received his Doctor of Medicine and Surgery from the Universidad Nacional de Colombia. He received a degree of Specialist in Family Medicine from The Universidad del Valle and a degree in Epidemiology from the Pontificia Universidad Javeriana, in Bogota Colombia. Dr. Montero began his New Hampshire service in 1999 as Chief of the New Hampshire Communicable Diseases Section within the Division of Public Health. From July 2005 until April 2008, he held the position of State Epidemiologist. Currently he serves as Director of the Division of Public Health Services.



**Rob Nordgren, MD, MPH**  
Associate Medical Director  
Dartmouth-Hitchcock Manchester

Rob Nordgren is a pediatrician and Associate Medical Director at Dartmouth-Hitchcock Manchester. He joined the Dartmouth-Hitchcock staff in 2007. In 1996 he earned his M.D. and M.P.H. at Columbia University, College of Physicians and Surgeons, and the Columbia University Mailman School of Public Health. Rob did his pediatric internship and residency at the Children's Hospital of Philadelphia. He was Chief Resident in Pediatrics from 1999-2000.

From 2000-2007 Rob was the Executive Director of Child Health Services in Manchester. In 2005 Child Health Services received the Walter J. Dunfey Award for "excellence in nonprofit management" and in 2006 the organization was named "health care business of the year" by Business NH Magazine.

From 2005-2007 Rob was co-chairman of the New Hampshire Citizen's Health Initiative, which was established by Governor John Lynch and the Endowment for Health. He also serves on the Board at United Way and is a member of the Manchester Sustainable Access Project.



**Geraldine Rubin, MD**  
Department Chairman of Pediatrics at Cheshire  
Medical Center/Dartmouth-Hitchcock Clinic Keene

Geraldine Rubin received her Doctor of Medicine degree from SUNY at Buffalo School of Medicine in Buffalo, NY. She completed her Pediatric Residency at the University of Utah Medical Center in Salt Lake City, UT. Dr. Rubin has been a Fellow of the American Academy of Pediatrics since 1995. In 2004, she was named the Department Chairman of Pediatrics at Cheshire Medical Center/Dartmouth-Hitchcock in Keene, NH.

Dr. Rubin has provided care to the surrounding community since 1998 with a special emphasis on childhood obesity. Since 2003, Dr. Rubin has worked closely with Advocates for Healthy Youth, a community coalition focused on childhood obesity. She is a frequent presenter on childhood obesity in the community.

Together with colleagues in nutrition, behavioral health and exercise physiology, Dr. Rubin has instituted a local childhood obesity treatment program called Families in Training. As part of the Cheshire Medical Center/Dartmouth-Hitchcock Keene's Vision 2020 to become the healthiest community in the nation by 2020, plans are underway to expand this workplace-based initiative to other local businesses.

Under Dr. Rubin's leadership, the Pediatric Department at Cheshire Medical Center/Dartmouth-Hitchcock Keene is pursuing a quality improvement program aimed at implementing prevention and treatment guidelines for childhood obesity.



**Mitchell G. Cohen, MD**  
SJ Internal Medicine  
St. Joseph Hospital Nashua

Mitchell G. Cohen graduated with distinction from Hahnemann University School of Medicine in Philadelphia, PA with the degree of Doctor of Medicine, in 1990. He then went on to complete a residency in Internal Medicine at the University of Pittsburgh Health Sciences Center in 1993. Dr. Cohen served as an instructor in Medicine at the University of Pittsburgh and as a staff physician at the Associated VA Medical Center from 1993 to 1994. He began his career as a Primary Care Internist with SJ Internal Medicine affiliated with Saint Joseph Hospital in September of 1994. Dr. Cohen continues to treat inpatients at Saint Joseph Hospital as a staff hospitalist. He serves as a preceptor for the Massachusetts College of Pharmacy and Health Sciences, supporting their Physician Assistant Program as a preceptor for physician assistant students. Dr. Cohen is board certified in Internal Medicine; he is a member of the Alpha Omega Alpha Honor Medical Society and The American College of Physicians.



**Amie Stephens**  
Medical Expert  
Catholic Medical Center Manchester

Amie Stephens is a graduate of the University of New Hampshire with a BS in nutritional science and she completed her dietetic internship at Keene State College. Amie is a Registered Dietitian (RD), Licensed Dietitian (LD), and a Certified Diabetes Educator. She works at Catholic Medical Center in Manchester.