An Education In Health

If you had to guess what’s one of the most important things you can do to enhance your quality and longevity of life what would you say? Exercise? Of course! Eat healthy? Ditto. But how about an education? Without education how are you supposed to know which exercises can help you achieve your fitness goals? Which foods are the best for you if you have disease or illness or want improved performance? Education. Never underestimate the power of knowledge. Education is definitely your best ally in all aspects of life, including health. And it’s so easy. The internet has a wealth of information available at your fingertips. You need only to log on and do the work. Just remember, always stick to reputable websites. They include health organizations, journals and patient sites such as webmd. Never research anything such as vitamins, for example, on a website that sells the product. Like any other salesman, they’re going to tell you the product is great and all other things you want to hear. And they may not list all potential side effects and warnings. You can also find lots of valuable healthy information at the Wellness Center. This is what we do. We live it and breathe it. We can give you the tools and knowledge to become the healthiest you possible. We have a large stock of handouts covering a wide variety of nutrition and health subjects. You can also find valuable information in health institution newsletters which we also have available in the Wellness Center, including this one. Look for us each quarter as we’re always full of healthy recipes, philosophical tidbits and up-to-the-date useful interesting information.

As cold and flu season approaches help prevent the spread of influenza virus - Wash your hands several times daily.

It’s “Steptember” Again

As we say goodbye to summer and start the short haul to the holidays it’s time again to renew your commitment to your health and fitness. Oh, you think you’re much too busy with the start of the big semester to get to the gym, the track or the pool but it’s just not true. This “Steptember” step back into your exercise program. Come see us in the Wellness or Fitness Center for an updated exercise prescription and fitness assessment. It’s by appointment and doesn’t take that long. And don’t forget that we offer a variety of free exercise classes during lunch hour and after work hours for your convenience. You’re already on campus and only need to change clothes. You want to look great for all those holiday parties don’t you? You’re worth it aren’t you? Just do it! Today!
Southwest Salsa Rice Bites
3 cups Brown Rice, cooked & cooled
1 cup Pepper Jack Cheese, shredded
4 Egg Whites
1 16oz Jar Thick & Chunky Salsa
1/2 cup Lite Sour Cream
1/2 tsp Salt
1/2 tsp Pepper
3/4 cup Corn or Tortilla Chips, crushed
Additional salsa & sour cream for garnish (optional)
Preheat oven to 350°. Combine rice and cheese in a large bowl; set aside. In a bowl, beat eggs until blended. Stir in salsa, sour cream, salt and pepper. Add salsa mixture to rice and cheese; mix well. Spray mini muffin pan with no-stick spray. Spoon approx. 1 1/2 tbsp into each cup; fill to just below rim. Sprinkle crushed chips over filling; press gently with back of spoon. Back 15 - 20 minutes or until lightly browned. Serve with additional salsa and sour cream if desired.

Good Hygiene

Never doubt or underestimate the importance of good hygiene. The obvious benefits being clean body parts, pearly white teeth and smelling good. Nobody likes to be around someone with bad hygiene just because of the smell. But there's more to good hygiene. A clean mouth helps keep germs and bacteria from entering your body through the digestive system. Daily showers exfoliate the skin promoting cell turnover and cleans off dirt and oils and refreshes the mind. Wash hair regularly and style gently to prevent dandruff and damage. Daily use of deodorant, keeping nails trimmed and tidy and washing clothes regularly are all habits of good hygiene. Not only does it make a difference to your health but it reflects in your appearance.

Bringing your lunch to work will help you save cash, calories and time. It takes gas and time to get to a restaurant and you have no control over how it's cooked or put onto it.

A 30 minute power nap in the afternoon can help reduce heart attack risk, stress hormones and inflammation and increase mental sharpness.

Take a siesta!
October Mammograms

October is Breast Cancer Awareness month. This is a great time to see your doctor and get your yearly mammogram. Many facilities offer discounts during October as a means of getting women to get in for diagnostic testing. Remember that early detection means easier treatment and a better survival rate.

80% of American women are on diets and Americans spend $30 billion per year in the dieting industry

Laughter is a great form of exercise

Herniated Disc 101

Discs are little cartilage “shock absorbers” that sit in between each vertebrae of the spine. Trauma, injury and age can damage the discs in several ways including herniation. Disc herniation can range from mild with no symptoms to severe with pain and disability. It’s possible to have a herniated disc and not know it. Each disc has a gel substance in it’s center that helps the disc maintain it’s shape and elasticity. When a disc starts to herniate this gel gets pushed to one side. As the herniation gets worse, the gel pushes further from the center and begins to press on the spinal nerves. This causes pain and can cause dysfunction in the muscles controlled by that nerve. In the worse cases the disc can rupture spilling the gel into the spinal canal. Mild cases can be treated with physical therapy and medication. It’s possible to push it back in. Severe cases require surgery which is a longer recovery.

September is Ovarian Cancer Awareness Month

Ovarian cancer is the 8th most common cancer in women and the 5th cause of cancer overall. There were 22,430 new cases in 2007 with 15,280 deaths. Two thirds of these women are 55 and over. Ovarian cancer symptoms include abdominal bloating or swelling, pelvic pressure, stomach pain, trouble eating, feel full quickly, frequent urinating, pain during sex, constipation and menstrual changes. Only 20% of cases are found early. Methods of detection include a pelvic exam, ultrasound, CT scan and MRI. Pregnancy, birth control pills and a hysterectomy can lower the risk.

Easy Pita Pizza

1 7in Round Whole Grain Pita, uncut
4oz Spaghetti Sauce, enough to cover pita
1oz Part-Skim Mozzarella Cheese
Assorted Chopped Veggies
Chopped Meat or Sausage (optional)
Preheat oven to 350o. Put pita on cookie sheet or perforated pizza pan. Cover pita with spaghetti sauce and top with cheese, veggies and meat. Drizzle with olive oil, if desired. Bake for 15 minutes or until cheese begins to brown.

Prescription Safety

If you take medications you should always know why you’re taking it, how to take it properly, what the potential side effects are, how often to take it and for how long you’ll take it. You should never leave your doctors office without knowing the answers to these questions. When you pick up prescriptions from the pharmacy always check them before you leave. Make sure the medication you receive is what your doctor ordered at the correct dose. Pharmacists are human and mistakes have happened.
### Health Benefits

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>Health</td>
<td>Strength</td>
<td>Low Back</td>
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<td>Benefits</td>
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<td>Yoga</td>
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<td>Tone W/Cookie</td>
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**Did You Know?**

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<th><strong>On average the heart beats about:</strong></th>
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<td>72 times per minute</td>
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<td>4320 times per hour</td>
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<td>103,680 times per day</td>
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<td>37,843,200 times per year</td>
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**The heart pumps about 4200 gallons of blood per day**

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Triglycerides are a type of fat found in the blood. It’s a major source of energy and the most common type of fat in the body. Extra calories that are eaten and not used for energy are converted into triglycerides and stored in fat cells for use later. Normal levels of triglycerides are important for good health but high levels can increase your risk for heart disease. Watch your calories!

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**UVB Rays**
- Causes sunburn
- Creates vitamin D in the skin
- Does not go through glass

**UVA Rays**
- Penetrates more deeply into the skin than UVB
- Less risk factor skin cancer than UVB
- Goes through glass

**Visible Light**
- Red
- Orange
- Yellow
- Green
- Blue
- Indigo
- Violet

**Infrared**
- Provides thermal (heat) energy

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**MYTH**

**WEARING SAUNA SUITS AND NEO-PRENE SLIMMER BELTS CAN HELP YOU LOSE WEIGHT FASTER**

**FACT**

Yes, slimmer belts can help you spot shrink the waist or thighs - temporarily. If you need to fit into a certain outfit tomorrow night they might help you make it happen. Sauna suits, on the other hand, are very dangerous. They’re usually made of vinyl, which doesn’t breath so you to sweat more than usual which can result in dehydration. Severe dehydration can lead to organ failure and possible death. And again, the results are only temporary. Either way, once you drink fluids again your size will return to normal. It’s the same as dried fruit. It started out plump and juicy. The water got sucked out of it resulting in shrinkage (and wrinkling) but once you add water it bounces right back again. There are much better, less dangerous ways to shrink yourself permanently instead of turning yourself into wrinkled, dehydrated fruit!