

February is Heart Health Month

Employees...earn points towards a FREE cholesterol screening. Make sure you swipe your MDID card each time you use our centers. Those who exercise outside of our facilities may stop by and pick up an exercise recording form which must be filled out honestly and accurately to qualify.

The top 30 people, based on consistency of cardiovascular exercise, will receive a baseline cholesterol screening between February 22 - 25 and a follow up test in April.

February 5 - Go Red Day

Wear your red and stop by the Wellness Center to receive your free red dress pin. Optional donations for the American Heart Association will be accepted.

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The Wellness Center will proudly display the Wall of Remembrance during February. Employees are free to share personal stories about loved ones who've battled heart disease.

February 25 - Lunch-n-Learn Health Series

Registered Dietician Rosa Polanco and Alfonso Pino will discuss heart health including proper diet, vitamins and minerals, supplements, risk factors and what your numbers mean. 1:00 - 2:00pm Room G110.

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The Wellness Centers will be sponsoring blood pressure monitoring stations around our campus throughout the month of February. Look for us!

Weight Watchers

Do you make resolutions every year to lose weight and fail? Then perhaps it's time for a new approach. Weight Watchers is recruiting for its next class. At least 16 people are needed to bring the program on campus, to you. Weight Watchers has several successful programs to help you meet your resolution to lose weight and be healthier this year. It costs only \$123 for new members and \$109 for continuing/lifetime members. It may seem like a lot of money but it's very cheap compared to the cost of heart disease or diabetes. And you're worth it. If you've been unsuccessful doing it on your own, it's time to try a new approach. Weight Watchers can help you make good on this year's resolution. You have nothing to lose...except those extra pounds.

Contact Cookie Rosell for more details. 7-0735.

MDC Wellness & Fitness Centers QUARTERLY NEWSLETTER

Wellness Works 2010

Start off the year right by visiting the Wellness Center. We have a variety of services to help you achieve your health and lifestyle goals this year. We offer the following services for FREE :

- Health checks
- Lifestyle coaching
- Blood pressure monitoring
- Personalized exercise prescriptions
- Group exercise classes
- Post physical therapy continued strengthening



The Wellness Center also offers several programs to get you on track and help keep you there. All services offered during open Wellness hours.

Get On Track - Schedule an appointment with one of our fitness coaches to evaluate your weight, BMI and body fat % (using the Futrex, no pinching!). Brief consultation on exercise and nutritional guidelines. Periodic re-evaluation to track your progress and make adjustments necessary to keep you on track to better health.

Know Your Numbers - Keep an eye on your blood pressure. It's not called the "Silent Killer" for nothing! Discuss your blood pressure monitoring and lifestyle modification with one of our fitness coaches. Cholesterol checks are also offered periodically during the year.

Health Check - Schedule an appointment with one of our fitness coaches for a complete health check/tune up. We check your sitting heart rate, exercise training zone, blood pressure, BMI, body fat %, lean body mass, girth measurement, lung capacity, grip strength and various muscular strength and endurance tests. Though all tests comprise a comprehensive health check, not all tests must be performed.

My Health Coach - Individual and confidential. Schedule an appointment with a fitness coach for a one-on-one educational session regarding your health questions or concerns. Some examples may be : How can I lower my blood pressure? How can I prevent heart attack? I'm at risk for diabetes, what can I do?

Stop by the Wellness Center or call 305-237-2838 for more information.

Turkey Roll Ups

- 2 tsp Dijon mustard
- 2 tsp Honey
- 8 slices Turkey breast
- 2 large Red lettuce leaves, spines removed & torn into 8 pieces
- 1/4 large Cucumber, seeded & cut into 3 inch long sticks
- 1/4 large Red pepper, sliced
- 8 large Basil leaves

In a small bowl, mix together the Dijon mustard and honey until well combined. Lay a slice of turkey on a plate. Spread 1/2 tsp of the honey-mustard mix width-wise on the turkey about 2 inches from the end of the slice. Place a piece of lettuce on top, then a couple sticks of cucumber and red pepper slices. Top with a basil leaf and roll up the turkey slice.



Did You Know?

Drinking a lot of sodas increases your risk of osteoporosis. The phosphoric acid that makes soft drinks fizzy eats away at your bones making them more porous. Stick to water.

Neck Pain 101



Neck pain is very common among office workers. Sitting at a desk for the majority of the day, typing away on the keyboard puts the neck and shoulders in a strained position for extended periods of time. It takes a lot for your neck and shoulders to hold your head up all day long. Most people tend to hold their stress and tension in their shoulders as well which is a big addition to the problem. This can cause tightness in the neck and shoulder muscles, headaches, eye strain, loss of focus and possibly damage to the nerves or spinal discs in the long term. Even the busiest people have a minute to stop and stretch if they want to. Every 1/2 hour to 45 minutes, stop for a minute to stretch. Roll your head around as shown in these pictures a couple of times each, roll your shoulders forward and backwards, extend your arms and pull them towards your back as far as you can and hold for 5 - 10 seconds. And take your eyes off the computer screen! Either close them or look across the room while you're stretching. It doesn't take a lot of time, just a minute or so, but you'll feel so much better.

Is It A Cold or the Flu?

Though there hasn't been much in the news about it lately, we are still in the middle of cold and flu season. You still need to be vigilant about protecting yourself. That means washing hands frequently, using hand sanitizer and always cough or sneeze into your elbow or inside your shirt. If everything fails and you still get sick, can you tell the difference between a cold and the flu? Here's a breakdown :

SYMPTOM	COLD	FLU
FEVER	Rare	Usually present
ACHES	Slight	Usual, often severe
CHILLS	Uncommon	Fairly common
TIREDDNESS	Mild	Moderate to severe
SUDDEN SYMPTOMS	Symptoms appear gradually	Symptoms can appear within 3 - 6 hours
COUGHING	Hacking, productive cough	Dry, unproductive cough
SNEEZING	Common	Uncommon
STUFFY NOSE	Common	Uncommon
SORE THROAT	Common	Uncommon
CHEST DISCOMFORT	Mild to moderate	Often severe
HEADACHE	Uncommon	Common

And remember - if you have the flu or are unsure, stay home and see your doctor or seek other medical care immediately.

Online Pharmacies

More and more people are doing their shopping on the internet. Buying prescription medications online is no exception to this trend. But is it safe? There are many crooked online pharmacies or companies out there who sell convincing looking counterfeit or unsafe medication. Many of these fake drugs are made in South America, Asia and parts of Europe and look like the real thing. They can be a mix of chalk, sugar or glue and the only way to know is to get a chemical analysis done. But there are also many legitimate and reliable online pharmacies out there. So how can you tell which ones to trust? The first obvious way is go with a pharmacy you already know, such as Walgreens or CVS. The FDA has also released some guidelines to help determine

whether or not an online pharmacy is safe. Check out the National Association of Boards of Pharmacy (NABP). They review and accredit online pharmacies. Those that pass are given the Verified Pharmacy Practice Sites (VIPPS) seal of approval you should look for. Beware of pharmacies that do not list their physical address somewhere on their site or requests for you to sign a waiver. No reputable pharmacy would hide their location or ask you sign any document that waives your legal rights. And never use a pharmacy that does not allow you to consult with a pharmacist should you have questions. Any of these practices are red flags that you should recognize as a dangerous company to do business with. For your health always stick with a reputable company.



Portion Control

Do you know what is a true portion size of any of the foods you eat? One of the reasons so many people fail in their attempts to lose weight is that they do not practice portion control. When calories in is greater than calories out the result will always be weight gain. Paying attention to the portion size of your food will help you count calories better. They may seem small compared to what you're used to. But it's just a matter of adjusting.



A serving of meat, poultry or fish is 2 - 3oz which is about the size of a deck of cards



A serving of grain is a 1oz slice of bread which is about the size of a computer disc



A serving of cheese is 1 1/2oz which is about the size of 2 9-volt batteries



A serving of vegetables is 1/2 cup, cooked or raw, which is about the size of a computer mouse



A serving of peanut butter is 2 tablespoons which is about the size of a roll of film



A serving of olive oil is 1 teaspoon which is about the size of a penny



Processed foods extend not only shelf life but the waistline as well.

Penne with Sun-dried Tomato Pesto

12oz Penne pasta

1 (8.5oz) jar Sun-dried tomatoes packed in olive oil

2 Garlic cloves

Salt

Fresh ground pepper

1 cup Fresh basil leaves (packed)

1/2 cup Fresh grated Parmesan cheese

Cook the pasta until tender but firm to bite, about 8 minutes. Drain & reserve 1 cup of the cooking water. Meanwhile, blend sun-dried tomatoes and their oil, garlic, basil and salt and pepper to taste in a food processor until the tomatoes are finely chopped. Transfer the mix into a large bowl. Stir in Parmesan cheese. Add the pasta to the mix and stir to coat. Add reserved cooking water to moisten if needed. Serve hot.



MYTH : Lifting weights is the only way to build good strength

FACT : Weights are a very good way to build strength but it's certainly not the only way. Enter functional training. It's a type of training that mimics things you do in everyday life and uses your own body for resistance. Doing leg extension exercises on the machine is a perfectly good exercise to build strength in the quadriceps. But how often in your daily activities do you sit there and straighten and bend your leg in the air with force? Squats and push ups are good examples of functional exercises. Squatting is something you do regularly to pick up something from the floor. Lunges are a variation on climbing stairs. Push ups and pull ups more closely mimic the way you may pick or push yourself up from a chair or the floor. Functional training is a great method that should be a part of any exercise program for all people.



He who has health has hope, and he who has hope has everything.

Fitness Toning Shoes

First there was the MBT shoes. Then Fit-Flops. Now Skechers and Reebok are getting in on the action. They've all designed a type of shoe that claim will help you lose weight and tone up faster and easier. They're all based on the walking environment of the Masai in Kenya. They claim to mimic the pattern of walking on soft sand. According to their websites, the shoes engage stabilizer muscles, contracts the muscles more forcefully, improves posture and strengthens the back and abdominals. But consumer beware! There are very few studies that substantiate these claims. Some of the studies were commissioned by the shoe companies themselves which creates bias in the results. Some users have reported excess fatigue in the leg muscles while using the shoes. Exercising on unstable surfaces does engage stabilizer muscles and can create a more productive workout but you have to know what you're doing. You also have to have good strength and balance. If you decide to try these types of shoes, know that they are for walking ONLY, no running or any sports. The unstable nature of the sole of the shoe is designed for forward motion and can result in injury if used otherwise. Regular fitness sneakers should still be used for running or sports. A word of caution : people with orthopaedic problems should consult their doctor before using these shoes and those with balance disturbances or visual difficulties should avoid them altogether. Do your research before buying. Seek information from reputable websites, which does not include those selling the product, so you can make a smart, informed decision about whether or not these shoes are right for you.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:00 - 2:00pm	Fat Flush Combo w/Eli G110	Physio-Tone w/Cookie G303	Defense Kickboxing w/Danny G303	ZUMBA w/Marta G208	
4:45 - 4:45pm			Café-Con-Leche w/Jorge G208		NEW! The Zone w/Eli G208
5:00 - 6:00pm	Yoga w/Marlene G303	Physio-Pilates w/Hailley G303		Yoga w/Halley G303	