

FEBRUARY 2008 EVENTS

FEBRUARY: THE MONTH OF VALENTINES AND VENTRICLES

When you think of the month of February, almost instantly certain things come to mind: Black History Month, 28 (or 29) days, Valentine's Day...

Well, this month the Central State University Wellness Committee wants you to add something else to that list: **Heart Health**. According to the Center for Disease Control, Heart Disease is the number one killer of both men and women in the U.S. Many of these deaths are preventable! This month, we have events lined up to help you learn how to better care for your heart, and get you moving toward a more healthy lifestyle.



February's Spotlight on Health will be on Heart Health.

ALL ABOUT URBAN ACTIVE

Information Session
Friday, February 15th
12:30 p.m. - 1:30 p.m.
Stokes Center for Aging

A Representative from Urban Active (formerly Gold's Gym) will be discussing the importance of exercise, the benefits of personal training, and the corporate discount offered to Central State Employees!

SMOKING CESSATION

Educational Brown Bag Session
Wednesday, February 20
12:30 p.m. - 1:30 p.m.
Stokes Center for Aging

Representatives from Premier Community Health will be available to discuss preparing to quit, tips for quitting, nicotine replacement therapies, and relapse prevention.

IN STEP WITH "JAZZY JAN"

Line Dancing Classes
February 7, 11, 14, 21
12:00 p.m. - 1:00 p.m.
Stokes Center for Aging

Come have fun, release stress and get some exercise line dancing to oldies but goodies, led by Ms. Janice Woodland-Cuff.

VOLUME 1, ISSUE 1

In this issue:

February 2008 Events	1
But I Don't Have Time for Exercise!	1
11 Ways to Love Your Heart	2
Spotlight on Success: Beth Anderson	2

FEBRUARY 1-29

Special points of interest:

- * Get registered for our Smoking Cessation classes!
- * Be on the lookout for the Health Interest Survey AND the Health and Wellness Website... COMING SOON.
- * Line Dancing Classes are offered Mondays and Thursdays from 12-1 p.m. at the Stokes Center!

FROM THE CSU WELLNESS COMMITTEE: "BUT I DON'T HAVE TIME FOR EXERCISE!"

Do any of these excuses sound familiar?

- "Exercise is boring."
- "I get frustrated when I don't see results."

And, perhaps the most frequently used:

- "I don't have time."

Now be honest: on your list of priorities, where does exercise fall? Is it even on your list? If not, consider these benefits to regular exercise:

- Reduces your risk of heart disease, high blood pressure, osteoporosis, diabetes and obesity.

- Reduces some of the effects of aging.
- Contributes to your mental well-being and helps treat depression.
- Helps relieve stress and anxiety.
- Increases your energy and endurance.
- Helps you sleep better.
- Helps you maintain a normal weight by increasing your metabolism (the rate you burn calories)

These are just a few of the benefits of exercise. So this month, MAKE IT A PRIORITY, find something fun that you

enjoy doing a few times a week (try the Line Dancing Classes!), and get moving!

2008 WELLNESS COMMITTEE MEMBERS:

Evelyn Harrigan, Chair
Phil Adamson
Mildred Banks
Teresa Check
Anita Crosswhite
Jahan Culbreath
Kimberly Manigault
Anthony Milburn
Robbie Robinson
Kemal Thompson

Did you know...

One study on men suggests that for every hour of exercise, you get two extra hours of life!

Obtained from: http://www.oprah.com/health/omag/health_omag_200610_heart_350_105.jhtml

SPONSORED BY
THE CENTRAL
STATE
UNIVERSITY
WELLNESS
COMMITTEE



Where Dreams Become Careers

Look for us on the Web...
COMING SOON!



2008 Wellness Calendar

January
Nutrition

February
Heart Healthy Month

March
Kidney Month

April
Cancer Month

May
Hypertension Awareness Month

June
AIDS Awareness Month

July
Smoking Awareness Month

August
Mental Health Awareness
Month

September
Cholesterol Awareness Month

October
Breast and Prostate Cancer
Awareness Month

November
Diabetes Awareness Month

December
Alcohol Awareness Month

SPOTLIGHT ON HEALTH: LIVING A HEART HEALTHY LIFESTYLE!

11 WAYS TO LOVE YOUR HEART

1. Get *regular* checkups.
2. Know your *blood pressure* and *cholesterol* numbers.
3. Follow your doctor's recommendations for diet and exercise.
4. Take prescribed medications as *directed*.
5. If you smoke, *quit now*.
6. Get at least 30 minutes of moderate physical activity *each day*.
7. Eat a *heart-healthy diet*, including fruits and vegetables, whole-grain foods and fish.
8. Limit food high in saturated fats



and dietary cholesterol.

9. Limit your *salt intake* to 2300 mg of sodium a day.
10. If you drink alcoholic beverages, *drink in moderation* (an average of no more than 2 drinks per day for men, and one drink a day for non-pregnant women).
11. Learn to effectively *manage stress*.

SPOTLIGHT ON SUCCESS: BETH ANDERSON

Lots of changes are taking place all over campus: higher enrollment, new buildings and renovations. The Office of the Controller has seen its share of changes, too. New employees, new office arrangements, and a new focus on a healthy lifestyle by the Controller herself, Beth Anderson.

E.H. What tools are you using to help achieve your weight loss goals?

I'm using the Weight Watchers program.

E.H. How much have you lost so far?

I've lost 50 pounds!

E.H. So clearly it's working... what is it that makes Weight Watchers different from other plans?

It's a lifestyle change— it's not a diet. I've been on lots of diets in the past. What helps me the most is the daily journaling. Everything I eat I write it down so that I'm keeping track of what

I'm eating, to make sure that I'm getting enough vegetables and fruits, water, etc, basically that I'm balancing what I'm eating. The nice thing about it is, when I'm hungry at the end of the day and I want that candy bar, I look at my journal and see that "hey, I need to eat another piece of fruit. So it's changing my habits.

E.H. So how do you feel right now?

I'm more energetic— that's the biggest thing.

E.H. What advice do you have for others who are struggling to start or to continue a weight loss or fitness program? Take it one day at a time. When I put on the weight, I didn't put it on all at once, and I'm not going to take it off all at once.

Evelyn M. Harrigan— February 1, 2008