

WELLNESS DIGEST

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JANUARY 2008 EVENTS

CSU: ON THE MOVE IN 2008!

The year 2008 has a great deal in store for Central State University. The Wellness Committee has banded together to create a year long program that is sure to get you up and moving toward better health. This month, we have some exciting things planned to help you continue that New Year's Resolution (at least past January 15th):



January's Spotlight on Health will be on Nutrition.

In Step with Janice Cuff

January 14, 17, 24, 28, 31
Stokes Center Ransier Room
12:00 - 1:00 p.m.

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

Nutrition and Exercise Seminar

January 29
Stokes Center on Aging
10:00 - 11:30 a.m.

Presented by Alphonso Spence of Moore Counseling and Mediation Services.

VOLUME 1, ISSUE 1

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JANUARY 1 - 31

Special points of interest:

- * Be on the lookout for the Health Interest Survey
- * Get Registered for the Health Seminar!
- * And in the Month of February... Smoking Cessation classes! COMING SOON!

ALL ABOUT THE CSU WELLNESS COMMITTEE

The Central State University Wellness Committee has been active for several years now, providing such programs as the Annual Health and Benefits Fair, the Health Challenge and other events related to your health as an employee. This year, however, we are expanding our programs to include an exciting and full schedule of events. This year, look for

educational seminars on a wide range of health topics, a series of smoking cessation classes, special programs created in conjunction with other groups and departments on campus, our Annual Benefits Fair and an expanded Health Challenge! We will also be asking you for your input in the coming weeks, so be on the lookout for a Health Interest Survey.

2008 WELLNESS COMMITTEE MEMBERS:

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

Did you know... According to a study done by the University of Cambridge and the Medical Research Council in London, England, **People who drink moderately, exercise, quit smoking and eat five servings of fruit and vegetables each day live on average 14 years longer than people who adopt none of these behaviors!**

http://news.yahoo.com/s/1m/20080108/hl_1m/longevity_lifestyle_dc

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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: NUTRITION AND YOU

NUTRITION

The Healthy Eating Pyramid below, developed by the Harvard School of Public Health, summarizes the best



nutrition information available and serves as a useful guide to maintaining a healthy lifestyle.

Obtained from:
<http://www.hsph.harvard.edu/nutritionsource/pyramids.html>

10 Vital Nutrition Facts From the American Dietetic Association

1. Eating right doesn't have to be complicated. Use Mypyramid.gov to develop a personalized plan for lifelong health.
2. The best nutrition advice is based on science. Before adopting any changes to your diet, be sure the information is based in scientific fact.
3. Get your food and nutrition facts from the expert: a registered dietitian. RDs are uniquely qualified to translate the science of nutrition into reliable advice you can use every day.
4. Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness.
5. Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients — and lower in calories.
6. Look at the big picture: No single food or meal makes or breaks a healthful diet. Your total diet is the most important focus for healthful eating.
7. Prepare, handle and store food properly to keep you and your family safe from food-borne illness.
8. Read food labels to get nutrition facts that help you make smart food choices quickly and easily.
9. Find the healthy fats when making food choices. By choosing polyunsaturated or monounsaturated fats, you can keep your saturated fats, trans fats and cholesterol low.

Obtained from:
http://www.eatright.org/ada/files/NutritionFacts_2.pdf

SPOTLIGHT ON SUCCESS

SMITTY SMITH: A WORK IN PROGRESS!

If, over the coming year, you find yourself at a loss for motivation to keep up your healthy lifestyle, just stop Steve "Smitty" Smith and ask him how he's feeling. You can't help but get excited hearing him share how he's making progress. I was able to catch up with him to ask him exactly how he's doing it!

E.H. What was the catalyst that sparked you to make the lifestyle changes you have? A desire for better health. I went to the doctor, and he told me I was in really bad shape. He said I was on the verge of having a stroke, because my numbers were so high. He told me all the things I needed to change. For example, he told me to stop eating pork and I did, that day. I haven't had a pork chop in a year.

E.H. How much have you lost so far?
About 40 pounds.

E.H. How are you losing the weight? Not eating all those bad foods, drinking water, and I exercise 15 minutes, sometimes more, every day. That's how I got to where I am. My doctor told me as long as I do that, I'll be fine. But now I'm going to start working out more because I want to go down faster.

E.H. How are you maintaining your motivation? Now that's a good one! I just have to keep saying that I'm getting older, and I'm determined to stay on track because of my age.

E.H. So how do you feel right now?
AWESOME!!! From last year, I feel awesome, I'm energetic, outgoing, everything feels ten times better than what it was.

E.H. What advice do you have for others who are struggling to start or to continue a weight loss or fitness program? You gotta take your time and be serious about your health. It doesn't happen overnight.

Evelyn M. Harrigan - January 8, 2008