

MARCH 2008 EVENTS

MARCH: KIDNEY HEALTH

Kidney Health may not necessarily be discussed as frequently as some other health topics, such as Heart Health or Cancer Awareness, but our Kidneys are two of our most vital organs! This month, we have an information session planned to educate all our employees on the importance of Kidney Health as well as Diabetes.



The March Spotlight on Health will focus on Kidney Health.

KIDNEY HEALTH & DIABETES

Educational Brown Bag Session
 Wednesday, February 26
 12:30 p.m. - 1:30 p.m.
 Stokes Center for Aging

Carol Edwards, Registered Nurse and Health Educator, will present information on General Kidney Health, and Diabetes.

IN STEP WITH "JAZZY JAN"

Line Dancing Classes
 Mondays & Thursdays
 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 3

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FEBRUARY 1-31

Special points of interest:

- * Get ready for the 2008 Health and Benefits Fair, coming on Thursday, April 3, 2008!
- * Sign up for the Brown Bag Session, "Kidney Health & Diabetes", to be held Wednesday, February 26, at 12:30 p.m.

FROM THE CSU WELLNESS COMMITTEE: CREATING A CULTURE OF HEALTH PT. 1

The word "Culture" refers to the social forces that shape our behavior and beliefs. A strong culture will provide reliable, consistent guidance about attitudes and behavior, whereas weak cultures do not send clear signals.

All members of the Central State family, both past and present, can attest to the fact

that there are some distinguishing characteristics of CSU that reflect our culture as an institution. For example, the familial atmosphere and our commitment to academic excellence are major facets of our campus culture.

The Wellness Committee's fundamental purpose goes beyond simply providing

wellness-related programs and activities for our employees. Our purpose is to establish a *strong* culture of Health and Wellness on this campus that enables us to experience the benefits of healthier lifestyles on a corporate level. In Part Two of this series, we will look into what these benefits are. Stay tuned...

Did you know...

Thursday, March 13, 2008 is World Kidney Day! Please see URL below for more information.

<http://www.worldkidneyday.org/>

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WELLNESS
COMMITTEE



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: WHY IS KIDNEY HEALTH IMPORTANT? HOW DO I KEEP MY KIDNEYS HEALTHY?

Why is Kidney Health Important?

The kidney is a very important organ. There are at least 100 functions that are controlled by the kidney!

The most obvious function is that it excretes wastes that we produce from our diet and from our metabolism. What's less obvious is that it's the most important organ that controls the composition of the body fluids.

An average human filters about 200 quarts of fluid through the kidneys each day, of which all but 2 quarts are reabsorbed, which is the urine. Just so you understand, the human body has about 5 or 6 quarts of fluid, so that means the fluids make about 30 round trips around the body and through the kidneys each day!

In addition, it produces a number of hormones that deal with body function, such as the production of red blood cells. For these reasons and many more, it's vitally important that we take steps to keep our kidneys healthy! Read on to find out how...



Avoid painful kidney stones by following these guidelines...



Keeping your Kidneys Healthy

To minimize your risk of kidney disease, The National Kidney Foundation recommends taking the following steps:

1. Watch your weight and get plenty of exercise.
2. Limit your salt and alcohol intake, and quit smoking.
3. Also beware that, if your kidneys are already under stress, taking large quantities of painkillers such as naproxen and ibuprofen can accelerate the damage.
4. Drink LOTS of water and limit caffeine to prevent kidney stones, especially in summer!

Remember— Diabetes and High Blood Pressure are the primary causes of kidney disease.

SPOTLIGHT ON SUCCESS: KEMAL THOMPSON

So far this year in the Spotlight on Success section, we've focused specifically on people who have been successful in the area of weight loss. While achieving a healthy weight is extremely important, *maintaining* an overall lifestyle of healthy behavior is also extremely important. This month, we will be speaking to someone who started out as an athlete (Track & Field), and has remained committed to living a healthy lifestyle, Senior Accountant Kemal Thompson.

E.H. I think a lot of people start out in their childhood/teenage/young adult years being very physical or athletic, and as adults they seem to fall off. What was your motivation for committing to living a healthy lifestyle?

K.T. When I workout, I think about what I'm doing for my body, but I also think about what I'm doing for my spirit as well. When I give my body what it needs, I'm also able to think better, and stay upbeat and positive as a person. Also, it's important to me to avoid

illness.

E.H. What does your exercise plan consist of?

K.T. Monday, Wednesday, and Friday I do 1/2 hour of cardio, then some sit ups and push ups. Tuesdays and Thursdays I do Weight Lifting.

E.H. What are some basic guidelines that you follow in making your dietary choices?

K.T. I eat foods that lower cholesterol and that are heart healthy. I try to cut down on sweets, drink lots of water and Orange Juice. I eat fried foods very rarely, I don't eat pork, and I'm trying to cut out the beef.

E.H. What advice do you have for others who are struggling to start or to continue a weight loss or fitness program?

K.T. You've got to be consistent. Stay on track!

Evelyn M. Harrigan— March 3, 2008

Note: If you or someone you know has a Health-Related success story, and you'd like to share it in this column, call Evelyn at extension 6650. I'd love to hear your story!