

Healthy Living Newsletter

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Live, Take Charge, Change!

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School Bus Smarts

- Line up facing the school bus door—not along the side of the school bus.
- Don't play in the street while waiting for the school bus.
- Never reach under a school bus to get anything that has rolled or fallen underneath.
- Use the handrails to avoid falls. When exiting the bus, be careful that clothing with drawstrings and book bags with straps don't get caught in the handles or doors.
- After getting off the bus, move immediately onto the sidewalk, out of traffic.

*nhtsa.gov/people/ &
www.redcross.org/*

Refresh Yourself References

CDC – Mental Health Work
Group
www.cd.gov/mentalhealth/

Natl. Inst. Of Mental Health
www.nimh.nih.gov/

Mental Health America
www.nmha.org

Cholesterol References

American Heart Association
www.americanheart.org/

MedlinePlus
www.nlm.nih.gov/

CDC, Division for Heart Disease
and Stroke Prevention
www.cdc.gov/



It's Back to School Night – a chance to meet your children's teachers, see the classrooms, and learn about the year's curriculum. Sure, the teacher's presentations probably will disclose most of what you need to be an informed parent. Also, consider these tips:

- Set goals – Write down your goals for the evening as well as any general questions you have. Having a list of goals to refer to will keep you focused.
- Ask questions – Wait for the formal presentation to end before raising questions relevant to the entire group.
- Establish a rapport with the teacher – Stress your desire for a cooperative relationship and regular communications. Share your willingness to be involved.
- Network – Seek out other parents, especially those of your child's friends. Share your interest in parental involvement.
- Keep a positive attitude – Back to School Night is not the time for raising gripes or criticisms. Instead, kick off the school year with a positive, cooperative attitude.

acheivesolutions.net



Tips To Refresh Yourself

Time out is essential, not only for peace and quiet, but to get things done for your life. If you try to wait for all of your chores and responsibilities to your loved ones to be finished, you may be waiting for a long time. Get started now on finding time to refresh yourself.

1. **Get regular exercise.** Exercise is a good energizer that reduces stress, helps keep blood pressure and cholesterol at heart-healthy levels, and helps maintain a healthy weight.
2. **Eat heart-healthy foods.** Foods rich in nutritional value give you more energy, keep your brain fed (which combats depression), and helps to prevent other health problems. If you've got to "eat on the run," choose nutritious snacks.
3. **Keep humor in you life.** Laughter is a good medicine. It quickens the pulse rate, stimulates blood circulation, activates muscles, increases oxygen intake, and helps you relax.
4. **Get out once a week and go somewhere enjoyable.** Visit the local coffee shop, attend church events, take a class, visit a friend, or just wander around the mall or a park.
5. **Take care of business.** Keep your checkbook balanced, work when you need to, spend time with friends and family, and don't stop planning for the future. It's out there waiting for you.
6. **Stay connected with the outside world, even if it's just by phone or online.** Don't isolate yourself.

U.S. Food and Drug
Administration (FDA)
www.fda.gov/

National Heart Lung and Blood
Institute, National Institute of
Health
www.nhlbi.nih.gov/

Cholesterol Center, Mayo Clinic
www.mayoclinic.com/



Calorie Lingo

The Nutrition Facts label lists a wealth of useful information, including the number of calories a food product contains in a single serving.

- Fat-free – less than ½ gram of fat per serving
- Low-fat – 3 grams or less of fat per serving
- Light – 1/3 fewer calories or half the fat of the regular version
- Sugar-free – less than ½ gram of sugar per serving
- Low-calorie - means 40 calories or fewer

www.eatright.org/ &
www.girlshealth.gov/



Cataracts

A cataract is a clouding of the lens in the eye that effects vision. Cataracts are very common in older people. By age 80, more than half of all Americans either have a cataract or have had cataract surgery.

You don't have to be a senior citizen to get "age-related" cataracts. In fact, people can have an age-related cataract in



Cholesterol

Most of the cholesterol in the body is made by the liver from saturated fat in the diet. Some cholesterol also comes from foods such as eggs, meat, and dairy products.

While some cholesterol is needed for good health, too much cholesterol in your blood can raise the risk of having a heart attack or stroke.

The extra cholesterol in your blood may be stored in your arteries (blood vessels) and cause them to narrow. This is called *atherosclerosis*.

Cholesterol travels through the blood in different types of forms, called lipoproteins. Low-density lipoproteins (LDL) deliver cholesterol to the body. High-density lipoproteins (HDL) remove cholesterol from the bloodstream. Too much LDL cholesterol is bad for the body, while the HDL form is good. It's the balance between the types of cholesterol that tells you what your cholesterol level means.

- **Total Cholesterol Level:**
Less than 200 is best
Between 200 to 239 is borderline high
240 or more means you are at an increased risk for heart disease
- **LDL Cholesterol Levels:**
Less than 130 is best
Between 130 to 159 is borderline high
160 or more means you are at a higher risk for heart attack
- **HDL Cholesterol Levels:**
Less than 40 means you are at a higher risk of heart disease
In the average man, HDL cholesterol levels range from 40 – 50 mg/dl
In the average women, HDL cholesterol levels range from 50 – 60mg/dl
An HDL cholesterol level of 60 or higher reduces your risk of heart disease

UPS Wellness Guide – ROAD MAP TO HEALTH & www.americanheart.org/

Boosting Fiber Intake

There are several kinds of fiber. The two groups that you should make a mental note of are soluble and insoluble. Most high-fiber foods contain a mix, but soluble fiber is the main fiber in barley, oatmeal, and fruits such as apples, figs, and peaches.

Insoluble fiber is the main fiber in whole-grain breads, brown rice, whole-grain breakfast cereals, and vegetables like asparagus, kale, and peas.

The following are some examples of fiber content:

- Wild rice (1 cup) = 3 grams
- Whole wheat pasta = 6 grams / 1 cup
- 100% bran (3/4 cup) = 5 grams
- Green peas (half cup) = 4 grams
- Almonds (1 ounce) = 4 grams
- Pears (1 medium) = 4 grams
- Lentils (half cup) = 8 grams
- Raspberries (1 cup) = 8 grams
- Roasted soy nuts = 5 grams / 1 ounce

their 40s and 50s. But, during middle age, most cataracts are small and do not affect vision. It is after age 60 that most cataracts steal vision.

The most common symptoms of a cataract are:

- Cloudy or blurry vision
- Colors seem faded
- Glare. Headlights, lamps, or sunlight may appear too bright. A halo may appear around lights.
- Poor night vision.
- Double vision or multiple images in one eye.
- Frequent prescription changes in your eyeglasses or contact lenses.

www.nei.nih.gov/ &
www.sightandhearing.org/

Aging and Your Eyes References

NIH SeniorHealth.gov
www.nihseniorhealth.gov/

National Institute on Aging
www.nia.nih.gov

National Eye Institute
www.nei.nih.gov



Hand Washing 103

Using alcohol-based hand sanitizers are an excellent alternative to hand washing. They are actually more effective than soap and water in killing bacteria and viruses.

- Apply about ½ tsp of the product to the palm of your hand.
- Rub your hands together, covering all surfaces of your hands, until they're dry.



Aging and Your Eyes

Are you holding the newspaper farther away from your eyes than you used to? Join the crowd – age can bring changes that affect your eyesight. Some changes are more serious than others, but no matter what the problem, there are things you can do to protect your vision:

1. Have your eyes checked every one or two years by an eye care professional. This can be an ophthalmologist or optometrist.
2. Find out if you are at risk of eye disease. Are you over 65? Are you African American and over age 40? Do you or people in your family have diabetes or eye disease? If so, you need to have a dilated eye exam.
3. Have regular physical exams to check for diseases like diabetes and high blood pressure.
4. See an eye care professional right away if you suddenly can not see, everything looks dim, if you see flashes of light, if you have eye pain, double vision, redness, or swelling of your eye or eyelid.
5. Wear sunglasses that block ultraviolet (UV) radiation and a hat with a wide brim when outside.

Common Eye Problems:

- **Presbyopia** – a slow loss of ability to see close objects or small print. Holding the newspaper at arm's length is a sign of presbyopia.
- **Floaters** – tiny speck or “cobwebs” that seem to float across your eyes. You might notice them in well-lit rooms or outdoors in bright light.
- **Tearing, Eyelid Problems, Cataracts, and Glaucoma**

www.nia.nih.gov/



Walking for Exercise

Walking is one of the greatest forms of low impact exercise. It also offers many rewards, which include the chance to socialize with someone else... a spouse, a neighbor, or your children. Walking also has long term health benefits, such as reduced cardiovascular risk and improved circulation in your legs.

If you want to use walking as part of an all around exercise plan, look at these suggestions:

1. **Set realistic goals** – Steps as a goal don't have to be 10,000 right away, they should be what you can do with the time you have, but be challenging each day.
2. **Make yourself accountable** – Tell someone what you are doing and your goal, ask them to be your coach, and help you with motivation if you feel down or it's raining, etc.
3. **Plan exercise for a specific time of the day** – Consistent times mean consistent participation. It's a way to make exercise a habit.
4. **Work out or walk with a partner** – Exercise is more enjoyable with a friend. It's also harder to quit when someone else is depending on you.

Advantages for using alcohol-based hand sanitizers:

- Requires less time than hand washing.
- Acts quickly to kill microorganisms on hands.
- More accessible than sinks.
- Reduces bacterial counts on hands.
- Less irritating to skin than soap and water.
- Can even improve condition of skin.

*Minnesota Dept of Health &
www.mayoclinic.com/*

School Lunches

References

Kidshealth
www.kidshealth.org

Food Safety and Inspection
Service - USDA
www.fsis.usda.gov/

Medline Plus
www.nlm.nih.gov/

Girl Power
www.girlpower.gov/

5. **Start slowly** – Long and steady progress is what you want, there are no prizes for those who overdo it on the first try.
6. **Keep a written record of your exercise program** – It provides a sense of accomplishment. You can see your progress and show it off to your friends as well.

www.apma.org, www.trailink.com, & www.diabetes-exercise.org/



School Lunches

Whether your child packs or buys their lunch, the following are some guidelines for a more healthy experience:

1. **Choose fruits and vegetables.** They make your plate more colorful and they're packed with vitamins and fiber. It's a good idea to eat at least five servings of fruits and vegetables every day, so try to fit one or two at lunch.
2. **Know the facts about fat.** Kids need some fat in their diets to stay healthy – it also helps keep you feeling full. Don't worry if you like these foods. No food is bad, but you may want to eat them less often and in smaller portions.
3. **Let whole grains reign.** "Grains" include breads, cereals, rice, and pasta. But, as we learn more about good nutrition, it's clear that whole grains are better than refined grains.
4. **Slurp sensibly.** Milk has been a favorite lunchtime drink for a long time. If you don't like milk, choose water. Avoid juice drinks and sodas.
5. **Balance your lunch.** This means meals that include a mix of food groups; including grains, fruits, vegetables, meats or protein foods, and dairy products.
6. **Steer clear of packaged snacks.** It's OK to have these foods once in a while, but they shouldn't be on your lunch menu.
7. **Mix it up.** Keep your taste buds from getting bored and try something new.
8. **Quit the clean plate club.** Because lunch can be a busy time, you might not stop to think whether you're getting full. Try to listen to what your body is telling you. If you feel full, it's OK to stop eating.
9. **Use your manners.** Cafeterias sometimes look like feeding time at the zoo. Follow these simple rules your parents always remind you about: Chew with your mouth closed. Don't talk and eat at the same time. Use your utensils. Put your napkin on your lap. Be polite. Don't make fun of what someone else is eating.

www.kishealth.org/