

NEWS YOU CAN USE!

DECEMBER 2005

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SPECIAL POINTS OF INTEREST:

- If you have pain, stiffness or swelling around a joint for more than two weeks, you may have arthritis.
- Managing your time better can help you gain control of your life and reduce your stress.

TIPS TO STAY FIT THROUGH THE HOLIDAYS

Celebrations and parties with family and friends. An abundance of delicious foods and treats. The busy holiday season will soon be here.

The American Council on Exercise (ACE) offers these tips on how to stay fit and avoid the typical weight gain and stress associated with the holiday season:

1. **Take time for yourself.**
Although spending time with friends and family is essential, it's also important to carve out some relaxation time (at least five minutes) for yourself. Try practicing deep breathing when you feel stressed out.
2. **Set realistic exercise goals.**
Aim to exercise 30 minutes a day instead of an hour. If more convenient, divide your exercise into eight- to 10-minute intervals throughout the day.
3. **Enlist the support of a friend or family member.**
Walking and talking with a friend can be a great way to socialize, burn extra calories and reduce your stress level. Having a physical activity "buddy" will help you stick to your exercise goals.
4. **Create new, more active traditions.**
Instead of throwing a dessert or cocktail party, try ice-skating or Nordic walking with

ski poles as an alternate holiday event. Play powder puff football or build a snowman.

5. **Avoid an overly restrictive diet this holiday season.**

If you enjoy your favorite foods in small portions, you'll feel more satisfied. Trying to stay away from foods you enjoy may leave you feeling deprived, which may cause you to eat more than you intended to.

6. **Drink plenty of water.**

Although the cold weather may make you less inclined to grab a glass of water, it is just as important in the winter as it is during the summer. Water helps counter the dehydrating effects of travel or drinking alcoholic beverages. It may also help satisfy your appetite since thirst is often mistaken for hunger.



WELLNESS FUN FACTS:

Healthy Aging

Myth: Health inevitably declines as we get older.

Reality: People at any age can improve their health by adopting healthy behaviors. Research has shown that healthy lifestyles have a greater impact than genetic factors on our health as we age. People who are physically active, eat a healthy diet, do not use tobacco, and practice other healthy behaviors reduce their risk for chronic diseases and have half the rate of disability of those who do not.

Source: "Healthy Aging: Preventing Disease and Improving Quality of Life Among Older Americans, At a Glance 2005," Centers for Disease Control and Prevention, www.cdc.gov.

Antibacterial Soaps No Better at Cleaning Your Hands

Antibacterial soaps containing triclosan are no more effective than plain soap in cleaning hands, reducing bacteria, and preventing common infections found in a household setting according to the results of a new study. Allison Aiello, assistant professor of epidemiology at the University of Michigan School of Public Health and lead researcher for the study, thinks it is unnecessary to use antibacterial soaps in a home setting based on the research.

Source: *Emerging Infectious Diseases*, October 2005, www.cdc.gov/eid and University of Michigan press release, Oct. 24, 2005.

LIVING WITH ARTHRITIS

If you have pain, stiffness or swelling around a joint for more than two weeks, you may have arthritis.

While there is no cure for most types of arthritis, early diagnosis and appropriate treatment can often decrease the pain and limit joint damage and make living with arthritis easier. Here are some self-management tips:

1. See your doctor. Get an accurate diagnosis. There are several types of arthritis. Immediately begin a management program that is appropriate for the type of arthritis that you have.
2. Maintain a healthy weight. The prevalence of arthritis increases with increasing weight. Research suggests that maintaining a healthy weight reduces the risk of developing arthritis. Extra weight can put damaging pressure on your knees and hips.
3. Be active. Physical activity decreases pain, reduces stiffness, improves range of motion, and delays disability. Get at least 30 minutes of moderate physical activity at least three days a week. You can get activity in 10-minute intervals. Examples of moderate exercise include walking, dancing, yoga, tai chi, and swimming. Exercising in the water can help increase your strength and range of motion while the water's buoyancy reduces the wear on your joints.
4. Protect your joints. Avoid joint injury to reduce your risk of developing osteoarthritis. People who experience sports or occupational injuries or have jobs with repetitive motions like repeated knee bending are more likely to develop osteoarthritis.
5. Take your medication. If your doctor prescribes medication, take it when you are supposed to.



Protect your joints. Avoid joint injury to reduce your risk of developing osteoarthritis

DECEMBER 2005

SUN	MON	TUE	WED	THU	FRI	SAT
				1 World AIDS Day	2	3
4	5	6	7	8 Last Day of Fall Classes	9	10
11	12 Fall Finals	13 Fall Finals	14 Fall Finals	15 Fall Finals	16	17
18	19	20	21	22	23	24
25	26 Holiday Break School Closed	27 Holiday Break School Closed	28 Holiday Break School Closed	29 Holiday Break School Closed	30 Holiday Break School Closed	31 New Year's Eve

SCHEDULE OF EVENTS

- Nov 28th–Dec 2nd
World AIDS Awareness Week/Sexual Responsibility Week
- 1st
World AIDS Day
- 8th
Last Day of Fall Classes
- 12th–15th
Fall Finals
- 26th–30th
Holiday Break
School Closed

ON OVERLOAD?

TIPS TO MANAGE YOUR TIME AND REDUCE YOUR STRESS

Overloaded and overwhelmed by the demands of everyday living? You are not alone. More and more Americans feel that there are not enough hours in the day to do what they need to get done. Lack of time can be a major contributor to stress.

Managing your time better can help you gain control of your life and reduce your stress. Here are some tips:

- **Get organized.**
Taking time to get organized will save you time in the long run. Organize your stuff by cleaning up your office and your home and put things in order and in labeled storage containers so you can find things quicker and easier. Giveaway, recycle or toss what you do not need. Organize your activities by using a day planner or calendar.
- **Set priorities for the day.**
Make a list of what you need to accomplish and be realistic. Put most the important tasks at the top. Eliminate unnecessary and unproductive tasks and activities.
- **Handle important tasks first.**
Can't get everything done on your list? Move the less important tasks to another day.
- **Stay focused on the task at hand.**
When you are working on an important project, try to create a time and space without distractions.
- **Multitask wisely.**
If you must multitask, choose tasks that can easily be done at the same time and that don't add more stress or create a dangerous situation.
- **Get help and delegate.**
When possible, get help with household chores and errands. At work, get a coworker to help with a big project.
- **Wrap up at the end of the day.**
Set aside time at the end of your day to review and celebrate what you have accomplished and plan for the next day.



More and more Americans feel that there are not enough hours in the day to do what they need to get done.

“If I knew I was going to live this long, I'd have taken better care of myself.”

~ Mickey Mantle

DIET INFLUENCES YOUR RISK OF STROKE

Healthy eating and lifestyle habits lower your risk of stroke by affecting a variety of risk factors.

The two basic types of strokes are ischemic strokes, which are caused by a blocked blood vessel to or in the brain, and hemorrhagic strokes, which are caused by a burst blood vessel in the brain. For either type, brain cells die when they don't receive the oxygen and nutrients they need.

The following steps can reduce your risk of this dangerous problem occurring:

- Avoid tobacco.
- Eat a diet low in saturated fat that includes a wide variety of vegetables, fruits, whole grains and beans that keep blood vessels to the brain clear.
- Watch the size of your portions and the proportions of the foods you eat to control both your weight and blood sugar levels, because both affect the risk of stroke.
- Stay physically active.



Healthy eating and lifestyle habits lower your risk of stroke

Source: “Nutrition Wise” by Karen Collins, MS, RD, CDN, American Institute for Cancer Research, www.aicr.org.



SLCC HEALTH & WELLNESS SERVICES

4600 South Redwood Road
 STC 035
 Salt Lake City, Utah 84123
 Phone: 801-957-4268
 Web: www.slcc.edu/hw
 Email: jackie.farnsworth@slcc.edu

C O M E O N I N ...
 Y O U ' L L F E E L
 B E T T E R I F Y O U D O !

At Health and Wellness Services we believe that health is more than a good check-up. Being healthy and well means having balance between all parts of our being. Our mission is to provide services that will enhance all of the areas of human wellness. Social, Physical, Intellectual, Emotional and Spiritual health are all a part of that mission. In general, we try to help SLCC students progress toward better health and wellness by supporting responsible choices, providing students with affordable, high quality health care, and by challenging social norms which undermine attempts to adopt healthy behaviors.

Our web site contains a wide variety of information. Visit it often as information is updated regularly.

Staff Member Spot Light



Preston Lindhardt

preston.lindhardt@slcc.edu

A life long passion for exercise and sports motivated Preston to pursue a career in the health industry. In 2000 he graduated from Salt Lake Community College after which he transferred to the University of Utah and received a Bachelors degree in Exercise and Sport Science in 2003. He is very much a people person who enjoys helping, educating and empowering others to live healthier lifestyle.

This need to help others has given him the opportunity to work with children, youth and adults in various community organizations such as: YMCA, YWCA, The Boys & Girls Club, etc. Preston loves music and enjoys being outdoors, especially at Millcreek Canyon where he likes hiking and just plain hanging out with friends.

For more about Preston and the rest of our staff visit www.slcc.edu/hw/staff.htm

THE SALT CONNECTION IN MANAGING BLOOD PRESSURE

Salt can aggravate high blood pressure. If you have high blood pressure, it is important that you reduce your salt intake.

The current dietary recommendation is no more than 2,400 milligrams of salt and sodium per day. Your doctor may recommend even less salt in your diet. Recent research has shown that people who consumed 1,500 milligrams of salt per day had even better results in lowering their blood pressure.

Reducing your salt intake is no easy task. Many prepared foods contain large amounts of salt. For example, a one-cup individual serving of a typical canned soup can have up to 1,000 milligrams of salt.

To reduce salt in your diet, the National Heart, Lung, and Blood Institute recommends:

- Buy fresh, plain frozen, or canned "with no salt added" vegetables.
- Use fresh poultry, fish, and lean meat, rather than canned or processed types.

- Use herbs, spices, and salt-free seasoning blends in cooking and at the table.
- Cook rice, pasta, and hot cereals without salt. Cut back on instant or flavored rice, past, and cereal mixes with added salt.
- Choose "convenience" foods that are lower in salt. Cut back on frozen dinners, pizza, packaged mixes, canned soups or broths, and salad dressings that often have a lot of salt.
- Rinse canned foods, such as tuna, to remove some salt.
- When available, buy low- or reduced-sodium, or no-salt-added versions of foods.
- Choose ready-to-eat breakfast cereals that are lower in salt.

Source: "Your Guide to Lowering High Blood Pressure," National Heart, Lung and Blood Institute, www.nhlbi.nih.gov/hbp/.



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