

Healthy Recipe.....	2
Physical Activity.....	3
Which Exercise Is Right For You.....	4-5
Healthy Lifestyles.....	6
Self-Care.....	7



A Publication Of
The Wellness
Council Of America

★ HEALTH INFORMATION PRESENTED AS IF YOUR LIFE DEPENDED ON IT ★

Wellness at ACC

This spring you can cultivate, revitalize, or maybe even resuscitate your well-being through ACC's Wellness Program. Employees can join a wellness team, find a workout partner, and get health information at

<http://www.austincc.edu/hr/wellness/>

Upcoming Classes and Workshops

To tap into Professional Development workshops that are wellness related go to <https://www3.austincc.edu/it/workshops/www/login.php> and look for the workshops that begin with WELL. All these workshops are free to employees. Workshops include topics such as Nutrition and Weight Loss, Aging Well, Back and Neck Pain, and Stress.

ACC Continuing Education also has workshops that faculty and staff can take with their vouchers. Go to <http://www.austincc.edu/ce/schedule> or call 223-7542. Below are some Spring 2008 wellness classes that are specifically geared towards meeting employee's exercise needs at lunch.

SAC : Yoga Introduction:
T/Th, 11 AM - noon

HBC: Yoga Intro: T/Th,
12:30-1:30 PM

CYP: Yoga Intro: M/W,
12-1:00 PM

For more information call
512-223-7885.

order it *your way*

Many restaurants try to accommodate customers by being flexible in the way they prepare food. They know that in order to keep the customer happy and coming back they must provide meals that meet your needs and wants. Ordering food in a way that reduces unnecessary calories and fats can help you eat more healthfully. Here are a few suggestions for the next time the server takes your order.

Salads ordered just for you

- ✓ Ask for grilled chicken or fish to be added.
- ✓ Ask for extra fresh vegetables (carrots, tomatoes etc.)
- ✓ Choose a light salad dressing to reduce amount of fat and calories eaten.
- ✓ Request the dressing on the side.

Sandwiches created for you

- ✓ Ask for extra vegetables.
- ✓ Don't add condiments or oils.
- ✓ Have condiments on the side so you can limit the amount eaten.
- ✓ Pick a whole-grain bread or bun.
- ✓ Eat lean deli meats.

Healthy Meals your way

- ✓ Order several healthy side-dishes instead of an entrée, sandwich or burger.
- ✓ Request only half of an entrée with extra sides or a salad instead.
- ✓ Substitute fresh vegetables for greasy fries or onion rings.
- ✓ Limit the amount of salt and butter you add to your food.



Apple-Chestnut Brussels Sprouts

The combination of apples with chestnuts, shallots and caramelized sprouts makes for a perfect side dish. Chestnuts are low in fat—the lowest of any nut. The rich, earthy flavor of the chestnut comes through in this dish. Brussels sprouts are a very good source of folate, a vitamin that's good for the heart.

Ingredients

1 lb. fresh Brussels sprouts
2 Tbsp. plant-sterol margarine
4 Tbsp. apple juice concentrate
1 onion, chopped
1 cup peeled chestnuts, coarsely chopped
Vegetable stock or water for sautéing
1 unpeeled apple, chopped
Salt and black pepper to taste

Directions

Rinse Brussels sprouts. Remove outer leaves. Slice thinly. In a medium sauté pan, add margarine and apple juice concentrate. Add onions and sauté until caramelized. Add Brussels sprouts and chestnuts. Continue to sauté until sprouts begin to brown. Add vegetable broth if pan becomes too dry. Add chopped apple. Sauté until just slightly softened but still crisp. Add salt and black pepper to taste.

Nutrition

Calories: 147, Total Fat: 4g, Cholesterol 0mg, Sodium 70mg, Carbohydrate 27g, Protein 3g

Number of Servings: 6

A HEALTHY RECIPE BY RICHARD COLLINS, MD

CHICKEN LASAGNA



Chicken Lasagna

Measure

12 oz.	lasagna noodles
½ cup	onion, chopped
½ cup	red bell pepper, chopped
1	10 ¾ oz. can 98% fat-free cream of chicken soup
1	4-oz. can sliced mushrooms, drained
½ cup	skim milk
½ tsp.	dried basil
1 ½ cups	1% cottage cheese
3 cups	cooked chicked breast, chopped
1 ½ cups	fat-free cheddar cheese, shredded
½ cup	grated Parmesan cheese

Ingredients

Preparation

Cook noodles according to package directions. Drain. Boil onions and red bell pepper until tender. Drain. Add soup, mushrooms, milk and basil to the onions. Spray a 9x13-inch pan with cooking spray. Layer half the noodles in bottom of dish. Top with half the soup mixture, half the cottage cheese, half the chicken, half the cheddar and Parmesan cheeses. Repeat layers, reserving a handful of cheddar and Parmesan cheeses for topping. Bake covered for 350° for 45 minutes. Top with remaining cheeses and bake uncovered until cheese melts.

Nutritional Analysis

Calories 262, Fat 5g (Sat. 2g), Cholesterol 68mg, Protein 26g, Sodium 765mg, Carbohydrate 28g

Number of Servings:

12

RICHARD COLLINS, MD



A leading authority and speaker on the prevention and reversal of heart disease, Dr. Collins emphasizes the connection between eating well and living long. His delicious low-fat recipes have been shared with millions through his cookbook, videos, and his nationally-renowned cooking seminars. For more information, visit Dr. Collins' website at www.thecookingcardiologist.com.

what is Physical Activity?

Physical activity simply means movement of the body that uses energy. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, physical activity should be moderate or vigorous and add up to at least 30 minutes a day.

Moderate physical activities include:

- Walking briskly (about 3½ miles per hour)
- Hiking
- Gardening/yard work
- Dancing
- Golf (walking and carrying clubs)
- Bicycling (less than 10 miles per hour)
- Weight training (general light workout)

Vigorous physical activities include:

- Running/jogging (5 miles per hour)
- Bicycling (more than 10 miles per hour)
- Swimming (freestyle laps)
- Aerobics
- Walking very fast (4½ miles per hour)
- Heavy yard work, such as chopping wood
- Weight lifting (vigorous effort)
- Basketball (competitive)

Some physical activities—grocery shopping, light household chores, etc.—are not intense enough to help you meet the recommendations. Although you are moving, these activities do not increase your heart rate sufficiently. As a result, they will not count towards the 30 or more minutes you should strive for each day.

Citation: http://www.mypyramid.gov/pyramid/physical_activity.html



Small Steps To Better Health


Improving your health doesn't require a major commitment. Even these small steps can help.


1. Bicycle to the store instead of driving.
2. Take your dog to the park.
3. Ask your healthcare provider about taking a multivitamin.
4. Go for a half-hour walk instead of watching TV.
5. Use vegetable oils over solid fats.
6. Eat more carrots, less cake.
7. Fetch the newspaper yourself.
8. Sit up straight at work.
9. Wash the car by hand.
10. Don't skip meals.
11. Eat more celery sticks.
12. Run when running errands.
13. Pace the sidelines at kids' athletic games.
14. Choose an activity that fits into your daily life.
15. Park further from the store and walk.
16. Ask a friend to exercise with you.
17. Make time in your day for physical activity.
18. Exercise with a video if the weather is bad.
19. Keep to a regular eating schedule.
20. If being active after work is difficult, try it before work.
21. Take a walk or do desk exercises instead of smoking a cigarette or taking a coffee break.
22. Garden or do home repairs.
23. Avoid labor-saving devices.
24. Take small trips on foot to get your body moving.
25. Play with your kids 30 minutes a day.
26. Dance to music.
27. Keep comfortable walking or running shoes in your car and office.
28. Make a Saturday morning walk a group habit.

Citation: <http://www.smallstep.gov>

Which exercise is **RIGHT** for you?

Picking the right activity for your exercise is important. Many New Year's exercise resolutions are often broken because of poor activity choices. So, take a moment to think about these points when you start planning the exercise portion of your weight loss program.

- 1 Pick an activity you enjoy doing.** This is essential. The only way you are going to keep doing this activity is if you enjoy it. Exercise is something that you want to do, not have to do!
 - 2 Pick an activity that someone else will do with you,** like dancing. This other person will help motivate you to keep you going, as they are part of the activity as well.
 - 3 Pick an activity that you can afford to keep doing.** Group aerobics may look inviting at the expensive health club in your town, but you can get the same exercise experience from your local YMCA as well at a much lower cost.
 - 4 Pick an activity that you can access easily.** It is easier to be part of an after work activity group, than to drive across town and exercise in a gym that has specific hours you can attend.
 - 5 Pick an activity that you have the equipment for.** Remember, it is more likely that you will play golf if you have a set of golf clubs, than if you have to rent or borrow a set each time.
- 




6 Pick an activity that you can do. Indoor cross-country ski trainers are an excellent piece of exercise equipment. However, they can be difficult to use properly. As a result, many people quit using them because they don't feel like they are getting the most out of the machine.

7 Participate in an activity that you are able to keep doing. Jogging may be something that you enjoyed when you were younger—but now that you are older you may find that walking is a better choice because it is less demanding on your body and, thus less likely to cause injury.

8 Find an exercise environment that is right for you. If you like to exercise with others, join a club. If, on the other hand, you want to be alone when you work out, all you may need is a pair of running shoes and a long stretch of open road.

Up In Smoke

-  More than 5 million children alive today will die early because they start smoking as adolescents
-  80% of adult smokers started before they were 18
-  Almost 3,000 kids under 18 become regular smokers every day
-  22% of high school seniors smoke every day
-  Kids whose parents smoke are more likely to smoke
-  Cigarette use by high school students has risen by 32% since 1991
-  Children who don't think their parents will punish them for smoking are at higher risk



educating children about tobacco

While smoking in adults is decreasing, the number of teen-age smokers is steadily rising. Why? First, the tobacco industry uses sophisticated target marketing practices. Many teens see smoking as fun, exciting and the grown-up thing to do. The second key reason is the affordability and availability of cigarettes and cigars. Most teens can afford to smoke and tobacco is easily purchased, despite efforts to restrict its sale in many states.

Take Action!

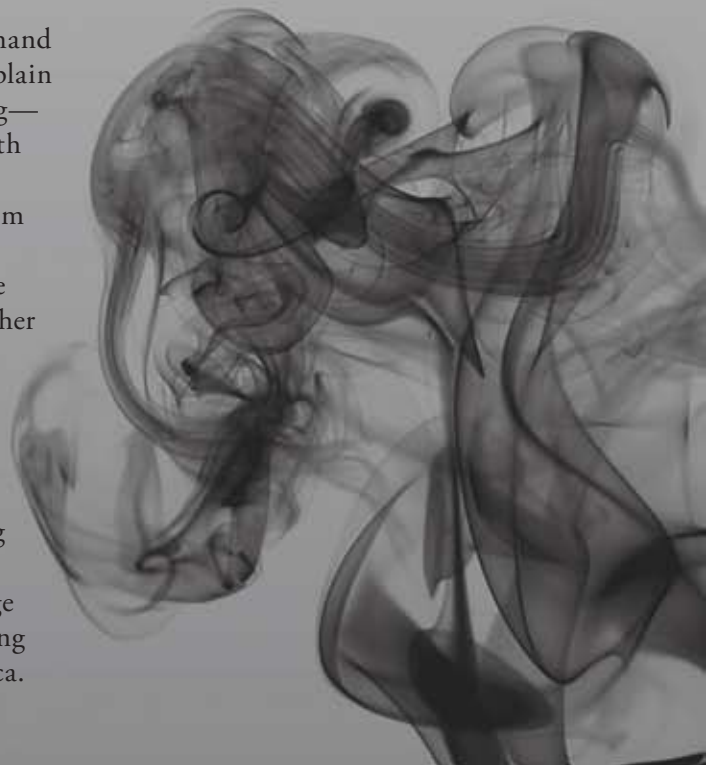
Start teaching kids when they're very young that smoking is deadly and highly addictive. Let them know that they shouldn't even try one cigarette—and that there will be consequences if they do. Help them to see through tobacco advertising images—there's nothing “cool” about smoking. If your teen is already using tobacco, offer to help him or her end the habit and suggest tobacco avoidance classes or medical intervention, if necessary.

Smokeless Tobacco

Use of smokeless tobacco is increasing among teenage boys and young adult males—the Center for Disease Control and Prevention found that 20% of male high school students were using it in a 1995 survey. But it's hardly a safe alternative to smoking. It can cause oral cancer, gum disease, and tooth loss, and it's addictive. New evidence suggests that nicotine in any form may create tiny holes in blood vessels, causing heart disease. There's a real epidemic in the use of “dipping snuff” which delivers as much nicotine as cigarettes, and may increase risk of cheek and gum cancer 50 times.

Secondhand Smoke

There is no safe level of secondhand smoke. Non-smokers who complain about smoke aren't just whining—they're trying to save their health and even their lives. 30,000 to 60,000 people die each year from the effects of breathing other people's smoke. Children whose parents smoke have a much higher incidence of ear infections, bronchitis, pneumonia, and lung disease. In one study, people who were around a smoker for at least an hour a week had 20% more thickening of their arteries than those who had no exposure. Artery damage leads to heart disease, the leading cause of death in North America.





a shot of prevention

An annual flu shot is a way to reduce your chances of getting the flu. Influenza is a serious condition, and no matter what your age, you can still get it. The flu causes 50,000 deaths each year (mostly among those aged 65 years or older) and 114,000 hospitalizations in the US alone.

Much of the illness and death caused by the flu can be prevented by yearly flu shots. People in certain “high-risk” groups (those who may develop serious complications from the flu), and people who are in close contact with those at high-risk, should get a flu shot every year.

Who Should Get a Flu Shot?

- ✗ Persons over the age of 50.
- ✗ Those living in long-term care facilities.
- ✗ People with chronic conditions whose immune system is weakened.
- ✗ Anybody in close contact with people at high-risk for getting a serious case of the flu.

Is a Flu Shot Right For You?

Some people should talk with a healthcare provider before getting a flu shot. These people include:

- ✗ Those who have had a severe allergic reaction to hen eggs or to a previous flu shot.
- ✗ Individuals who have a history of Guillain-Barré Syndrome (GBS).

Get a flu shot six to eight weeks before flu season begins (sometime in October or November). According to the NIH, getting a shot at this time will give your body time to produce enough antibodies to mount a strong defense during flu season, which hits its stride between late December and early March. Remember to get a new vaccine every year. Vaccines are designed for specific strains of the flu, which can be different every year.

“Much of the illness and death caused by the flu can be prevented by yearly flu shots.”

Prevention

There’s no question about it—the best way to deal with a cold or flu is to avoid it in the first place. By taking a few precautions, you can dramatically cut your chances of picking up one of these viruses, and be well on your way to staying healthy and productive this cold and flu season. Here are some tips to consider.

- 1 Wash your hands before you touch your face or eat**, after using the bathroom, and after touching shared items like telephones or computers. Use antibacterial soap, lather well, and use warm water. Washing your hands often may be the single most important thing you can do to avoid a cold or flu.
- 2 Get at least eight hours of sleep each night** so your body isn’t run down.
- 3 Avoid physical contact with sick people** if possible.
- 4 Consider staying home during the first few days of a cold**, when you’re most contagious. Wash your hands after contact with sick people.
- 5 Eat a healthy, vitamin-rich diet**, including five servings of fruits and vegetables daily.
- 6 Use a humidifier during cold & flu season**—dry nasal passages are less resistant to viruses.
- 7 Use disposable tissues** instead of cloth handkerchiefs to reduce germs.
- 8 Nurture your relationships with friends, family, and your community.** A large circle of friends is associated with better resistance to illness.
- 9 Don’t share towels, eating utensils, or toothbrushes.**
- 10 Consider getting a flu shot.**

Age-Related Macular Degeneration (AMD)

What is age-related macular degeneration?

Age-related macular degeneration (AMD) is a disease associated with aging that gradually destroys sharp, central vision. Central vision is needed for seeing objects clearly and for common daily tasks such as reading and driving.

AMD affects the macula, the part of the eye that allows you to see fine detail. AMD causes no pain.

In some cases, AMD advances so slowly that people notice little change in their vision. In others, the disease progresses faster and may lead to a loss of vision in both eyes. AMD is a leading cause of vision loss in Americans 60 years of age and older.

AMD occurs in two forms: wet and dry.

What is wet AMD?

Wet AMD occurs when abnormal blood vessels behind the retina start to grow under the macula. These new blood vessels tend to be very fragile and often leak blood and fluid. The blood and fluid raise the macula from its normal place at the back of the eye. Damage to the macula occurs rapidly.

With wet AMD, loss of central vision can occur quickly. Wet AMD is also known as advanced AMD. It does not have stages like dry AMD.

An early symptom of wet AMD is that straight lines appear wavy. If you notice this condition or other changes to your vision, contact your eye-care professional at once. You need a comprehensive dilated eye exam.

What is dry AMD?

Dry AMD occurs when the light-sensitive cells in the macula slowly break down, gradually blurring central vision in the affected eye. As dry AMD gets worse, you may see a blurred spot in the center of your vision. Over time, as less of the macula functions, central vision is gradually lost in the affected eye.

The most common symptom of dry AMD is slightly blurred vision. You may have difficulty recognizing faces. You may need more light for reading and other tasks. Dry AMD generally affects both eyes, but vision can be lost in one eye while the other eye seems unaffected.

Citation: http://www.nei.nih.gov/health/maculardegen/armd_facts.asp



Information is reviewed by a prestigious Medical Advisory Board comprised of physicians and healthcare professionals and is intended to help you make smart health decisions for yourself and your family. Although editorial content is based on sound medical information, we ask that you consult a healthcare professional for all matters of concern. This newsletter is printed on environmentally-friendly paper and using soy-based ink, but we encourage you to keep your copies to build a handy home-medical reference or recycle issues to friends and family.

©2008 Wellness Councils of America, 9802 Nicholas Street, Suite 315, Omaha, NE 68114; phone (402)827-3590; fax (402)827-3594; visit our Web site at www.welcoa.org. All rights reserved. ISSN 1549-9367 Executive Editor: David Hunnicutt, PhD; Director of Operations: Brittanie Leffelman; Director of Marketing: William M. Kizer, Jr.; Director of Design and Technology: Justin Eggspuehler; Multimedia Designer: Adam Paige; Graphic Designer: Graden Hudson. Information may not be reproduced, copied, cited, or circulated in any printed or electronic form without written permission from the publisher.



INTERACTIVE MINDS

Frequently Asked Questions about wet and dry AMD

Which is more common—the dry form or the wet form?

The dry form is much more common. More than 85 percent of all people with intermediate and advanced AMD combined have the dry form.

However, if only advanced AMD is considered, about two-thirds of patients have the wet form. Because almost all vision loss comes from advanced AMD, the wet form leads to significantly more vision loss than the dry form.

Can the dry form turn into the wet form?

Yes. All people who have the wet form had the dry form first.

The dry form can advance and cause vision loss without turning into the wet form. The dry form

also can suddenly turn into the wet form, even during early stage AMD. There is no way to tell if or when the dry form will turn into the wet form.

The dry form has early and intermediate stages. Does the wet form have similar stages?

No. The wet form is considered advanced AMD.

Can advanced AMD be either the dry form or the wet form?

Yes. Both the wet form and the advanced dry form are considered advanced AMD. Vision loss occurs with either form. In most cases, only advanced AMD can cause vision loss.

People who have advanced AMD in one eye are at especially high risk of developing advanced AMD in the other eye.

Citation: http://www.nei.nih.gov/health/maculardegen/armd_facts.asp