

Wellness Newsletter



February 2009

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February Celebrates

American Heart Month
 National Children's Dental Health Month
 February 6: National Wear Red Day
 February 22-28: National Eating Disorder Awareness Week



The 20th Annual Health Fair committee is looking for volunteers! Contact Jen Roherty if you are able to volunteer on March 25!
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"It's the Heart of What We Do." February is American Heart Month

February is American Heart month. Since 1963 Congress has required the president to proclaim February "American Heart Month. The goal is to raise funds for research and education and pass along information about heart disease and stroke. Heart disease is the leading cause of death in the United States with Coronary Heart Disease as the most common form of heart disease. In 2008, an estimated 770,000 Americans had a new coronary attack, and about 430,000 had a recurrent attack. *CDC*

About every 26 seconds, an American will have a coronary event, and about one every minute will die.
 Division for heart disease and stroke prevention, Centers for Disease Control and Prevention

Omega-3 fatty acids benefit the heart of healthy people, and those at high risk of — or who have — cardiovascular disease. The American Heart Association suggests eating fish two times per week. Fish is a good source of protein and doesn't have the high saturated fat that fatty meat products do.

There are two types of omega 3 fatty acids, EPA and LNA. EPA comes from fatty fish and LNA comes from non-fish sources such as tofu, flax and walnuts.

Summary of Recommendations for Omega-3 Fatty Acid Intake from the American Heart Association:

Population	Recommendation
Patients without documented coronary heart disease (CHD)	Eat a variety of (preferably fatty) fish at least twice a week. Include oils and foods rich in alpha-linolenic acid (flaxseed, canola and soybean oils; flaxseed and walnuts).
Patients with documented CHD	Consume about 1 g of EPA+DHA per day, preferably from fatty fish. EPA+DHA in capsule form could be considered in consultation with the physician.
Patients who need to lower triglycerides	2 to 4 grams of EPA+DHA per day provided as capsules under a physician's care.

Patients taking more than 3 grams of omega-3 fatty acids from capsules should do so only under a physician's care. High intakes could cause excessive bleeding in some people.



Heart Healthy Websites:

- Create a heart healthy grocery list: <http://checkmark.heart.org/>
- What is your risk of having a heart attack? <http://hp2010.nhlbi.nih.net/atpiiii/calculator.asp>
- Online health training: <http://www.onlineaha.org>
- Free 12 week women's exercise program: <http://www.choosetomove.org/>



Slow Cooker Oatmeal

This is a great recipe to make ahead and have “on the go” breakfasts for an entire week!

Ingredients

- 2 cups steel cut oats
- 6-8 cups of water (less than 8 hours = 6 cups, 8 hours or more = 8 cups water)
- 1 t. cinnamon
- 1 t. vanilla
- 2 chopped apples
- 1 cup raisins
- 1 cup sliced bananas
- ½ cup chopped walnuts

Directions

1. Add all ingredients except for banana and walnuts to the slow cooker and let cook for 6-8 hours.
2. Before serving, add banana and walnuts.

www.Recipezaar.com

Upcoming Events

February Events:

February 4: Weight Watchers Open House. 12-1 pm, KT 146

February 5: 2nd/3rd Shift HP Info Session. 10-10:15 pm, SB 185

February 6: National Wear Red Day! KT LL, 11-1 am

February 10 & 11: Let's Talk About Sex. 10th: KT 1st Floor 10a-12 p, 11th, KT LL 10a – 2 p.

February 12: Cholesterol Screenings. WU 222, 7-10 am

February 18: Cholesterol Screenings. WU 114, 7-10 am

February 24: Healthier You: A Safer and Sexier You. KT G46, 12-1 pm.

Purdue Benefit Eligible Employees and Spouses:
Healthy Purdue officially kicks off! Staywell Healthpath Questionnaire is now live! Complete yours as part of your Healthy Purdue participation at www.purdue.edu/healthypurdue

Choose Well. Live Well. Healthy Purdue new publication. Look for it at home!
Visit www.ipfw.edu/health for more details or call Jen at 481-6746 or Judy at 481-6647.

Continue Healthy Habits!

Sport Center Hours:

M-Th: 5:30am-10:00pm
Friday: 5:30am- 8:00pm
Saturday: 8am - 5pm
Sunday: Noon - 8pm

Registered Students free w/ ID Employee memberships available (\$25 annual fee)

Fitness classes begin the week of March 16
call 481-6619 to register!

Monday, February 9
4:45-6:45 PM

FREE! Fitness Assessments
Gates Sports Center
Blood pressure, Height, weight, body composition and blood sugar available

Stay informed! Visit us at www.ipfw.edu/health

Celebrate You.

February 22-28 is National Eating Disorder Awareness Week. Eating disorders affect us all. Eating disorders arise from a variety of physical, emotional, social, and familial issues, all of which need to be addressed for effective prevention and treatment. Very importantly, eating disorders can be prevented.



www.nationaleatingdisorders.org

Creating a positive body image is a very important in helping to prevent eating disorders. **The National Eating Disorder Association, NEDA, has compiled ten steps to a positive body image:**

1. Appreciate all that your body can do.
2. Keep a top-10 list of things you like about yourself -- things that aren't related to how much you weigh or what you look like. Read your list often.
3. Remind yourself that “true beauty” is not simply skin-deep.
4. Look at yourself as a whole person.
5. Surround yourself with positive people.
6. Shut down those voices in your head that tell you your body is not “right” or that you are a “bad” person.
7. Wear clothes that are comfortable and that make you feel good about your body. Work with your body, not against it.
8. Become a critical viewer of social and media messages.
9. Do something nice for yourself -- something that lets your body know you appreciate it.
10. Use the time and energy that you might have spent worrying about food, calories, and your weight to do something to help others. Sometimes reaching out to other people can help you feel better about yourself and can make a positive change in our world.

IPFW takes a stand against eating disorders by hosting two new events. Both events are free and open to the public.

February 25: *Are you Hungry for Approval? Be Yourself.* 7-8:30 pm, Walb Ballroom

March 3: *False Comfort of Being Hungry: One Woman's Journey of Finding Herself and Reaching Recovery.* 7-8:30 pm, Walb Ballroom