



## September is National Yoga Month



Yoga is one of the national health observations that takes place during the month of September. This month-long dedication to yoga is meant to raise awareness of yoga's numerous health benefits and provide access to informative tools and resources.

Yoga, which translates to "unity" or "oneness," is a type of exercise that combines slow movements, deep breathing, and relaxation to improve one's physical and mental health. Yoga is an appropriate work out for all ages and requires no special equipment or clothing.

The health benefits of yoga have been studied extensively. Not only does yoga promote weight loss, it is extremely effective in in-

creasing flexibility by safely stretching your muscles and increasing range of motion in joints.

Because yoga exercise targets different muscle groups in the upper and lower body, it improves overall muscle strength. Nearly all poses build core strength in the deep abdominal muscles.

Yoga also helps with stress reduction. One of yoga's key concepts is to emphasize deep, mindful breathing techniques. By focusing on your breathing instead of your mind, a sense of calm is achieved. Biochemically, yoga decreases catecholamine's, the hormones produced by the adrenal glands in response to stress.

that yoga has positive effects on heart disease. Because yoga lowers blood pressure and slows the heart rate, people with hypertension, heart disease, and stroke benefit from the exercise. Yoga has also been related to decreased cholesterol and triglyceride levels, as well as, a boost in immune function. There have also been some studies which support yoga's positive effect of learning and memory.

Adding yoga to your exercise routine would be a great opportunity to improve your overall wellness through the integration of physical, mental, and spiritual components into one work out.

(fall Peif yoga schedule on back)

Source: [www.webmd.com](http://www.webmd.com)



## "You Are What You Eat!"

Come and join us for our 1st soup symposium of the year!

September's symposium will feature Natasha Gill from the Marquette Food Co-op. Her presentation will focus on the cost people are paying for the cheap food that makes up the bulk of their diets. She will emphasize why this diet is

making people sick, and bring the participants to a better understanding of where their food really comes from and tips on how to make better overall nutrition choices.

It will be held on September 17th in the University Center's Charcoal room from noon to 1 pm.

Please arrive a few minutes early

to take advantage of a free blood pressure screening courtesy of Student Nursing Association!

Come join us and benefit from a comforting lunch featuring cream of broccoli & cheese soup served along side fresh baguettes.

RSVP to [wellness@nmu.edu](mailto:wellness@nmu.edu)

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"When we change our perception we gain control. The stress becomes a challenge, not a threat. When we commit to action, to actually doing something rather than feeling trapped by events, the stress in our life becomes manageable."

~ Greg Anderson, "The 22 Non-negotiable Laws of Wellness"

# September 21st is World Alzheimer's Day

In the United States today there are more than 5.3 million people living with Alzheimer's. Named for the German physician Alois Alzheimer, this disease destroys brain cells, causing problems with memory, thinking and behavior, lifetime hobbies, and social life. Alzheimer's is a progressive disease and it is fatal. Currently, it is the seventh leading cause of death in the United States and accounts for 50 to 70 percent of dementia's cases.

As of today, there is no cure for Alzheimer's disease; however, there are certain treatments available to help alleviate symptoms and prolong one's life.

If you or someone you love is experiencing the following warning signs of Alzheimer's, it is advised to schedule an appointment with a physician for a



screening.

- 1) Memory changes that disrupt daily life
- 2) Challenges in planning or solving problems
- 3) New problems with words in speaking or writing

- 4) Decreased or poor judgment
- 5) Losing ability to retrace steps

International Alzheimer's day is dedicated to bringing awareness about this disease to the world by stressing the importance of getting an early diagnosis and never ceasing to find a cure. Across the country, organizations come together to promote these common goals.

This day gives us all the opportunity to get involved and make a difference in the fight against Alzheimer's. Join in the campaign locally and participate in the Alzheimer's Association Memory Walk September 26th at Al Quaal Recreation Park in Ishpeming. Registration begins at 9 am with the walk to follow.

Source: [www.alz.org](http://www.alz.org)

# Eating Healthier In Our Fast-Food Nation

Statistics show that every single day one out of four American's chose fast food for one of their meals. Learning to pick healthier options from fast food menus can lessen the negative impacts they may have on your health. Next time you find yourself in the drive thru, use this information to make a healthier choice!

Burger King: Tender Grill Chicken Salad with lite Italian dressing 360 calories, 20 fat grams, and 1160 milligrams of sodium vs. TenderCrisp Chicken Salad with Caesar dressing 580 calories, 46 fat grams, and 1730 milligrams

of sodium.

McDonalds: Hamburger 260 calories, 9 fat grams, 530 milligrams of sodium vs. McDonalds Double Quarter Pounder with Cheese 730 calories, 40 fat grams, and 1330 milligrams of sodium.

Wendy's: Small french fries 280 calories, 14 fat grams, 270 milligrams of sodium vs. Great Big-gie french fry 590 calories, 29

grams of fat, and 570 milligrams of sodium.

Wendy's Small Frosty (12 oz) 330 calories, 8 fat grams, and 150 milligrams of sodium vs.

McDonalds Triple Thick Shake (32 oz) 1330 calories, 26 fat grams, and 410 milligrams of sodium.

*"We live in an age when pizza gets to your home before the police."*

*~ Jeff Arder*

Source: [www.pamf.org](http://www.pamf.org)

# Welcome Back!

Welcome back to the 2009-2010 school year! I would like to take a brief moment to introduce myself. My name is Jaime Barber and I am the new Graduate Assistant Wellness Coordinator. I look forward to working with all of you and truly appreciate the opportunity to do so.



I am originally from Chatham, Michigan

which is just down the street from Marquette. Blink and you will miss it! I earned my bachelor's degree from NMU in psychology and I am now pursuing my master's in public administration degree. This has been a challenging and extremely rewarding experience and I'm looking forward to the new school year.

As the new graduate assistant, I will continue to keep Wildcats informed about health related issues and events.

Please feel free to contact me with any comments, questions, or ideas on how to promote wellness on NMU's campus.

Email: [wellness@nmu.edu](mailto:wellness@nmu.edu)

Phone: 227-2644

## Food For Thought

The abundance of fruits coming from the September harvest makes it a perfect time of year to enjoy a classic, comforting berry crumble. De-lish!

### Crumble Topping:

- 1 cup all-purpose flour
- 1 cup large flake oats (not instant)
- 3/4 cup lightly packed brown sugar
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 2/3 cup butter, cold, cut in chunks

### Berry Filling:

- 4 to 5 cups frozen berries (raspberries and blueberries, or whatever you have on hand)
- 3 Tbsp white sugar



### Instructions:

- 1) Preheat oven to 350 degrees.
- 2) Sift the dry topping ingredients together
- 3) Cut in cold butter until it resembles small peas.
- 4) Press half the mixture into an 8 X 8 pan.
- 5) Toss the berries with the sugar then spread them evenly over the bottom crust.
- 6) Sprinkle the remaining crumble over the berries.
- 7) Bake 30 minutes or until crumbs are golden brown and the berries are bubbling.
- 8) Serve warm with a scoop of vanilla ice cream.

Enjoy!

Source: <http://christie-corner.blogspot.com/>

## Test Your Cholesterol I.Q.

September is National Cholesterol Knowledge Month. Take this quiz to test yours!

- 1) Most of your blood cholesterol is produced by:
    - A) liver
    - B) kidneys
    - C) pancreas
  - 2) Your know you have high cholesterol when:
    - A) you have a lot of headaches
    - B) your blood pressure is high
    - C) it is checked by your doctor
  - 3) High cholesterol puts you at risk for:
    - A) diabetes
    - B) high blood pressure
    - C) atherosclerosis
  - 4) Which of the following foods may have "hidden" source of cholesterol-raising fat?
    - A) T-Bone steak
    - B) bran muffin
    - C) eggs
    - D) broiled salmon
  - 5) All I really need to know is my total blood cholesterol number: True or False
- (answers on the back page of newsletter)

## Give a Gift of Wellness

Gift baskets are a unique way to celebrate an event in a loved ones life. Whether it be a birthday, holiday, or just for fun, gift baskets are a break from the norm. They are a creative and fun avenue for personalizing a gift.

A wellness themed gift basket is a particularly effective way of promoting a healthy lifestyle to others. Given the extensive selection of health related foods and accessories, creating a wellness basket has never

been easier. Whether you create a simple fruit basket or a more involved exercise basket, the recipient is sure to appreciate the creative way you've chosen to celebrate their special occasion. Here are a few ideas to get you started.

In an exercise wellness basket include an exercise video, yoga mat, book on yoga's benefits, and a magazine subscription to a relevant journal.



In a wellness tea basket include several bags or loose herbal tea, 2 tea cups with saucers, tea ball or infuser, and a green tea candle.

Organic wellness baskets are also nice and could include nutrition bars, dried fruits, juices, granola, and nuts.

Source: [www.Path2healthyliving.com](http://www.Path2healthyliving.com)

The following schedule lists the fall times the Peif will be offering workouts that focus on yoga for the fall semester. Check website for room location.

Peif Yoga Schedule for Fall:

Mon.: 8:30-9:30 am

7:30-9:00 pm

Wed: 6:30-8:00 pm

Thurs: 8:00-9:00 pm

Sun:



**We're on the Web!**

**[www.Webb.nmu.edu/Wellness](http://www.Webb.nmu.edu/Wellness)**

## Answers to Cholesterol Quiz:

1. **A) Liver:** your liver produces about 1,000 mg of cholesterol a day, which is all that your body needs. Another 200-500 comes from foods
2. **C) It is checked by your doctor:** high cholesterol has no symptoms, so the only way to know for sure is to have it checked.
3. **C) Atherosclerosis:** this means fatty buildups of plaque in the artery walls. It can cause blood flow to become blocked off to a part of the heart muscle, causing a heart attack. Atherosclerosis in arteries leading to the brain can cause a stroke.
4. **B) Bran muffin:** All baked goods may have hidden cholesterol in them although the nutrition label says it contains little to none. Hidden cholesterol is found in the hydrogenated fats and oils in the ingredients list. These are known as trans fats and are a main dietary cause of high blood cholesterol.
- 5) **False:** It is important to know the number of both your LDL or "bad" cholesterol, and your HDL or "good" cholesterol.

Source: [www.americanheart.org](http://www.americanheart.org)

## Do you have a low-stress work style?

Another school year is upon us which translates into a elevated workload for many at NMU. This could lead to feelings of stress-induced anxiety, as well as a sense of becoming overwhelmed.

If you feel you are beginning to experience such emotions, there are simple steps that you can take to make your workload more manageable. Committing to at least four of the following suggestions can assist you in improving how you think about the situation and how you deal with it.

### 1) Avoid getting into a victim stance.

Taking the victim stance perpetuates a sense of helplessness, leaving you feeling like there is nothing you can do to get yourself out. It is your situation, and you, have the responsibility for changing it.

### 2) Stay in the moment

Don't trap yourself by thinking about all of the other things that will have to be done after you finish what you are doing now. Focusing on one task at a time allows you to finish it easier and quicker.

### 3) Take time to list all the tasks on

### which you spend time and decide which ones are not essential.

Even though your first impulse will be to think each task is equally essential, move past that to decide which tasks are not.

### 4) Let go of control issues.

How much of the pressure you are feeling really comes from outside, and how much is actually from you?

### 5) Delegate.

Think about tasks that may be delegated, or maybe

even belongs to someone else's work load.

### 6) Keep in mind that work loads are often cyclical.

Even though you are feeling overloaded and rushed this week doesn't mean that the situation is permanent. Is there anything you can realistically put aside until after things slow down a bit?

### 7) Take a wellness break.

Taking several minutes to leave your work situation will do much more for your attitude and clarity than what you would achieve sitting at your desk for those several minutes. Lunch breaks also provide an opportunity for a mental break from the work situation.

### 8) When you leave work, leave your work behind.

Do not let your work problems take up your mental space and energy when you are not there.



Source: <http://www3.georgetown.edu>