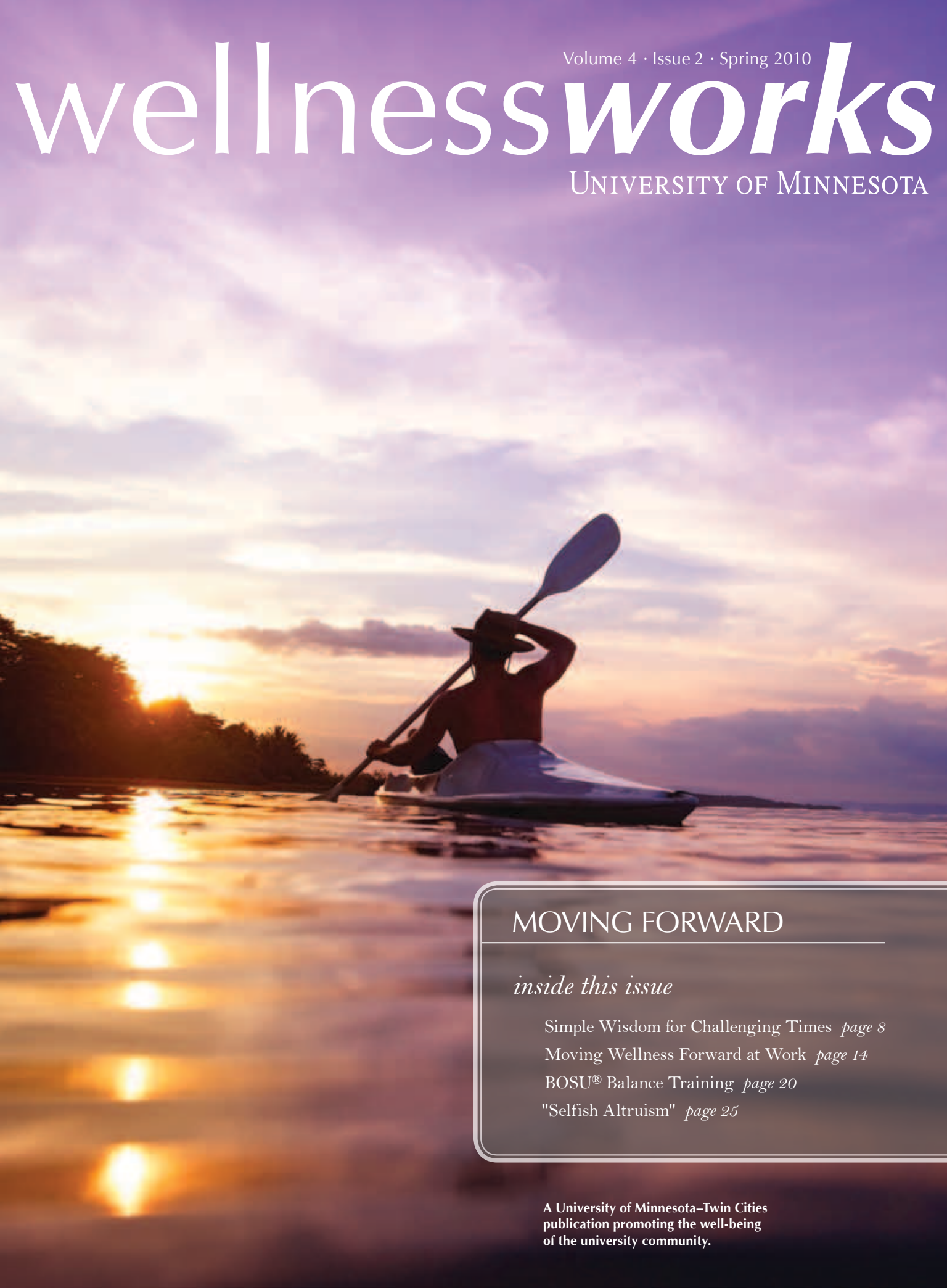


Volume 4 • Issue 2 • Spring 2010

# wellnessworks

UNIVERSITY OF MINNESOTA



## MOVING FORWARD

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A University of Minnesota–Twin Cities  
publication promoting the well-being  
of the university community.

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*Dear Readers:*

At some point in our lives we may have been told (either with sincere kindness or with indignation) to simply “move on,” an exhortation much easier said than done without direction, personal motivation or external support.

Because moving on from difficult or stagnant circumstances is arduous without that infrastructure or direction, we have devoted this entire issue of *Wellness Works* to the theme, filling it with motivating ideas, easily accessible resources and ways to create support systems you might need to begin your journey forward. Whether it’s becoming more physically active, moving through your troubles by giving to others or deciding that happiness is merely a state of mind, articles in this issue show that what we are aiming for is just as important as how we choose to move forward.

We hope, therefore, that if you need help knowing where to start, this issue can be a first step to move you toward happiness, fulfillment and health—in other words, total wellness.

Sincerely,  
*The Editors*



# SIX DIMENSIONS *of wellness*

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## ***occupational***wellness

Finding satisfaction in rewarding and meaningful work that utilizes unique personal skills and talents and enhances lifestyle. Expressing values and commitment through paid or volunteer work that contributes to overall well-being.

## ***emotional***wellness

Being emotionally self-aware by accepting, managing and expressing feelings. Seeking out and nurturing trusting, committed and mutually-respectful relationships. Having a positive outlook and recognizing challenge, risk and conflict as opportunities for emotional growth.



## ***physical***wellness

Making health a priority by being regularly physically active, and making proper nutrition choices. Being aware of how our body best functions, how we feel, and how we manage stress. Creating balance by making positive health choices and seeking appropriate medical care.

## ***spiritual***wellness

Realizing the importance of questioning the meaning and purpose of life and the lives of others. Appreciating that not everything can be understood. Becoming tolerant of other viewpoints while still holding fast to personal values, goals and purpose. Developing a sense of unity and wholeness, and turning thoughts into action.



## ***intellectual***wellness

A simple commitment to life-long learning and personal development. Seeking out opportunities beyond “book knowledge” that include creativity, critical thinking, and being intuitive and expressive.

## ***social***wellness

Understanding and valuing the interconnectedness between human beings. Respecting family and community through effective communication. Recognizing the importance of a healthy living environment and respect for the natural world. Striving for positive, interdependent relationships to foster harmonious living.

*wellness:*

*An active process of becoming more aware of, and making choices toward, a more successful existence through a multi-dimensional approach to health*

# HAPPINESS

## A Way of Being

*Merra Young—lecturer, Center for Spirituality and Healing*

What does the “pursuit of happiness” really mean? Western cultures have begun to turn to Eastern wisdom traditions, and the latest Western neuroscience research in search of the answers. His Holiness, the Dalai Lama says, “The purpose of life is to be happy,” and this requires inner development, to look deeply at one’s own mind and heart.

The Center for Spirituality & Healing offers a class on happiness with a foundation in mindfulness meditation and the practices that cultivate kindness, compassion, joy and equanimity.

In silence, each class begins with the gong of a brass bell. Students from various backgrounds, ages, sexual orientations and beliefs come together in non-judgment, observe breath, body sensations, sounds, thoughts, emotions and other experiences that arise and then pass away. This practice develops the capacity for attention to deeply touch the present moment.



Mindfulness teachings say happiness is found in the present moment. There’s a paradox, the poet Rumi explains: “...the moment you accept what troubles you’ve been given, the door opens.” True happiness and peace are found in the midst of life with all its joys *and* sorrows—not just when things are going well or we’re feeling good.

When we learn to turn our attention toward the reality of our human suffering instead of trying to avoid, deny or fix it, we discover that

while there is pain in life, suffering is optional. In her book, *Radical Acceptance*, meditation teacher and psychologist Tara Brach puts it this way: “The boundary to what we can accept is the boundary to our freedom and asks: What would it be like if I accept life...accept this moment just as it is?”

This acceptance develops our capacity to be unconditionally happy. Accepting things as they are is not being passive. Acceptance offers us an invitation to really show up and

*Continued on next page*

respond to life from wisdom versus habitual patterns and reactions. Unhappiness often results when our expectations are not met. As Phillip Moffitt in his book, *Dancing*

waiting for happiness? Does it exist as a desired future or past memory? Do we think “When I graduate, retire, lose weight, have more money, then I’ll be happy”?



*with Life*, says, it is essential to directly experience our suffering as a “felt sense”; not to just think about it, but to transform it to joy. Transformation occurs when difficulties become “grist for the mill”—new resources for growth: wisdom, compassion, forgiveness and gratitude for our challenges.

“Have you experienced the most wonderful moment of your life?” asks Thich Naht Hanh in his book, *You Are Here: Discovering the Magic of the Present Moment*. Unconditional happiness is not based on external conditions—a delicious meal, a great vacation, or beautiful things don’t last forever. We realize that change is the only constant. Our lives and the world are filled with uncertainties: illnesses, death, jobs and finances. Many of us experience depression, anxiety or addictions. Are we

Neuroscience research shows us that our brains are wired for compassion and happiness. The neuroplasticity of the brain tells us we can create and develop the neural pathways that light up the areas of the brain for positive emotions—the “neurons that fire together wire together.” Through mindfulness and compassion practices we cultivate positive emotions, producing more happiness—we abandon (versus feed) unwholesome emotions. We discover that while “we can’t stop the waves, we can learn to ride them,” literally planting seeds that create new neural pathways for greater happiness and peace.

Buddhist psychology refers to our emotions and mental experiences as “mind states.” We can learn to observe and watch them like

clouds in the sky, instead of riding on a roller coaster of ups and downs. The key is learning not to identify with these ever-changing mind states. We are empowered to choose and change how we relate to life’s circumstances. Even with heavy workloads, those practicing mindfulness report feeling less stressed; they notice small things, and offering kindness brings happiness. They describe feeling “home” within themselves, in their bodies and a sense of belonging. Their self-care increases, negative stories lessen and perceptions shift.

Connecting with nature’s timeless qualities may also nurture a holistic view of life to help ground and balance us. Spending time in nature or reflecting on the cycles and seasons, sky, mountains, forests, oceans—all are supportive to our happiness practice. Doing so may yield a deep inner peace known as equanimity (the Buddha describes this unshakable peace as the deepest happiness). Through the practice of The Four Immeasurables: loving-kindness, compassion, empathetic joy and equanimity, we learn to fill our hearts with these qualities. We send them to ourselves as well as others, radiating them into the world. They also offer us resilience and a refuge from reactivity and afflictive mind states, fear, anger and hatred. They can heal the misperception of separation, a great existential source of human suffering, with unconditional love. We recognize our own

*Continued on next page*



happiness is interdependent with the happiness of others. Aware that “we are all in it together,” we become what teachers call, “true human beings.” For example, compassion flows in response to disasters like the Haiti earthquake.

Living with awareness and wisdom in the present moment encourages a full participation with life. Happiness is no longer a pursuit for perfect conditions, but rather becomes a way of being.

As Sharon Salzberg, a leading spiritual teacher and author, says, “To be truly happy in this world is a revolutionary act because true happiness depends upon a revolution

in ourselves. It is radical change of view that liberates us so that we know who we are most deeply and can acknowledge our enormous ability to love. We are liberated by the truth that every single one of us can take the time and pay attention. That is our birthright. Our own happiness can change history, and it does.”

*Merra is on faculty at the Center for Spirituality & Healing and teaches the course mentioned above, Emotional Healing and Happiness: Eastern and Western Approaches for Transforming the Mind, and in the Mindfulness-Based Stress Reduction (MBSR) program. She is also a psychotherapist in private practice and founder of Rivers' Way Meditation Center. ♦*

## moving forward

For more information about the program, including upcoming dates, visit [www.csh.umn.edu](http://www.csh.umn.edu).

Resources:

- *Loving-kindness: The Art of Happiness* Sharon Salzberg
- *Buddha's Brain* Rick Hanson
- *The Joy of Living* Mingyur Rinpoche
- *Awakening to Joy* James Baraz
- *The Wise Heart* Jack Kornfield
- *When Things Fall Apart* Pema Chodron

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## 490 Calories

- \* Einstein Bros.® Cinnamon Raisin Swirl Bagel with Whipped Plain Reduced Fat Cream Cheese
- \* Einstein Bros.® Fruit Salad
- \* Einstein Bros.® Small Coffee



## 540 Calories

- \* Baja Sol® Two Baja-Style Steak Tacos (without rice and chips)
- \* Small Bene Side Salad with one packet Heinz® Light Dressing
- \* Diet Soft Drink



## 540 Calories

- \* Greens to Go® Large Create Your Own Salad
- \* Piece of Fruit
- \* Bottled Water



## 540 Calories

- \* Béne® Pizzeria Slice of Cheese Pizza
- \* Small Béne® Side Salad with one packet Heinz® Light Dressing
- \* Piece of Fruit
- \* Bottle of Water



## 460 Calories

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- \* Bottle of Water



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# SIMPLE WISDOM FOR CHALLENGING TIMES

## faces of wellness



### Jerie Smith

volunteer coordinator—Aurora Center; consultant—UCCS and Housing & Residential Life

Over time I have come to truly appreciate and respect the role of family and relationships in my life. I'm fortunate that I work in an environment that encourages open solicitation of ideas and authentic dialogue, and that I am surrounded by colleagues who support the pursuit of personal well-being—however individually defined. These social connections, as well as physically demanding tasks such as cleaning, painting, or gardening, can bring a sense of accomplishment. I believe in the active *pursuit* of happiness, that it is a privilege and we have an obligation to understand how we best find that. It isn't a *right* or an *entitlement*. We all have equal access to understanding what brings us happiness.

*Joanne Disch—clinical professor and director, Katharine J Densford Int'l Center of Nursing Leadership, University of Minnesota School of Nursing*

During challenging and complex times, sometimes simple concepts help the most. The most powerful words of wisdom, at first glance, sometimes seem the most obvious. But paradoxically, these simple phrases remain in the mind and offer guidance and support during particularly difficult times.

#### How can I help?

Often, when work colleagues or friends approach us with a problem, the first impulse is to offer advice or give solutions. Isn't that what leaders and helpful people do? Often, we also assume some responsibility for helping, even when that wasn't what was being





asked. But in fact, this may actually be quite unhelpful. The best reaction?: Just listen...and then ask what help is actually needed. This can be immensely helpful not only to others but to us—they're getting the opportunity to sort through the problem in their own way and we may only need to listen or do something far less burdensome than we would have proposed.

**Be a sounding board, not a sponge**  
When profound change is occurring, uncertainty and ambiguity abound. People are frustrated, sometimes angry, and demand answers. Unfortunately, there may be no clear answers as change and the accompanying transitions occur. In these situations, the role of the leader is to create opportunities that allow people to raise their concerns, to ask questions, to

brainstorm solutions, and to try and make sense of what is happening, given the larger context. The leader needs to create safe environments where people can respectfully explore problems and pose solutions. The leader does not need to absorb the emotions of others, or take their frustrations personally. In fact, this is not helpful. The effective leader fully engages in the dialogue but does not take on, nor become overwhelmed by, the reactions of others to the changes.

**Community → Clarity → Courage**  
When facing a formidable threat to an organization or a work team, pull together a group and engage in a frank discussion to discover the problem, what possible solutions exist, what success would look like, and what each person would have to do to make

## moving forward

In the middle of the day, just taking a slow, deep breath or two, in a quiet place (even in the midst of chaos) can help restore a sense of balance. This anonymous poem can also help establish a sense of purpose and meaning.

### I Need to Breathe Deeply

*Eternal Friend,  
grant me an ease  
to breathe deeply of this moment,  
this light, this miracle of now  
Beneath the din and fury  
of great movements  
and harsh news  
and urgent crises.  
Make me attentive still  
to good news  
to small occasions,  
and the grace of what is possible  
for me to be. to do. to give. to receive  
That I may miss neither my neighbor's gift  
nor my enemy's need.*

it work. What can be debilitating to a group is when individuals perceive the problem differently, and move in well-intentioned but conflicting directions. The diverse viewpoints of the group will shed light on the problem from many angles, and allow clarity to emerge as to what the real problem is, and what can be done about it. Once the group achieves clarity—and agreement on the direction to be taken—courage to do the difficult emerges. ♦

# IS YOUR ENGINE STILL RUNNING?

It's Never Too Late for Fitness!

## faces of wellness



### Erich D. Martin

events & conferences coordinator,  
Student Unions & Activities—  
Coffman Memorial Union

Being physically active defines wellness for me, because I'll admit, I am not the most 'dietary mindful' person; so, I need to focus on exercise. The stress of life calls for a break in the day for me—exercise allows me to shut down the distractions, focus on something else, and just kind of leave things behind. I need the structure and familiarity of group activities, and it also holds me accountable. Community and interaction, in general, are important to me. Being well is about finding mental stability and a spiritual community to help maintain a center of peace in the midst of the chaos of day-to-day life.

*Andrea Gilats—director of LearningLife, College of Continuing Education*

As we get older, whether that means turning 30, 50 or 70, we need to take especially good care of our bodies since, unlike our cars, they are the only "vehicles" we will ever drive. But what if exercise hasn't been a regular part of our lives? Where and how do we start or restart? What kind of fitness program is right for us now? Like setting a path toward good health by getting a physical exam, we can set a path toward fitness by getting a professional assessment.

That's what I did last fall through the University of Minnesota's Recreational Sports fitness program. I confess I was afraid. After all, I'm a middle-aged woman with a chronic lung condition. What if I flunked the assessment? But my fears melted away as my trainer, Hayley, gently coached me through the eight-exercise assessment, which measures body composition, aerobic fitness, flexibility, and muscular fitness, and compares my results to those of other women my age.







First, Hayley measured my lean-to-fat body mass ratio using calipers. Like many women my age, I have what I jokingly call “permafats” on the backs of my upper arms, so I was worried. But I found that knowing my ratio helped me gain greater clarity about what a healthy weight might be for me, allowing me to build a fitness goal around weight management.

To measure my aerobic fitness, I rode a stationary bike for several minutes to see how various levels of aerobic exercise affected my heart rate. To test my flexibility, I did a “sit and reach,” in which Hayley measured how far forward I could reach while sitting on the floor with my legs extended in front of me.

Next, we tested for core strength, which includes the abdomen and

low back. This called for crunches—modified sit-ups in which you curl your shoulders toward your pelvis. To my disappointment, I could do only two. That led me to a reality check: the eight assessments are not course exams or performance reviews, they are tools to help us take beneficial next steps.

Hayley tested my arm and chest strength by having me do modified push-ups from a kneeling position. Then we went into the gym, where we used resistance machines for the final two strength tests—chest presses to measure upper body strength and leg presses to measure leg strength. The results? At 40 pounds, my chest press was well below average, but at 125 pounds, my leg press was well above!

A few days after my assessment, Hayley sent me a comprehensive report on each test. It proved indispensable, especially while I recovered from abdominal surgery, gradually resuming my physical activities. With Hayley’s help, I identified fitness goals and found exercises and activities that would offer appropriate challenges for my age and physical condition while allowing me to genuinely enjoy my twice-weekly workout.

It is never too late to set a path toward fitness, no matter how sedentary our lifestyles have been. While our lean body mass, aerobic fitness, flexibility and muscular strength all decline as nature takes its course

## moving forward

Certified personal trainers and qualified fitness professionals perform fitness assessments to help individuals reach their health and fitness goals more effectively. When seeking out a fitness assessment be certain that you are evaluated based on the five components of fitness, as outlined below:

**Body Composition:** the ratio of body lean mass to fat mass (as opposed to body weight or BMI).

**Cardiovascular Endurance:** the ability of lung tissue to absorb oxygen with increasing levels of exertion.

**Flexibility:** range of motion within and around the joints during movement and when static.

**Muscular Strength:** the maximal level of force produced in one muscular effort or contraction.

**Muscular Endurance:** the ability to produce a repeated, low intensity muscular force.

*The Department of Recreational Sports offers comprehensive fitness assessments, guidance in developing an exercise program, and many other programs and services. For more information on fitness assessments and scheduling, please email [fitness@umn.edu](mailto:fitness@umn.edu) or call 612.624.4544.*

over time, we can easily counteract that, and have great fun doing so. Just try doing a set of bicep curls and feel your engine hum! ♦

# HUMANS AND WILDLIFE

## The Lead Connection

### faces of wellness



#### Julia Ponder, DVM

executive director, Raptor Center—  
College of Veterinary Medicine

I was raised by parents with strong values, and I learned early on of the delicate balance between humans, animals and the environment. My personal wellness journey, then, is not simply the absence of disease, but involves giving back to the community through helping to balance that triangle of interaction. The University's collaborative commitment to being a leader in research—paired with a student population that demands changes—put us in a position to truly effect change, creating a better balance between human, animal and environmental health. A huge contributor to my wellness is getting up every day feeling passionate about a career that actually makes a difference.

*Lori Arent—assistant department director, Raptor Center, College of Veterinary Medicine*

Its head and wings are drooped, its vision gone and it gasps for every breath of air—the agonizing vision of a bald eagle dying from lead poisoning.

Due to its highly toxic nature, lead has caused numerous recalls of toys, jewelry and clothing, and has been banned from products such as paint and gasoline. The toxic effects of lead on humans are well-documented and benchmarks for human exposure have been set by the Center for Disease Control. Items on the retail market found to contain unsafe lead levels are removed from circulation.

But what are the restrictions on outdoor sporting goods and practices? Lead is used routinely in outdoor sporting products—fishing leaders and lures, hunting ammunition, etc.—and therefore poisons natural environments on a regular basis without recalls or restrictions. No amount of lead is safe for wildlife—it

is the silent killer behind the deaths of many endangered California Condors, for example. The only way to stop the lead poisoning of eagles, condors, loons, waterfowl and many other wildlife species is to stop using lead altogether.

#### Why should we care about wildlife?

In addition to their intrinsic value in nature's balance and their economic value in their recreational activities, wildlife act as sentinels for issues



*Lead flush procedure*



that may impact human health. “One health” is a relatively new discipline that embraces the interrelationship of human, animal and environmental health. From water quality to emerging diseases, what affects one leg of the tripod affects the other two. Lead is a prime example.

In 2008, 78,000 pounds of venison were donated to a food shelf in North Dakota. Testing revealed that the venison contained levels of lead above the “safe” standard and it was removed from the shelves. The lead source was fragments of copper-coated lead rifle bullets used to hunt deer—the same source thought to kill countless bald eagles every year.

The Raptor Center (TRC) at the College of Veterinary Medicine, has been accumulating statistics for over 30 years on lead poisoning in bald eagles. Dr. Luis Cruz, a veterinary resident from Costa Rica, closely analyzed the retrospective

data in a study to verify the source of lead. He discovered some sobering statistics: Since 1974, 500 of the 2000 bald eagles admitted to TRC had clinical lead poisoning. Since the year 2000, 98.5% of bald eagles had measurable levels of lead in their blood. A more detailed 12-year retrospective study tested the hypothesis that eagles were ingesting lead residues from spent ammunition. Cruz used several epidemiological parameters in the evaluation, including: seasonal prevalence and relationship to deer hunting seasons; lead isotope ratio analysis of metal fragments; and comparison of kidney copper concentrations. The results indicated that the lead in the eagles’ systems was indeed from spent ammunition, making it abundantly clear that alternatives to lead must be used for the health of the entire ecosystem.

With this knowledge comes the opportunity for positive change,

## *moving forward*

Education is a key factor in preventing the accumulation of more lead in the environment. Here are a few ways you can help create a healthier, lead-free world for our children and wildlife:

- Learn more about the toxic effects of lead in the environment at: [www.cdc.org](http://www.cdc.org), [www.pca.state.mn.us](http://www.pca.state.mn.us), [www.peregrine-fund.org](http://www.peregrine-fund.org), and [www.usgs.gov](http://www.usgs.gov).
- Talk to family and friends about the hazards of using lead in sporting activities and the availability of alternatives.
- Support environmental organizations working on the lead issue.
- Make the lead issue “real” by visiting The Raptor Center’s blog, which follows “Harley,” a bald eagle successfully treated for lead poisoning and a fractured wing, then released back into the wild sporting a satellite transmitter ([www.theraptorcenternews.blogspot.com](http://www.theraptorcenternews.blogspot.com)).

and to create a healthier tomorrow for our children, their environment and the wildlife with which we share the natural world. As eloquently stated in this Native American proverb: “We do not inherit the earth from our ancestors, we borrow it from our children.” The decisions we make today can provide our children and the symbol of our nation the lead-free future they deserve. ♦

# MOVING WELLNESS FORWARD AT WORK

## faces of wellness



### Tony Baisley

communications director—Center for Spirituality & Healing; co-director for communications—School of Nursing

Wellness has become more of a mission in my life during the last 10 years. While I am still competitive by nature, I now know I strive for day-to-day balance among personal health, physical fitness, spirituality, and my work and home life. My career allows me to learn from experts and academics in spiritual well-being, but I, like most people, still need personal time to re-charge, even in such a fulfilling work environment. By realizing this need for balance in my life, I can be open-minded and supportive of colleagues' personal decisions about their wellness. I just try to be encouraging of people taking steps to be healthy; I think we all can be supportive of that.

*Jill Thielen—wellness program coordinator, Office of Human Resources*

Human beings are, by definition, social animals. We rely on one another in both good times and bad. The happy events in our lives are more enjoyable when experienced with family, friends, and coworkers. Conversely, difficult situations are more bearable with the support of people close to us. In fact, studies show that a circle of support can act as a buffer against depression and illness. Our social connections can encourage us to not only visit the doctor with health-related problems before they become chronic, but can also persuade us to change unhealthy behaviors.



### Wellness at work at the University of Minnesota

If the support of friends and colleagues can help make our work more pleasant and make the ever-constant change around us more tolerable, then why shouldn't social support also help inspire a healthy work environment?

With this philosophy in mind the Wellness Program launched a new initiative this winter to mobilize volunteers to formalize social support in their workplace. These volunteers, called wellness advocates, come from departments across the University. They are faculty and staff who are interested in and excited about wellness and want to encourage healthy behaviors among their friends and colleagues. Their overall mission is to spread the message of health and wellness throughout our University community by promoting health action plans, supporting Wellness Program efforts and actively





participating in wellness advocate activities and events. Through these activities, the goal is to boost morale in the workplace, foster camaraderie and provide the support that people need to move wellness forward both in their personal lives and at work.

During the introductory training session held this past December, wellness advocates learned how to create groups within their departments who can cultivate a culture of wellness. The advocates were also introduced to the many wellness resources available on and around campus, and trained in how to implement the StairWELL Challenge, a current health action campaign, within their departments.

### Building a Healthy Culture

It is much easier to make healthy choices day-to-day when we are part of a community that

constantly provides us with opportunities to take better care of ourselves. Imagine, then, if there were a wellness advocate in every department on campus, and this became a common scenario:

*It's 8:30a.m. You join a meeting in the morning, but rather than being tempted with a spread of cream-filled donuts, you are welcomed with a fresh fruit tray, some yogurt, fruit juice and hot tea. Then at lunchtime, a few coworkers stop by your desk to encourage you to join them on a 30-minute walk. At your afternoon staff meeting, a speaker talks for 10 minutes about the importance of managing stress and provides relaxation tools for you to use on your own.*

If this were how our departments truly functioned, would it be so daunting to maintain or improve our health? Or could it actually be fun and become second nature for us?

## moving forward

It's simple to become a wellness advocate! **Check with your supervisor to be sure you can volunteer an average of 2-3 hours per month. Then email us at [well@umn.edu](mailto:well@umn.edu) to let us know you are interested! Possible activities include:**

- attending wellness presentations
- arranging for wellness speakers at department meetings or retreats
- distributing posters, flyers, emails to promote on-campus wellness programs
- delivering a health action campaign to the department, such as the StairWELL Challenge
- suggesting healthy treats for retreats or meetings, and
- organizing department walking groups.

*No time to be a wellness advocate? Practicing a few small, healthy behaviors can help make healthy choices acceptable and normal. So ask colleagues to go for a walk during lunch, bring a healthy dish to the department potluck, or participate in the StairWELL Challenge—a little goes a long way!*

Wellness advocates aim to provide a supportive environment that makes healthy behaviors more acceptable and part of our everyday routine. As the program grows, we hope the advocates will remind us more and more—until it becomes “a given”—that not only is our health important, but that our work environment can support the choices we make to be well. ♦

# MINDFULNESS MEDITATION

## faces of wellness



**Ngoc Lan Tran**

registered yoga teacher—RYT-500

I was raised in a culture where wellness is maintaining balance through knowing what is in one's mind, so the thoughts or actions that follow can be conscious choices. At 25, I went overnight from being a successful high school teacher, wife and mother to being jobless, homeless, penniless, country-less—even language-less. By being mindful of the present moment, and with help, I regained all I lost and more. When I was 51 I discovered Hatha Yoga. Its emphasis on the control of mind, breath and body in order to achieve equanimity helped me when I was diagnosed with breast and uterine cancer—I could endure the physical and emotional challenge with minimum disturbance by controlling the state of my mind.

*Erik F. Storlie, PhD—lecturer, Center for Spirituality and Healing*

Mindfulness can be defined as “paying attention on purpose.” We make a gentle effort to focus the attention intentionally, moment after moment, on a particular activity or awareness, without judgment or any attempt to change or “improve” what is happening. An activity might be cooking or taking a shower. An awareness might be the breath flowing or the continual arising of thoughts in the mind. We are observing and accepting who and what we are, and when the

attention wanders, inviting it back to the focus we have chosen.

The “chatter” we all experience in our heads is the natural activity of the mind. We neither can nor should stop it. During “mindfulness meditation”, thoughts, emotions, feelings, sounds and physical sensations quite naturally rise up, but we make a steady effort to maintain our chosen focus. If it's the breath, we bring the attention back again and again, noticing the breath as it



moves in the body. When awareness drifts forward into the future or back into the past, we come back to the breath flowing, time passing, the body at rest right here and now. We neither resist or suppress thoughts or feelings or sounds—nor become entangled in them when they arise. They can move through the open sky of mind like clouds passing. Anxieties can begin to dissolve and the body and mind can be refreshed.

Try an experiment. Sit in a relaxed and dignified upright position in a chair, feet on the floor, hands at rest, eyelids dropped, and bring your attention to the breath. Pay attention

to the rise and fall of the chest and belly, the sensation of air moving in and out of the nose and throat. Begin with three full breath cycles—the in-breath, the turn, the out-breath, the turn. Count each cycle on the in-breath. Try expanding that to five breaths, then ten. Then stop counting and simply attend to the flow of the breath as thoughts, emotions, and sensations rise and fall. Sitting in this way and “catching our breath” can be done at any time—between meetings, at our desks, on the bus, in the doctor’s office.

As with any skill, it is very helpful to have instruction from a teacher.

*Erik Storlie has taught courses and led retreats for the Center for Spirituality & Healing for nine years. Storlie studied Zen meditation practice from 1964 to 1984 with two successive meditation masters and helped found the Minnesota Zen Meditation Center in 1973. ♦*

## moving forward

If you are interested in learning more, go to the Center for Spirituality & Healing’s website, [www.csh.umn.edu](http://www.csh.umn.edu), or read Jon Kabat-Zinn’s book *Full Catastrophe Living* and four CD set, *Guided Mindfulness Meditation*.



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# THE INTELLECTUAL LEADER

## Empowering a New Type of Leadership

### faces of wellness



**LeeAnn Melin**

director of student engagement—  
Office for Student Affairs/  
Undergraduate Education

My wellness model may seem different from others. I lead my life in alignment with what I believe and value most, and also continue to try to forgive myself when I don't. I believe in the leadership potential of 18-25 year-old college students and I help them uncover themselves to define the meaning in their life and what they want to do with it. I believe incongruence leads to hypocrisy, so it is important to know my strengths and values, and what I am passionate about. Students catch on if you contradict yourself. Wellness is an on-going process of finding the "good stuff" that truly rewards me personally and professionally.

*Lisa Lemler—assistant director, Department of Recreational Sports*

Students at the University of Minnesota are, like all others, focused on academic success and completion, enjoying the college experience, and preparing themselves for a career in the "real world". The University of Minnesota has intentionally integrated leadership components into curriculum and campus activities in the belief that higher education should focus not just on learning outcomes, but leadership development outcomes for the student as they leave the institution.

In 2007, the University of Minnesota Office of the Senior Vice President for Academic Affairs & Provost, in alignment with national standards in higher education, launched the University's Student Learning and Development Outcomes. These "provide a framework for the undergraduate educational experience on the Twin Cities campus" and include developing responsibility and accountability, independence and interdependence, goal orientation,

self awareness, resilience, appreciation of differences and tolerance of ambiguity.



Several large academic institutions, private colleges and business schools have also integrated this type of intellectual leadership development into their curriculum to turn out a more well-rounded leader. With such demand growing, last fall the Vice Provost for Graduate Education and Stanford University launched a series of workshops and



academic classes on the role of intellectual leadership in cultivating students and shaping the research agenda at an institution.

June Nobbe, Director for the Office of Leadership Education and Development for undergraduate programs, and coordinator for curricular and co-curricular leadership development courses for undergraduate students, recently discussed the role of the institution in student leadership development with *Wellness Works*.

**LL:** What role do members of an academic institution—educators, researchers, practitioners—play in defining “new leaders”?

**JN:** Many undergraduate students still have the (mis)perception that leadership is about hierarchy, about position. The role of our office, of higher education, is to expose students to multiple frames of leadership, such as developing a personal philosophy or definition of leadership and understanding one can learn to become a better leader. A liberal arts education has a natural role in producing skills that lead to effective leadership. We all can help students understand that leadership is about becoming an effective change-agent in your community or ‘affinity group’, in your family, in your job. We all can help students develop skills that allow them to be empowered versus paralyzed by change.

**LL:** Part of the undergraduate experience is navigating personal development, including identifying strengths and weaknesses, many of which may be indicative of leadership capacity. With young adults, is developing leaders more about honing strengths or reducing weaknesses?

**JN:** I think everyone, students, faculty, and staff, all resonate toward building upon strengths. Is it important to identify the weaknesses? Sure. But focusing on deficits doesn’t breed empowerment. Early on as leadership style or skills develop, there is a danger to labeling people and making assumptions. Helping students not only identify their weaknesses but also their strengths and recognizing them in others allows them to work with one another productively to affect change.

**LL:** Do these outcomes translate into student leadership development?

**JN:** There is a civic mission of higher education, but we need to re-invigorate it. We all need to work together and use effective strategies to be more aware of, more explicit in and more intentional in our efforts to develop our students into leaders.

There is also continued pressure from future employers to ensure that college graduates will be globally competent, such as pertaining to social issues; inter-culturally aware; and internationally

capable not only in their technical skills, but in their ability to communicate with a diverse population; to have sound judgment and the capacity to contribute solving complex global public issues.

**LL:** A simplistic definition of intellectual leadership is said to be knowledge and perspective that results in a universally accepted “common sense”. Is leadership about simple “common sense”?

**JN:** Common sense may not resonate with everyone, but I think authenticity does. We have an obligation to develop students academically, but to prepare them for the future employers of the world, we need to provide them with opportunities to discover who they are and what they value. When it comes to global, complex issues, for instance, their interactions, discussions and decisions can then be genuine and authentic. This is very important because their leadership value will be measured by their capacity to contribute in such a manner. ♦

## *moving forward*

The successful University of Minnesota student engages in activities that develop and demonstrate achievement in several areas. Visit [www.osa.umn.edu/outcomes](http://www.osa.umn.edu/outcomes) for information about learning & development outcomes.

# BOSU® Balance Training

Annette Biggs—fitness director, Department of Recreational Sports

The BOSU® has a very broad range of uses making it one of the most diverse pieces of exercise equipment available today. Fitness enthusiasts, from the beginner to the most advanced athlete, can use the BOSU® for muscle and core strengthening, rehabilitation, or to improve stability and postural alignment. This article focuses on balance training utilizing the BOSU®.

According to the National Institutes of Health (NIH), nearly 8 million American adults report having chronic problems with balance while another 2.4 million American adults report having a chronic problem with dizziness alone.<sup>1</sup> Balance declines with age,

increasing the chances of a life-altering fall such as a fracture of the hand, arm, hip or ankle, consequently affecting activities of daily living and independence. Balance can be maintained and even improved by performing balance-specific exercises. Using the BOSU® will not only challenge balance, but will improve core stability and proprioception—the perception of stimuli relative to body position, posture and equilibrium. Always complement balance training with muscular strength and endurance exercises, as well as cardiovascular training.

BOSU® is available at your local sports retailer, often for under \$100.

## Safety and Considerations

- Always consult a physician prior to starting any exercise program.
- Use the BOSU® on a flat, non-slip surface and close to a stable structure such as a wall or desk.
- If you have never used balance training tools before, it is recommended you practice under the supervision of a qualified personal trainer.
- Perform 2-3 sets of balance exercises lasting 15-30 seconds each, 2-3 times per week. As balance improves over time, progress to 30-60 seconds each set. Breathe normally as you perform these exercises.

<sup>1</sup>[nihseniorhealth.gov/balanceproblems/aboutbalanceproblems/01.html](http://nihseniorhealth.gov/balanceproblems/aboutbalanceproblems/01.html)

## EXERCISE 1: Test Your Balance

Test your balance first. Start with a basic balance exercise.

- Stand upright on right foot, left hand well in reach of wall for support
- Maintain 15-30 seconds. Switch legs.
- Progress by closing eyes and maintaining both posture and balance.
- Progress further by raising both arms shoulder height while standing on one foot.



## EXERCISE 2: Sit and Balance

- Sit on the BOSU®, form 90 degree angle with knee joint while anchoring heels into floor.
- Lean back slightly until you feel abdominals engage. Lift chest up.
- Maintain 15-30 seconds. Raising arms will help with stabilization.
- Progress by lifting right foot 1-2 inches off floor. Switch feet.



## EXERCISE 3: Kneel and Balance

- Kneel on BOSU®, with knees close together. Lift toes off floor.
- Contract abdominals and maintain upright posture. Maintain 15-30 seconds.
- Progress by lifting right knee sideways off BOSU®, only 1-2 inches. Switch knees.
- Raising arms will challenge balance even more.



## EXERCISE 4: Stand and Balance

- Stand on BOSU®, feet shoulder width apart.
- Contract abdominals and maintain upright posture. Maintain 15-30 seconds.
- Progress by lifting right foot 1-2 inches off BOSU®. Switch knees.
- Raising arms will challenge balance even more.



## EXERCISE 5: Squat and Balance

- Stand on BOSU®, feet shoulder width apart.
- Contract abdominals and slowly lower glutes toward BOSU®. Use arms to balance.
- Form 90 degree angle with knee joint, lift chest up.
- Slowly return to starting position. Take approximately 3-4 seconds.



*The American College of Sports Medicine (ACSM) Website offers free printable brochures in its Selecting and Effectively Using series. The series covers a variety of exercise related topics and additional information on balance training at: <http://www.acsm.org/AM/Template.cfm?Section=brochures2> ♦*

# Ask the Dietician

## **I want to lose weight. What is the best diet to follow for quick results?**

There are so many popular fad diets promising quick and easy results. It's no surprise that so many of us fall prey to their claims, especially this time of year. Which ones really work? There are a few rules of thumb for weeding out the fad diets from the legitimate ones. According to the American Dietetic Association, avoid the diet plans

that make the following claims:

- Rapid weight loss
- Quantities and limitations
- Specific food combinations
- Rigid menus
- No need to exercise

## **If these types of diets are un-healthy or difficult to follow, what is the best way to lose weight?**

We've all heard it before: calories in equal calories out; eat less and exercise more and know where to get accurate information. There is no one best way. The best approach for you depends on your unique lifestyle, preferences and challenges. Consult a registered dietitian (find one at [www.eatright.org](http://www.eatright.org)) for help choosing a program that works for you. If you are U of M employee on UPlan insurance, you could talk with a nutrition health coach. More information is available at <http://www.bhs.umn.edu/healthcoaching/>. In the meantime, [www.MyPyramid.gov](http://www.MyPyramid.gov) is a good source for the basics of a healthy diet. The website has great tools to help plan a healthy diet and you can learn specific recommendations for calorie intake and physical activity. Finding a balance between exercise and physical activity is essential weight management. Visit Recreational Sports or another

health / fitness facility, go for a walk at lunchtime, or take the stairs instead of the elevator. Making small changes you can continue long term will give you the most success.

## **I'm exercising and watching what I eat, but I can't always pack a lunch. Where can I find healthy meals on the Twin Cities campus?**

Most campus restaurants have healthy choices if you order well. A good guide is the half-plate rule: fill half your plate with fruits or veggies and split the remainder between a grain and protein source. You could try checking menu and nutrition information in advance. Chain restaurants have information on their websites as does University Dining Services ([www.umn.edu/dining](http://www.umn.edu/dining)). It is also important to pay attention when your body sends the "I'm full" message. Restaurant portions are large, so always consider making two meals out of one—save the calories, and save some money, too. ♦

## *meet the* dietician:



### Christine Twait

Christine Twait received her Master's degree in nutrition from the University of Minnesota and is a registered and licensed dietitian. She works for Boynton Health Service as a nutrition counselor for students, health coach for staff and faculty and a health promotion specialist within the clinic and the University community.

Questions for the dietician?  
Contact Christine at 612.624.4663  
or at [ctwait@bhs.umn.edu](mailto:ctwait@bhs.umn.edu).





# Ask the Personal Trainer



**I spend 45 minutes on the elliptical 3 times per week. Am I doing enough?**

Let's divide the statement into three sections. Time (45 minutes), type (elliptical) and frequency (3 times per week), then answer the question with a definite "yes" or "no." The time spent performing moderate exercise, if this is it for the day, is not enough to adhere to physical activity guidelines set forth by the U.S. Department of Health and Human Services. The type of equipment used in this case is mainly considered cardiovascular exercise, so you are working on one component of fitness. What are the others? Muscular strength, muscular endurance, flexibility and body composition. So you're falling short here as well. The frequency here meets physical activity guidelines, but with time and type not meeting minimal requirements, the answer to the question is a firm "no."

To meet minimum physical activity guidelines, balance cardiovascular exercise with muscle strengthening, endurance and flexibility exercises for 2 hours and 30 minutes per week total if performing moderate intensity exercise, or 75 minutes per week of vigorous-intensity exercise. Get your body composition (body fat percentage) tested regularly—every 10-12 weeks. This can be a very quick, inexpensive test. Gain additional health benefits of exercise by increasing time spent to 5 hours (300 minutes) of moderate, or 2 hours and 30 minutes of vigorous-intensity exercise.

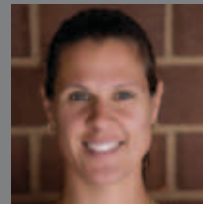
**I am approaching menopause. Should I incorporate anything else into my current exercise program?**

If you are currently balancing cardiovascular exercise with strength training and flexibility, you're doing exactly what is needed. Exercise helps manage the uncomfortable symptoms of menopause, and reduces the risk of heart disease, osteoporosis and weight gain. Cardiovascular exercise can help reduce depression and anxiety, while strength training increases the strength and density of bones. To complement

the benefits obtained from exercise, incorporate a diet low in fat, and high in fiber and calcium. If you have been inactive until now, it's never too late to start. Talk to your physician prior to starting any exercise program, then consult a qualified personal trainer to help you get started with a balanced exercise program.

*Continued on next page*

## meet the personal trainer:



### Annette Biggs

Annette Biggs is the fitness director for the Department of Recreational Sports. She supervises fitness center operations, as well as the group fitness and personal training programs. Biggs received her Master's degree in exercise science from Wichita State University.

Questions for the personal trainer? Contact Annette at 612.626.3407 or [biggs010@umn.edu](mailto:biggs010@umn.edu).

## moving forward

Are you adhering to the current activity guidelines recommended? If you're not sure, visit: <http://www.health.gov/paguidelines/factsheet.prof.aspx>

Learn more about exercise and menopause by visiting the American Council on Exercise's "Fit Facts" page. "Fit Facts" also answers questions on many fitness-related questions and diseases: [http://www.acefitness.org/FITFACTS/fitfacts\\_display.aspx?itemid=91](http://www.acefitness.org/FITFACTS/fitfacts_display.aspx?itemid=91)

I was so motivated to exercise regularly at the start of the new year, but have since lost my way. Help!

I usually suggest four things:

- **Get a fitness assessment to assess your current fitness level.** Your results will serve as your starting point for improvement
- **Start tracking your workouts.** Sometimes a pattern will emerge; you're skipping your cardio because you have to rush back to the office for a meeting, or you will do your abdominal exercises tomorrow, etc.
- **Change your workout** every 4-8 weeks depending on

your fitness level. Plateaus or boredom set in faster than what we think. Challenge yourself, incorporate new activities and functional exercises often.

- **Re-assess your fitness.** After a period of consistent exercise, get another fitness assessment. Improvement(s) in certain (or all) components of fitness can be observed. There is nothing more powerful than quantifiable results. Still having trouble? Join a small group training program to increase accountability, or temporarily work with a personal trainer for extra motivation.

I am currently working with a personal trainer. How long until I see results?

Physiologically, from day one, your body is adapting to your new exercise program, an increased rate of metabolism, and the challenges that consistent exercise brings. Add in your medical history and level of fitness prior to working with a personal trainer, you can understand how physical responses to exercise can vary greatly from one individual to another. What you can expect within one to three months after starting a regular exercise program is increased energy levels, feeling physically stronger, and an increased ability to manage stress. Your favorite pair of pants may fit a little better now, too. Remember that proper nutrition and adequate sleep are just as important as regular exercise. ♦



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# “SELFISH ALTRUISM”

## Can Helping Others Make Us Happier, Healthier?

Molly Kelash—editor, Wellness Works



In our society, we are often taught to believe that if we are “selfish” we don’t care about others, that it is the antithesis of being a good person or citizen to expect something in return when we give. Good people, we learn, give until it hurts, sacrifice for the good of others and give the shirt off their backs without any expectation of receiving.

But could finding happiness and satisfaction be attained by helping other people? If so, is it okay to help people with the expectation that we get something in return?

### Giving and Getting

According to years of research conducted by Mark Snyder—McKnight Presidential Chair in Psychology and Director of the Center for the Study of the Individual and Society—and colleagues around the country, the most successful volunteers are those who also get something in return.

Snyder says the term, “selfish altruism”, coined by a reporter he spoke with a few years ago, may be a good way of referring to the idea. People who volunteer translate a natural

desire to work for the “greater good” into action, and at the same time build in some expectation of fulfillment of their own.

“What we’ve found is that people who don’t volunteer are just as concerned about other people, think it’s important to help others, but they’re not doing it,” says Snyder. “There’s something different about people who volunteer—they’ve translated their concern for other people into actually doing something—giving their time, their effort. And what seems to be their motivation is they’ve found a way to turn it back to themselves—they can fulfill some of their own goals at the same time they’re helping others.”

He cautions precision, however, when referring to the idea of a “selfish” aspect of volunteering. “It’s not that volunteers don’t care about other people and only care about themselves. It’s that they *do* care about other people, and they’ve found that one of the best ways to do good things for other people is to make sure that they

*Continued on next page*

themselves are getting something out of it at the same time.”



Many of us think of happiness as something elusive, attainable if only we had a better paying job, a bigger house, more vacations, etc. Snyder’s research shows that caring about other people and the world around us—and doing something to help make it better—may be where true happiness, and even better help, lies.

“People who volunteer have a heightened psychological functioning and well-being, and their self esteem goes up as well,” he says. “It actually turns out that people who volunteer derive physical health benefits over a period of time. There’s even indication that people live longer as a result of volunteering. So there are all these benefits that people may not even be consciously aware of when they make the decision to volunteer.”

Snyder says that people may go into a volunteer situation with some self-interested intentions: that they’re going to do something to help a cause that they care about,

that they can meet other people and make some friends, or that they will advance their careers a little bit. “But ultimately, they derive all these other long term benefits—improved overall health, longevity and ultimately, greater (life) satisfaction.”

### Volunteering in Difficult Times

At a time when so many of us are facing our own difficulties, perhaps some of the worst we have ever experienced, focusing close to home—circling the wagons, so to speak—would seem to be a natural response.

Not so, says Snyder, “With the economic downturn there actually have been increases in some areas of volunteering. Some of it is people being more aware of the needs around them—that other people are clearly in need of help—and the fact that there are simply more opportunities to volunteer.” Snyder says that many people also have more time to volunteer because they themselves are working fewer hours, or they may have been laid off and they

need something to do with their time. “It turns out that volunteering is an excellent way to fill up time when one isn’t working. And, volunteering is often a route to a new job within an organization.”

In essence, Snyder says, volunteering can serve many valuable functions in difficult times: it helps us become part of the solution to problems; it can help fill up the empty time in our lives if we aren’t working as much; and, almost more important, volunteering helps us look at our own troubles more objectively in comparison to the people we may be helping.

“We get a better perspective that things aren’t necessarily so bad in our own individual lives in comparison to other people, and we can also make their lives better at the same time,” he says. “We may also ask ourselves the question, ‘If I don’t help out, who is going to help out?’ so the sense of responsibility to the common good, or the greater good of society, can become more salient in tough times.”



Continued on next page



### Active Gratitude

Could part of the happiness gained from volunteering in a challenging era also be due to a renewed appreciation and thankfulness for what we do have, what society has given us even now, compared to those we are helping?

Snyder says that is definitely the case, that we may even get a renewed appreciation of our own accomplishments when compared to those less fortunate than us, and in some ways may be the reason we feel the need to continue to contribute.

“Volunteering or giving to charity, or working toward a cause that’s

important to a person, whether it’s the environment or civil rights or something like that—those are forms of giving back to society, a form of ‘active gratitude’ that can reduce a sense of imbalance that people often experience. They sense that they’re somehow getting more out of life than they may be giving in return. It may be their way of subconsciously paying back a debt to society for all the good that may have come to them.”

Overall it seems that volunteering is a win-win proposition. It appears that “sacrificing for others” is ultimately no sacrifice at all and may actually help us reconnect

with what we find truly important. And even in our darkest hours—perhaps even more so—the benefits of giving back far outweigh the costs, with greater personal satisfaction and better health as the potential by-products. ♦

### moving forward

If you are interested in finding a local volunteer opportunity to fit your interests and availability, go to [www.handsontwincities.org](http://www.handsontwincities.org). To learn more about volunteering in general go to [www.volunteeringinamerica.gov](http://www.volunteeringinamerica.gov).

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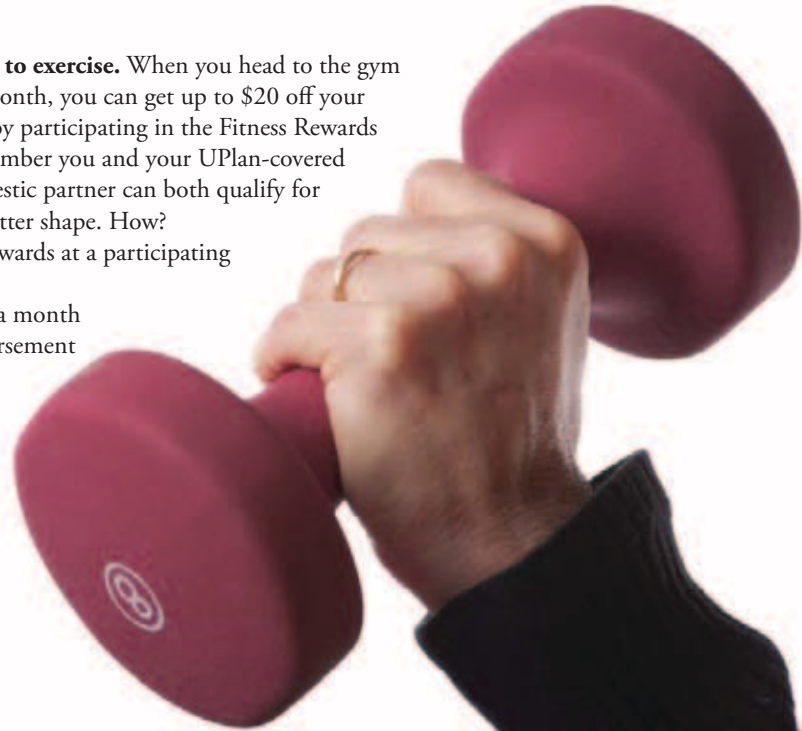
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# Relaxation or Exercise

Key to Helping Older Women Quit Smoking?

Alicia Allen—Tobacco Use Research Center



*The most beneficial aspect of this study is that everyone receives maximal treatment for smoking cessation at no cost to them.*

The study is recruiting about 300 postmenopausal women who are at least 45 years old, generally in good health and motivated to quit smoking. Eligible women will receive supportive behavioral counseling and the medication varenicline (sold under the trade name Chantix). Subjects are randomly assigned to a supervised group program where they will learn how to use exercise or relaxation techniques during their smoking cessation efforts. “The most beneficial aspect of this study,” says Dr. Allen, “is that everyone receives maximal treatment for smoking cessation at no cost to them.” ♦

Older women are generally less likely to be motivated to quit smoking due to concerns about weight gain, stress, and changes in mood. Researchers at the University of Minnesota, in collaboration with the University of Connecticut, have received funding from the National Institutes of Health to address this issue. The REST (Relaxation or Exercise for

Smoking Treatment) Study aims to assess the impact of using exercise or relaxation during smoking cessation in postmenopausal women. Participants will receive innovative, state-of-the-art treatment for quitting smoking.

“There is a greater risk of lower bone density and subsequent fracture in postmenopausal women, especially smokers,” says Dr. Sharon Allen, site principal investigator. “Exercise has been shown to have some beneficial influence on smoking cessation, including helping to minimize weight gain, alleviate negative mood symptoms and counteract bone loss. Relaxation is thought to help reduce stress, a big factor in smoking cessation.”



## *moving forward*

For more information visit [www.TobaccoResearch.umn.edu/REST.htm](http://www.TobaccoResearch.umn.edu/REST.htm) or call Rachel, Study Coordinator, at 612-624-5439.

# Postpartum Depression and Exercise

Colin King—Department of Recreational Sports



Regular exercise has been shown to have far greater benefits than aesthetics alone—it can reduce risk for cardiovascular disease, improve energy levels and help maintain mental health. Indeed, studies have shown that aerobic exercise can be as effective as common antidepressant medications in treating depression (Blumenthal, 2007).

Beth Lewis, a licensed clinical psychologist and assistant professor in the School of Kinesiology, is conducting a study funded by

the National Institute of Health to determine whether exercise may help prevent postpartum depression (PPD). Although there is substantial research surrounding prenatal exercise, little information has been ascertained on the effects of exercise on mothers after giving birth. “Postpartum women are dealing with increased stress, decreased energy levels, and sleep deprivation, which can lead to a depressed mood,” she says. “Exercise could be a cost-effective way to help postpartum women make significant improvements in these areas.”

*Indeed, studies have shown that aerobic exercise can be as effective as common antidepressant medications in treating depression.*

Between ten and fifteen percent of mothers experience PPD. Unlike the postpartum blues which may last only one or two weeks, PPD can surface anytime



*Continued on next page*





within 6 months of birth and may persist for months thereafter. Unfortunately, antidepressants are particularly unappealing to nursing mothers, and other options such as psychotherapy can be costly and time-consuming.

The NIH funded study incorporates randomized treatment over the phone for postpartum women who have a previous history of depression or whose mothers have a

history of depression. Participants are split into two groups, the first of which communicates with health educators to set exercise goals and receive consultation on overcoming barriers. The second group (control) receives general wellness counseling and no specific exercise guidance.

Lewis says she expects to see a lowered rate of PPD in the exercising group as compared to

the control. “Research indicates exercise is as effective as antidepressant medications for treating depression. Given this and the fact that many postpartum women who are breastfeeding may be reluctant to take antidepressant medication, it is important for healthcare providers to encourage their postpartum patients to exercise to help alleviate stress and potential depression.” ♦



## *moving forward*

If you or anyone you know may be interested in participating in this study, please email Betsy Kennedy at [kenn0341@umn.edu](mailto:kenn0341@umn.edu) or call the study line at (612) 625-9753.



A photograph of a golf course at sunset. In the foreground, a golf flag with the University of Minnesota logo (a stylized 'M' with three arrows) is on a white pole. The background shows a green golf course and trees silhouetted against a warm, orange and yellow sky.

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**UNIVERSITY OF MINNESOTA**

## TOP TEN TIPS FOR EATING HEALTHFULLY ON A BUDGET

It is important to take a hard look at your food budget and purchasing habits to determine where you can make changes. It may seem like a daunting task, but once you practice the basics, the process will become second nature. Here is a list of 10 ways to “economize” your food budget and still eat healthfully:



- 1. Don't go to the grocery store hungry.** When we are hungry, we make in-the-moment decisions and often choose high-calorie, expensive foods.
- 2. Set aside time to prepare for your shopping trip.** First, do an inventory of what you have. Review weekly sales and clip coupons. Based on these deals, plan your menu for the week. Last, but not least, prepare your list.
- 3. Buy items in bulk and when on sale.** Typically bulk items are less expensive. Buy multiple items when they are on sale and stock in the freezer. Quick tip: Use the internet to build recipes around certain food items.
- 4. Make a hearty soup.** Nothing compares to soups for nutrition and convenience. Make your own with leftovers, or choose canned. Add a salad and/or bread and call it a complete meal.
- 5. When cooking a meal, make double** for leftovers or to freeze.
- 6. Avoid packaged, highly processed foods.** They tend to be less healthy and cost more.
- 7. Pack snacks to quickly grab when you are heading out the door.** Pretzels, granola bars, and dried fruit are all examples of food that can be thrown in your purse or bag.
- 8. Try a vegetarian meal once a week.** Choosing meals that center around beans can cost significantly less and be high in protein and fiber.
- 9. Buy generic brands.** They can provide a great savings and have the same nutritional value.
- 10. Get a doggie bag when eating out.** Portions are typically larger when purchased at restaurants. Take half of the meal home and make two meals out of one.

# WHAT IS THE WELLNESS COLLABORATIVE?

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The Wellness Collaborative is comprised of representatives from across campus with an active interest in the well-being of the University of Minnesota–Twin Cities community. The group, which

first met in 2005, has a vision to make wellness a core value of the University community. Through informal meetings, the Wellness Collaborative works to fulfill its mission of enhancing the culture

of wellness on campus through collaborative efforts.

*If you would like more information, please contact Wellness Collaborative chair, Lisa Lemler, at 612.625.8822 or [lemler@umn.edu](mailto:lemler@umn.edu).*

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