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wellnessworks

UNIVERSITY OF MINNESOTA

PHYSICAL ACTIVITY AND TOTAL WELL-BEING

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welcome letter

Dear Readers,

This issue of *Wellness Works* is devoted to promoting the concept of total well-being through physical activity.

The editorial board chose this topic because almost every aspect of human functioning improves with physical activity, making it perhaps the single most important thing you can do to improve the quality of your life. And as you will learn in this issue, it is never too late to make physical activity part of your lifestyle and realize its myriad of benefits.

For 20 or 30 years we've known that physical activity is important for cardiovascular fitness and heart function, but since then I've continued to be impressed by the discovery of many additional, and sometimes surprising, benefits.

We now know that physical activity delays physiological processes associated with aging, such as loss of lean body tissue. It reduces the risk of cancer and digestive issues. It improves sexual function. People who exercise regularly experience improvement in memory and cognition, and are less prone to emotional and psychological ailments like depression.

Firsthand experience has also shown me the importance of physical activity. In my mid-20s I started running regularly, and some years later biking became my mainstay. I don't think it's a coincidence that I weigh the same today as I did in high school. When I'm exercising regularly, I have a more positive outlook, more energy and feel more relaxed.

Physical activity also boosts productivity in my professional life, where I'm director of the University of Minnesota's Obesity Prevention Center. I've been part of many studies that showed the strong relationship between physical activity and weight, and I've observed some of the influences that affect people's interest in maintaining an active lifestyle.

This issue is loaded with information and guidance for achieving physical fitness and optimal health. Look for articles on the emotional benefits of exercise (p. 12) and how physical activity can spark positive physiological and behavioral change (p. 28). If reading this magazine is your first step toward physical activity, we urge you to take it—your mind and body will thank you later.

Sincerely,

Robert Jeffrey
Director, Obesity Prevention Center
Professor of epidemiology and community health, School of Public Health



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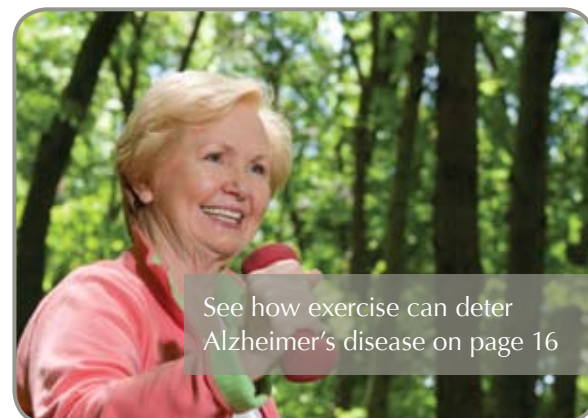
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The University of Minnesota, founded in the belief that all people are enriched by understanding, is dedicated to the advancement of learning and the search for truth; to the sharing of this knowledge through education for a diverse community; and to the application of this knowledge to benefit the people of the state, the nation and the world. The University's threefold mission of research and discovery, teaching and learning, and outreach and public service is carried out on multiple campuses and throughout the state.

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*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.

*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.



*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.

*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.



*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.

*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.

wellness

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

10 REASONS TO GET OFF THE COUCH & *get moving*

Beth A. Lewis PhD—assistant professor, School of Kinesiology

“I don’t have enough time.” “It’s just so boring.” “I’m not an athlete.” We have all heard the excuses for not exercising. However, with mounting evidence on the link between exercise and good health, and the rising rates of obesity, it is becoming increasingly important for individuals to adopt an active lifestyle.

To obtain exercise-related health benefits, researchers recommend that adults accumulate 30 minutes or more of moderate intensity physical activity (e.g., brisk walk) on most, and preferably all, days of the week. This is considered a minimum—the more vigorous and the more minutes, the better. Additionally, exercise can be done in bouts as little as 10 minutes. In other words, if it is easier to ex-

ercise three times per day for 10 minutes each time, this is just as beneficial as one 30-minute bout of exercise.

The 30-minutes-per-day recommendation has been the standard endorsed by the Centers for Disease Control, American College of Sports Medicine, National Institutes of Health, and U.S. Department of Health and Human Services, and is based on the amount needed to reduce mortality rates. When the Institute of Medicine (IOM) report, *Dietary reference intakes for energy, carbohydrate, fiber, fat, fatty acids, cholesterol, protein and amino acids*, was released in 2002, it created some confusion by stating that individuals should exercise 60 minutes or more each day. The 60 minute recommendation was based on the amount needed to achieve

weight loss, not reduce risk of mortality. The bottom line—30 minutes per day of moderate intensity exercise on most days of the week is good, but more minutes and greater intensity is even better.

Recently, the U.S. Department of Health and Human Services released its 683-page document, *Physical Activity Guidelines Advisory Committee Report, 2008*, outlining the many benefits of exercise. This document further solidifies the many benefits of exercise and the importance of integrating exercise into everyone’s lifestyle. A summary of the report outlines the top ten reasons why you should get off the couch and get moving.

continued on page 6

10 REASONS TO GET OFF THE COUCH AND GET MOVING

1. Reduce risk of cardiovascular disease. Individuals who exercise at the moderate intensity level (e.g., brisk walk) have a 20 percent lower risk of cardiovascular disease. Those who exercise at the vigorous intensity level (e.g., jogging, aerobics) have a 30 percent risk reduction. This risk reduction holds true for all ages.

2. Reduce risk of type II diabetes. Research indicates that exercise plays an important role in both preventing and treating type II diabetes. Additionally, a few small studies indicate that exercise may reduce the risk of gestational diabetes (i.e., diabetes occurring during pregnancy).

3. Improve musculoskeletal health. Exercise reduces the risk of fractures, especially hip fractures. Both aerobic exercise and resistance training (e.g., weight lifting) have also been shown to improve bone mineral density.

4. Reduce risk of some types of cancers. During a lifetime, 38 percent of women and 45 percent of men will be diagnosed with some form of cancer. The link between exercise and reduced risk of cancer is strongest for colon and breast cancer. Specifically, individuals who exercise 3–4 hours per week have a 30 percent reduction in colon cancer risk and a 20–40 percent risk reduction for breast cancer.

5. Along with a proper diet, exercise helps with weight-loss. In the United States, 70.8 percent of

men and 61.8 percent of women are overweight or obese. Exercise may play an important role in decreasing the rates of obesity. However, in order to reap the weight-loss benefits of exercise, individuals need to do substantially more than the 30 minutes recommended each day. Examples of exercising for weight loss include walking at three miles per hour for 70 minutes, walking at four miles per hour for 45 minutes, or jogging at six miles per hour for 22 minutes.

6. Delay dementia and cognitive decline. Studies suggest that exercise delays the onset of dementia and cognitive decline associated with aging. Additionally, research indicates that exercise may improve the cognitive functioning of people with Alzheimer's disease (see p. 16).

7. Improve sleep. Approximately one-third of Americans experience insomnia (defined as difficulty falling or staying asleep) and research

indicates that exercise may help. Specifically, research suggests that exercise reduces the risk of disrupted and/or insufficient sleep. For many people, however, it is important to avoid exercising right before bed given this may interfere with falling asleep.

8. Enhance mood. Research indicates that exercise helps improve mood. In one study published in *Psychosomatic Medicine* in 2007, researchers found that exercise was just as effective as anti-depressant medication for treating depression.

9. Alleviate anxiety and stress. Evidence indicates that exercise prevents the onset of anxiety disorders. Additionally, it helps alleviate anxiety and distress as well as improving overall well-being.

10. Improve energy. Many individuals report that they feel less fatigued during the day and have more energy as a result of exercising.



TIPS TO GET MOVING

Despite all of these benefits, Americans do not appear to be getting off the couch. Only 30–35 percent of Americans exercise at the recommended level. Additionally, 35–40 percent are completely sedentary, meaning they participate in no exercise. Regardless of whether you fall into the active or sedentary group, try these 10 tips to get moving.

1. Make exercise a priority. Rank it on your priority list right next to sleep and eating.

2. Schedule exercise into your day. Make it as important as you would any other appointment.

3. You do not have to be an athlete. A brisk 30-minute walk is enough to meet the exercise guidelines.

4. Exercise with friends and family. Ask them to meet you for a walk in order to make exercise more enjoyable.

5. Write down all of the reasons for exercising. Post it on the refrigerator to remind you how important it is.

6. Tell family and friends about your exercise goals. They can encourage you to stay active.

7. Set realistic goals. If you are currently doing no activity, it is important to start out with realistic goals such as taking two 15-minute walks the first week.

8. Sign up for a fitness event such as a 5k race. It will make you work towards your goal—finishing the race.

9. Integrate exercise into your children's activities. Remember you are an important role model for your children.

10. Remember all the benefits of exercise. Many begin an exercise program with the intention of losing weight. But, most individuals need to modify their diet and exercise to lose weight. Keep in mind all of the benefits of exercise, not just weight loss, to increase your chances of sticking with your exercise program.

In short, when you start making excuses for not exercising, remind yourself of the benefits of exercise, and use the tips above to keep you motivated. Once you make the commitment to regular exercise, it will provide you with a lifetime of benefits. ■

An advertisement for Dasani water. It features a large, dynamic splash of water with a Dasani bottle tilted into it. The bottle is blue and white, with the word 'DASANI' prominently displayed. Below the splash, a dark blue banner contains the text 'The water that makes your mouth water.' in white. At the bottom right, there is a small copyright notice: '© 2008 The Coca-Cola Company. "DASANI" is a registered trademark of The Coca-Cola Company.'

COMBATING OBESITY IS A FAMILY AFFAIR

Sarah Moran—freelance health and wellness writer



faces of wellness

Maureen Weiss

professor and co-director,
Tucker Center for Research
on Girls and Women in Sport,
School of Kinesiology

I have been active since childhood, playing in the neighborhood as well as on many sports teams in high school and college. Today I remain active doing aerobic activities at the health club where I work out. My lifestyle and passion for sports led to my research interest on sport and physical activity as a context for youth development, which I have studied for the past 25 years. Our research has shown that enjoyment of sport and positive relationships with friends and coaches are critical to keeping kids physically active for years to come.

It's easy to conclude that drastically different levels of self-discipline are the main distinctions between a person who exercises daily and someone whose biggest effort is lifting their arm to grab the TV remote.

But according to Simone French, PhD, a professor in the School of Public Health, there is a web of cultural, environmental and social influences pulling people toward certain habits in addition to internal motivation.

"The healthy choice should always be the easy choice, and right now the environment is set up so the healthy choice is the one you have to sort of do back flips and contortions for," she says.

A huge factor, French points out, is that our newer communities and cultural norms have been built around the convenience of a car, unlike older American cities and Eu-



Create a Step-by-Step Family Action Plan

- Talk as a family about what activities might be fun to do together and would work for everyone's age.
- Set goals for how often and how long you'll do that activity. Determine which days work best for everyone's schedule.
- Build in fun, healthy rewards for meeting goals. It could be a trip to the science museum or a day at the beach.
- Set concrete limits for TV and computer time. Family members will spontaneously think of more creative activities and the social interaction will be much more rewarding.

ropean cities like Stockholm and Amsterdam, which were designed so people could easily walk or bike to run errands. Another setback is that entertainment, including television and video games, is often sedentary.

But social support—through friends, teammates and family—can have a positive influence in helping people buck the laziness default, French says.

"There are a lot of different ways family can impact physical activity. Active parents are good role models. If parents commute to work on a bike, children see that as something they could do and that's valued in the family."

French says many factors can play a role in determining a family's ac-

tivity level. A family's location and proximity to parks, fields and trails, for example, determines whether it is even safe or possible to go outside. Lower income families are less likely to have transportation, money or awareness needed to take advantage of helpful resources and opportunities. Families also form habits and expectations around things like television—children with televisions in their bedrooms, for example, watch it three times more often.

French is leading a study called *Take Action* to help determine how the home environment influences individual behaviors and weight gain. The intervention group is increasing healthy eating and exercise habits and limiting TV time. Many participants became more aware of how they spend time and

work on changing bad habits. They adopted dogs so they would have to walk them as a family, bought bicycles so they could ride together and joined community groups like the YMCA.

Although *Take Action* is still underway, study intervention coordinator Anne Gerlach, MPH, RD, says several people already report they're feeling better about themselves and their lives.

"It's huge to have everyone in the family come together and support each other being active," Gerlach says. "It opened their eyes to the opportunities and potential they can do by themselves and as a family. Some are changing the environment around them to make it a more active lifestyle." ■

BLUE ZONES

The Key to Living Healthier, Longer

Robert Kane, MD—Minnesota chair in long-term care and aging, School of Public Health

faces of wellness



Nao Ikeda

director of volleyball operations,
Department of Intercollegiate Athletics

As the director of volleyball operations, being around the players motivates me to stay in shape all year, even though during the busy volleyball season it is more challenging. It's always been important to me as a former competitive athlete and now as a staff on an athletic team. But, at 43, the reality is I cannot run as fast, or jump as high as I used to, so I complement my workouts with ballroom and salsa dancing, and recently, "practicing" rollerblading. I surround myself with healthy people and try to be a good role model.

Researchers from the University of Minnesota's School of Public Health are using an innovative online "Blue Zones" program designed to encourage people to adopt healthier lifestyles. The concept grew out of *Blue Zone: Lessons for Living Longer from the People Who Live the Longest*, a book by Dan Buettner, who studied five different regions of the world with the highest proportion of centenarians and identified behavior patterns that appear to be associated with living older and better.

Using this research and data from epidemiological studies to estimate the risks of dying associated with various lifestyle behaviors, a University of Minnesota team (Robert Kane, Tatyana Shamlyan and Shri Parashuram) has created a system to engage people in undertaking lifestyle changes that should increase the likelihood of healthy aging. The researchers created a "Blue Zones" calculator which uses participants' responses to approximately 30 questions to estimate how lifestyle choices influence living longer, free from the three most common ailments associated with aging: diabetes, cancer and heart disease. After answering the questions, participants get a report of possible life expectancy compared to the average for someone their age. Results also demonstrate how changing behavior could add to their life expectancy.



The greatest difficulty lies not in giving people advice about lifestyle changes, but in encouraging them to take it and, even more, to stick with those changes. To tackle this issue, after taking the "Blue Zones" quiz, participants are assigned an online health coach who helps them select which behavior they want to change. Help with this component was provided by Leslie Lytle from the Division of Epidemiology. The participant is asked to record behavior daily and is prompted every day by a question and health tip related to that behavior. Results are plotted daily and translated into potential effects on life expectancy if the change is maintained.

"The goal," says Parashuram, research assistant in the Division of Health Policy Management, "is to give people credit for improved health behavior. The coach can show you your gain in healthy life expectancy or 'blue zone years.' It becomes motivational. Hopefully, if we show gains in longevity, people will be more inclined to stick with a (healthy new) habit." Participants also receive regular messages, offering help and encouragement to get back on track, as well as advice if they stray from the healthy path.

Once participants successfully complete a month of behavior change they can set a new goal in a different area and begin the process again. In the meantime, they still receive a weekly question and message about their original goal to ensure they do not back-slide. "When married with a computerized health coach, which can track areas of behavior to address and provide both reinforcement and advice, people can see...that they are actually adding years to their lives," says Parashuram.

The program is designed for online applications. The American Association of Retired Persons has adopted the program and features it on their website. Research has shown that people who interact with others with good health habits are more likely to develop and sustain good habits. Therefore, future plans for the program include creating chat rooms and other opportunities for people interested in life changes to interact with one another.

While not for everyone, researchers believe this program should appeal to those who want to live healthier, longer lives and are willing to work on it. And because it is

Making Health a Priority

Making lifestyle changes that positively impact our health takes intentional effort and commitment. Consider these suggestions to improve your health and potentially increase longevity:

- **Track physical activity and eating habits.** Be accountable for bettering your health. Keeping track of your habits can help you make changes that lead to success. Consider a free on-line journal like www.my-calorie-counter.com for motivation.
- **Set SMART goals.** Goals should be: Specific, Measurable, Attainable, Realistic and Timely. For example: I want to lose 8 pounds (specific and measurable), about 1.5–2 pounds a week (attainable), by recording what I eat and exercising (realistic). I'd like to lose the weight in a month (timely).
- **Revise goals based on progress.** If nothing changes—then nothing changes. Regularly re-assess and modify your physical activity approach. Remember, "more" activity isn't the only solution—increasing intensity or trying another activity forces your body to continually adapt to the challenge and produces better progress over time.

based on strong scientific evidence and principles that encourage and support behavior change, it may be an important step in the direction of promoting public health. ■

MOVE YOUR BODY, IMPROVE YOUR MIND

The Emotional Benefits of Exercise

Robert Seybold PhD, LP—senior psychologist, University Counseling & Consulting Services

Interwoven in the psyche and philosophy of Western civilization is the notion that the mind may operate independently of the body. Perhaps a remnant of this dichotomy is why we tend to associate exercise with benefitting the body but not necessarily affecting our emotions. But a growing body of research substantiates that exercise enhances our emotional health. As little as ten minutes of daily exercise has been shown to produce positive effects on mood.

How exercise improves our mood remains a mystery and may not be attributable to a simple explanation. Various hypotheses highlight changes in brain chemistry or activity, increases in body temperature, a reduction of the stress hormone cortisol, and positive reactions to improvements in our bodies or increased social interaction during team sports or recreational classes. Whatever the reasons, exercise can alleviate depression and anxiety and improve self-esteem. The immediate gains may last as long as two to four hours beyond exercising.



faces of wellness

Harriet Copher Haynes, PhD

senior psychologist, University
Counseling & Consulting Services

I started out as perfectionist, but I learned many years ago—when I was pursuing a PhD, working part-time, and raising three children—that I need to be self-compassionate and take care of myself. Since childhood, my spiritual side has guided me, and I still nurture that daily with my adult children. I make my goals written affirmations—and I keep them in my wallet so I see them regularly. My well-being is really about being at peace with myself, and feeling strong spiritually, physically and mentally.

While there are no prescribed exercises for specific distressful moods, guidelines suggest rhythmic activities involving major muscle groups performed at low or moderate intensity are most beneficial. Consequently, basic exercises that are readily accessible such as walking, jogging, swimming and cycling are the perfect methods for mood-enhancement.

If you are wrestling with anxiety, meditative activities such as yoga and Tai Chi may be the most successful methods in slowing down that overactive brain.

If you are so depressed that it's a challenge even to get out of bed, then the prospect of engaging in vigorous exercise may seem ridiculous. But that is when it's important to recognize that every little bit helps. Start with a short walk and expand your exercise as you feel up to it. Appreciate that

physical activity actually generates more energy.

All too often we may view exercise as a chore, something we should do but don't really enjoy. To promote a positive view of exercising, make your goals about having fun and feeling good both physically and emotionally. Revisit exercise activities that you enjoyed as a child and merely considered "play" then. Experiment with developing a new skill that you have been curious about. Integrate a mix of activities so working out does not become boring. Keep the focus on enjoyment rather than achievement. If competition influences your mood, consider exercise options that do not emphasize winning or losing.

While exercise is important for emotional wellness, it would be inappropriate to imply that all exercise is good. Excessive or compulsive exercise may be a sign of

mental health problems such as eating disorders. How much exercise is optimal for emotional health varies with each individual, so it's a good idea to monitor how your mood is affected by your personal exercise patterns. Develop a simple 1–10 rating scale to evaluate your mood both before and after you exercise, and let that be your guide.

While exercise can be an integral component of emotional wellness, diagnosable mental health conditions merit comprehensive professional treatment. Be sure to consult with your mental health provider about how exercise can contribute to emotional self-care, but avoid simplistic views that exercise alone should alleviate mental illness.

So if you don't already, start thinking of exercise as a great way to manage your mood. Feeling a little down or anxious? Go move your body. ■



Exercising for Emotional Well-Being

- Shy or uncertain about the correct exercise methods? Join a class to ease your way into exercise, learn new skills, and gain support from the instructor and your classmates.
- Participating in team sports or recreation classes is a great way to not only work out but make new friends.
- Incorporate other mood variables into your recreation. For example, lighting and music (selected for either energizing or relaxing) and being outdoors can all enhance the positive effects of exercise.
- Allow exercise to keep your mind focused on what you are doing right now, giving it a break from lamenting the past or worrying about the future.

WORKING ON THE LINKS

A Golf Course Meeting

Lisa Lemler—assistant director for programs and wellness, Department of Recreational Sports

faces of wellness



Matt Johnson

intramural coordinator, Department of Recreational Sports

In 2002, after losing my father to cancer, I realized I didn't want to be unfit anymore. You just make a decision about who you want to be and keep working at it. After several attempts, it clicked—20 minutes of cardio became a mile run, and within two months, I realized—I could do this! I lost sixty pounds, and even completed several half-marathons. Regular daily activity, like walking to work, has become a part of my lifestyle—it provides personal fulfillment I don't get from anything else.

Many executives in the corporate world might say their golf game is integral to their success, and that of their organization. Skeptics would argue that it's an excuse to get out of the office, blow off some steam, and merely strengthen the “good old boys' club.” However, the annual company or department golf outing that was reserved for executives has become a much more open and all-encompassing event. Is golf just that popular, or is there something more to it?

Life Outside Work

Colleagues may get together socially—over a lunch break or for a drink after work—with the goal of simply relaxing. The reality is, in less formal settings, like restaurants or bars, people may be less uptight and feel more comfortable on an interpersonal level than in

the typical office setting. An activity such as golf, provides an opportunity to balance work objectives and personal goals. And connecting with colleagues on the golf course may be a wiser—and healthier—choice when it comes to discussing work-related issues and decisions.

While golf has exploded in popularity, many busy people with an interest in it say they do not have the time or the resources to dedicate to learning or improving their game. But finding a way to fitting it in is a great opportunity for personal and skill development important both at work and on the course. It is a commitment to developing a new aptitude; being accountable; managing time; and honing patience and persistence. It is an opportunity to impress or mentor by bringing work expertise to the golf course, or using what is

learned on the course to enhance our skills in the workplace. Brad James, director for golf at the University of Minnesota, attests to the value of meshing the work place and the golf course, “I know a stock broker, whose one goal was to improve his game to his clients' level, because he recognized the value of spending quality time, and developing these relationships on the golf course.”

Making Decisions on the Course

It is important to clarify the objectives of a ‘golf meeting’, and approach it the same as any meeting. If it is solely to foster relationships, make it clear: “We all have that future project on our minds, but let's take this time to let off some steam, and get to know each other,” sets an informal, recreational tone.

But the golf course also can be a place to discuss complicated issues not requiring immediate decisions. This too should be clarified: “Let's play some golf and talk through what has been happening at work—I'd like to hear your perspective and come up with some options before we move forward,” lays out the objectives, but still suggests a decision is not the ultimate outcome. However, James says making crucial decisions on the course *is* possible, “The golf course is a neutral, relaxed setting. It allows for more open, detailed discussions before making decisions—even major ones.”

Golf can help colleagues develop interpersonal relationships with colleagues in an informal setting.



These relationships often provide perspective on how a colleague might make a decision in the office. Remember that important work decisions shouldn't happen on the golf course. But, insightful, honest discussion on the course may mean less time on decisions at work. “Keep in mind,” says James, “that decision-making can be uncomfortable for one side—discussing business on the last fairway versus the third may be in everyone's best interest.”

Bottom line—getting out on the golf course is an opportunity to get to know the people you work with—how they make decisions, what they value. It can deepen work relationships, and increase the value you feel as part of the organization, and as an individual.

“Golf with a colleague, a business partner or a potential donor requires highly professional communication and interaction,” says James. “Personal and professional development definitely happens on the course.” ■

Before You Tee Off

1. An entire game of golf can be intimidating. If you aren't a frequent golfer, suggest the driving range or a golf simulator when a colleague asks you to go out for a round.
2. Be conscious of perception and reality. Not everyone may see the value of meeting at the golf course during work hours. Consider rearranging your day—6:30 am on the golf course is a quiet, beautiful tee-time.
3. Not every game needs an actionable, definitive outcome. There is value in simply building or reinforcing a relationship.
4. Golf isn't your game? Many recreational activities can reap the same rewards—a brisk walk, a game of squash, etc.—all promote self-improvement and developing workplace relationships.

HOW EXERCISE IMPACTS ALZHEIMER'S DISEASE

Australian Researchers Find Preliminary Evidence

Molly Kelash—editor, *Wellness Works*; principal, *Kelash Communications*

As global populations grow grayer by degree, Alzheimer's Disease, the most common form of senile dementia, is expected to follow suit. Now more than 26 million worldwide, Alzheimer's victims may exceed four times that number by 2050, experts say.

Research on ways to curb that disturbing trend is on the rise. While many clinical studies have been conducted on the effects of drugs and other interventions on slowing or stopping the progression of Alzheimer's until recently, only observational studies had been conducted on the effects of physical exercise.

Researchers in Perth, Australia conducted a randomized trial between May 2004 and January 2007 on whether physical activity can reduce the rate of cognitive decline among older adults at increased risk of dementia.

Using an established, standard measurement scale for Alzheimer's [the Alzheimer's Disease Assessment Scale-Cognitive Subscale (ADAS-Cog)], researchers found that in adults with subjective memory



faces of wellness

Gavin Watt

information coordinator, School of Public Health;
chair, Benefits Advisory Committee

To me, wellness is about looking forward—keeping my head and my body active. I have been an avid gardener for years (I claim to have the largest hand-operated compost in the Twin Cities). I ride bikes and play golf, which is a great social outlet for me, especially the older I get. Working on campus can be isolating, but the Farmers Market is a great way to step away from our desks, get a bit of exercise and have a conversation with a colleague. Having good friends and solid relationships—personally and professionally—makes a big difference in my life.



Keeping Your Brain Healthy

According to the Dana Alliance for Brain Initiatives, brain health is most impacted by:

- **Physical activity.** Exercise is critical to brain health—in moderation. Over-exercising can decrease brain function (see ACSM guidelines on page 5).
- **Social interaction.** Feelings of self-worth and a sense of belonging help mental acuity.
- **Mental stimulation.** Puzzles, games or acquiring a new skill keep the brain sharp.
- **A healthy diet.** What you eat has a huge impact on overall health—it also affects brain health.
- **Adequate sleep.** Doctors recommend 8 hours a day for ultimate cognitive function; 6 hours at minimum.
- **Stress management.** Mild stress improves brain performance; chronic stress impairs memory.

For more information, visit

<http://www.conference-board.org/Dana-Alliance/>

impairment, a six-month program of physical activity provided a modest improvement in cognition over an 18-month follow-up period.

Results for the study, called the Fitness for the Aging Brain Study (FABS), were published in the September 2008 issue of the *Journal of the American Medical Association*, in the article *Effect of Physical Activity on Cognitive Function in Older Adults at Risk for Alzheimer Disease: A Randomized Trial*.

Out of 311 potential participants, researchers selected 170 volunteers aged 50 or older who were determined to be at greatest risk for dementia.

Those chosen were randomly divided into two groups: 85 were placed in a 24-week physical activ-

ity intervention program and 85 in a “usual care” control group. Participants in the control group received educational material about memory loss, stress management, healthful diet, alcohol consumption and smoking, but not about physical activity. Participants in the physical activity group received these plus training for an individualized home-based physical activity program that included at least 150 minutes of moderate-intensity physical activity in three 50-minute sessions each week. Those already exercising at the baseline amount were encouraged to add another 50 minute session per week. Participants also received eight newsletters over 72 weeks that reinforced the key messages of the program.

At the end of the 24-week exercise program, those in the intervention

group improved 0.26 points out of a possible score of 70 on the ADAS-Cog, and those in the usual care group deteriorated 1.04 points. At 18 months, participants in the intervention group improved 0.73 points, and those in the usual care group improved 0.04 points.

This research, while preliminary, confirms what the Alzheimer's Association and many doctors and fitness experts have suspected for years: exercise may reduce the risk for diseases that can affect brain function by strengthening the heart, increasing blood flow to the brain, reducing body weight and bad cholesterol (both LDL and total), increasing good cholesterol (HDL) and insulin sensitivity, and lowering blood pressure. ■

THE ESSENCE OF YOGA

Ethics, Spirituality and Healing

Miriam Cameron—faculty, Center for Spirituality & Healing

faces of wellness



Miriam Cameron

faculty, Center for Spirituality & Healing

My intention is to live a happy, useful, yogic life. I follow Tibetan Medicine about how to heal from the source and develop health through balance. Each day, I do yoga postures, breathing and meditation to let go of negative thinking and replace it with compassion. Reacting out of anger only causes worse problems. As the Dalai Lama teaches, my religion is loving kindness. I eat nutritious meals, walk, do strength training and go to bed at a reasonable time. And I am thrilled when students say my courses and publications are life-transforming.

Anyone can benefit from yoga, regardless of health, age or beliefs. The regular practice of yoga heals and strengthens the body, sharpens the mind and calms the spirit. Millions of people around the world practice yoga, primarily for physical fitness and relaxation. But yoga has a much deeper dimension than physical poses, breathing techniques and relaxation.

What is Yoga?

As yogis in India and Tibet have advocated for centuries—and Western researchers are now discovering—yoga, an ancient Indian art and science, consists of bringing the body and mind into harmony with each other and the universe. “Yoga” means “union” or “joining together

of the individual and the universe.” Two millennia ago, the Indian sage, Patanjali, systemized yoga into the Yoga Sutra—the primary text for yoga—consisting of 196 sutras, or compact observations.

Patanjali analyzed how we know what we know and why we suffer. He described a meditative program for fulfilling the primary purpose of consciousness: to see things as they really are and achieve freedom from suffering. Through yoga, he explained, we can rein in our tendency to gravitate toward external phenomena, identify with them and try to find happiness through them.

Patanjali described yoga as eight interconnected limbs, or aspects of the whole. If practiced simultane-



ously, he said, they lead progressively to higher stages of ethics, spirituality and healing. The first five limbs still the mind and body in preparation for the last three.

The eight limbs and their Sanskrit names are:

1. Ethical behavior (yama): non-violence, truthfulness, not stealing, responsible sexuality and non-covetousness.

2. Personal behavior (niyama): purity, commitment, contentment, self-study and surrender to the whole.

3. Posture (asana): physical poses that stretch, condition and massage the body.

4. Breath expansion (pranayama): regulation and refinement of inhalation and exhalation to increase prana, or life force.

5. Sensory inhibition (pratyahara): withdrawal of the senses from the external to the internal self.

6. Concentration (dharana): locking attention on an object or field, such as the breath or a mantra.

7. Meditation (dhyana): increasingly sustained attention, leading to a profound state of peace and awareness.

8. Integration (samadhi): transcendent state of oneness, wisdom and ecstasy.

Scientific Basis of Yoga

Yoga is based on ancient observations, principles and theories of the mind-body connection passed down through the centuries. Its long-purported health claims are now being validated by Western scientists.

Researchers report the systematic practice of yoga enhances self-regulation, mindfulness, circulation, oxygen uptake, flexibility, strength and well-being. Yoga practitioners describe inner calmness that embraces, rather than denies, stressful circumstances. Yoga improves body alignment and use of extremities, and strengthens cardio-respiratory responses. Vital organs and endocrine glands become rehabilitated and more efficient, and the autonomic nervous system stabilizes. Yoga practitioners develop resilience, which enhances the immune system and reduces risk for disease.

When practiced appropriately, yoga has been found to benefit individuals of all ages physically, mentally and spiritually in ways that make it a universally healthy practice. ■

To learn more, visit www.tc.umn.edu/~camer008 or call 612.624.5166.

To practice three yoga exercises, follow instructions on page 20.

Step-By-Step Yoga

Pose 1: Corpse Pose, or Deep Relaxation Pose (Savasana)

This pose can treat hypertension, anxiety, stress, insomnia and other health problems.

1. Lie on back with arms relaxed near your sides, palms up and head, trunk and legs straight. If uncomfortable, put pillows or blankets under head and knees.
2. Close eyes, relax and let body sink.
3. Breathe in a circular manner: slowly, deeply, evenly, through nose, from abdomen, with in-breath the same length as out-breath, and no break in-between.
4. When ready, open eyes, bend knees, turn to right and get up.

Pose 2: Alternate Nostril Breathing (Nadi Shodhana)

This pranayama technique creates balance by giving each side of the body equal time and strengthening the breath in the weaker nostril.

1. Sit comfortably with a straight back and breathe in a circular manner, as described in Pose 1. Place right thumb on right nostril, and ring finger on left nostril; inhale through both nostrils.
2. Use thumb to close right nostril; exhale slowly through left nostril, and then inhale slowly through left nostril.
3. Use ring finger to close left nostril; exhale slowly through right nostril, and inhale slowly through right nostril.
4. This sequence constitutes one round; repeat for five more rounds.

Pose 3: Meditation (Dhyana)

Meditation promotes healing from the source and health through balance.

1. Lie in Corpse Pose or sit comfortably with a straight back in a chair or on a meditation cushion; close eyes, relax, look inward and breathe in a circular manner, as described in Pose 1.
2. Focus on your breath. As you inhale through your nose, silently count "One." Exhale. On the next in-breath, count "Two," and so on. When your mind wanders away, bring it back to your breath and start with one again. At 10, go back to one again.
3. When deeply relaxed and focused, open up to your inner experience; simply observe and let go of whatever arises, without attachment, judgment or direction.

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THE FIRST TEE PROJECT

Learning Life Skills Through Sport

Maureen R. Weiss PhD—professor and co-director, Tucker Center for Research on Girls & Women in Sport, School of Kinesiology

We've all heard the cliché, "sport builds character." While sport can foster qualities such as leadership, fair play and self-esteem, it can just as likely "build characters" if not structured to maximize positive experiences.

Over the past four years, students and faculty at the Tucker Center studied the effectiveness of a youth development program, called *The First Tee*, in teaching life skills (interpersonal, emotion management, healthy choices) and promoting

positive values through the context of golf. Trained coaches serve as external assets, and a life skills curriculum represents internal assets. These components are designed to achieve desirable outcomes such as respect, responsibility, confidence and perseverance.

In Year One, 90 percent of participants (ages 11-17) provided evidence of transferring life skills learned through *The First Tee* to other domains (school, home), which was corroborated through interviews with parents and coaches. In Year

Two, interviews revealed that 90 percent retained the ability to transfer life skills, while survey responses showed the youth in *The First Tee* also compared favorably to youth in other activities on life skills and desirable outcomes. Stable scores from Year Two to Three showed retained ability to apply life skills to other domains, such as handling frustrating situations at home, setting academic goals and interacting with individuals from varying backgrounds.

These findings show *The First Tee* is successful in promoting positive youth development, demonstrating the need for structured programs that include supportive coaches and a life skills curriculum to maximize positive outcomes. ■

For more information about *The First Tee* research or program, visit www.tuckercenter.org and www.thefirsttee.org, or email Maureen Weiss at mrweiss@umn.edu.



NEW WORK GROUP EXAMINES CONNECTION BETWEEN SPORTS AND HEALTH

Sarah Moran—freelance health and wellness writer

Considering the prominence sports have in society, they haven't received adequate attention from academics, says Toben Nelson, ScD, School of Public Health assistant professor.

Nelson leads a new interdisciplinary workgroup called Sports, Society and Health, which includes faculty in sociology, kinesiology, education and medicine. They will analyze and research connections between sports and health.

For example, within the next year Nelson wants to examine the significant drop-off in physical activity from early adolescence into adulthood. The workgroup doesn't have research funding yet, so for this topic they'll use relevant data from other completed studies.

"Our society emphasizes competitive, rather than participatory sports, so only the best of the best get to play," he says. "If physical activity is a priority in this country,

where does that leave the kids who aren't good enough to play?" ■

To join the workgroup, which Nelson hopes will grow in infrastructure, support and research capability over the next several years, contact Toben Nelson at tfnelson@umn.edu.



NEW STUDY PINPOINTS ARM EXERCISE AS POSSIBLE P.A.D. RELIEF

Ulf Bronas—clinical assistant professor, School of Nursing

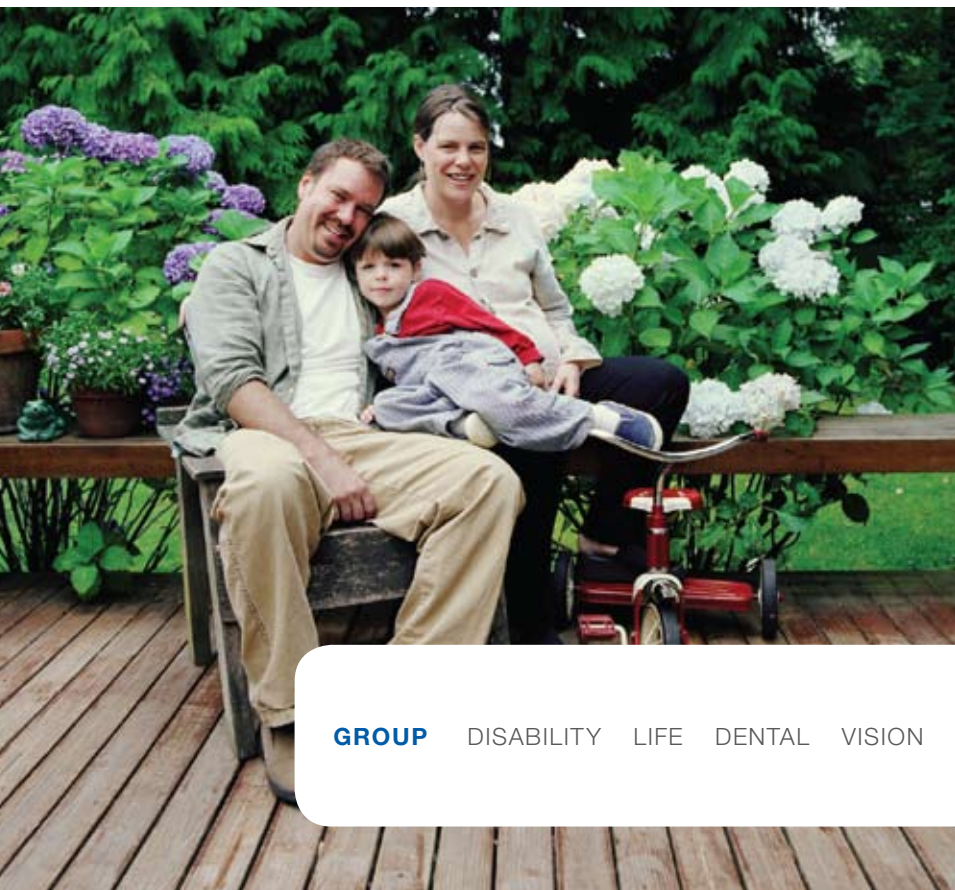
Researchers in the school of nursing at the University of Minnesota are conducting a study to determine whether arm exercise may play a role in reducing the symptoms of peripheral arterial disease (PAD), for some of the 4 million individuals in the United States who suffer from this debilitating disease. PAD is a build-up of fatty deposits that narrow the arteries in the leg, resulting in insufficient blood flow (ischemia) that leads to activity-induced leg pain (claudication). A typical patient with claudication due to

PAD can walk only 1½ to 2 blocks before pain begins.

While one of the most effective ways to reduce symptoms related to claudication is to follow a regular walking program, the claudication pain reduces the duration and intensity of exercise training tolerated, thus limiting cardiovascular conditioning.

An earlier study showed that dynamic arm exercise improves walking ability—similar to treadmill walking exercise—in PAD

patients, without causing ischemic pain. Now, researchers (Diane Treat-Jacobson, associate professor, School of Nursing; Ulf Bronas, clinical assistant professor, School of Nursing; Arthur S. Leon, professor, department of kinesiology) are looking further into whether supervised exercise training using arm-ergometry or treadmill walking, versus control, can improve walking distance, leg blood flow and quality of life for these patients. ■



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LOWER BODY STRENGTHENING

Annette Biggs—fitness director, Department of Recreational Sports

If your job requires endless hours in front of the computer, you may experience stiffness in your hips and lower body.

This is because sitting for extended periods causes blood to pool in the lower body, especially in the ankles. Strong hip, leg, abdominal and lower back muscles—which

carry the majority of the body's weight—can help you maintain good posture and prevent injuries.

Try these three exercises, easily performed at work, to increase circulation, minimize stiffness, strengthen your lower body and improve your posture.

Perform these exercises a minimum of 2–3 times per week, with 2–3 sets of 6–8 repetitions on each side. If you have a history of knee pain or have had knee surgery, consult a physician before starting any exercise program.

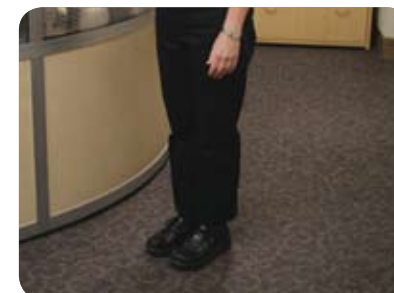
EXERCISE 1: Lunges MUSCLE FOCUS: QUADRICEPS



1. Stand upright with feet hip-distance apart. Align shoulders over hips.
2. Maintaining a straight spine, slowly step forward with right leg, leading with heel. Bend right knee until knee forms a 90-degree angle.
3. Knees should never move past toes. Knees should not touch the floor.
4. Pressing off right heel, slowly and with control, return to the starting position.
5. Repeat on left side. Consider using a chair placed at side for extra balance.

EXERCISE 2: Leg Curl MUSCLE FOCUS: HAMSTRINGS

1. Stand upright with feet shoulder-width apart. Hold on to a chair or desk for balance.
2. Transferring weight to left leg, flex toes of right foot and curl right ankle toward buttocks.
3. Return right foot to starting position and switch legs.



EXERCISE 3: Calf Raise MUSCLE FOCUS: CALVES

1. Hold on to a chair for balance while performing this exercise.
2. Flex toes, pushing both sets of toes into ground. Allow heels to slowly leave the floor, as if reaching for something on a high shelf.
3. Once on tiptoes, hold for 3–5 seconds. Slowly lower heels to the floor.



The American College of Sports Medicine (ACSM) is the gold standard in the industry, and has established activity and exercise guidelines, including recommendations for strength activities. For 18–64 year olds the recommendations for maintaining health are:

- Choose muscle-strengthening activities that involve all major muscle groups performed on two or more days per week.
- Choose 8–10 exercises for the major muscles groups of the body (front and back of legs, buttocks, chest, back, shoulders, front and back of arms, and abdominals).
- Choose an amount of weight that leads to general fatigue within 3–20 repetitions of the chosen exercise. This is a 'set.'
- Perform a minimum of one set of each chosen exercise.

CSH HAWAIIAN INDIGENOUS HEALING COURSE

Ways of Thinking About Health: An Immersion Course in Indigenous Hawaiian Healing, allows students to explore, appreciate and articulate ways of thinking about health in Hawaii. Teaching through “cultural immersion,” Craig Hassel, PhD, Center for Spirituality & Healing; and Dane Silva, DC, LMT, Kuma Lomi, will co-teach the course connecting the language and

methodology of an ancient civilization to contemporary paradigms of wellness.

“Thinking about different world-views and healing systems is quite different than thinking critically within the system being explored,” says Hassel. And, according to Silva, conventional medicine and indigenous medicine are converging



at tremendous speed. As a result, he says, “Global healthcare systems are calling for more holistic models of care rather than only mechanistic models of intervention.” ■

For more information about this course or the Center for Spirituality & Healing, visit www.csh.umn.edu or call 612.624.5166.

UMPHYSICIANS BIGGEST LOSER PROGRAM



Employees participating in the University of Minnesota Physicians recent “Biggest Loser” contest lost a total of 1,400 pounds.

The 12-week program was sponsored by UMPHysicians to promote a culture of employee wellness as a health care employer. Participation and interest was high, with almost 20 percent of employees organizing thirty-five teams between four and eight employees. Total team weight was reported to the UMPHysicians Employee Benefits Department on a weekly basis. Team

members were then notified of how each team was doing by percentage of total weight loss. Weekly emails were also sent to provide resources on weight loss management and to provide motivation to team members.

Not only did all teams come close to losing almost one ton combined, the top team lost 11 percent of their total starting weight. Many employees expressed appreciation for the program and used it as a kickoff to continue future weight loss efforts. ■

REC SPORTS’ GROUP STRENGTH PROGRAM SHOWS REAL RESULTS

Building strength and maintaining muscle is essential for health, fitness and function. While many realize its importance, barriers—such as a lack of time or not knowing what to do—lead many to simply skip strength workouts.

Matching fitness level and goals with the right instruction level is essential to not only enjoying strength workouts but maintaining a regular plan. The various Group Strength Program classes offered through Recreational Sports provide knowledge, guidance and motivation in basic to challenging formats. Annette Biggs, fitness director, says camaraderie among participants is also very important. “People here hold each other accountable, so it becomes a team effort to reach personal health and fitness goals,” she says.

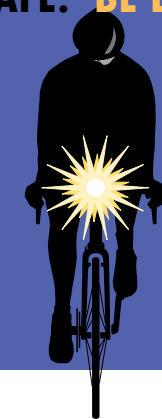
Judy Swanson has experienced tangible results from the Beginning Strength Training for Women (BSTW) classes. “After two years of inactivity,” she says, “BSTW gave me the confidence to exercise again, and the immediate results are amazing! I am much stronger and have muscle definition from training just two hours a week for eight weeks.” ■

For more information about the Group Strength Program or the Department of Recreational Sports, visit www.recsports.umn.edu or call 612.626.3407.



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LASTING CHANGE *two employees' stories*

Lori Ann Vicich—director of strategic communication, Office of Human Resources

Sarah's Story

For two years, Sarah Lee, a clinic manager with the UMPHysicians Radiation Therapy Center in Wyoming, Minn., had been yearning to lose weight. When she heard that UMPHysician's wellness committee was having a weight loss challenge (see p. 26), she knew the time was right.

Sarah joined a team of colleagues to take the challenge. Each member set individual goals—Sarah's was to lose 12 pounds over the 12-week program. She began, expecting big things, but lost only half a pound a week for the first two weeks. Still, she was determined.

She started walking with her neighbor who became a big motivator for her. "I had to get up an hour earlier than normal, which was very hard for me. She'd call me every single morning, and I'd still be in bed. It took two weeks before I could handle doing it on my own."

Nancy Sherwood, an assistant professor at the School of Public Health and Health Partners research investigator, says Sarah did the right thing in finding a partner. She says studies and anecdotal evidence suggest that social support

can play a key role in maintaining an exercise program. "In one weight loss study we completed, people who recruited social support partners ultimately saw more success than people who didn't have active social support."

The increased physical activity was like a mental trigger for Sarah to eat better. With two children, she couldn't completely change the contents of her refrigerator, but she made some simple additions that had a big impact.

First, she made certain that healthy options were available, like sugar-free gelatin and pudding, apple sauce, and fresh fruits and vegetables. She switched from 1% milk to skim or light soy milk. For a treat, she kept Hostess 100 calorie chocolate cake packets on hand.

Second, she added filling breakfast shakes and a multivitamin to her morning so she was able to last one full hour longer before feeling hungry.

Third, she brought salad to work for lunch, adding ingredients like chicken or vegetables for variety. She changed out light dressing for salad spritzer. "It has far fewer calories, but just as much flavor."

At dinner, Sarah served the same basic meals, but used healthier ingredients and watched her own portion sizes. "I didn't want the whole family to change because I was on a diet, so I made choices everyone would like while remaining aware of my own goal."

Increased exercise combined with better food choices meant the pounds fell off faster. Sarah lost a pound to a pound-and-a-half per week during the remainder of the program. She exceeded her goal and has lost 16 pounds to date. She even went on a 10-day vacation without regaining weight. "I couldn't follow the same eating plan, but I kept walking every morning because the dog was along. At the end of the trip, I was pleasantly surprised to see my weight was exactly the same."

Sherwood says Sarah maintained her weight on vacation because she kept up her exercise. "One key with weight loss maintenance," she says, "is physical activity. Restrictive caloric intake can be difficult to maintain over time. Increasing physical activity allows an individual to be less ultra-conservative with their eating habits."

Sarah is back down to the size she wore four years ago, and she believes her lifestyle changes are sustainable. After three months, new behaviors have become the norm. Motivational e-mails from the free online service, www.sparkpeople.com, help her keep momentum going.

Sherwood says people who are most successful, like Sarah, make physical activity part of their lifestyle. "Physical activity for sedentary people isn't comfortable initially. But if you get to the point where it just feels better if you exercise, versus if you don't, it becomes more of a positive experience for you, and it gets easier over time."

Sarah's tips for losing weight and keeping it off:

- Set a goal and make sure it is realistic.
- Take baby steps if your goal seems too big.
- Make sure you have a support system.
- Make changes that fit your lifestyle.
- Just start...that is the hardest thing.
- Stick with it...it gets easier over time.

Ralph's Story

Ralph Paulson, a delivery service driver for Facilities Management, is in excellent health. In fact, his doctor says he is "as healthy as a bull." This may not be surprising for a farm boy from Hanska, Minn., but it is a big accomplishment for a 60-year-old with Type 1 diabetes.

Ralph found out he was diabetic at age 13. His mother was a nurse's aide, and diabetes ran in his family. When Ralph started losing weight rapidly and going to the bathroom more than usual, his mother knew that something was wrong. Doctors diagnosed him with Type 1 diabetes, and Ralph has been insulin-dependent ever since.

Ralph was always active, so maintaining a healthy amount of physical activity came somewhat naturally. Ten years ago, Ralph started having circulation problems due to his diabetes. He began walking a minimum of a half-hour every day, and he has been walking ever since.

continued on page 30

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continued from page 29

As a result, he has managed to prevent more serious complications that can result from poor circulation.

One thing that did not come as easily for Ralph was stress reduction. Depression and stress can worsen diabetes symptoms because they make blood sugar levels more volatile. Four years ago when Ralph began feeling that life was a bit too frantic, he started working with a health coach, Sharon, through the University's wellness program, *Health Connections*.

Early on, Sharon taught Ralph stress-reduction techniques like deep breathing, and encouraged him to think of happier moments when he was feeling down. In regular calls over the past four years, she has continued to provide tips for improved physical and mental health.

Ralph says his health coach also helped him make changes in diet. She calls every three months and quizzes him on his food choices. Consequently, he's eating more green vegetables, organic fruit, bran breads and low-fat meats like chicken, fish, turkey and bison. He avoids foods high in fat, sugar and sodium, and pays close attention to his portion sizes.

Sherwood says Sharon's positive influence on Ralph's life is a common outcome. "It's not 100 percent, but we find that having accountability—someone checking up on you—can help you better adhere to a weight loss and/or physical activity plan. Sure, there are some who can do it on their own, but a health coach can definitely play a positive role."

Ralph's philosophy is to "be happy, healthy, respectful and live life to the fullest." He and his wife recently returned from an 11-day vacation in Hawaii where they took a helicopter tour and spent lots of time walking. Just three years from retirement, they are looking forward to many more active, healthy years together.

Ralph's tips for diabetes control:

- Discipline, discipline, discipline.
- See your doctor as recommended.
- Eat at regular intervals and watch your portion sizes.
- Exercise at least five times a week.
- Check your blood sugar often.
- Eat low-fat and low-sodium foods as well as those low in carbohydrates.
- If you need to cheat, indulge once and go back to your routine.
- Control your stress levels.
- Be as positive as you can be.

Both Sarah and Ralph used proven techniques to sustain major changes in their lives. Sherwood recommends finding social support networks and adopting conscious self-monitoring behaviors to sustain healthy life change. "Key components to maintained weight loss or diabetes control include finding social support that works for you, and keeping on top of your healthy habits by planning and recording your dietary intake and physical activity." ■



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Fall 2008 Survey

Wellness Works was first published in Fall 2006 in an effort to educate and engage the university community by raising awareness of wellness resources and initiatives on campus that strive to improve health and well-being. The editorial group for the magazine continues to evaluate all aspects of the magazine, including distribution methods.

Instructions: Cut along dotted line, fold in half and place in campus mail. If not using campus mail, place in envelope and mail to address provided below.



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| <input type="checkbox"/> In the Works Research (p. 21 in this issue) | <input type="checkbox"/> Ask the Dietician (p. 35 in this issue) |
| <input type="checkbox"/> Fitness Tips and Techniques (p. 24 in this issue) | |

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University Status (please select all that apply):

- Faculty
- P&A Staff
- Civil Service/Bargaining Unit
- Undergraduate Student
- Graduate Student
- Alumni
- Affiliate
- Other, please list _____

Age: (18–21) (22–25) (26–29) (30–39)
 (40–49) (50–59) (60–64) (65+)

10 TIPS FOR INTEGRATING PHYSICAL ACTIVITY INTO YOUR WORKDAY



1. The season is changing, so take advantage and slip out for a brisk 10 minute walk. All exercise 'counts,' and the fresh air can awaken the mind as well.
2. Climb the stairs—not just to get somewhere—but to raise the heart rate. There are countless stairwells on campus: Coffman Union, Moos Towers, the libraries. Parking ramps also have the added bonus of some of the best views on campus.
3. There is a whole other active opportunity underground. The sprawling tunnel system at the U not only connects buildings, but also can be used to accumulate steps each day. Check out the tunnels in the Academic Health Center and West Bank for starters.
4. Boynton Health Services, Center for Spirituality & Healing, and Recreational Sports offer physical activity classes in a variety of levels. A mid-day yoga or muscle class is a great break. Check out www.recsports.umn.edu; www.bhs.umn.edu; or www.csh.umn.edu for class information.
5. Sometimes fitting in a mid-day workout is not an option, especially if you have to choose between a workout and eating lunch. Find a new lunch spot—out of the way—grab your lunch and trek over there.
6. Video games at work? Well, maybe not. However, depending on your comfort level at work, search on-line to find some great interactive tools that allow you to be active without having to leave your workspace.
7. If you travel for work, plan ahead: a jump rope, exercise band, yoga mat or mP3 player fit nicely in a suitcase. Many airports have DVD rentals—including exercise videos—and most hotels either have an on-site fitness center or allow access to one nearby. Several hotels will even deliver a stability ball and some light weights directly to your room—just ask.
8. Walk or bike to work; it's not just economical or the 'green' thing to do, it provides great daily exercise. Consider it for even part of your commute—and maybe save some money on parking.
9. Many parking ramps on campus have bike storage, and the buses have space to tow your ride, as well.
10. Can you re-arrange your office to allow you to stand at your work station? Standing keeps you more active during the day (some studies estimate an extra 250 calories/day expended), and can improve your posture and ability to concentrate.

thank you!



meet the personal trainer



Annette Biggs

Annette Biggs, MEd, ACSM-HFS, joined the Department of Recreational Sports in 2006 as their Fitness Director. She supervises fitness center operations, as well as the group fitness and personal training programs. Biggs received her Master's degree in exercise science, focusing on triathletes, cyclists, hydration during exercise, osteoporosis and strength training, and assessing fitness in children with Down Syndrome.

Questions for the personal trainer? Contact Annette at 612.626.3407 or biggs010@umn.edu.

According to a 1995 national health interview survey conducted by the National Center for Health Statistics and the 1999 article, *Musculo skeletal Conditions in the United States* by the American Academy of Orthopaedic Surgeons, 75 to 85

Why is it important to know my body composition?

Body composition is the relationship between fat mass and fat-free mass, and is generally expressed as a percentage. Body fat percentage is linked to your risk for cardiovascular disease, making it an important number to know.

Determining optimal body composition takes into account several factors, including sex, age and race. Scientists and researchers have yet to arrive at a consensus regarding an exact body composition value that is associated with optimal health. However, the American College of Sports Medicine

suggests 10–22 percent for men; and 20–32 percent for women as ranges considered satisfactory for health for most age groups.

Not sure what your body fat percentage is? The Department of Recreational Sports and Boynton Health Services offer free body composition testings throughout the year. ■

To find the dates and eligibility for free body composition testing, visit www.recsports.umn.edu or www.bhs.umn.edu

I often experience lower back pain. Why?

percent of us will experience some form of back pain during our lifetime. Back pain could result from poor posture, weak abdominal muscles, stress or muscle spasms. To alleviate back pain, maintain proper posture while sitting, increase core strength and flexibility, bend at the hips when lifting objects from below the waist, and stretch every 15 minutes during your workday. Lastly, use breathing techniques, visualization and stretching to manage a stressful day.

Back pain can also be the result of poor posture while seated over time. Slouching—allowing the shoulders to round forward and the torso to essentially collapse—places additional stress on the lower back, as well as the upper back and neck. Be conscious of how you sit, and the chairs you choose to sit in. Oftentimes we assume the shape of our chair. Pull the abdominal muscles in, roll your shoulders back, and sit tall. ■

Do you have any suggestions for sticking to a healthy eating plan at work?

Plan ahead. Know ahead of time when and where you will be eating. Regular meals and snacks keep you satisfied and prevent overeating. Aim for no longer than 4–5 hours between meals and snacks.

Portioning trick. For healthier meal portions, think of an average

dinner plate divided into four equal parts. Half should be vegetables, one quarter a starchy or high carbohydrate food and the last quarter a high protein food. Each meal should also contain some fat so you stay satisfied. Even if each individual meal doesn't meet these criteria, it will average out over the day or week.

Pay attention. Pay attention to how your body feels after you eat. Do certain foods energize you all day? Do others leave you sleepy? Your body can guide you towards healthy decisions better than any doctor, dietitian or diet book. ■

Can you point me in the direction of healthy lunchtime options on campus?

Below are some great options at restaurants on the Twin Cities campus. Add a low fat yogurt and some fresh fruit to the meals listed for a balanced meal. More healthy meal ideas can be found at www.umn.edu/dining.

Coffman Memorial Union on the East Bank Campus

- Veg out on sesame bagel sandwich at *Einstein Bros Bagel*
- 2 steak, chicken, or veggie baja-style tacos at *Baja Sol Tortilla Express*
- Large create your own salad at *Greens-to-Go*

The Terrace Cafe on the St. Paul Campus

- 6 inch, 6 grams of fat or less sandwiches at *Subway*
- Obento-ya sushi from the freshly prepared grab & go items

Carlson Dining on the West Bank Campus

- 3 portabella & cheese hard shell tacos at *Zoca*
- Half ham & swiss baguette and half mandarin cranberry salad combo at *Blecker Street* ■

meet the dietician



Laura Asrani

Laura Asrani, a registered and licensed dietitian, joined University Dining Services in March as their Health & Wellness Coordinator. She provides health and wellness support to students and provides UDS with menu and nutritional advice. Asrani received her Bachelor of Science in nutrition with a minor in psychology from the Twin Cities campus. She has previous experience in research and the treatment of eating disorders.

Questions for the dietician? Contact Laura at 612.626.8977 or at asran004@umn.edu

WHAT IS THE WELLNESS COLLABORATIVE?

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.

Academic Health Center
Phone: 612.625.4119
Website: www.ahc.umn.edu

Aurora Center for Advocacy and Education
Phone: 612.626.2929
Email: aurora.center@umn.edu
Website: www.umn.edu/aurora

Boynton Health Service
Phone: 612.625.8400
Website: www.bhs.umn.edu

Center for Spirituality & Healing
Phone: 612.624.9459
Email: dimon007@umn.edu
Website: www.csh.umn.edu

Department of Recreational Sports
Phone: 612.625.6800
Email: recsports@umn.edu
Website: www.recports.umn.edu

Disability Services
Phone: 612.626.2644
Email: ds@umn.edu
Website: www.ds.umn.edu

Employee Wellness Program
Phone: 612.626.WELL (9355)
Email: well@umn.edu
Website: www.umn.edu/ohr/well

Housing & Residential Life
Phone: 612.624.2994
Email: housing@umn.edu
Website: www.housing.umn.edu

Interfaith Campus Coalition
Website: www.iccmn.org

Hillel: The Jewish Student Center
Phone: 612.379.4026
Email: Hillel@umn.edu
Website: www.ujews.com

School of Kinesiology
Phone: 612.625.5300
Email: kin@umn.edu
Website: www.education.umn.edu/kin

University Counseling & Consulting Services
Phone: 612.624.3323
Website: www.uccs.umn.edu

University of Minnesota Physicians
Phone: 612.884.0600
Email: tmestad@umphysicians.umn.edu
Website: www.umphysicians.umn.edu

Women's Center
Phone: 612.625.9837
Email: women@umn.edu
Website: www.umn.edu/women



Gopher Quick Clinic

Students, staff, and faculty with certain minor illnesses now have the option of coming to Gopher Quick Clinic to see a certified practitioner trained to diagnose, treat, and write prescriptions. No appointment necessary. Visits last approximately 10 minutes. Gopher Quick Clinic is no additional cost for most students after the bill has been processed by their insurance carrier* and just a \$5 co-pay for staff and faculty enrolled in any UPlan medical plan option**—even if Boynton is not your designated Primary Care Clinic!

Locations

Boynton Health Service
Gopher Quick Clinic Check-in Desk
3rd Floor (Entry Level)

Open Fall 2008!

Coffman Memorial Union
Gopher Quick Clinic Check-in Desk
1st Floor (Near the Theater and Commuter Lounge)

Hours

Monday through Friday
9:00 a.m. – 5:00 p.m.

Service is provided on a first-come, first-served basis. Gopher Quick Clinic may reach capacity prior to 5:00 p.m. depending on demand.

*Students on the University-sponsored Graduate Assistant Health Benefit Plan incur a \$10 co-pay at the time of visit. For all other students admitted to a degree program who pay the mandatory Student Services Fee and have health insurance from any carrier (including the University sponsored Student Health Benefit Plan), the cost for a Gopher Quick Clinic visit is covered by their insurance and/or the Student Services Fee.

**Dependents of staff and faculty enrolled in a UPlan health plan may also be seen at Gopher Quick Clinic for a \$5 co-pay. The co-pay amount is subject to change yearly depending on the UPlan contract.

Services***

Common Illnesses

Bladder Infection
Bronchitis
Cough/Cold
Ear Infection
Laryngitis
Mononucleosis
Respiratory Flu
(without vomiting or diarrhea)
Seasonal Allergies
Sinus Infection
Strep Throat
Swimmer's Ear

Skin Conditions

Athlete's Foot
Bug Bites
Cold Sores
Eczema
Impetigo
Minor Sunburn
Poison Ivy
Ringworm
Warts (three or fewer—excludes genital warts)

Additional Services

Pregnancy Test

Vaccines

Tetanus Vaccines
(Td and Tdap)

Flu Vaccine
(Not available at Gopher Quick Clinic during walk-in flu clinic season. See www.bhs.umn.edu for details.)

***Gopher Quick Clinic serves patients 5 years of age and older, with the exception of strep tests and flu vaccines provided to children 1-4 years of age. To discuss other services not on this list, please make an appointment with your primary care provider.



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