



Wellness Works

www.spcollege.edu/wellness

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Making excuses can be a good thing

Many people have no problem finding reasons why they can't or don't exercise more. "I can't go for a walk because I'm too tired." "I don't want to try an aerobics class because I might hurt myself."

It's time that making excuses becomes a positive — for you and your health. Instead of justifying your lack of physical activity, think of why you should get up and get moving.

Tell yourself, I will exercise today because...

- It will improve my heart health.
- It may reduce my risk of cancer.
- It may make me look better.
- It will strengthen my bones.
- It may help me feel proud of myself.
- It will help me become stronger.
- It will reduce my chances of getting type 2 diabetes.
- It will help me reduce my health-care costs.
- It may boost my metabolism.
- It will make my clothes fit better.
- It will improve my cholesterol levels.
- It is a way for me to take care of myself.
- It is cheap entertainment.
- It may help me sleep better at night.
- I want to be stronger than my excuses.



New Health Management Resources Program

SPC Wellness has started the new Health Management Resources program. SPC employees now have the opportunity to meet personally with a registered dietitian, diabetes educator, and/or personal trainer directly on campus. Telephonic and off-campus opportunities to meet with a nurse advocate, Health Savings Account coach, and mental wellness sponsor are also now more easily available.

These certified coaches are accessible to assist employees in reaching their personal goals. They will work with employees individually and confidentially to provide these dedicated services.

These valuable resources are available for free to all SPC employees. Aetna, the college's health insurance provider, has subsidized the cost of this program. Check out the SPC Wellness website, www.spcollege.edu/wellness, for more details.

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Find more health and wellness information and tools online. Scan with your smartphone.



Whole grains can do you a whole lot of good



Evidence shows whole grains may reduce the risks of heart disease, stroke, cancer, diabetes, and obesity.

Easy ways to add whole grains:

- Substitute half the white flour with whole-wheat flour in recipes for cookies, muffins, quick breads, and pancakes.
- Replace one-third of the flour in a recipe with quick oats or old-fashioned oats.
- Add ½ cup of cooked wheat or rye berries, wild rice, brown rice, sorghum, or barley to canned or homemade soup.
- Add ¾ cup of uncooked oats for each pound of ground beef or turkey when making meatballs, burgers, or meatloaf.

Source: Whole Grains Council

Rice you'll go wild over — satisfyingly sweet and crunchy

- 1 cup cooked wild rice, chilled • 1½ cup chopped apple • 1/3 cup sliced celery
 - 1/4 cup dried cranberries • 1 Tbsp. balsamic vinegar • 1 tsp. olive oil • 1 Tbsp. honey
 - Salt and pepper to taste
- Directions:** In a bowl, combine wild rice, apple, celery, and dried cranberries. In another bowl, whisk the remaining ingredients. Pour over rice mixture. Toss to coat evenly. **Serves 4.** Per serving: 104 calories, 1.4 g fat (0.2 g saturated fat), 0 mg cholesterol, 11.5 mg sodium, 22.6 g carbohydrates, 1.8 g fiber, 1.8 g protein.



3 health foods that aren't as healthful as you think

1. Multi-grain bread — In many cases, multi-grain products are made from refined, white flour. Read nutrition labels. Look for “100% whole grain” or “100% whole-wheat flour.” Avoid products that include “enriched” or “refined” on their packages.

2. Low-fat peanut butter — The fat in peanut butter is the kind that's good for you (*unsaturated*). Manufacturers often replace the fat in their low-fat varieties with other fillers such as sugar. The calories remain the same; you've just swapped good fat for extra sugar.

3. Fruit juice — Even if the juice is labeled 100% fruit juice, there is usually added sugar (*fructose*). To avoid the extra sugar, make your own juice with a juicer or opt for a piece of whole fruit instead.

Source: American Council on Exercise

Get figgy with it

September's fruit of the month: Fig

You can replace half of the shortening, margarine, butter, or oil in a recipe with fig puree. If the recipe calls for 1 cup of margarine, use only ½ cup. Then use ½ cup of fig puree. (In a blender or food processor, puree: 1 cup dried figs, ⅓ cup water, and 1 tsp. vanilla. Makes about ¾ cup puree.)

Get Moving

5, 4, 3, 2, 1— Done!

If you can spare 15 minutes, you can get in a workout without going to the gym or buying expensive exercise equipment. All that's required is space, comfortable clothing, and energetic enthusiasm.

5 minutes Do any cardiovascular exercise you want — walk, run, or bike.
Or do 1 minute each of:

- High knees
- Jumping jacks
- Front kicks
- Jumping in place (Think jump roping minus the jump rope.)
- Running in place

4 minutes Do 1 minute of:

- Lunges or walking lunges
- Mountain climbers
- Repeat each

3 minutes Do:

- 10 push-ups and then rest
- 15 tricep dips and then rest
- Repeat for a total of 3 minutes

2 minutes Do 30 seconds of:

- Regular squats
- Jump squats
- Repeat each

1 minute Plank

Source: Caitlin Murphy, fitness instructor, fitness/lifestyle reporter, blogger at www.fitnycities.com.



Mountain Climber



Tricep Dip

For a downloadable version of the workout, go to Sep.HopeHealth.com

Is your ticker tempo on target?

The heart rate you should maintain during exercise is called your target heart rate. A simple formula for determining your target is to subtract your age from 220 and multiply by 70%, or: $(220 - \text{age}) \times .70 = \text{target}$.

Treadmill or trail?

Which place is better for walking and running? It all depends. Each has pros and cons.

Treadmill advantages:

- Easier on your joints — The treads are padded to provide cushioning.
- You don't have to worry about the weather.
- More difficult to cheat on pace — Unless you reset the machine, you have to keep your pace.

Treadmill disadvantages:

- Easier to get bored — Staying in the same place, you can get tired of the "scenery."
- Easier to call it quits — You simply have to hit stop.
- Can change running form and put added stress on your lower body.

Outdoor advantages:

- It's free and convenient.
- Easier to switch up the scenery if you get bored with a route.
- Use different muscles for climbing a hill or battling a head wind.

Outdoor disadvantages:

- Can't control weather conditions.
- Easier to get hurt — from stepping off a curb the wrong way to slipping on a sidewalk.
- Tougher on your joints.

4 Gym mistakes you don't want to make

- 1. Not warming up before an activity** — Muscles need to get used to the demands of aerobic activity. Begin slowly and gradually increase intensity.
- 2. Not drinking enough water** — If you wait until you're thirsty to drink water, you're already on your way to dehydration. Keep a water bottle nearby during exercise.
- 3. Jerking while lifting weights** — When you jerk the weight, you're likely to jerk other muscles, too. Jerking can lead to strain and injury, with your back muscles being particularly vulnerable.
- 4. Not stretching enough** — Stretch right after an aerobic activity, while your muscles are warm and flexible, to prevent injuries.

Source: American Council on Exercise

Controlling chronic pain

Pain can occur for any number of reasons or from many conditions. If pain continues with little or no relief, it can affect you physically and emotionally.

Here are some pointers to keep in mind:

- Seek treatment as early as possible to avoid further problems. Don't wait until pain is unbearable.
- Keep a pain journal so you can help your health-care provider better treat you.
- If past treatments have failed, don't get discouraged. There are other pain management treatments to try. Although your pain might not go away completely, you may be able to reduce the pain so it's bearable.
- Before your doctor appointments, write down any questions you might have and take them with you.

6 secrets to successful snoozing

1. Shorter naps are better. Shoot for 20 minutes or less so your siesta doesn't interfere with nighttime sleep. Longer naps can disrupt your normal sleep cycle.
2. Limit caffeine consumption, preferably only to mornings.
3. Use earplugs to block noise.
4. Wear an eye mask or turn off lights and draw curtains/shades to block sunlight.
5. Set your cellphone alarm to vibrate so it wakes you with a gentle shake.
6. Nap at different times for different reasons. Morning naps can boost creativity and perception skills. Later afternoon naps can be restorative and refreshing. For all-around benefits, nap between 1 and 3 p.m.

Source: Sara Mednick, PhD, assistant professor of psychology at the University of California, Riverside

What to steer clear of — if you want a clearer complexion

Even though you may be past puberty, you can still have acne issues as an adult. Dermatologists recommend people with acne and acne-prone skin avoid:

- Astringents, masks, toners, and exfoliators that contain scrubbing particles — Unless the product contains an ingredient to treat acne, such as salicylic acid or benzoyl peroxide, these products don't help reduce acne and can irritate skin, making acne worse. These products also may make it more difficult to tolerate prescription acne medications.
- Greasy hair-care products — Pomades and oil-containing gels can drip onto skin and cause acne by clogging pores.
- Picking, popping, and squeezing acne can irritate skin, make acne worse, delay healing, and increase scarring risk.
- Skincare products that contain oil — Many skincare products, including makeup and sunscreen, contain pore-clogging oil. Opt for products that are "oil-free," "will not clog pores," or are "non-comedogenic" (*don't cause pimples*).
- Rubbing alcohol — Using rubbing alcohol to dry out oily skin won't help clear acne or prevent breakouts. In fact, rubbing alcohol can irritate skin and cause breakouts.
- Touching your face throughout the day — You can transfer oils, bacteria, and dirt from your hands to other skin areas and clog pores.

Source: American Academy of Dermatology



TheWhole[★]You Emotional Health

Don't put off tackling procrastination

- **Prepare** — Create an action plan and dates when you will achieve certain milestones.
- **Be flexible** — If something doesn't go as planned, don't use the change as a distraction to sidetrack you or as an excuse to not move forward.
- **Concentrate** — Stay focused; recognize when you are starting to stray.
- **Keep balance and keep going** — Use only as much time and effort as needed to achieve a desired result; then move to the next goal or step.
- **Be efficient** — Acting sooner rather than later often means less work. Always be moving forward.
- **Be persistent** — Challenge the procrastination "enemy" when it tries to talk you into waiting. Eventually, the negative voice will become less and less.



Source: Bill Knaus, EdD, "Waging War Against Procrastination," *Psychology Today*, July 1, 2011

Life's little instructions

- Become the most positive and enthusiastic person you know.
- Never waste an opportunity to tell people you love them.
- Don't be afraid to say, "I made a mistake" or "I don't know."
- Leave everything a little better than you found it.
- Take responsibility for every area of your life.
- Commit yourself to constant improvement.
- Strive for excellence, not perfection.
- Have a firm handshake.
- Look people in the eye.
- Avoid negative people.
- Keep it simple.
- Be the first to say "hello."
- Return all things you borrow.
- Be there when people need you.
- Don't expect life to be fair.
- Learn three clean jokes.
- Remember other people's birthdays.
- Compliment even small improvements.
- Never underestimate the power of love.
- Keep your promises no matter what.
- Be forgiving of yourself and others.
- Say "please" and "thank you" a lot.
- Marry only for love.
- Count your blessings.

Source: Attributed to William Snell

Bullying is a big deal

Teasing, name-calling, telling others not to be friends with someone, excluding someone on purpose, and spreading rumors are all forms of bullying. Unfortunately, the list of bullying examples goes on and on.

Parents and others involved in children's lives should take bullying seriously.

Signs of being bullied:

- Frequent headaches or stomachaches, feeling sick, or faking being sick
- Difficulty sleeping or frequent nightmares
- Falling grades, loss of interest in school, or not wanting to go to school
- Unexplained injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Self-destructive behavior such as harming oneself, running away from home, or talking about suicide
- Sudden loss of friends or avoidance of social situations

Because not all children who are bullied show warning signs, it's important for parents and other adults in children's lives to ask questions, visit the school, and learn about children's friends.

For more on bullying, visit www.stopbullying.gov.

Before you speak, **THINK**.

Is it True? Is it Helpful?

Is it Inspiring? Is it

Necessary?

Is it Kind?

Don't take the bait! How to recognize and avoid phishing

"We suspect an unauthorized transaction on your account. To ensure that your account is not compromised, please click the link below and confirm your identity."

If you receive an e-mail or text message like the above, don't click on the link, reply to the message, or call any included phone number. An internet fraudster is trying to "phish" for your personal and/or financial information. If you're instructed to open an attachment, the phisher may be trying to install a virus on your computer.

Delete e-mail and text messages seeking to confirm or obtain personal information (*credit card and bank account numbers, Social Security numbers, passwords, etc.*). Legitimate companies don't ask for this information via e-mail or text.

- Forward phishing e-mail messages to spam@uce.gov — and to the company, bank, or organization impersonated in the message.
- You also may report phishing e-mail messages to reportphishing@antiphishing.org. The Anti-Phishing Working Group, composed of Internet Service Providers (ISPs), security vendors, financial institutions, and law enforcement agencies, uses these reports to fight phishing.

Source: onguardonline.gov



For more on phishing,
go to Sep.HopeHealth.com

Before Mom & Dad move in

If you're thinking about having aging parents live with you, there are financial factors you should consider before calling the moving truck.

- Create a "caregiver budget." List all expected expenses and figure out how much parent(s), caregiver, and/or siblings will contribute.
- If your parents can't contribute, the caregiver and siblings should organize a payment plan. The caregiving child should track all caregiving expenses, and send a statement and request for payment periodically (*e.g., monthly, quarterly*) to the others. If siblings can't or won't contribute, the caregiving child should recoup expenses from the parents' estate before it is divided among heirs.

- Learn about tax breaks for caregivers. A caregiving child can claim a parent as a dependent if the child provided more than half of the parent's support for the year and the parent's income is less than the exemption amount.

Source: National Endowment for Financial Education

Remarrying blends families and finances

Being married a second time after a divorce often means blending two families into one and comes with its own special financial considerations — divorce settlements, child support, etc.

- Create a spending plan/budget that includes expected income and expenses. Decide who is going to pay what. One way of divvying up the financial responsibilities is for each spouse to pay current expenses (*not those related to a previous marriage*) in proportion to what each partner contributes to the household income (*e.g., 60% and 40%*).
- Accept that support payments to a former spouse may be an ongoing "fixed expense" that should be factored into your spending plan.
- If you're considering getting remarried, discuss these issues before you say, "I do."

Source: National Endowment for Financial Education



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Find more health and wellness information and tools online by logging onto Sep.HopeHealth.com.

Or, scan this Quick-Response Code with your smartphone to get there.

Here are links you'll find at Sep.HopeHealth.com:

- A downloadable 15-minute workout plan
- A target heart rate calculator
- A downloadable tip sheet about protecting yourself from phishing

Scan with your
smartphone



Clearing up cholesterol misconceptions

*September is National
Cholesterol Education Month.*

Even if you don't think you have a problem with high cholesterol, you need to get checked regularly. For the most part, high cholesterol is a silent condition. Unless you get checked, you may not realize you have high cholesterol until it's too late.

Misconception: You don't have to get your cholesterol checked until you're middle-aged.

Truth: Everyone should start getting cholesterol levels checked at age 20, or earlier. Even children, especially those in families with a history of heart disease, can have high cholesterol levels. Evidence suggests that these children are at greater risk for developing heart disease as adults.

Misconception: If your doctor hasn't mentioned cholesterol to you, your levels must be OK.

Truth: It's your responsibility to ask your health-care professional if you need to have your cholesterol levels checked.

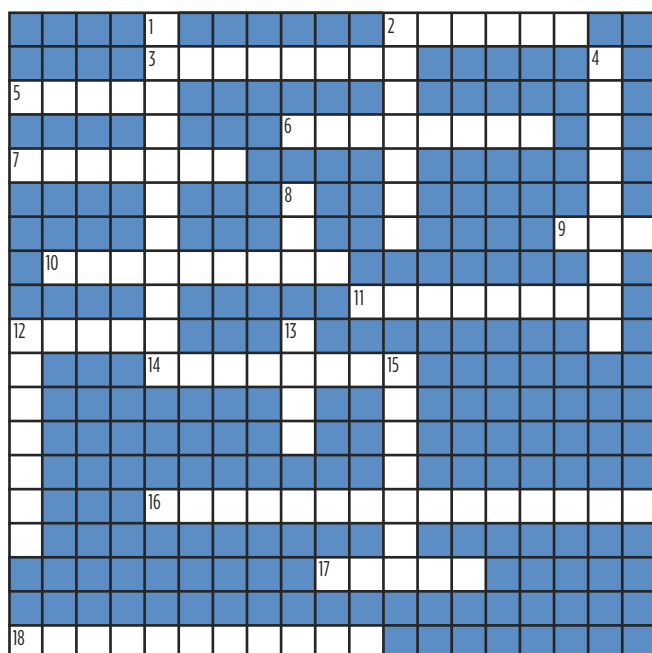
Misconception: Thin people don't need to worry about cholesterol.

Truth: Any body type can have high cholesterol levels. Although overweight people are more likely to have high cholesterol, thin people should also have their cholesterol levels checked regularly.

Source: American Heart Association

Crossword Workout —

Find out how well you know the health topics covered in this issue of the newsletter.



DOWN

1. The type of fat that's good for you
2. A type of bullying
4. A person who takes care of someone else
8. A skin-care product ingredient that can lead to acne
12. An easy form of cardiovascular activity
13. What a person should not do when lifting weights
15. When it comes to a nap's length, ____ is better.



For the crossword
puzzle answer
key, go to
Sep.HopeHealth.com

ACROSS

2. The heart rate a person should maintain during cardiovascular exercise
3. The type of person you should avoid
5. Exercise may strengthen your ____.
6. A term used to describe attempting to scam a person through electronic communication
7. What you should do after a workout
9. A healthy substitute for oils and shortening
10. A machine for running indoors
11. A sugar found in fruit
12. Best variety of grain
14. Exercise may help to prevent ____.
16. A behavior in which a person tends to put things off
17. The number of clean jokes you should learn
18. A condition people get when they don't drink enough water

*“We are what we
repeatedly do. Excellence then
is not an act, but a habit.”*

— Aristotle



Healthy Happenings

The Health Management Resources program is proud to offer these three new wellness opportunities for SPC employees. Please visit the SPC Wellness website, www.spcollege.edu/wellness, for further scheduling and contact information.

Diet and Nutrition

led by BayCare

Diet and nutrition management is led by a registered dietitian (RD) who assists employees with managing their diet. The RD will help employees lose weight or maintain weight loss, address unhealthy eating habits, set healthy and realistic nutrition goals, reduce blood pressure and cholesterol, and decrease the risk for cardiac disease.

Additional benefits of the Diet & Nutrition Management program include:

- Monthly group sessions.
- Individual counseling available for employees with physician referral.

Diabetes Management

led by BayCare

Diabetes management assists employees in managing their diagnosed diabetic conditions. It will be the diabetic educator's priority to help employees manage their blood glucose levels, insulin resistance, hypoglycemia, medications, nutrition, and more.

Diabetes self-management education program:

- Four-month group support sessions.
- Two hours per month, per campus (some campuses may be combined).

Pre-diabetes program (for those with a pre-diabetic condition):

- Two pre-diabetes seminars.
- Offered at the St. Petersburg/Gibbs and Clearwater campuses.

Personal Trainers

provided by SPC

The exercise instruction provided by personal trainers assists employees in reaching their physical fitness goals. The personal trainers will provide a fitness evaluation, create goals, demonstrate exercises, offer assistance, and record activities.

- Each session will need to include at least two employees (buddy or group sessions only).
- Maximum of three sessions per employee, per calendar year.
- Appointments can be made directly with the SPC personal trainers.

HOPEHealthLetter

Weight Control:

Indulge without overindulging

You don't have to deprive yourself to keep from packing on pounds.

- **Combine your treat with healthful foods.** You can still have a favorite high-calorie treat. Eat smaller servings along with lower-calorie options. Instead of two scoops of ice cream, have one scoop with strawberries.
- **Schedule treat-time.** Create regular times to have your favorite food. For chocolate, maybe you have a small square of chocolate after dinner every night. Once you're in the habit of having your treat at designated times, you may stop thinking about the treat and giving in to cravings at other times.
- **Make treats less indulgent.** Find ways to decrease fat, sugar, or calories. When baking, swap half the butter or oil with applesauce. You can also reduce sugar and add extra cinnamon or vanilla extract. Eliminate or reduce high-calorie toppings and sides (*e.g., whipped cream, cheese, dip, and frosting*).



“The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as we continue to live.”

— Mortimer Adler

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For more information, visit HopeHealth.com

The information in this publication is meant to complement the advice of your health-care providers, not to replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor.

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