

Healthy Holiday Newsletter

www.mnsu.edu/wellness/

507-389-2068

December 2005



The Minnesota State Mankato Wellness Committee would like to wish you a happy holiday season. Instead of adding wellness events to your December schedule, the committee has produced a newsletter for your enjoyment. The articles have been written by committee members on topics related to the committee's mission of fitness, nutrition, mental health and workplace environment.

do. Campaign Coming to Campus

You may have seen the billboards around town. The **do.** campaign and the Wellness Committee have partnered to increase awareness for daily physical activity. The campaign's mission is to encourage people to seek opportunities to be healthy everywhere and have fun while doing it! You will notice signs next semester throughout campus with tips on how to *groove your body* for 10 minutes 3 times a day. The **do.** campaign is sponsored by Blue Cross and Blue Shield of MN along with the American Heart Association. These organizations are dedicated to improving Minnesotans' health and physical activity because it is a crucial part of good health. Extensive research shows that inactive lifestyles contribute to many types of heart disease, high blood pressure, type 2 diabetes, colon cancer, stroke, osteoporosis, depression and anxiety, and breast cancer.

Watch for the **do.** messages on campus in January. The campaign will also be part of the Wellness Committee's spring events. Have a Happy Holiday and make a snowman in the spirit of **do.**

For more information on the campaign visit:
<http://do-groove.com>



Happily brought to you by Blue Cross Blue Shield of Minnesota and the American Heart Association.

The Holidays are Among Us...

What is your favorite holiday childhood memory? Take your time...where were you? Who was there? What are you feeling? What are the smells? Did it cost a lot of money? Did it involve a lot of planning? Chances are your memory as a child involves people, NOT things, costs very little, but involves someone else's time or attention. Why then do we, as adults, feel like we have to have the right foods, spend lots of money, set the right atmosphere and be stressed while trying to "have fun" and "make memories"?

Just a thought: how about spending less money, and less time preparing...Instead, spend more time ENJOYING the holiday season with those you care about. Let the memories make themselves! Memories are generally about people, not things. Enjoy your holiday season "through your kids eyes!"

by Lisa Rinehart, Counseling Center

Season's Green-ings

Minnesota Office of Environmental Assistance (MOEA) has gathered ideas to help reduce holiday season waste and assist in making this festive time more meaningful. MOEA encourages creativity and gives suggestions on ways to wrap gifts without using paper, for example using hand towels or fabric scraps. There are suggestions on decorating like using edible cookie ornaments. Green gift ideas are shared like giving someone an experience (trip to a museum) or creating a family recipe book.

For more no-waste holiday ideas and resources, go to <http://www.moea.state.mn.us/reduce/nowaste.cfm> or www.reduce.org

Source: MOEA and Anoka County websites

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Campus Recreation Offers Fitness Assessments

Minnesota State Mankato Campus Recreation has started a new fitness assessment program this year and is offering the service to faculty and staff. The program is run by trained Minnesota State Mankato technicians. An individual assessment session will consist of measuring a person's body composition, cardiorespiratory fitness, muscular strength and endurance, and flexibility. Once the hour-long assessment is done, the individual will have a complete report on his/her fitness level and can use the information to set goals for physical fitness and health during the coming year.

Physical activity is a proven way to reduce stress and the benefits of regular exercise for all ages are limitless: improved sleep, lower blood pressure and cholesterol, improved mood and overall health, superior concentration and better time management skills, and increased energy and productivity are just a few of the benefits. It is an important part of anyone's ongoing holistic wellness routine.

An assessment session costs \$30. To make an appointment e-mail: fitness_assessment@yahoo.com.

Before the session begins you will be asked to fill out a medical history questionnaire and a consent and release liability form.

For more information on the fitness assessment program or how to introduce or increase physical activity into your routine, please contact Jen Bruns, Program Coordinator for Fitness and Wellness in Campus Recreation, at 389-3269 or jennifer.bruns@mnsu.edu Make this holiday season a healthy one!

Personal Training at the Otto Recreation Center

After a fitness assessment, faculty and staff can take advantage of personal training sessions. Trainers will create a fitness plan based on the individual's fitness goals. The cost of personal training is as follows:

| | |
|-------------|-----------|
| 1 session | \$ 20.00 |
| 3 sessions | \$ 50.00 |
| 5 sessions | \$ 75.00 |
| 10 sessions | \$ 100.00 |

Contact Jen Bruns at 389-3269 for more information or to register for personal training.

One of the most common New Year's resolution is to quit smoking. If this is yours, here are some Quit Tips:

Find your reason to quit - Whether it's money, your health, your looks, or simply the smell, find the one that works for you.

Create a plan - Set a quit date when life stresses are relatively low. Picture yourself as a non-smoker. Let as many people as possible know that you are quitting. If possible, quit with a buddy.

Identify your triggers - From the first cup of coffee to a beer with friends or spicy Mexican food, each smoker has a personal "trigger" for smoking. Avoid places where smokers gather.

Create a mental image - Smoking is as much a psychological and behavioral addiction as it is a physical addiction. Picture yourself as a non-smoker.

Conquering your urges - Sometimes the cigarette just seems to be calling your name. Remember the urge will pass, whether you choose to smoke or not! Before you quit, buy goodies such as chewing gum, sugarless candy, cinnamon sticks, and flavored toothpicks. These products can serve as temporary substitutes when you have the urge to smoke.

Reward yourself - Spoil yourself during those early weeks-or pocket the money you would have spent on cigarettes and plan something big. Use whatever works for you as a reward.

Within 20 minutes of your last cigarette

- Blood pressure drops to normal
- Pulse rate drops to normal rate
- Body temperature of hands and feet increase to normal

After 8 hours

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

Two weeks to three months

- Circulation improves
- Walking becomes easier
- Lung function increases up to 30%

One to nine months

- Coughing, sinus congestion, fatigue and shortness of breath decrease
- Cilia re-grow in lungs

Five years

Lung cancer death rate for average smoker decreases from 137 per 100,000 people to 72 per 100,000 people

Source: American Cancer Society www.cancer.org

For additional information contact Wendy Schuh, Student Health Services, at 389-5689.

Holiday Sauce Recipes

'Tis the Season for...Cranberries

A native of North America, the cranberry has been an important commercial crop for over 150 years. These little red berries have enjoyed increasing popularity in recent years due to research findings that suggest cranberries contain substances that reduce the incidence of urinary tract infections. Because of their high acidity and tartness, cranberries are rarely eaten raw. They are often added to baked goods such as muffins, breads, cakes, and stuffing or cooked briefly for use in pies, jam, chutney and sauces. Cranberries blend well with citrus fruits, pears and apples and the sauce is wonderful when paired with poultry and pork dishes. Fresh cranberry season is late fall and early winter but the fresh berries may be frozen or you can purchase dried "craisins," canned sauce, or juice for year-round enjoyment.

Tired of the same old canned cranberry sauce? For a new and interesting twist, add one of the following combinations to a 16 ounce can of "whole berry" cranberry sauce:

- 1) 1 medium pear (peeled and diced), 1/4 tsp ground nutmeg and a pinch of ground cloves.
- 2) 1/4 cup chopped pecans, 1 Tbsp grated orange zest and 1/2 tsp cinnamon.
- 3) 1 medium apple (diced) and 1 tsp ground ginger.
- 4) 8-oz. can crushed pineapple (drained), 1/4 cup chopped walnuts and 1/4 tsp ground cloves.

by Pauline Genter, Student Health Services

Rhubarb Sauce

An old time quick sauce which can complement anything from poultry to ice cream or eaten alone.

This recipe serves: 8

Preparation time: 5 minutes

Cooking time: 20 minutes

Ingredients

- 1 1/2 cups sliced, 1/4" thick rhubarb
- 1/2 cup sugar
- 1/4 cup water

Cooking instructions

1. Place all the ingredients in a pot. Cook, uncovered, over medium heat until the rhubarb is completely soft and falling apart.
2. Serve warm with pork, duck, turkey or Cornish hens.

Source: www.foodfit.com

What Fun We Had!

This fall the Wellness Committee's annual Move It MSU! challenge kicked-off on a sunny September Monday. At the kick-off President Davenport spoke on the Minnesota State Mankato Strategic Plan Wellness Initiative and Jen Bruns introduced the new Otto Recreation Center. Weekly events, open to all Minnesota State Mankato faculty and staff, were held during the next six weeks. The always entertaining poker walk around campus started the fall activities. Participants gathered cards along the walk hoping for a winning hand at the end. In October, class participants ate a fruit and vegetable laden lunch while learning some nutrition tips from Pauline Genter. Two sessions on basic tips for effective bicycling gave faculty and staff a lot of information in a short period of time. Retired Minnesota State Mankato instructor, Pat Hale, gave an interactive and empowering self-defense class to an enthusiastic group in mid-October. Finally, an introductory pilates class ended the fall event series with 25 participants trying out a new exercise. In all, 241 faculty and staff members attended the Minnesota State Mankato Wellness Committee's fall events. Thank you for participating.

The Move It MSU! challenge had 18 teams with a total of 120 participants who kept track of their exercise and nutrition for six weeks. This was a record number for this annual event!

If you would like to participate in the spring semester's Minnesota State Mankato *groove your body* fitness challenge, contact Ellen Pillsbury at #2068 or ellen.pillsbury@mnsu.edu and watch for a mailbox flyer in March.



President Davenport speaking on the Minnesota State Mankato Strategic Plan Wellness Initiative

Mark your calendars and attend this brown bag discussion!

“Eldercare” is something that more and more of us are involved in. Providing care and support to an aging loved one is challenging – requiring special knowledge and skill, along with insights about the personal dynamics of role changes and losses.

Come to this brown bag discussion for tips on communicating with aging loved ones, getting what is needed from the health care system, and taking care of yourself while taking care of others.

What: Tips on the “Tough Stuff” of Aging and Caregiving

When: Wednesday, February 15, 2006

12:00 P.M.-1:00 P.M.

Where: CSU 204

Shirley Murray, MS, LISW is the Director of the Minnesota Area Geriatric Education (MAGEC) South and the Director for Continuing Education for the College of Allied Health and Nursing at Minnesota State Mankato. She holds a Master of Science degree in Sociology: Human Service Planning and Administration, a Graduate Certificate in Gerontology and a Bachelor of Science degree in Social Work from Minnesota State Mankato. Ms. Murray has developed course work and taught extensively in the areas of aging and caregiving issues.

The MAGEC South office is located here on campus. For more information call 389-5194 or e-mail Shirley at shirley.murray@mnsu.edu. MAGEC South’s website is www.mnsu.edu/magec.

Spring Semester Event/Class Schedule

Otto Recreation Center 30 minute Tours

When: Wednesday, January 18
11:30 A.M. and 12:15 P.M.

Family Night at Mount Kato

When: Friday, February 3
6:00 P.M.-10:00 P.M.

Brown Bag Lunch –

Tips on the “Tough Stuff” of Aging and Caregiving
with Shirley Murray, MS, LISW

When: Wednesday, February 15
12:00 P.M.-1:00 P.M.
Where: CSU 204

Yoga Class with Anne Blackhurst in April **TBA**

Self Defense Series with Patricia Hale

Beginner class
When: Wednesday, March 29
12:00 P.M.-1:00 P.M.

Where: CSU 284A/B

Advanced class

When: Wednesday, April 5
12:00 P.M.-1:00 P.M.

Where: CSU 284A/B

Bicycling Basics Series in April **TBA**

Basic Maintenance - How to fix a flat
Tips for riding on the roads

Quick and Healthy Dinners with Pauline Genter

When: Wednesday, April 12, Time: **TBA**
Where: WC 139B

Wellness Committee Members

Therese Mullins

Wendy Schuh

Wendy Schuller

Kyle Snay

Gary Urban

Mary Visser

Jen Bruns

Pauline Genter

Linda Leech

Lola Lemcke

Sonya McNamara

Lisa Rinehart

Ellen Pillsbury-Graduate Assistant

The Minnesota State Mankato Wellness Committee is a part of the state mandate for staff development to develop educational events and activities for Minnesota State Mankato faculty/staff well being. Any Minnesota State Mankato employee is welcomed to join us in this happy work.



A member of the Minnesota State Colleges and Universities System. Minnesota State Mankato is an Affirmative Action/Equal Opportunity University.

Individuals with a disability who need a reasonable accommodation to participate in these events, please contact the Office of Human Resources at 507-389-2015 (V), 711 or 800-627-3529 (MRS/TTY) at least five days prior to the event. This document is available in alternative format to individuals with disabilities by calling the above numbers.