

# Wellness Works

A part of ISU Employee Wellness Program



January 2008

## Announcements:

- The next lunch and learn is titled "What is Stress Doing to Your Health"
- **Where:** 0331 Palmer  
**When:** Jan. 17th  
**Time:** 12-1pm
- If you would like to receive the Wellness Works newsletter or any other wellness information via e-mail, please contact Sally Barclay at [Barclay@iastate.edu](mailto:Barclay@iastate.edu)

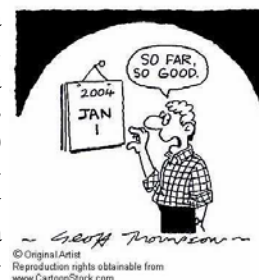
## A New Year, A New You

After all of the holiday celebrations, many people are left with extra pounds on the scale and a comfortable feeling staying indoors in front of the television. All of this is done with a New Year's resolution in mind, but not activated.

It is a new year, and many are hoping to become new, better people; whether it be physically, mentally, or emotionally. There are plenty of resolutions that are made to last a lifetime, only to fail after a few short weeks of effort. In a survey conducted in 2005, of those who do set New Year's resolutions, 79% do not have a plan to keep them. The top three reasons why resolutions are not kept were identified as: procrastination, 33%; lack of discipline, 24%; and no game plan, 19%. Ten percent said that trying to reach their goal for the new year was hindered by doing it alone.

Everyone can recognize that it is difficult to

get a jump start on a lifestyle change. Refer to "Make a Good New Year's Resolution" (page 2) to help set reasonable goals and stay motivated to make a substantial, long-term change.



([www.gailkasper.com](http://www.gailkasper.com))

**"The difference between the impossible and the possible lies in a person's determination."**  
- Tommy Lasorda

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## Exercising in Cold Weather

For many, it is difficult to stay active during the winter months, but for a few others, keeping active outside is not intimidating. To stay safe, exercisers need to be cautious and aware of the dangers of being active in cold weather.

The American College of Sports Medicine recommends that outdoor exercisers layer their clothing when doing physical activity outside. It is better to wear several thin layers than one heavy layer. That way, layers can be added and removed according to the level of comfort and temperature. The goal to layering is to keep sweating and shivering to a minimum and regulate a core body temperature.

Another important guideline is to keep your mouth and head covered. As much as 50% of the total body heat can be lost from the head and neck, and keeping the mouth covered warms the

air that is breathed in. Cold air may cause angina (chest pain) and leave one prone to upper respiratory problems.

Staying dry, especially your feet dry, is vital in staying safe when doing physical activity outdoors. Wet, damp clothing increases body heat loss, so wear fabrics like wool and polypropylene that take moisture away from the skin, but still keep the body warm.

Dehydration increases the risk of frostbite, as well as affects the body's ability to maintain body heat, so it is just as important to stay hydrated in the winter months as it is in the warmer months. Avoid alcoholic beverages and caffeine because these have dehydrating mechanisms. Alcohol dilates blood vessels which increases heat loss and the risk of hypothermia. It also impairs good judgment that may be needed in a cold weather emergency. ❖

## Quit Smoking Today!



One of the most common resolutions from year to year involves quitting smoking, and it is often one of the least successful resolutions. It is difficult to quit because nicotine is one of the main ingredients in cigarettes and is an extremely addictive substance. It's degree of addiction has been compared to heroin and cocaine addiction. When a smoker tries to quit smoking, the body goes through withdrawal and has both physical and mental challenges. Symptoms include dizziness, depression, anxiety, irritability, tiredness and increased appetite. So the question

remains, why and how does a smoker quit their highly addictive habit? The main reason to quit is that smoking increases the risk factors of many chronic diseases. Smoking has been shown to cause cancer, lung disease, and various cardiovascular diseases. It kills over 400,000 people a year; more than one in six people in the United States. AIDS, automobile accidents, homicides, suicides, drug overdoses, and fire deaths combined do not exceed this count. The United States alone spends about \$50 billion each year on smoking-related health costs.

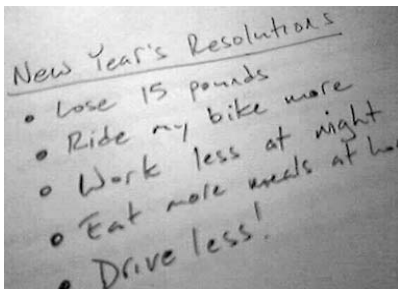
Quitting can be difficult, but with the right help and discipline, the habit can be history. Get social support from your peers. This can be family, friends and co-workers. Look into a smoking cessation

program that will teach you various ways to cope with your addiction. Quitting cold turkey may be the most difficult method to stop smoking, so using alternatives to nicotine such as nicotine patches or gum. According to Addictive Behaviors (2006), among 2,207 former smokers and 928 current smokers, quitting cold turkey had a success rate of 77.2% compared to the nicotine patch and gum, which both had success rates of 35.9%.

Most importantly, to quit smoking, stick with your decision to quit and stay with it, get the support of the people around you, and also seek help from medical professionals. ❖

([www.cancer.com](http://www.cancer.com)), ([www.whyquit.com](http://www.whyquit.com))

## Make a Good New Year's Resolution



**How you make your New Year's resolution can determine how effective your plan is. Here are some tips for making a resolution that makes a difference.**

- **Create a Plan.** In order to make a goal you first need to make a plan. Make a plan that has clear steps that can be set into action. To make a good plan, it must outline what to do next, as well as all the steps required in completing the goal.

- **Create Your Plan IMMEDIATELY.** Stop putting off creating your plan. Most people are motivated at the beginning of January, but without a plan they forget their resolution and never see results.

- **Write Down Your Resolution and Plan.** Put your resolution and plan in writing someplace. Try putting it in a place where you look everyday, and let it serve as a constant reminder.

- **Think "Year Round," not just New Year's.** Think of your resolution as just a starting point to a long process. Just

because your resolution is set in one day doesn't mean you will see big gains in one day. Develop a habit out of your plan that you can maintain.

- **Remain Flexible.** Accept the fact that your goals can and will change slightly. Be able to work around this and not give up hope. Recognize small victories that provide encouragement to your overall victory.

*\*Remember that just as your resolution isn't accomplished the day it is stated, neither is it accomplished the day your goal is reached.*

([www.mygoals.com](http://www.mygoals.com))

### January Quote:

Ring out the old, ring in the new,  
Ring, happy bells, across the snow;  
The year is going, let him go;  
Ring out the false, ring in the true.  
- Lord Tennyson Alfred

([www.entourages.com](http://www.entourages.com))

## Treat Yourself!

### Bran Fruit Bars



Yield: 24 servings  
 Calories: 87  
 Total Fat: 2 g  
 Cholesterol: 8 mg  
 Sodium: 19 mg  
 Carbohydrate: 18 g  
 Dietary Fiber: 2 g  
 Protein: 1.5 g

#### Ingredients Shopping List

2 cups All-Bran® Original  
 1/2 cup chopped dried apricots  
 1 cup raisins  
 1/3 cup all-purpose flour  
 1/2 cup honey  
 1/3 cup skim milk  
 3 tablespoons vegetable oil  
 1 egg, slightly beaten



#### Directions

In large mixing bowl, combine Kellogg's® All-Bran® cereal, apricots, raisins, flour, honey, milk and oil. Mix until combined. Stir in egg. Spread evenly in 8x8x2-inch baking pan coated with cooking spray.

Bake at 325 degrees F about 30 minutes until firm in center. Cool in pan. Cut into 24 bars. Store tightly covered

(www.allrecipes.com)

## New Year's Culture Quiz

At the stroke of midnight on New Year's Eve, you knew what you did. But how do other cultures celebrate?

#### 1. When do the Chinese celebrate their New Year?

- A. On the winter solstice, like many other ancient cultures.
- B. During the second new moon after the winter solstice.
- C. January 1st, like most other countries.

#### 2. During the Scottish ceremony, Hogmanay, the townspeople join in the "Creaming of the Well." The person who drinks from the well first is guaranteed:

- A. Good luck.
- B. Wealth.
- C. A mate.

#### 3. How do the Ecuadorians cleanse their faults for the New Year?

- A. They purify themselves by fasting for New Year's Eve.
- B. They make a list of their faults and bury it.
- C. They burn a straw man decorated with the family's clothes.

#### 4. On the morning of the Vietnamese New Year, Tet, what are children not allowed to do?

- A. Play with other children.
- B. Cry.
- C. Watch television.

#### 5. What happens shortly before midnight, on New Year's Eve, in Japan?

- A. Buddhist temples ring their bells 108 times.
- B. People gather in the streets and toast the New Year.
- C. People write down their resolutions for the New Year.



◀ Scottish ceremony, Hogmanay

(www.familyeducation.com)

Answers: 1. B 2. C 3. B 4. A 5. A