



February 2009

Wellness Works

A part of ISU Employee Wellness Program

Announcements:

February: American Heart Month

Blood Pressure and Postural Screening

February 18th, 11 am - 12 pm
LeBaron Hall Lounge (vending area)

Wellness Workshop
STRESSED OUT?!?!

February 18th, Noon
Curtiss Hall, room 8

Recipe Contest

Enter beginning March 1st

50 Day Celebration

Part of Live Healthy Iowa
Lied Rec. Center, March 4th

Cooking Demo

March 26th, two sessions
Further details TBA

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

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A Good Night's Sleep

A 2008 survey found that 29% of people have fallen asleep or have become sleepy at work and 36% people have fallen asleep or nodded off within the past year while driving. Sleep deprivation is often misdiagnosed as ADHD (Attention Deficit Hyperactive Disorder). Sleep deprivation can lead to:

- Increased risks of: psychiatric conditions, diabetes, and heart problems
- Increased Body Mass Index and obesity due to an increased appetite
- Decreased ability to pay attention
- Mood changes: irritability and aggression
- Altered performance and alertness
- Decreased ability to make decisions
- Problems with short-term memory

How much sleep do we need? There's no magic number, everyone's needs are

different. The National Sleep Foundation does have some guidelines. Infants need 10-18 hours a day, and toddlers/children need 9-15 hours depending on his or her age. Adolescents (12 to 25 years) need 8½ to 9½ hours, while adults need 7 to 9 hours.

What are some tips for healthy sleep? Maintain a regular bed and wake time, including weekends. Establish a relaxing bedtime routine such as taking a hot bath, time spent reading, etc. Create a good sleep-environment that is dark, quiet, cool, and comfortable. Sleep on comfortable a mattress and pillows. Finish eating 2-3 hours before bedtime. Exercise regularly (not right before bed). Avoid caffeine around bedtime. Avoid nicotine, not just around bedtime, but especially before bed because it's a stimulant. Lastly, it's best to avoid alcohol use close to going to bed.

Sleepfoundation.org

Walking for Wellness Club

One part of Wellness Works, the Iowa State employee wellness program, is a weekly opportunity for faculty and staff to join together in a weekly walk. These walks occur on Wednesdays at 11:30 AM, going until noon.

As the weather is rather unpredictable and has a tendency to be inclement the walks will be held indoors before spring break. The dates and locations for those walks after our week off will be announced at a later time. Here is the schedule for our upcoming walks:

- February 11th - Beardshear Hall, West entrance
- February 18th - Curtiss Hall, East Entrance
- March 4th - no walk (Live Healthy Iowa 50-day Celebration at Lied.)
- March 11th - Molecular Biology, South entrance

As an incentive we will be giving participants a free pedometer after attending these walks three times.

For more information please visit:
www.extension.iastate.edu/HealthyLifestyles

Illness Prevention Through Hand Washing

One very simple task can keep you on the path to staying healthy throughout the season of colds and the flu: proper hand washing. The bacteria that cause these illnesses are easily picked up by coming into contact with them. Using proper hand washing techniques can kill bacteria before it infects the body or is spread to someone else.



Proper hand washing can be achieved in two ways. The first is by using an alcohol-based sanitizing lotion and the second is through using soap and water and is demonstrated well with the graphic above.

It should be noted that in both methods it is important to scrub or cover the **entire** surface of your hand, as many times large portions of the hand can be missed. It is also important to know when to wash your hands, here are some of the instances in which proper hand washing is vital:



- After using the toilet
- After changing a diaper — wash the diaper-wearer's hands, too
- After touching animals or animal waste
- Before and after preparing food, especially before and immediately after handling raw meat, poultry or fish
- Before eating
- After blowing your nose
- After coughing or sneezing into your hands
- Before and after treating wounds or cuts
- Before and after touching a sick or injured person
- After handling garbage
- Before inserting or removing contact lenses
- When using public restrooms

Mayoclinic.com
 BBC.co.uk
 Lung.ca

Buckwheat Pancakes

- Ingredients** (serves 6):
- 2 egg whites
 - 1 tablespoon canola oil
 - 1/2 cup fat-free milk
 - 1/2 cup all-purpose (plain) flour
 - 1/2 cup buckwheat flour
 - 1 tablespoon baking powder
 - 1 tablespoon sugar
 - 1/2 cup sparkling water
 - 3 cups sliced fresh strawberries

In a small bowl, whisk together the egg whites, canola oil and milk.

In another bowl, combine the flours, baking powder and sugar. Add the egg white mixture and the sparkling water and stir until slightly moistened.

Place a nonstick frying pan or griddle over medium heat. When a drop of water sizzles as it hits the pan, spoon 1/2 cup pancake batter into the pan. Cook until the top surface of the pancake is covered with bubbles and the edges are lightly browned, about 2 minutes. Turn and cook until the bottom is well browned and the pancake is cooked through, 1 to 2 minutes longer. Repeat with the remaining pancake batter.



Transfer the pancakes to individual plates. Top each with 1/2 cup sliced strawberries and serve immediately.

Mayoclinic.com
 Biggestmenu.com