Celebrate “Walktober”: OCTOBER 4

Walktober is all about walking for heart. Beginning Monday, October 4, Wellness Representatives will be located in select buildings throughout campus to walk and exercise with you. Each of these buildings has an established walking route of approximately 1 mile. Printable walking route maps including walking meeting locations can be found at:

www.nmu.edu/wellness

A unique outdoor 5K walking route is also available for the more ambitious outdoor trekker. This route incorporates 11 campus buildings and provides walkers with 11 possible starting points, allowing walkers to meet up with other walkers along the way.

NMU is a member of the American Heart Association (AHA) Start! Walking Program. The Start! Movement promotes eating better, living healthier and 30 minutes of moderate exercise a day. Start! Also provides participants with a free online activity tracker called MyStart! MyStart! is a fitness and nutritional tool that helps measure personal improvement in the following ways:

- Makes setting fitness and nutritional goals simple and convenient
- Provides tracking for physical activity and nutrition
- Offers mapping tool to help participants design a walking route in their city as well as calculate mileage
- Presents a variety of health and wellness resources

NMU is a designated Fit Company and is listed on the MyStart! Tracker. So get started! Sign up, log on and start walking. Be a part of the movement at NMU to make “30 minutes a day” an integral part of your life.

www.startwalkingnow.org

Breast Cancer Awareness Month

About 1 in 8 women in the United States (between 12 and 13%) will develop invasive breast cancer over the course of her lifetime. The best defense to breast cancer is a good offense. Risk of breast cancer can be reduced by the following:

- Quitting smoking
- Increasing exercise
- Maintaining a healthy weight
- Reducing exposure to estrogen
- Increasing fruit and vegetable intake
- Relaxing.

It is also important to consult with your doctor yearly about screenings including mammograms and breast exams. Screening helps detect breast cancer early when it is most treatable.

(Breastcancer.org, 2008)
World Mental Health Day

Many people think of physical health when thinking about health, but good mental health is another component that is intertwined with physical health (WHO, 2010). Millions of Americans suffer with various mental health problems, “such as social anxiety, obsessive compulsive disorder, addiction to drugs and alcohol, and personality disorders” (WebMD, 2010). Just like it is important to spend time working on your physical health, it is important to spend time on your mental and emotional health. Being aware of and working on the following mental/emotional health topics can help a person be a more mentally healthy individual: (Smith, Segal, R., & Segal, J., 2010).

Resilience – the ability to bounce back from adversity, trauma, and stress; people who are emotionally and mentally healthy have the tools for coping with difficult situations and maintaining a positive outlook.

- Let yourself experience strong emotions, but also realize you may need to avoid experiencing them at times
- Step forward and take action to deal with your problems, and also step back to rest and reenergize yourself
- Spend time with loved ones to gain support and encouragement
- Rely on others as well as yourself (as cited in Smith et al., 2010)

Physical health – the mind and body are linked. When you improve your physical health, you’ll automatically experience greater mental and emotional well-being.

- Get enough rest
- Learn about good nutrition and practice it
- Exercise to relieve stress and lift your mood
- Get a dose of sunlight everyday
- Limit alcohol and avoid cigarettes and other drugs

Taking care of yourself – pay attention to your own needs and feelings.

- Appeal to your senses – stay calm and energized by appealing to the five senses
- Engage in meaningful, creative work – makes you feel productive
- Get a pet – makes you feel needed and loved
- Make leisure time a priority – it feels good
- Make time for contemplation and appreciation – pay attention to the positive in life
- Limit unhealthy mental habits
- Manage stress

Supportive relationships – humans are social creatures with emotional needs for relationships and positive connections to others.

- Get out from behind your TV or computer screen
- Spend time daily, face-to-face, with people you like
- Volunteer
- Be a joiner – join interest groups, or social networks, etc. (Smith et al., 2010)
World Osteoporosis Day

“It is estimated that at least half of all spinal fractures do not come to clinical attention or are untreated” (International Osteoporosis Foundation, 2010). Mayo Clinic (2009) provides some great information regarding Osteoporosis:

Risk Factors you can change
Low calcium intake – low calcium intake contributes to diminished bone density, early bone loss and an increased risk of fractures
Tobacco use – contributes to weak bones
Eating disorders – create a higher risk of lower bone density
Sedentary lifestyle – weight-bearing exercise is beneficial for your bones as well as cardiovascular exercise
Excessive alcohol consumption – alcohol can interfere with the body’s ability to absorb calcium

Symptoms
Back pain, which can be severe, as a result of a fractured or collapsed vertebra
Loss of height over time
A stooped posture
Fracture of the vertebra, wrist, hip or other bone

When to see a doctor – osteoporosis rarely causes signs or symptoms until it’s advanced so the National Osteoporosis Foundation recommends a bone density test if you are:
- A woman older than age 65 or a man older than age 70
- A postmenopausal woman with at least one risk factor for osteoporosis
- A man between age 50 and 70 who has at least one osteoporosis risk factor
- Older than age 50 with a history of a broken bone
- Take medications, such as prednisone, aromatase inhibitors or anti-seizure drugs, that are associated with osteoporosis
- A postmenopausal woman who has recently stopped taking hormone therapy
- A woman who experienced early menopause

Prevention
- Adequate amounts of calcium
  - Age 19 to 50: 1,000 mg
  - Age 51 and older: 1,200 mg
- Adequate amounts of vitamin D
  - Adults: 400-1,000 IUs daily
- Regular exercise
- Don’t smoke
- Avoid excessive alcohol consumption (more than two alcoholic drinks a day) (Mayo Clinic, 2009)

Respiratory Health

The average adult takes over 20,000 breaths a day which is about 15 to 20 breaths a minute. The respiratory system includes the nose, throat, windpipe and lungs. This system brings air into the lungs and the oxygen from each breath is transferred to the bloodstream and sent throughout the body. The lungs have very delicate tissues and are connected to the outside environment so anything breathed in can affect them including, germs, tobacco smoke and other harmful substances. There are some things you can do to help reduce your risk of lung disease:
- Don’t smoke
- Avoid exposure to pollutants that can damage your lungs
- Prevent infection
- Get regular health care (American Association for Respiratory Care, 2010)

“...at least half of all spinal fractures do not come to clinical attention or are untreated” -International Osteoporosis Foundation
This year we want you to “Awaken Your Inner Wildcat” in your journey to wellness. Join this incentive program to:

- Be part of a team (social network)
- Gain positive reinforcement
- Earn rewards for your participation

How “fit and fierce” is your building?
Get your building/team recruited to begin earning “paw points” for participation in the programs listed for the Fall 2010 semester. Sign up by emailing wellness@nmu.edu with the following information by October 10: Name, Building, E-mail

“Paw points” will be earned through participation in N.M.U. Employee Wellness programs as well as participating in physical activity outside of N.M.U. Once you are signed up for the incentive program, look for an email regarding paw point opportunities.

Fall 2010: Wellness Incentive Program

High FIVES of the Month:
Beginning Oct. 11, you can send Wellness an e-mail with a HIGH FIVE message of accomplishment or encouragement to a teammate!

HIGH FIVES will be worth PAW POINTS in the Fall 2010 Incentive Program beginning Oct. 11. Please e-mail Wellness to sign-up for this program by Oct. 10 (details below).

HIGH FIVES are welcome anytime!

E-mail: wellness@nmu.edu

REFERENCES:

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YouTube: Tune into Wellness with Willy

Join NMU staff and Wildcat Willy on the “Tune into Wellness” YouTube channel to develop your wellness habits in all capacities: physically, mentally, emotionally, and spiritually:

http://www.youtube.com/user/tuneintowellness?feature=mhum

Each month, look forward to fun, interactive activities and wellness information linked to your Wednesday Wellness Tips and can be identified in the e-mail subject line as: YouTube Wednesday Wellness Tip.

Wellness and Willy will be coming to your building soon!