Get Moving UP:

Join NMU’s registered dietician Robin Rahoi for our next Soup Symposium focused on Vitamin D Deficiencies. This is the last Soup Symposium of the semester and will be held on Monday, April 13 from 12-1 p.m. in the Pioneer A Room of the University Center.

Many people know that calcium is important for healthy bones but why is vitamin D important? Many Americans are not getting sufficient amounts of vitamin D due to inadequacies in their diets and decreased sunlight exposure, especially in areas such as the U.P where the winters are long.

Emerging science suggests that vitamin D needs may be higher than previously thought and that in addition to preventing osteoporosis, adequate vitamin D status may play a role in risk reduction for other chronic diseases including diabetes, cancer, hypertension, and multiple sclerosis. After this Soup Symposium, you will have a better idea of what is a Vitamin D deficiency and what is the role Vitamin D plays in disease prevention.

Soup and baguettes will be served. For more information or to RSVP, email wellness@nmu.edu or call 227-2644.

When: Mon. April 13, 12-1 p.m.
Where: Pioneer A, U.C.
What: Soup Symposium: Vitamin D Deficiencies
How: RSVP to wellness@nmu.edu by Thursday, April 9.

Get Moving UP:

It is not too late to form a team to join the FitUP challenge and Get Moving UP! You can still jump in and log activity from now until May 23 using the Activity Manager at http://www.fitup.org. The Get Moving UP program is a way to encourage those in the Upper Peninsula to get moving, in any form you can, for at least 30 minutes for 5 days a week. If you like to walk, bike, hike, rollerblade, skate, or ski, anything will count. Join as an individual or as a team, by visiting http://www.fitup.org. Make sure to choose Northern Michigan University as your workplace in the left side of the website!
Alcohol Awareness Month: Talk to Your Teens

According to the 2006/2007 National Surveys on Drug Use and Health National Surveys report, 28 percent of people aged 12-20 used alcohol in the past month with almost 15 percent of these underage drinkers getting the alcohol free from parents or from another relative. Underage alcohol abuse is not just dangerous because it is illegal, but also because of the health consequences it can have as the bodies and brains of teenagers continue to develop. Research has shown that alcohol can have effects on the brain, liver, and the endocrine system and on the growth and development of adolescents.

**Brain Effects:** Research has shown that animals fed alcohol during this developmental stage continue to show long lasting impairment from alcohol as they age. Research is not conclusive on how alcohol affects the long term memory and thinking skills of people who begin to drink heavily as teenagers.

**Liver Effects:** Liver damage can present itself by elevated levels of liver enzymes which has been found in some adolescents who drink alcohol. Alcohol has shown to impact, at even a greater level, young drinkers who are overweight or obese as their tests showed elevated liver enzymes with only moderate drinking.

**Growth and Endocrine Effects:** During the teenage years, both males and females will experience natural hormonal changes in levels of the sex hormones testosterone and estrogen. Studies have shown that consuming alcohol during development can negatively affect the maturation of the reproduction system.

Source: http://www.niaaa.nih.gov

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More Adolescents Use Alcohol Than Use Cigarettes or Marijuana

![Figure 1: Past-Month Adolescent Alcohol, Cigarette, and Marijuana Use by Grade.](http://www.cdc.gov/men)

Source: Data from 2006 Monitoring the Future Survey National Institute on Alcohol Abuse and Alcoholism

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Men’s Health Corner

It is a fact. Men live on average five years less than women. Take the CDC Men’s Health quiz below, designed to test your knowledge of male health. Then, take the initiative to take care of yourself and learn more about men’s health by visiting [http://www.cdc.gov/men](http://www.cdc.gov/men).

Write “true” or “false” in the blank next to each statement. Answers are on page 5.

_____ 1. A man’s exposure to substances in the workplace can affect his ability to have healthy children.

_____ 2. Adults should get at least one hour of physical activity a week.

_____ 3. Males are more likely than women to die from injury in the workplace.

_____ 4. People do not need to get vaccinations after age 21.

_____ 5. Men are more likely than women to attempt suicide.

_____ 6. Male high school students are more likely than female students to never wear seat belts.

_____ 7. More men die from prostate cancer than from any other type of cancer.

_____ 8. Having gonorrhea can increase your risk for getting HIV.

_____ 9. Cancer is the leading cause of death in men.

_____ 10. Males are more likely than females to sustain a traumatic brain injury.

Source: [http://www.cdc.gov](http://www.cdc.gov)
Sexually Transmitted Infections Awareness Month

April is Sexually Transmitted Infections (STI) Awareness Month and with more than half of all people will have an STD/STI at some point in their lifetime, having the facts about STIs are important.

Over half of the sexually transmitted infections occur in young people, but STIs are not found just among young and unmarried people. There has also been a rise in sexually transmitted infections among older adults, because they are increasingly undergoing relationship changes and are less likely to use condoms perhaps because they are not concerned about the risk of pregnancy. Additionally, many safe sex campaigns target younger people whereas many sexually transmitted infections were not even discussed or identified when older adults were young. That is why STI prevention is important at every age. Just like an other infection or disease, people need information on Sexually Transmitted Infections. The more information we have about STI prevention and treatment, the less embarrassment and stigma there will be attached. Talking with your children and your partner about STIs is the first step to decreasing the number of cases.

Tips to Prevent STI Transmission

- **Mutual monogamy** – having sex with only one, uninfected partner who only has sex with you.
- **Talking with your partner(s)** about STDs/STIs, sexual health, and prevention prior to sexual activity. Open communication fosters trust and respect among partners and is a key aspect of reducing the risks for STDs/STIs. If you or your partner have had other partners, both of you may want to get tested before becoming sexually active with each other. Many STDs/STIs can be “silent,” causing no noticeable symptoms in men or women.
- **Using latex condoms** consistently and correctly for all types of sexual contact (oral, vaginal, anal), even if penetration does not take place.
- Using spermicides is not recommended as they can irritate the skin or vaginal tissue and, especially for women, cause abrasions (tiny openings in skin) that may make it easier to contract STDs/STIs.
- **Having regular check-ups**, at least once yearly, if you are sexually active. Don’t be afraid to talk honestly with your health care provider about your sexual practices or to ask about STD/STI tests, including determining which STDs/STIs you’ve been tested for – and which you haven’t been. Call the National STD Hotline at (800) 227-8922 for more information.

For more information, please visit the American Social Health Association at http://www.ashastd.org.

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**Inflammatory breast cancer (IBC)**

Inflammatory breast cancer is a rare but very aggressive type of breast cancer in which the cancer cells block the lymph vessels in the skin of the breast. This type of breast cancer is called “inflammatory” because the breast often looks swollen and red, or “inflamed.” IBC accounts for 1 to 5 percent of all breast cancer cases in the U.S. It tends to be diagnosed in younger women compared to non-IBC breast cancer. Unlike the more common form of breast cancer, inflammatory breast cancer usually does not present itself with a lump.

Like other types of breast cancer, IBC can occur in men, but usually at an older age than in women. Some studies have shown an association between family history of breast cancer and IBC, but more studies are needed to draw firm conclusions.

Source: http://www.ibcresearch.org

**Symptoms of IBC**

- Rapid change in the appearance of one breast, over the course of days or weeks
- Thickness, heaviness or visible enlargement of one breast
- Discoloration, giving the breast a red, purple, pink or bruised appearance
- Unusual warmth of the affected breast
- Dimpling or ridges on the skin of the breast
- Itching, tenderness, pain, or aching
- Enlarged lymph nodes under the arm, above the collarbone or below the collarbone
- Flattening or turning inward of the nipple
- Swollen or crusted skin on the nipple
- Change in color of the skin around the nipple

Source: http://www.ibcresearch.org
Volunteer on Sat. April 18 at Bay Cliff Health Camp

Volunteering is not only good for the community, it is also good for your health. Studies show that people who volunteer have more structure, direction, and meaning to their lives, have widened social networks, show decreased symptoms of depression, gain improved interpersonal skills, and have greater access to education and trainings. Volunteering also instills self efficacy, self esteem, and a sense of gratitude in those who volunteer.

Join the NMU Volunteer Center on a fun volunteer project on Saturday, April 18 at the Bay Cliff Health Camp. Volunteers will head up to Bay Cliff to help with spring cleaning and to get the camp ready for the summer. You can either help at the morning session (9 a.m. start), or the afternoon session (1 p.m. start), or for all day. Lunch will be provided by Bay Cliff for all volunteers at 12 p.m. Volunteers are encouraged to bring friends and family. You must provide your own transportation to Bay Cliff, but carpooling is encouraged.

Please register to volunteer by contacting the NMU Volunteer Center at 227-2466 or by email at volctr@nmu.edu. This will help Bay Cliff plan for projects and lunch. If you are unable to help on Saturday, April 18, but are interested in future service events, please contact the NMU Volunteer Center to be added to the e-mail update list. Or, visit the UP Volunteer Network page at www.1800volunteer.org

By volunteering, you can reap the mental health benefits and help out in the Marquette community!

What is the difference between complex carbohydrates and simple carbohydrates?

Simple carbohydrates and complex carbohydrates are digested by your body in different ways. Simple carbohydrates elevate your blood sugar rapidly, which can leave you feeling fatigued, hungry and desiring more sugar, even though you have just eaten. They are mainly added sugars, which have very little nutritional value. Fruit and milk products are also simple carbohydrates, but are very important since they contain many nutrients.

Complex carbohydrates are whole grains and less processed foods that are packed with nutrients, take a while to absorb, and therefore result in a steady blood sugar level, which allows you to feel "full" longer and gives you lasting energy.

You should strive to have 40-60% of your total calories come from carbohydrates and at least half of these should be complex carbohydrates in order to get adequate fiber and nutrient intake. Some simple carbohydrates in your diet such as fruit, and milk products are also needed through because of the important vitamins, antioxidants, and minerals they supply. Some suggested serving sizes for complex carbohydrates are:

- 1 slice of whole grain bread
- 1/2 cup of cooked brown rice or whole wheat pasta
- 1/2 cup of cooked dry beans, lentils, or dried peas

Learn more by visiting http://www.mypyramid.gov and see how complex carbohydrates can help you maintain a healthy weight and fight off chronic disease. Source: http://www.nlm.nih.gov/
**Party-Time Pasta**

**Time:** 30 minutes

**Ingredients:**
- 1/2 pound turkey, lean ground
- 1 teaspoon paprika
- 1 can (14 1/2 ounces) tomatoes, crushed
- 1 can (14 1/2 ounces) chicken broth, reduced sodium
- 2 cups pasta, bow-tie, uncooked
- 3 cups frozen vegetables such as carrots, broccoli and cauliflower, thawed

**Tasty Topping:**
- 1/2 cup chopped fresh or dried parsley
- 1/4 cup bread crumbs, seasoned, dry
- 1/4 cup grated Parmesan cheese

**Instructions:**
1. Heat a large nonstick pan over medium heat. Add ground turkey and paprika. Cook and stir until meat is brown and no longer pink, about 5 minutes.
2. Stir in tomatoes, chicken broth and pasta. Bring mixture to a boil. Reduce heat to medium-low. Cover and simmer until pasta is almost tender, about 10-15 minutes.
3. Remove lid. Place vegetables on top of pasta. Replace lid. Cook until vegetables are tender, about 5 minutes.

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**Answers to Men’s Health Quiz (page 2):**


To learn more about Men’s Health and how you can do your part in closing the life expectancy gap between genders, visit [http://www.cdc/men](http://www.cdc/men).

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**Upcoming Wellness Committee Events**

**Mon. April 13:** Vitamin D Deficiencies 12–1 p.m. Pioneer A, UC

**Mon. April 20:** Blood Pressure Screening: 11–1 p.m., Starbucks

Please email wellness@nmu.edu if you would like to suggest additional events for next year’s Wellness Student Coordinator!

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**Websites for Wellness**

- Inflammatory Breast Cancer: [http://www.ibcresearch.org](http://www.ibcresearch.org)
- Sexually Transmitted Infections: [http://www.cdc.gov/STD](http://www.cdc.gov/STD)
- CDC Men’s Health: [http://www.cdc.gov/men](http://www.cdc.gov/men)
- Men’s Health Network: [http://www.menshealthnetwork.org](http://www.menshealthnetwork.org)
- Get Moving UP!: [http://www.fitup.org](http://www.fitup.org)
- UP Volunteer Network: [http://www.1-800-volunteer.org](http://www.1-800-volunteer.org)
### Summer 2009 ~ Fun events happening in and around Marquette

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Click on the name of the activity to be directed to their website to learn more details.

- **May 1**: 2 NMU Commencement
- **June 1**: 3YMCA Family Night
- **July 1**: 2YMCA Family Night
- **July 3**: Street Dance-Gwinn
- **July 17**: Hiawatha Music Festival
- **July 18**: Great Lakes Rodeo
- **June 21**: Superior Bike Fest
- **July 28**: Blueberry Festival
- **May 10**: NTN National Trails Day Trail Run
- **June 14**: Farmer’s Market Begins
- **June 23**: Farmer’s Market Begins
- **June 27**: Farmer’s Market Begins
- **July 30**: Farmer’s Market Begins
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Visit [http://www.marquette.org](http://www.marquette.org) for more activities!

### 10 Healthy and Fun Activities in Marquette

1. Enjoy a picnic lunch on top of Hogsback.
2. Walk through lower harbor at sunrise.
3. Each week, check out one of the more than dozen waterfalls in Marquette County.
4. Buy fresh fruits and vegetables at the Farmer’s Market on Saturdays at the Marquette Commons or any day of the week at Farmer Q’s Market.
5. Enter the Superior Bike Fest or the Ore to Shore Mountain Bike Epic.
6. Pick out a healthy meal or snack at the International Food Festival or the Seafood Festival.
7. Take a day trip to Pictured Rocks.
8. Dedicate a Sunday afternoon to improve your mental health: Lay on the beach and daydream.
9. Sign up for a workshop with the Marquette Arts and Culture Center and discover belly dancing, gentle yoga, dog whispering, photography, or your inner artist.
10. Spend time with friends by taking in a play at the Lake Superior Theater or Vista Theater.

### Summer Fitness Options at the PEIF!

Even if it’s too warm out or if it is raining, you can still workout by taking advantage of the special group training programs offered specifically for faculty and staff at the PEIF. Classes are as follows:

- **Boot Camp for Busy Professionals**: Tues/Thurs noon-1pm
- **Women’s Resistance Training**: Mon/Weds 5:30-6:15 p.m.
- **Men’s Resistance Training**: Mon/Weds 5:30-6:15 p.m.

In addition, the PEIF also offers additional group fitness classes open to anyone with a membership. Classes include yoga, cycling, deep water cardio, step express, kettle bell pump, circuit express, and more. Call 227-2519 to register for one of the above classes. To learn about your recreation options.