A New Year: New Resolutions

Every year, millions of Americans resolute to be healthier: eat less, exercise more, stop smoking, start drinking less. Becoming overwhelmed is easy when trying to focus on too many goals at once. Try to follow these four tips to help you become healthier, no matter what your New Year's Resolution is.

- **Eat breakfast every day.** When you don’t eat breakfast, you are likely to make up for the calories you saved by eating more later in the day. Choose a quick, healthy breakfast option such as yogurt with fruit or whole wheat toast with a sliced banana and a bit of unsweetened peanut butter.

- **Drink water.** Choosing water over sweetened beverages, such as soda, reduces your calorie intake and your chance of developing Type II Diabetes. Water is essential for proper cellular function.

- **Exercise daily.** Regular physical activity is an important part of maintaining a healthy lifestyle. Consider joining the PEIF or another local exercise facility. Take advantage of fun winter sports such as skiing at Marquette Mountain, cross country skiing on the Noquemanon trail, or ice skating at the Marquette Commons Ice Rink.

- **Prepare a healthy lunch at home and take it to work.** Taking your lunch to work helps you avoid last-minute lunch choices, which often result in selecting high-fat and high-calorie options. If you don’t have time to pack a lunch, log onto the NMU Dining Services website and pick out nutritionally sound meals before even entering the cafeteria.

Source: www.cdc.gov
Test Your Home…
Radon Risk: in the UP?

The Marquette community, located in a pristine natural setting, can often fool residents into thinking that there are not environmental hazards to be found. Unfortunately, within the natural splendor, radon gas exists, a cause of lung cancer. During January, Radon Action Month, take a few minutes to test your home.

Orange Zones: Predicted average indoor radon screening level: 2 -4 pCi/L Moderate Potential
Yellow Zones: Predicted average indoor radon screening level: < than 2 pCi/L Low Potential

Radon is a natural radioactive gas that you cannot see, smell, or taste. Radon gas from the soil can enter a home or building through dirt floors, hollow-block walls, cracks in the foundation floor and walls, and openings around floor drains, pipes, and sump pumps. Radon is more concentrated in the lower levels of the home (that is, basements, ground floors, and first floors).

Radon is the second leading cause of lung cancer in America, claiming about 20,000 lives each year. About 2,900 of these deaths occur among people who have never smoked. Radon gas decays into radioactive particles that can get trapped into lungs when breathing. As particles continue to break down, they release small bursts of energy. This can damage lung tissue and lead to lung cancer over the course of a lifetime.

Testing is easy: Place the test on the lowest livable level of your home for a few days by following instructions. After that, the test needs to be sent to a laboratory for analysis. If test results show a level of 4 pCi/L or more, changes need to be made to your home. Homeowners with elevated radon levels should call (800) 644-6999, a toll-free Radon Fix-It Program operated by the National Safety Council, in order to receive more information on how to change their homes.

The U.S. Environmental Protection Agency (EPA) estimates that one in 15 homes in the United States has an elevated radon level (4 pCi/L or more). To obtain a Test-it-Yourself Radon Kit for $12, please contact the Marquette County Health Department at (906) 475-4195

Source: www.epa.gov/radon

Celebrate Wellness

Winners:
Week 9: Marilyn Libick & Marsha Bartle
Week 10: Janece Hanycz & Bruce Lind
Week 11: Jim Rector & Michelle Kimball

Grand Prize Winners (IPods)
Judy Marra & Sue Young

Thank you to all of the participants in the eleven week Celebrate Wellness program! Continue to:

• Be physically active
• Use the health risk appraisal at bcbsm.com
• Utilize the NMU Health Center
• Expand knowledge of Personal Wellness
• Attend the Wildcat Health Fair and monthly Soup Symposiums.
PEIF: An Easy Route to Reaching New Year’s Resolutions

Finding time to workout while employed at NMU can be challenging. That’s why exercising at the PEIF is so convenient. With operating hours from 5:30 a.m. - midnight during the week, there is no excuse stopping you from working out at the PEIF before or after work. On weekends, you can find time to play a game of racquetball, swim laps in the pool, or even take up rock climbing. The PEIF also offers:

- Personal Training
- Intramural Sports
- CPR Certification Courses
- 1st Annual Chilly Willy Challenge: Indoor Triathlon (Sat., Feb. 21)
- 1st Annual Weight Lifting Competition (Sun., Feb 22)
- Outdoor Recreation Equipment Rental
- Group Fitness Classes (at no extra cost)

For more information, contact Recreation Sports at 227-2519 or visit them on NMU’s website!

Northern Michigan University Group Fitness Schedule
Winter 2009

<table>
<thead>
<tr>
<th>Time</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 a.m.</td>
<td>Cycling</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30 a.m.</td>
<td>Yoga</td>
<td>Morning Energize-Resistance</td>
<td>Morning Energize-Yoga *</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>Core Express (30 MIN)</td>
<td>Circuit Express (45 MIN)</td>
<td>Core Express (30 MIN)</td>
<td>Cycling</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:30 a.m.</td>
<td>Noon</td>
<td>Cycling</td>
<td>Aqua Cardio</td>
<td>Cycling</td>
<td>Cycling</td>
<td>Cycling</td>
</tr>
<tr>
<td>12:15 pm</td>
<td>4:00 pm</td>
<td>Qigong</td>
<td>Gentle Yoga</td>
<td>Circuit Express (45 MIN)</td>
<td>Qigong</td>
<td></td>
</tr>
<tr>
<td>4:30 pm</td>
<td>Yoga + Pilates *</td>
<td>The Ball (45 MIN)</td>
<td>The Ball (45 MIN)</td>
<td>Gentle Yoga</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00 pm</td>
<td>5:30 p.m.</td>
<td>The Ball (45 MIN)</td>
<td>The Ball (45 MIN)</td>
<td>Cycling</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 p.m.</td>
<td>6:30 p.m.</td>
<td>Advanced Yoga</td>
<td>Advanced Yoga</td>
<td>Haath Yoga</td>
<td>Kettle Bell Pump</td>
<td>Kettle Bell Pump</td>
</tr>
</tbody>
</table>

Costs
- Full Time Faculty/Staff: $0.00
- Adjunct: $209/year
- Discount prices available for spouse and family members.

-Unless otherwise noted, all classes with * meet in the dance studio.
-Aqua Cardio and Deep Water Aerobics meet in the pool

All classes are 60 minutes unless otherwise noted in parenthesis.
Protect Your Eyes

What are you looking forward to in 2009? Perhaps visiting the children or grandchildren more, taking a trip, starting a new hobby, or eating healthier and exercising? During January, National Glaucoma Awareness Month, protect your vision so that you will be able to continue to see and enjoy everything and more in the New Year. Take the time to check the health of your eyes to monitor for glaucoma, which affects more than 2.2 million Americans over the age of 40 with an additional two million unaware they have the disease.

Initially, glaucoma has no symptoms. However, a person will experience some loss of side or peripheral vision. Objects straight ahead may be seen clearly, but objects to the side are missed. As the disease progresses more side vision is lost. African Americans, Hispanics/Latinos, Asians, and everyone with a family history of glaucoma also have significantly increased risk of developing glaucoma, as do individuals with diabetes or hypertension. That is why early detection by regular visits to your optician is essential. Testing for glaucoma is done with an eye examination that usually includes using eye drops to dilate the pupils and a visual field test, used to measure side vision, is commonly performed. If diagnosed with glaucoma, one can usually control it with eye drops and pills, with surgery being sometimes necessary.

Visit your local optometrist on a regular basis in order to detect glaucoma or any eye diseases before vision loss is irreversible.

Source: http://www.glaucoma.org

PATH Programs Starting

The U.P. Diabetes Outreach Network (UPDON) along with its many health partners are pleased to announce the scheduling of numerous PATH (Personal Action Towards Health) classes taking place in Marquette, Gwinn and Negaunee during winter and spring 2009. PATH is a six week program that teaches practical skills for living a healthy life with a chronic health condition like diabetes, arthritis, asthma, chronic pain, or heart disease.

Throughout PATH program, participants learn strategies for managing symptoms including medication know how, working with a health care team, setting weekly goals, problem solving, communicating effectively, handling difficult emotions, eating well, and the importance of exercise. Two trained leaders help people learn to gain control of their conditions. Some leaders are health care professionals and others are lay people but at least one leader is living with a chronic health condition. PATH is a wonderful addition to, not a replacement of, a person’s normal health care.

Classes meet 2 1/2 hours once a week. Cost for the 6 week program is only $10 per person. Family members, friends or caregivers may also attend at no additional charge.

The first session is scheduled for Tuesdays, February 3 – March 10. This session will meet from 9:30 am – noon at Snowberry Heights in Marquette. Preference for this session will be given to residents of Snowberry Heights but interested individuals can call for availability. The second PATH offering will take place on Thursdays, March 26 – April 30, meeting at 9:00 – 11:30 am at the Peninsula Medical Center.

The third PATH opportunity will occur on Tuesdays, April 21 – May 26 from 4:00 – 6:30 pm. The meeting place will be in Marquette with the exact location yet to be determined. On Tuesdays, May 5 – June 9 another PATH session will be meeting at the Negaunee High School from 5:00 – 7:30 pm. Details are still be worked on for a Gwinn area class that will be meeting in April and May. Class sizes are limited and pre-registration is required. Please call the UPDON at 228-9203 for more information or to register for any of these PATH classes.
**Warm up with Winter Broccoli Soup**

Nothing takes the chill off of a below zero day in Marquette like a bowl of soup. Not only will this soup warm you up, but the ingredients can also provide you with disease fighting anti-oxidants. So the next time NMU closes for winter weather, put on a pot of soup and enjoy!

**Ingredients:**
- 1 large celery rib
- 1 medium bunch broccoli, florets only (thinly sliced)
- 1 medium onion (coarsely chopped)
- 2 small parsnips, peeled, sliced, and chopped
- 4 cups fat-free reduced sodium chicken broth, or vegetable broth
- Salt (to taste)
- Freshly ground black pepper
- 2-3 tsp. lemon juice, 

**Optional**
- Chopped fresh parsley for garnish

**Instructions:**
In deep saucepan, place celery, broccoli, onion, parsnips, broth, and pepper. Cover tightly and bring to boil over medium-high heat. Reduce heat, and simmer until vegetables are very tender, about 20 minutes.

In blender, puree soup until velvet-smooth. Serve in bowls or pour into mugs. Garnish with parsley, if desired.

**Nutritional Information:**
Serves 4. 
Per Serving:
- Calories: 106 calories
- Total Fat: <1 g. total fat (<1 g. saturated fat)
- Carbohydrates: 23 g
- Protein: 6 g. protein
- Dietary Fiber: 6 g.
- Sodium: 613 mg.

Source: American Institute for Cancer Research

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**Soup Symposiums**

Mark your calendar for the next set of Soup Symposiums which offer you an opportunity to enjoy a warm cup of hot soup and baguettes while learning the newest and most pertinent information on a health topic. Some sessions will be hands-on.

Dates for this semester are:

February 3, February 25, March 16, and April 13.

All sessions will be held in the University Center from 12-1 p.m.

Watch your email for more information to follow!

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**Healthy Notes**

The purpose of Healthy Notes is to keep Wildcats healthy and informed about health related issues.

It will be produced this semester by Senior Community Health Education and Spanish student, Nicole Weber.

Please contact the Wellness Student Coordinator, Nicole, with any comments, questions, or ideas on how to promote Wellness on NMU’s campus.

By email: wellness@nmu.edu
By phone: (906)227-2644

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**Websites for Wellness**

Marquette Mountain, [http://www.marquettemountain.com](http://www.marquettemountain.com)

Cervical Health Online, [http://www.cervicalhealthonline.org](http://www.cervicalhealthonline.org)

Glaucoma Research Foundation, [http://www.glaucoma.org](http://www.glaucoma.org)

Environmental Protection Agency: [http://www.epa.gov](http://www.epa.gov)


Noquemanon Ski Marathon: [http://www.noquemanon.com](http://www.noquemanon.com)

Marquette County Health Dept. [http://www.mqthealth.org](http://www.mqthealth.org)