Get a fasting lipoprotein profile to find out what your total cholesterol, LDL cholesterol, HDL cholesterol, and triglyceride numbers are.

Calculate your risk for heart disease using the ATP III assessment tool.

Discuss your risk for heart disease with your physician or other health care provider and take steps to reduce the risk factors that put you at risk.

Learn how to read a food label - Choose foods that are low in saturated fat, trans fat, and cholesterol.

Read “High Blood Cholesterol—What You Need to Know” to learn what your cholesterol means to you.

If you have high blood cholesterol, use the guide to lower your cholesterol with TLC (therapeutic lifestyle changes).

Calculate your body mass index (BMI) with the BMI calculator and see how your weight measures up.

Participate in physical activity of moderate intensity—like brisk walking—for at least 30 minutes on most, and preferably all, days of the week. No time? Break the 30 minutes into three, 10-minute segments during the day. Visit the Virtual Fitness Room.

Don’t smoke. If you do smoke, contact your healthcare provider to discuss ways in which they can help you quit.

Source: National Heart Blood and Lung Institute

Wash your Hands!

As the weather gets cooler and the leaves begin to change here in the UP, we know winter is not too far off. This not only means snowy, blowy, cold weather, but flu season. Washing your hands is one of the easiest ways to stop the spread of germs. Follow these proper hand washing tips to ensure good health.

• Wet your hands with warm, running water and apply liquid or clean bar soap. Lather well.

• Rub your hands vigorously together for at least 15 seconds.

• Scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.

• Rinse well.

• Dry your hands with a clean or disposable towel. Use a towel to turn off the faucet.

Also remember that alcohol-based hand sanitizer is a great way to kill 99.9% of germs.

Make sure to wash your hands often. It doesn’t take long and it’s a great way to reduce the spread of infection!
Sponsored by the Department of Health, Physical Education and Recreation along with Exercise Science Laboratory Services

The GetFit program is a scientifically-based physical fitness program designed to promote active lifestyles for the improvement and maintenance of body composition, muscular endurance, muscle and joint range of motion and flexibility, and cardiovascular (aerobic) efficiency. Each new participant completes an exercise fitness assessment, which includes body composition estimation for lean body weight and percent fat, and a graded exercise treadmill or bicycle ergometer test with monitored blood pressure and electrocardiogram. Individualized exercise recommendations are then prepared for each participant based on his/her exercise test results. Participants then implement their exercise recommendations within a professionally supervised program of activities geared towards individual needs and interests.

The initial exercise fitness assessment for new participants must be completed prior to entry into the program, and will be conducted before the start of the program. The activity sessions will begin Monday, September 17, and continue until Thursday, December 6, 2007. There are three activity sessions from which to choose:

- Mon/Tues/Thurs. from 6:30 - 7:30 a.m.
- Mon/Tues/Thurs. from 9:00 - 10:00 a.m.
- Mon/Weds. from 5:00 - 6:00 p.m.

Program runs Sept. 17 – Dec. 6, 2007. Cost: Discounted Rate for New GetFit participants who are NMU Faculty/Staff/Students or Spouses or PEIF Members: $170.

Returning GetFit participants who were enrolled during 2006 - $90.00

Each activity session is based in the Exercise Science Lab, PEIF Room 140.

Space per session is limited. Please register as early as possible. Call 227-2130 for registration forms. For further Questions you may contact Barb Coleman, bcoleman@nmu.edu, 227-2130

Take a Hike

With Marquette County being the home of more than a dozen waterfalls, you could spend a whole day exploring their beauty. As the fall colors descend upon us it is a great time to get outside and see our natural wonders. Here are some of the favorites from the Chamber of Commerce:

- Alder Falls – off County road 550 near Big Bay.
- Big Pup Creek Falls – Off County road 510, in Big Bay.
- Black River Falls – Off county road 581, near Ishpeming.
- Carp River Falls – About 31/2 miles south of Marquette.
- Dead River Falls
- Little Garlic Falls – About 12 miles north of Marquette.
- Morgan Falls – 3 1/2 miles southwest of Marquette.
- Pinnacle Falls – On the Yellow Dog River, 8 miles from Big Bay.
- Reany Falls
- Warner Falls – 8 miles west of Marquette.
- Unnamed Falls
- Yellow Dog Falls – Off County Road 510, Big Bay.

For pictures and directions visit: http://marquette.org/

Get Some Exercise, Enjoy the Weather, and DON’T FORGET YOUR CAMERA!

Liquid Calories add up Quickly

What you drink between with and between meals can make or break your diet. Especially if you’re trying to control your weight. Compare these common drinks and their lower-calorie alternatives:

<table>
<thead>
<tr>
<th>If you usually drink:</th>
<th>Try this instead:</th>
</tr>
</thead>
<tbody>
<tr>
<td>16-oz. latte with whole milk</td>
<td>16-oz. latte with nonfat milk</td>
</tr>
<tr>
<td>230 calories, 14 grams fat</td>
<td>160 calories, 0 grams fat</td>
</tr>
<tr>
<td>10-oz. mocha with whole milk &amp; whipped cream</td>
<td>16-oz. mocha with skim milk,  no whipped cream</td>
</tr>
<tr>
<td>400 calories, 12 grams fat</td>
<td>220 calories, 2 grams fat</td>
</tr>
<tr>
<td>Regular cola or soda (8 oz.)</td>
<td>Diet version of the same drink</td>
</tr>
<tr>
<td>150 calories, 41 grams sugar</td>
<td>0 calories, 0 grams sugar</td>
</tr>
<tr>
<td>Flavored iced teas in bottles (8oz)</td>
<td>Fresh-brewed iced tea</td>
</tr>
<tr>
<td>80 calories, 15 grams sugar</td>
<td>0 calories, 0 grams sugar</td>
</tr>
<tr>
<td>Kids juice box (6.5 oz.)</td>
<td>100% fruit juice, no sugar added</td>
</tr>
<tr>
<td>100 calories, 26 grams sugar</td>
<td>Diluted with water, 50 calories, 9 grams sugar</td>
</tr>
<tr>
<td>Energy drinks (8oz.)</td>
<td>Glass of ice water</td>
</tr>
<tr>
<td>110 calories, 27 grams sugar</td>
<td>and an activity break</td>
</tr>
<tr>
<td>200 mg sodium</td>
<td>0 calories, 0 carbs</td>
</tr>
</tbody>
</table>

Source: HOPE Health Letter, September 2007
Classic Clam Chowder

Spending the summer on the east coast gave me the opportunity to eat tons and tons of seafood. A staple at all restaurants out there is New England clam chowder. With the chilly weather already here, I thought I would share an east coast favorite with the “up north” crowd. Enjoy!

**INGREDIENTS**

- 2 slices thick-cut bacon, cut into small dice
- 1 large onion, cut into medium dice
- 1/2 teaspoon dried thyme leaves
- 2 bay leaves
- 1 1/2 cups leftover mashed potatoes
- 2 (8 ounce) bottles clam juice
- 4 (6.5 ounce) cans minced clams (clams and juice separated)
- 1 cup water
- 9 new potatoes, cut into 1/2-inch cubes
- 1/2 cup heavy cream
- 2 tablespoons minced fresh parsley
- Salt and pepper, to taste

**DIRECTIONS**

In a large soup kettle, fry bacon over medium heat until bacon crisps, about 5 minutes. Remove bacon; set aside.

Keep 2 tablespoons bacon fat in pan. (If necessary, add oil to yield 2 tablespoons.) Add onion and sauté until soft, about 5 minutes. Add thyme and bay leaves; cook until fragrant, 30 seconds or so.

Whisk in mashed potatoes, clam juice (bottled and what you’ve drained from the clams) and 1 cup of water. Add new potatoes and bring to a simmer. Reduce heat; continue to simmer, partially covered, until potatoes are tender, about 10 minutes. Stir in clams, cream and parsley; season with salt and pepper.

Heat through and serve, garnishing each bowl with reserved bacon.

**NUTRITION INFORMATION**

- Servings Per Recipe: 8
- Amount Per Serving
  - Calories: 322
  - Total Fat: 8.8g
  - Cholesterol: 87mg
  - Sodium: 538mg
  - Total Carbs: 32.6g
  - Dietary Fiber: 2.9g
  - Protein: 27.6g

This recipe was originally featured in the USA WEEKEND article “Leftovers? Three Speedy, Spicy Ideas” on November 13, 2004. Recipe by Pam Anderson. Retrieved from allrecipes.com.

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Time for Kickoff

When tailgating or cooking out this fall sports season, remember a few safety tips!

* Single-serving, pre-packaged portions are the safest.
* Dry foods or those high in sugar are almost always safe. Be cautious with marinades.
* Potatoes, rice, custards, puddings, pies, gravies and stuffing’s should be served with extreme caution. Time and temperature control of these foods is extremely important.
* The life of most deli meats and foods is short. Roast beef, chicken breast, and turkey have a shorter refrigerator life than processed meats or cold cuts.
* Buy reasonable quantities.
* If food won't be served soon, store in a cooler immediately.
* When you get home, properly wrap and freeze deli meats that won't be eaten within two to four days.
* REMEMBER most food poisoning bacteria CANNOT be seen, smelled, or tasted.
* In doubt, throw it out!

Keep hot foods HOT (above 140° F) and cold foods COLD (40° F or below)
Discover Mushrooms: Nature’s Hidden Secret

People like mushrooms for their satisfying taste and versatility as an ingredient in everything from pizza and pasta to soups and meat dishes. But are they good for you? In a word, yes.

In fact, mushrooms are a hidden treasure of nutrition. While bright, colorful fruits and vegetables are frequently in the spotlight for their nutritional value, less colorful but still nutrient-dense vegetables like mushrooms are often left in the dark. That’s unfortunate, because mushrooms provide a range of nutrients. Mushrooms offer many essential nutrients, including copper and B vitamins riboflavin, niacin, pantothenic acid—plus antioxidants selenium and ergothioneine. White button mushrooms also are a largely unrecognized source of vitamin D. One serving of 4-5 mushrooms provides 15 IU of vitamin D. According to the Dietary Guidelines for Americans 2005, many Americans are not getting enough potassium. Mushrooms have nearly 300 milligrams of potassium in each serving. Best of all, one with only 20 calories and zero grams of fat.

Mushrooms’ Natural Antioxidants

Mushrooms are the leading source of the mineral selenium in the fruit and vegetable aisle. In the body, selenium forms an antioxidant that may help protect cells from damage. Cellular damage may contribute to the development of chronic diseases such as cancer and heart disease. Long-term studies are currently underway to further investigate the potential role of selenium in cancer prevention. Ergothioneine is another natural antioxidant found in mushrooms, with one serving containing about 3 to 4 milligrams.

Easy Ways to Make It with Mushrooms

• Slice and sauté white button mushrooms to top a pizza, toss in pasta or wrap in a quesadilla.
• Combine earthy flavored and hearty-textured brown (crimini) mushrooms with beef, poultry or vegetable dishes.
• Marinade and grill meaty Portabellas and serve on a bun for a great-tasting veggie burger.
• Jazz up sandwiches or soups with enoki mushrooms for added crunch and eye appeal.
• Add taste to pasta, steak, pork or chicken with oyster mushrooms.
• Round out the richness of a main dish or side dish meal with maitakes, which have a unique aroma and woodysy flavor.
• Enjoy the richness and texture of heated shiitakes in vegetable dishes as well as meat-based dishes.

Source: www.eatright.org

Nagging sports injuries or aches and pains that won't go away??

Injury Evaluation Care Clinic is BACK!

This is a FREE Service to NMU Students. Clinic is also open to all faculty and staff and their spouses and children (assessment to NMU Health Insurance). We now welcome NMU Alumni

to visit the clinic ($10 cash or check).

Appointments are not necessary - just walk in!

Located in PEIF 239.

Fall 2007 Hours:
Mon. 3-6pm
Tues. and Thur. 4-6pm
Wed. 2-5pm

(Can't make it during these times - call us - we will make you an appointment -

(227-2130)