



January - February 2012

EMORY | all about health

FACULTY STAFF ASSISTANCE PROGRAM - www.fsap.emory.edu

Inez, Gail and Elizabeth: A Winning Weight Loss Team

For many of us it is a constant struggle to reach within ourselves to find the motivation to make healthy choices, such as eating a balanced diet, exercising regularly, or getting enough sleep. We often wish that we had someone by our side, helping to motivate us, sweating with us, and encouraging us along the way. Co-workers Inez Dupree, Gail Foster, and Elizabeth Francis from the Department of Radiology have done just that. These three friends have formed a support system that has assisted each of them in successfully reaching their health and wellness goals. Although Inez, Gail and Elizabeth had their own personal reasons for wanting to make changes in their lives, they all started on their wellness journey together in January 2011 when they joined the FSAP's W3 Challenge (Weight Loss at Work for Wellness). After successfully completing this 12-week program, this team was not ready to lose their momentum and continued to set new goals for themselves. It is now one year later and their healthy habits have become part of their lifestyle, not simply a short-term change.

Since beginning their wellness journey, Inez, Gail, and Elizabeth have made health and wellness a priority. By joining Blomeyer Health Fitness Center, these three are able to make exercise a regular part of their lifestyle. During lunch on any given day, you can find this team sweating together on the cardio-equipment, strength machines, or in a group exercise class. By making the commitment to exercise during the workday, this team is able to keep wellness a priority. Gail puts her commitment to her fitness plan simply — "It's my lunchtime. I don't miss lunch."



Co-workers Elizabeth Francis, Inez Dupree and Gail Foster from the Department of Radiology.

Changes in eating habits have also helped this team reach their goals. Elizabeth says that she has started looking at food in a different light and states, "food is something my body needs to survive, not something it wants." This way of thinking has helped her make better choices. To help Inez make healthy choices, she "reads all labels when purchasing foods and snacks, making sure they are low in fat, sugar, and salt".

This commitment to better food choices and regular exercise has resulted in many positive outcomes for this group. For Inez, her greatest accomplishments to date include weight loss, the way she looks and feels, and a glowing report from her doctor. Elizabeth is proud to share, "I have lost 30 pounds and because of that I feel better, look better and most importantly act better!" Like her friends, looking and feeling better are also accomplishments for Gail, and she is especially thrilled to report that after 11 years of marriage, her wedding dress is too big!

Setting health and wellness goals for yourself are important, and having a support system in place to help you along the way can increase your success. If you haven't found a support system, look around. Talk to friends, family, or co-workers to see if they share similar goals. Once you are able to create this support system, hopefully you can also be like Inez, Elizabeth, and Gail — a winning team!

Melissa Morgan, Manager of Wellness Programs, FSAP

Befriending Father Time

This time of year, people begin to reflect on accomplishments from the year past. We feel pride about goals achieved and a sense of regret about the things we haven't accomplished. Where we've fallen short, we may feel let down by 'Father Time.'

But maybe it's not Father Time's fault at all. No need for shame; it is what it is! But maybe it's fixable...



It's often said "time is money," but unlike money, time is not a renewable resource. Life is short, so it's time we start budgeting hours and minutes in the same way we do our dollars and cents! Here are three important recommendations on how to do that:

1. WRITE IT DOWN! Calendars dividing the day with every little thing written down (including commute, time for hygiene, AND leisure time!) are best. Look for calendars with 15 minute increments. Remember, minutes add up to hours, just like pennies become dollars. Do it!

2. IMAGINATION = MOTIVATION! Like famous motivational author Stephen Covey says stay motivated by "starting with

the end in sight!" Start the year by making a list of daily, weekly, monthly and yearly tasks that you'd like to accomplish, and schedule them into your organizer. As you review your list of things to do on a daily and weekly basis, deliberately imagine what it will feel like to have accomplished them. Do this one at a time, rather than experiencing dread and becoming overwhelmed by everything all at once. Also, you're more likely to accomplish goals if they are specific, measurable and time-limited, but if that's not spelled out in your calendar, you're less likely to stick to them. Do it!

3. Finally, EDUCATE! Tell the people who matter most to you about some of your goals and get them on board with a sense of interest in what you're doing. If they ask you about your progress, you might be more likely to follow through, and when you need to say "no" to an invitation that you haven't budgeted for, hopefully they will understand. (You wouldn't buy an item that you can't afford if it's not in your budget, and there's only so much time in life; we can't make more!) Do it!

Cheers to a new year; achievable resolutions; and a wholesome feeling of fulfillment as we accomplish our goals in the year to come! If you need assistance at any point, perhaps one of the counselors at FSAP can help; schedule an appointment and come see us! And remember, Father Time can be our friend—if we pay homage and budget our time accordingly.

Kevin Buckins, MS, LPC, EA Clinician

10 Things to Do in 10 Minutes for Your Health & Wellness

1. Get up 10 minutes earlier each morning to help make mishaps less stressful.
2. Pack a well-balanced lunch for the next day to avoid less healthy options at work.
3. Listen to a deep breathing or muscle relaxation CD or listen online, such as on www.innerhealthstudio.com.
4. Call Emory Health Connection (1-800-75-EMORY) to schedule any due health appointments.
5. Take a brisk walk around your workplace before leaving for the day.
6. Watch 10 minutes of your favorite part of a movie, TV

show, or stand-up comedian. Whether it's funny, thrilling or touching, the emotions could provide an escape from a hectic day.

7. Stretch various muscle groups for 2 minutes, 5 times throughout the day.
8. When you get home from grocery shopping, take 10 minutes to prepare fruits and veggies so they become grab-and-go options.
9. Look at the week's calendar and schedule a realistic amount of physical activity.
10. Take 10 minutes to tour the FSAP website (www.fsap.emory.edu) and take advantage of holistic wellness services available to you and your family members.

Diane Weaver, MS, RD, LD, Wellness Specialist

Finesse Your Diet With Fiber

We have all heard this phrase at least once from our doctor, co-workers, friends or maybe even our kids, "You need to eat more fiber...it's good for you!" Well, the jury is in ... and they are correct! Fiber is good for you and it offers a variety of health benefits including protection against heart disease by decreasing your cholesterol levels and helping to control blood sugar levels in people who suffer from diabetes. A diet high in fiber also helps prevent constipation and hemorrhoids, and lowers your risk for developing intestinal cancer.



The Academy of Nutrition and Dietetics (formerly the American Dietetics Association) recommends a daily dietary fiber intake of 25 – 35 grams. The average American's daily diet only contains 12 – 15 grams, so while it is not a huge leap, it may be a bit of a jump for most people. The good news is that you can reach this goal by just making a few adjustments to your current diet:

- Slowly increase the amount of fiber you eat.
- Drink plenty of fluids, especially water. Fluids help your body process fiber more easily.
- Check the Nutrition Facts label! Choose foods with at least 4 grams of fiber per serving.
- Eat whole grain breads and cereals. Scan the packaging for the phrase "100% whole wheat."
- Choose brown or wild rice instead of white rice and potatoes.
- Enjoy beans more often! Add them to casseroles or soups.
- Eat fruits and vegetables with edible skins (i.e., raisins, grapes, tomatoes, cucumbers).

You can easily fulfill your daily fiber needs by consuming a diet plentiful in fruits, vegetables, whole grains and beans. In no time, you will be reaping the healthy benefits of fiber while eating a diet customized just for you!

For additional information: <http://fnic.nal.usda.gov/>
Dawn McMillian, MS, RD, LD, Wellness Specialist

Spanish Rice Bake

INGREDIENTS

2 tablespoons canola oil
1 cup uncooked long-grain brown rice
½ cup onion, chopped
½ cup green bell pepper, chopped
1 cup frozen whole kernel corn, thawed and drained
1 (10 ¾ oz.) can condensed tomato soup
2 ½ cups boiling water
1 tablespoon fresh cilantro, chopped (optional)
1 teaspoon chili powder
1 ½ cups shredded reduced fat Colby-Monterey Jack cheese blend

DIRECTIONS

Heat oven to 375°F.
Spray a 2-quart casserole pan with non-stick cooking spray. In a 10-inch skillet, heat canola oil over medium heat. Cook brown rice, onion and bell pepper in the oil, 6-8 minutes, stirring frequently, until rice is light brown and onion is tender. Stir in corn.



In the casserole pan, mix the remaining ingredients together, except the cheese. Then, stir in the rice mixture and 1 cup of the cheese.

Cover and bake for 20 minutes. Stir mixture, re-cover and bake about 30 minutes longer or until the rice is tender. Stir mixture and sprinkle with the remaining ½ cup of cheese. Bake uncovered for 2-3 minutes or until the cheese is melted. Let stand 10 minutes before serving.

Makes 4 servings (1 cup). One serving contains: Calories 460, Fat 18 g, Carbohydrate 59 g, Fiber 8g, Protein 17 g, Sodium 460g.

*If desired, cooked meat can be added to this casserole. Just make sure that you use a slightly larger dish (3-quart) when preparing. Lean ground beef or shredded chicken works well.

Source: Betty Crocker Whole Grains Cookbook
Nutrition analysis by Dawn McMillian, MS, RD, LD, Wellness Specialist



BLOOD PRESSURE SCREENINGS

January 11

Emory Police Department
1st Floor Training Room
1784 North Decatur Road, 30322
11 a.m. – 12:30 p.m.

January 18

Grady Faculty Office Building
Classroom 103
49 Jesse Hill Drive, 30303
2 p.m. – 3:30 p.m.

February 16

Carter Center
Lower Commons Area
453 Freedom Pkwy, 30307
10:30 a.m. – 12 p.m.

February 16

Kirbo Building, Conference Room
1149 Ponce De Leon Ave, 30306
12:15 p.m. – 12:45 p.m.

February 28

Development & Alumni Relations
1762 Clifton Rd, Suite 2402, 30322
11 a.m. – 12:30 p.m.

BLOOD SUGAR AND CHOLESTEROL SCREENINGS

January 10

Communications & Marketing
1762 Clifton Road, Plaza 1000, 30322
11 a.m. – 1 p.m.

January 24

B. Jones Building, Room 301
200 Dowman Drive, 30322
11 a.m. – 12:30 p.m.

February 8

1599 Clifton Rd, Room 2A, 30322
10 a.m. – 11:30 a.m.

February 15

Net Com Call Center, Conference Room
Emory University Hospital Midtown, 30308
1 p.m. – 3:30 p.m.

For additional dates and locations for blood sugar and cholesterol screenings, visit our website at www.fsap.emory.edu/health, and click on "Comprehensive Screening Clinics."

Results of the 2011 FSAP Health & Wellness Survey are in!

Survey Highlight #2: 24% of survey respondents indicated an interest in Walking Groups.

FSAP's Response: FSAP increased the number of walking groups offered annually and is recruiting peer leaders across campus to lead additional groups at various Emory locations.

Check our website and future AAH newsletters for more highlights and updates on action steps taken as a result of the findings.



Weight Watchers at Work®

The Weight Watchers at Work program has changed to an online registration system and monthly pass format. This new system will allow employees the flexibility of joining (and ending) the Weight Watchers program whenever they choose. It also allows the flexibility for monthly pass holders from a traditional meeting in the community to attend meetings at work.



To register online at the employee rate* (which is lower than the community rate of \$42.95/month) please use the Weight Watchers portal and Emory ID and Passcode:

The Employee Portal URL: <https://wellness.weightwatchers.com>

The Company ID: 16932

The Company Passcode: WW16932

The Weight Watchers meeting at Emory is being held on Mondays from 12:15 p.m. - 1 pm at The Emory Clinic-A, Brown Auditorium. For more information about the Weight Watchers program, please contact Diane Weaver at diane.n.weaver@emory.edu, or 404-727-WELL.

*Visit www.fsap.emory.edu for important details on payment structure and minimum enrollment.

DID YOU KNOW ...

FSAP offers Nutrition and Fitness Coaching to help you meet your health and wellness goals?

Contact FSAP at 404-727-4328 for more information.



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