



March - April 2012

# EMORY | all about health

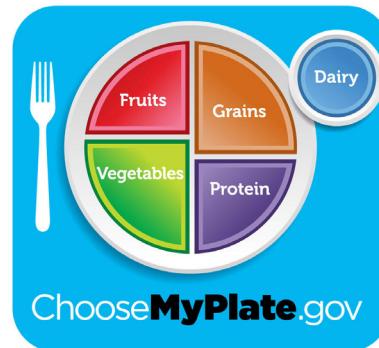
FACULTY STAFF ASSISTANCE PROGRAM - [www.fsap.emory.edu](http://www.fsap.emory.edu)

## Get Your Plate in Shape! March 2012 is National Nutrition Month®

The month of March is known for many things such as NCAA Basketball Madness, Saint Patrick's Day and Women's History month, but did you know that it is also a time to celebrate eating right? While maybe not as traditionally exciting as the Final 4 or attending a parade, the notion of simple nutrition and creative meal preparation has captured the interests of many Americans. Just look at the number of new cooking shows on TV and specialty food vendors popping up everywhere you look! Even with a strong desire to follow the latest nutrition guidelines, finding the time to interpret and experiment may be challenging. That is where this year's National Nutrition Month® (NNM) theme comes into play.

"Get Your Plate In Shape" is the American Academy of Nutrition and Dietetics' message encouraging a simple method for applying the latest USDA guidelines. Mimicking MyPlate.gov, the 2012 NNM logo shows a plate separated into quadrants, encouraging a variety of food groups at each meal. Its hoisting of a barbell reminds us that physical activity is key in healthy living as well. The result is a healthy lifestyle, healthy heart, and getting into top shape!

To apply this concept, take a look at your plate or bowl at each of your meals (which are ideally spread out evenly throughout the day). By filling half of the plate with fruit and vegetables,



Visit [www.myplate.gov](http://www.myplate.gov) for free individualized calorie and nutrition guidelines as well as a host of other fun and helpful tools.

you score fiber, micronutrients, and antioxidants. Use ¼ of the plate for lean protein and the remaining ¼ for whole grains to sideline the risk of heart disease. Throw in a low-fat source of calcium such as milk or yogurt, and you've got quite the shipshape meal. Categorizing your grocery list in this same way makes meal planning a snap, as you'll always have an option for each section of your plate. When choosing foods to fill the spaces, keep these tips in mind:

- Fruits/vegetables: "fresh is best," but frozen is a close second if it has no added salt or sugar. Similarly, when getting canned, look for no sugar and no salt added.
- Grains: choose 100% whole grains as often as you can, and try different types and brands. At least three grams of fiber per serving means it is a good source of fiber.
- Protein: choose lean proteins and consider meatless protein sources, such as beans, nuts or soy products.
- Dairy: a great source of calcium and protein, choosing low fat is key.
- Choosing a smaller plate or bowl physically and mentally helps control portion sizes.
- Kids should get 60 minutes of activity daily and adults should get at least 2 ½ hours of moderate activity per week.

So in the midst of shamrocks and tournament brackets this March, remember to get that plate in shape...it may be more fun and easy than you expect!

Diane N. Weaver, MS, RD, LD, Wellness Specialist



# Wellness and Lifestyle

## Boost Your Mood with Exercise

It is well known that physical activity can help with the challenges of weight loss and high blood pressure, but did you know that exercise can improve mood and overall mental health? Dr. Michael Otto of Boston University reports that mood enhancement can occur after as little as 10 minutes of moderate exercise. Other researchers have shown that 25 minutes or more of aerobic exercise 3 times or more per week can be effective in some cases of depression, and can help reduce anxiety, depression and anger.



While some psychologists believe that these improvements are due to boosts in brain chemicals like endorphins and the neurotransmitter serotonin, others emphasize the opportunity for distraction from one's cares, improved self-esteem and developing positive ways of coping with stress.

Here are some guidelines that can help people become more physically active with emotional well-being in mind:

- **Start Gradually.** Starting with small increments, even 15 minutes of walking a day will get a routine started and help you feel good about yourself.
- **Focus on the Immediate Boost in Mood.** All too often, we place too much emphasis on the longer term benefits of exercise that take time to materialize like weight loss; however, improvement in mood occurs within minutes.
- **Make it Meaningful.** Running, jogging, lifting weights or going to the gym are great, but so is gardening or walking with a friend, co-worker or family member.

For more information about the mental health benefits of exercise, go to [www.mayoclinic.com/health/depression-and-exercise](http://www.mayoclinic.com/health/depression-and-exercise).

Gordon Tuttle, Ph.D., Psychologist

## Don't Forget to Move your Muscles

From this year's National Nutrition Month® theme ("Get Your Plate in Shape"), to advice from our doctor that we need to get more physical activity, we are regularly reminded of the importance of exercise for optimal health. Many times this advice is coupled with suggested activities-- "go for a walk," "try a new class like Zumba or Spinning," "take a bike ride," or "get in the pool." While these suggested activities are excellent ways to get physical activity, these examples focus primarily on the cardiovascular benefits of exercise, and leave out another important type of exercise that everyone should be getting-- strength (muscular) training.

Not only does strength training build muscles and improve physical function, but it has many additional health benefits including:

- **Proper weight maintenance.** Individuals who have more muscle mass have a higher metabolic rate. Strength training can provide up to a 15% increase in metabolic rate, which is enormously helpful for weight loss and long-term weight control.
- **Healthy state of mind.** Strength training can help reduce symptoms of depression and improve mood.
- **Strengthening of bone.** Increased bone density helps reduce the risk of bone fractures, especially among women aged 50-70.
- **Improved glucose control.** Strength training has been found to improve insulin sensitivity in those individuals with diabetes to the same extent as aerobic exercise.

The American Heart Association and American College of Sports Medicine recommend that all adults participate in muscle-strengthening exercises two or more days each week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms). Many exercises can be done at home: working with resistance bands, using your body weight for resistance (i.e., push-ups, sit-ups), or chores like heavy gardening (i.e., digging, shoveling).

Need suggestions on muscle-strengthening exercises? View the exercise library from the American Council on Exercise at [www.acefitness.org/exerciselibrary](http://www.acefitness.org/exerciselibrary). Search by body part, type of equipment, or level of difficulty.

*Melissa Morgan, MS, Manager of Wellness Programs  
American College of Sports Medicine certified Health Fitness Specialist*

## Southwestern Breakfast Tostada

Enjoy this colorful dish any time of day, and serve with a cup of fresh fruit to round off your great plate!

2 (6-inch) corn tortillas\*  
½ cup canned black beans, rinsed and drained  
½ cup refrigerated egg product or egg whites  
1 tablespoon fat-free milk  
⅛ teaspoon black pepper  
dash of salt  
½ cup chopped tomato  
2 tablespoons shredded Monterey Jack cheese  
2 tablespoons fat-free Greek yogurt  
2 teaspoons snipped fresh cilantro



1. Warm tortillas according to package directions. Meanwhile, in a small bowl use a potato masher or fork to slightly mash beans; set aside. In another small bowl or 1-cup glass measure, combine eggs, milk, pepper, and salt. Beat with a wire whisk or rotary beater.
2. Lightly coat an unheated medium nonstick skillet with nonstick cooking spray. Preheat over medium heat. Pour egg mixture into hot skillet. Cook, without stirring, until egg mixture begins to set. Run a spatula around edge of skillet, lifting egg mixture so that the uncooked portion flows underneath. Continue cooking about 2 minutes more or until egg mixture is cooked through but is still glossy and moist. Remove from heat.

3. Spread one tortilla with mashed beans. Top with the remaining tortilla, cooked egg mixture, tomato, cheese, and snipped cilantro. Cut in half to serve. If desired, fold each portion in half. Top with yogurt and cilantro.

\* Try to find corn tortillas made with whole grain cornmeal by checking for the words "whole grain" in the ingredient list.

Nutritional Information for ½ tostada: Calories 180; Total Fat 2.5 g (Saturated Fat 1g, Trans Fat 0g); Cholesterol 5mg; Sodium 500mg; Total Carbohydrate 27g (Dietary Fiber 5g, Sugars 3g); Protein 13g (Percent Daily Value: Vitamin A 30%; Vitamin C 15%; Calcium 15%; Iron 15%)

Source: [www.eatbetteramerica.com](http://www.eatbetteramerica.com)  
Reviewed by: Diane N. Weaver, MS, RD, LD



## National Nutrition Month Events

### Come celebrate National Nutrition Month @ Lullwater!

Pick up some info and recipes to help you "Get Your Plate in Shape" and join us for a walk around the Lullwater Preserve.

Every Tuesday in March (6th, 13th, 20th, 27th) at 12:15 p.m. (Clifton Road entrance)

### Culinary Demo – Quick & Easy Cooking!

Come learn how to prepare a quick and healthy meal for you and your family.

Tastings will be provided.

Decatur Plaza, March 9th, 11:30 a.m. – 1 p.m.

### Are you ready to Zumba®?

Come show off your Latin-inspired dance moves and burn off some calories!

Winship Cancer Institute, 5th Floor Conference Room, March 21st

11:45 a.m. – 12:25 p.m. and 12:30 p.m. – 1:15 p.m.



## BLOOD PRESSURE SCREENINGS

**March 5**

Woodruff P.E. Center  
2nd Floor Conference Room  
11:30 a.m. – 1 p.m.

**March 14**

University Technology Services Call  
Center  
EUHM  
5th Floor, Davis Fischer Building  
2 p.m. - 3:30 p.m.

**April 11**

Communications & Marketing  
Plaza 1000, Conference Room  
1762 Clifton Road  
10 a.m. - 11:30 a.m.

## BLOOD GLUCOSE SCREENINGS

**March 6**

Blomeyer Health Fitness Center  
1525 Clifton Road, 5th Floor  
4:30 p.m. - 6 p.m.

**March 29**

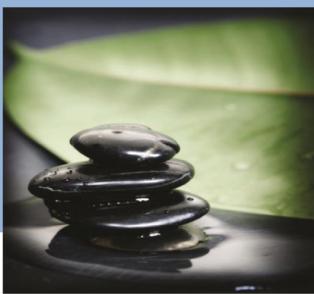
Goizueta Business School, Room 500  
1300 Clifton Rd  
11 a.m. – 12:30 a.m.

**April 3**

Woodruff Library, Jones Room  
540 Asbury Circle  
9 a.m. – 11 a.m.

**April 17**

Yerkes Primate Research Center  
Bourne Seminar Room  
954 Gatewood Road  
9 a.m. – 11 a.m.



# Grief & Loss Support Group

This 6-session group will provide information and support regarding the grief process, including the stages and emotional process of grief. Participants will have the opportunity to share personal challenges and learn new strategies for coping and creating meaning in life after the loss of a loved one.

**Begins: Thursday, March 29, 2012\***

**Time: 4:00 p.m. – 5:30 p.m.**

**Location: Faculty Staff Assistance Program  
The Emory Wellness Center  
1762 Clifton Rd., Suite 1100  
Conference Room**

**\* All participants must contact FSAP at 404-727-4328 no later than Thursday, March 22, to schedule a screening appointment prior to participating in this group. The group will meet weekly for 6 sessions and is limited to 8 members.**

**Groups are open to all Emory Healthcare and Emory University employees.**

## Join in FSAP's Walking Activities



**Walking Groups: Meet Me @ Lullwater**  
Every Tuesday beginning March 6\*  
12:15 p.m. - 12:45 p.m.  
Meet at the gates to Lullwater Preserve  
\*Prizes awarded for regular attendance

**National Start Walking Day**  
Wednesday, April 4  
For locations & times, visit [www.fsap.emory.edu](http://www.fsap.emory.edu)

## 2011 FSAP Health & Wellness Survey Highlight

**Survey Highlight #3** - When asked about convenience of FSAP locations, nearly 40% of employees identified FSAP's Cox Hall satellite office as "very convenient," the highest percentage in this category.

**FSAP's Response** - FSAP increased office hours at Cox Hall from 8 hours per week to 15 hours.

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



Please forward comments and suggestions to:  
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