

Newsletter

Being

Cardiovascular Disease is becoming one of the top diseases to kill prematurely that can be prevented. Many people are not aware of the things they can do to ensure a happy, healthy heart. But it's easy....follow these steps to become a Heart Healthy person.

You Are What You Eat

Better food habits can help you reduce your risk for heart attack. A healthful eating plan means choosing the right foods to eat and preparing foods in a healthy way.

Overexposed

Summer is here to stay for awhile and with the temperatures rising each day, we face a problem....UV. We've all heard about it and know the dangerous effects it can have if we leave ourselves unprotected. But what is most forgotten about during these warnings is our eyes. Just as important, or more, as our skin, our eyes need to be protected from the damaging effects of the sun. Here are some tips to purchasing sunglasses that will protect you.

*CHECK the label for UV protection (look for 99 or 100 percent protection of UVA & UVB).

*LOOK for sunglasses that are close-fitting. These will prevent UV rays from filtering in from above.

Heart

It's Not Just A Man's Disease

Heart disease is by far the leading cause of death of American women, both men and women can do a lot to help protect themselves from it. Read this section for some important advice.

Exercise and Fitness

Swimming, cycling, jogging, skiing, dancing, walking and dozens of other activities can help your heart. Whether it is included in a structured exercise program or just part of your daily routine, all physical activity adds up to a healthier heart.

Healthy

Managing Your Lifestyle

We can help you manage your lifestyle to reduce your risk for heart attack. Eat a healthy diet, take your medicine exactly as prescribed and follow the recommendations of your team of healthcare professionals.

Cholesterol Low Down

To urge Americans to reduce their risk for heart disease, the American Heart Association introduces "Taking It Personally," as part of the Cholesterol Low Down national education campaign.

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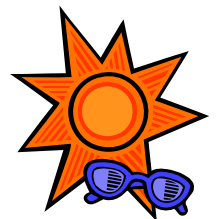


*LOOK for sunglasses with larger lenses or wrap-around sunglasses to prevent light from entering through the sides.

*LOOK for polarized lenses to help reduce glare.

*DO not be misguided by price -- higher priced sunglasses usually represent fashion trends or durability, not UV protection.

*DARK-colored sunglasses don't necessarily provide better protection. A chemical coating applied to the lens is responsible for its UV protection; not the color of the lens.



Low Carb Diet?

Over the past couple of years all we tend to hear about is how low carb diets are the way to fight the losing battle against obesity. But what's the deal? Are they really bad for you and are there side effects to eating a low-carb diet?

A study done by the Gatorade Sports Science Institute found that people on a low-carb diet did in fact lose more weight in the first 6 months than those people on a conventional diet, one that limited fat intake. However, these findings were

contributed to many factors. One being that those people on a low carb diet are limited in the foods they can eat. So, that would explain the greater initial weight loss on the low carb diet. That also explains why after the 6 month period both weight loss plans were similar in their results.

The initial weight loss might seem very appealing to those of you who are trying to lose weight, but the side effects of a low carb diet might make you think twice. Due to the fact that most of the diet is coming from protein, which

is high in not only fat, but the worst kind saturated fat, it can increase the risk of heart disease. Because on a low carb diet fruits, vegetables and fiber are limited, it has the potential to increase the risk of coronary heart disease, cancer and diabetes. So, don't be fooled by the fast weight loss. Over time, a conventional diet is just as effective as a low carb diet, without the side effects. So stay healthy by decreasing calorie intake and increasing physical activity, the only true success to weight loss!

Enough is Enough

This is it, I can't take it anymore...STOP with the "I'm Fat" Story!!

Ectomorphs are generally tall and thin and have long arms and legs. These people have difficulty gaining weight and muscle no matter how much they eat or how hard they weight train. They have the body type you tend to see in ballet dancers, runway models, long-distance runners, and some basketball players. A very small proportion of the population has this type of body.

Mesomorphs are generally muscular, shorter, and have

stocky arms and legs. These people are strong and tend to gain muscle mass when they do strength training. They may find it difficult to lose weight, but they excel in power sports like soccer, softball, vaulting in gymnastics, sprinting events in track and field.

Endomorphs are generally shaped like apples or pears and carry more body fat. Their bodies resist losing weight and body fat no matter how restrictive they are with their eating. In fact, the more they

"diet," the more their metabolisms slow down to resist weight loss. These people are better able to handle long periods of starvation and famine (which was a benefit to our ancestors). Sports they excel at are distance swimming, field events, and weight lifting. If you don't think you fit into any of these, don't worry. Many of us fall somewhere in between. The important thing to know is that there are many body types, and all of these types are normal.

*Realize that you cannot change your body type. Learn to love and respect your body and to work with what you have.

*Invest time and money in yourself. Spend your extra money on flattering clothes, fitness equipment, haircuts, massages, and other personal indulgences--not on diets.

*Stop weighing yourself. Focus on how your clothes fit and how you feel. If you keep trying to achieve an unrealistically low body weight for you, you're setting yourself up for failure, depression, disordered eating, and decreased quality of life.

- *Stop comparing yourself to others.
 - *Celebrate your body and the marvelous things it can do when you are fit and well-nourished. So often, we take these things for granted.
 - *Move and enjoy your body. Go walking, swimming, biking, and dancing. Do yoga, aerobics, and weight training.... not because you have to, but because it makes you feel strong and energized.
 - *Surround yourself with people who have a healthy relationship with food, weight, and their bodies. It will make a difference in how you feel about yourself. Also, remember to set a good example for others by refraining from “fat talk” when you’re with friends and family.
 - *Stop your negative thoughts and statements about yourself. Focus on what you love about yourself. Compliment yourself. Talk to your body the way you would talk to a good friend.
 - *Reclaim your own inner strength. Focus on the unique qualities and personality traits that make you a special and successful person.
 - *Nurture your inner self. Enjoy things you find relaxing (e.g. music, bubble baths, fragrances, candles, massages, reading, writing, napping), be close to nature (e.g. garden, sunsets, beach, stars), and/or seek spiritual connection (e.g. prayer, meditation, inspirational reading, reflection). Feeling good on the inside is key to feeling good on the outside.
 - *Examine the degree to which your self-esteem depends upon your appearance. Although it may seem natural to wish you looked like a fashion model or a body builder, basing your happiness on this desire may lead to failure. Unrealistic goals can prevent you from exploring ways to enhance your life.
 - *Broaden your perspective. Talk to people you trust, read books about body image, or write in a journal. These activities may help you to recognize emotionally destructive thoughts and put body image into perspective.
- http://www.snac.ucla.edu/pages/Body_Image/Body_Image.htm



There is only one way to happiness, and that is to cease worrying about things which are beyond the power of our will.
Epictetus

Exert your talents, and distinguish yourself, and don't think of retiring from the world, until the world will be sorry that you retire.
Samuel Johnson



For information about the UW Oshkosh Healthy Titans 2010 Initiative, please visit the website at: www.uwosh.edu/hr/healthytitans.php.