

Be Well



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To support and enhance the health and wellness of employees and their families by building partnerships, programs, and policies for the USU community.

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Join the 2nd Annual *Be Well* Holiday Challenge!

Better Health, One Step at a Time

Like many busy people, you may not have time to fit in strenuous exercise workouts. But you can still do something to improve your health. That's where *Move It* comes in. This six-week program will get you started by encouraging you to walk a little bit more each day. Once you learn for yourself how easy it is, you'll be hooked for life.

Over the six-week period, use a pedometer (sold at cost in the USU wellness center — HPER 109, or available online or in athletic stores) to measure your daily steps, record your activity, and increase your steps to the national goal of 10,000 steps per day. Start the *Be Well* holiday challenge in November to carry you through the holidays. It's easy and fun.

1) Register at www.myregence.com using

your Blue Cross insurance card. 2) Go to *My Health: Programs: Move It*. 3) Start recording your daily steps. 4) Email caroline.shugart@usu.edu when you start your challenge and when you want to claim your *Be Well* prize. More information is available on www.usu.edu/wellness under the heading *Wellness Challenges*.



DON'T OVERDO IT Balancing sunlight & vitamin D

Spending a limited amount of time in the sun without sunscreen can help meet your requirements for vitamin D. Some experts recommend 15 minutes per day, twice or more per week. Whenever you plan to spend more than 15 minutes outdoors, always protect yourself with a sunscreen that has an SPF of at least 15. Too much unprotected exposure to the sun significantly increases your risk for skin cancer.

Source: National Institutes of Health, Office of Dietary Supplements

Safe holidays

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HOPE HEALTH LETTER

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weight control

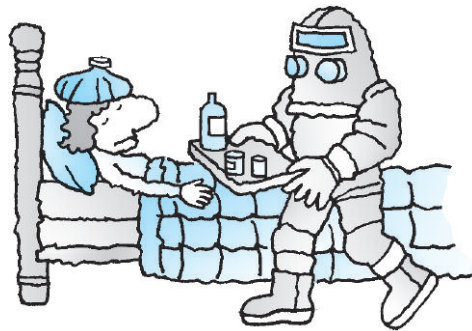
Put the fork down before you feel full

In one study, men and women who ate quickly and/or ate until they felt full were three times more likely to be overweight than those who ate at a leisurely pace and stopped eating before they felt full.

Some ways to slow down:

- Serve yourself only small portions, and wait 15 to 20 minutes before you go back for seconds. That's the amount of time it takes for your body to get the message that it's satisfied.
- Chew each bite thoroughly, and pay attention to the food's texture and taste.
- Drink water while you're having a meal.
- Avoid reading, watching television, or doing other things while you're eating.
- Find ways to eat with others, and stop and talk between bites.

Sources: *British Medical Journal, Online Edition* October 21, 2008; *American Dietetic Association*



Stop the spread of germs when someone in your household is ill

- Set up a mini quarantine or invisible wall around the sick person's room.
- Use bleach and hot water in the laundry (color-safe bleach for dark items).
- Use a disinfectant on solid surfaces in the kitchen, bathrooms, and laundry room.
- Don't let your kids share toys, books, and other hand-held items when they're ill, and teach them to wash their hands with hot water and soap whenever they come into contact with someone who is sick, as well as after going to the bathroom and before and after meals.
- Cough and sneeze into crooks of arms, not hands, to stop the airborne spread of germs.

Source: *Germ Proof Your Kids: The Complete Guide to Protecting (Without Overprotecting) Your Family From Infections*, by Dr. Harley Rotbart, ASM Press

body, mind, & soul

“The problem with winter sports is that — follow me closely here — they generally take place in winter.”

— Dave Barry

“You can judge your age by the amount of pain you feel when you come in contact with a new idea.”

— Pearl S. Buck

“If you worried about falling off the bike, you'd never get on.”

— Lance Armstrong

“Nothing is easier than to keep a secret: There needs no more but to shut one's mouth.”

— Anonymous

“Try to live your life so that you wouldn't be afraid to sell the family parrot to the town gossip.”

— Will Rogers