

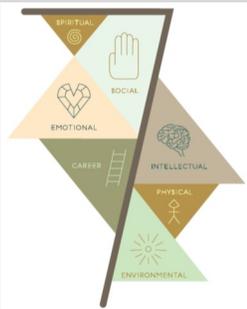
The Best U

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A student publication edited by: Sarah Hammen, Kacey Iwen, & Mallory Williams

Dedicated to Employee Exploration of the Seven Dimensions of Wellness



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Wellness Role Model

By: Jennifer Stubbe

The Wellness Role Model program recognizes deserving employees who demonstrate wellness by encompassing all seven dimensions, spiritual, physical, emotional, career, intellectual, environmental, and social, into their daily lives. This semester we had many outstanding nominations and are recognizing not one, but TWO winner here: **Melissa Vogler** and **Kami Weis**

Melissa is the Operations Manager in the Financial Aid office. Her wellness-oriented lifestyle can be attributed to numerous factors. According to Melissa, her main focus is to “maintain happiness and continuously develop meaningful relationships with God, as well as the people around her.” By achieving these goals, she radiates positive energy in all her relationships. Physical wellness is one of the leading motivators behind her mentality, drive, and success. She enjoys running, cycling, swimming, skiing, working out at the gym, and partaking in Pilates. While exercising, she uses deep breathing and meditation to increase mental clarity. She notes that exercise helps her remain sharp and attentive throughout the day. As a whole, physical activity is therapeutic to her, because it helps manage her stress. Melissa also enjoys nature. As Melissa captured it, “Being in nature brings me peace and soothes my soul.” Overall, Melissa’s well-rounded lifestyle enables her to continuously strive towards self-improvement both in and out of the office.



Kami Weis is an Academic Advisor for students with undecided majors. Her main focus is to maintain happiness by keeping health a priority and reminding herself of the importance of work-life balance. Kami says, “It is completely up to me to design the life I want to live. I can’t expect others to do



it for me, nor wait until everything is 100% in order to achieve the balance I need in life to stay healthy.” Kami remains proactive by planning her workouts in advance, communicating with family about activities in the upcoming week, and remembering to secure time for herself by scheduling commitments accordingly. Kami states, “I firmly believe in keeping an hour each day in your own control.” During that time she runs, bikes, plays volleyball, and attends various group fitness classes including cycling, yoga, and strength training. She maintains her emotional wellness through optimism. Kami makes the effort to surround herself with positive people. She believes her career and intellectual wellness are important as well, and she strives to be a better professional by considering how her job position aligns with her life goals.

These are just two examples of wellness lifestyles in action. With the numerous wonderful nominations that came in this semester it was a challenge to pick a winner, or even just two. Therefore, we would like to give honorable mention to: **Tim Halkowski, Sue Kissenger, Kelly Romano, and Kristi Roth.**

Don't Forget Your Fruits and Vegetables During the Holidays

Daily Recommendations

- Fruit-2 Cups
- Vegetables- 3 Cups
- Grains- 3-4 Ounces
- Protein- 5-6 Ounces
- Dairy- 3 Cups

As the weather begins to shift towards winter, many Wisconsinites find themselves eating less fruits and vegetables. It is important to make sure these are still being included in the diet to create that healthy balance. For more information regarding what foods make up each category visit:

<http://www.choosemyplate.gov/MyPlate>

By: Peter Feldkamp



Building and maintaining a balanced diet is important in establishing a healthy lifestyle. Creating food awareness is the first step in creating a balanced diet.



LIFE ISN'T ABOUT FINDING YOURSELF. LIFE IS ABOUT CREATING YOURSELF.

George Bernard Shaw

The Importance of Water

Daily Recommendation: The Institute of Medicine determined that an adequate intake for men is roughly about 13 cups (3 liters) of total beverages a day and for women about 9 cups (2.2 liters) of total beverages a day.



Factors That Influence Water Needs:

Exercise, environment, illness or health condition, and pregnancy or breast-feeding.

Other Sources of Water: Not all of the water consumed has to come in the form of tap or bottled water.

According to the Mayo Clinic, we consume about 20% of our water from foods we eat. Fruits and vegetables are a good source of water within the diet. Water can also be consumed via milk, coffee, tea, and soda.

Do You Know Your Numbers?

By: Ryan Boeshaar

When you go to the doctor, most likely they will check your blood pressure. You may be sitting there asking yourself, "What is blood pressure?" GREAT QUESTION! The National Institutes of Health states "Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps blood." This is very critical because you want the blood to flow smoothly in order to provide the body with enough oxygen to supply your body's needs. If your blood pressure is too high, it puts extra strain on the arteries, and may lead to a heart attack or stroke.

So, how can we prevent our blood pressure from getting too high?

Here is a quick list of some ways you can control your blood pressure.

- Exercise regularly (30 minutes at least 3 x a week).
- Eat and maintain a healthy diet
- Reduce your sodium intake
- Maintain a healthy weight
- Avoid tobacco use
- Reduce your caffeine intake
- Reduce your stress
- Limit the amount of alcohol you drink
- Monitor your blood pressure daily
- Get family/friends support

Blood Pressure Category	Systolic mm Hg (upper #)	Diastolic mm Hg (lower #)
Normal	less than 120	and less than 80
Prehypertension	120 – 139	or 80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or 90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or 100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or Higher than 110

The chart above from the American Heart Association describes the blood pressure number associated with what stage you are in for the blood pressure categories. For more information regarding blood pressure, please visit their site at www.heart.org. Now when you go the doctor and they check your blood pressure, you will have a better understanding of what those numbers mean.

Thank you to all who attended our **UWSP Safety and Wellness Fair** on Tuesday, November 3rd! We hope you enjoyed it as much as we did. This event provides an opportunity to learn about wellness services in the community and interact with like-minded people who care about many



Sleep 8 Feel Great *By: Tyler Cornell*



Once you know the benefits of getting the recommended hours of sleep, how can you get these amount on a regular basis? Below are some tips that may assist you in making sure you can achieve the adequate sleep you deserve!

- Allow time before going to bed to unwind. When you are lying in bed is not the best time to think about issues from that day or plans for tomorrow. If worries, thoughts, or ideas keep popping into your mind while lying in bed, try to take 10 to 15 minutes before heading into the bedroom to put these thoughts and ideas to rest first.
- Keep regular sleep and wake hours. Make an effort to go to bed and get up at the same time each day, even on weekends. Bedtimes may sound a bit childish, but this can keep your mind and body in sync for great sleep each day.
- Regular exercise during the day can help you sleep at night as your body needs to rest and recover. The catch is that exercise near your bedtime can possibly interfere with your sleep.
- Eating before bedtime is often frowned upon, but having a light snack before heading to bed can help keep your hunger from disrupting your sleep. Carbohydrates are said to promote sleep.

Benefits of adequate sleep

Several different aspects affect our health, but one key component is sleep. A large portion of the population tends to forget about this, and fails to get adequate sleep each and every night. That being said, what qualifies as *adequate sleep*? According to the National Sleep Foundation, the recommended number of hours from age 18 and up is seven to nine hours each night. Getting the recommended number of hours of sleep (or more) each night has more benefits to your overall health and wellness than simply eliminating those bags from under your eyes.



- ◆ Helps keep a healthy heart
- ◆ Helps to repair the body
- ◆ Lower risk of depression and anxiety
- ◆ Improves memory
- ◆ Allows better focus
- ◆ Improves immune functions
- ◆ Reduces stress
- ◆ Improves mood

Think in the morning.

Act in the noon.

Eat in the evening.

Sleep in the night.

~William Blake



Jen Sorenson, Student Health Service, and Sallie Scovill, HPHD, accept the recognition award from Gary Garske, Portage County Health Officer, and State Representative Katrina Shankland.

On Friday, November 13th The Tobacco Coalition of Central Wisconsin honored the university and recognize everyone who helped make UWSP Tobacco Free in 2014. This transition shows that UWSP is committed to fostering wellness for it's students, faculty, and the surrounding community.



Employee Wellness Students Jennifer Stubbe and Kacey Iwen answer questions at the event.

How to Give, But Also Save

By: Sarah Hammen

With the holidays right around the corner, it is time to start thinking about finding gifts for those we love. To increase your financial wellness, here are some types of homemade gifts that are simple, thoughtful, and wont break the bank!



For a person who enjoys cooking or baking, put some cookie cutters, cupcake liners, and even a recipe in a mason jar.



For someone with a sweet tooth, give them the ingredients to make a caramel apple – it’s nutritious and delicious.

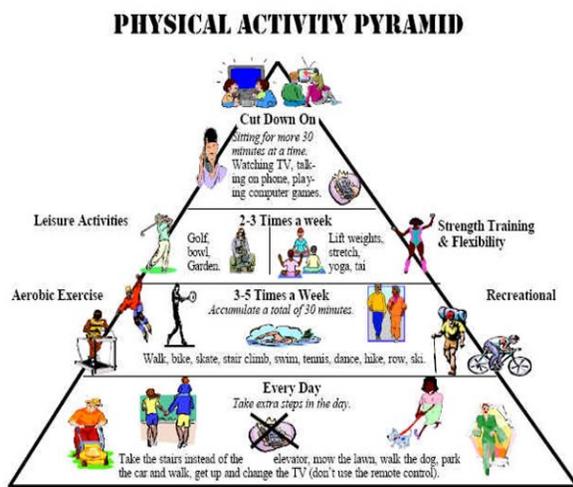


Make coasters out of tiles by using festive designs or even photos for a personalized gift.

Get Your Fit On!

By: Seth Dominick

Engaging in regular physical activity is one of the best and most important things you can do for yourself. The benefits are abundant, the cost can be very minimal, and the amount of time spent on being physically active is very modifiable. The Centers for Disease Control and Prevention states, “Only a few lifestyle choices have as large of an impact on your health as physical activity. People who are physically active for about seven hours a week have a forty percent lower risk of dying early than those who are active for less than thirty minutes a week”.



What are the recommended amounts of physical activity?
-Children – 60 minutes or more every day.
-Adults – 30 minutes or more a day for at least five days of the week.

Adapted from:

<http://www.cdc.gov/physicalactivity/basics/pa-health/>

For more information visit:

cdc.gov heart.org acsm.org

Energy and persistence conquer all things.

~Benjamin Franklin

Benefits of physical activity

- Control weight
- Improve heart function
- Reduce risk of CVD
- Reduce risk for type 2 diabetes
- Reduce risk for some cancers
- Strengthen muscles and bones
- Improve mood and cognitive function
- Increase chances of living longer
- Improve blood pressure
- Boost energy level
- Manage and control stress
- Improve cholesterol levels

How to Manage Your *Energy*, Not Your Time

By: *Melissa Mady*

Let's face it; time management can be very difficult. It can affect you physically, mentally, and emotionally. This leads to declining levels of engagement, increasing levels of distraction, high turnover rates, and soaring medical costs. But instead of trying to manage your time, why not focus on managing your energy? By managing your energy, you will be able to feel more relaxed and accomplished.

Physical Energy:

Inadequate nutrition, exercise, sleep, and rest diminish your basic energy levels. With work demands and personal life, it can be difficult to practice healthy behaviors. Changing rituals such as bedtime, your daily eating habits and exercise routine, can greatly increase your energy levels throughout the day.

Quality of Energy:

Becoming aware of how you feel at various points during the day, and the impact these emotions have on you, can improve the quality of your energy. People perform better when they're positive. When they are feeling any other way, they tend to not perform as well. One easy way to fuel positive energy is simply expressing gratitude towards others. Telling someone you like something about them, or thanking them for all the hard work they do, can not only increase your energy level, but will also brighten their day.

Focus of Energy:

Many people view multitasking as a way to juggle all of their demands, but changing from one task to another can increase the time it takes to finish the primary task. It is more efficient to focus fully on one task or take a break. One way to cope with this is by identifying the most important challenge of the day, and making it your first priority.

Time is a finite resource and simply changing your rituals and focusing on the quality of your energy, will lead you to be less stressed, and feel more accomplished throughout your day.



Flu Awareness

By: *Adam Fandre*

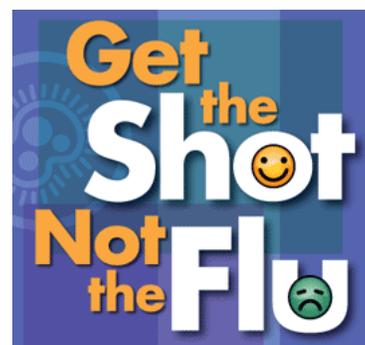
Winter is fast approaching and that means it is flu season. The flu is a contagious respiratory illness caused by the influenza virus and is highly active around this time. This means, get vaccinated! The Center for Disease Control and Prevention recommends that everyone six months of age and older receive an annual flu vaccine..

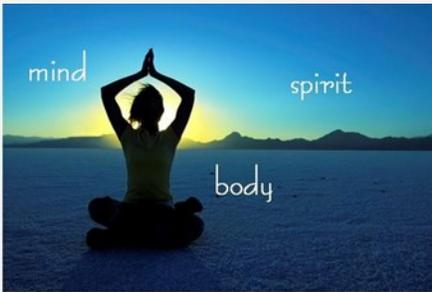
Flu activity generally peaks between the months of December and February, although it varies year to year.

Symptoms may include a fever, the chills, cough, sore throat, runny or stuffy nose, muscle or body aches, fatigue and vomiting. The severities of the symptoms vary greatly from person to person,

and occasionally outcomes of the flu infection can result in hospitalization or death. However, this is most common in the older population, young children or those with other health complications.

The flu is spread by many types of contact. To avoid getting sick, wash hands frequently, and disinfect touched surfaces. Some believe that the flu vaccine is unsafe or poses health risks, although it is very rare. For a list of vaccination safety visit the Influenza Vaccine Safety page on the CDC website.





Your Emotions Matter

By: Taylor Yuenger

Emotional Wellness is the ability to understand who we are on the inside and being able to manage the stress that daily challenges may bring to our lives.

This dimension involves how we recognize our feelings and present them to others which can be done positively or negatively.

Make the first steps in improving your Emotional Wellness!

*Become aware of how you think and feel throughout the day
Consider your values and make time for the things that mean the most to you.*

Find support through friends, family members, or even co-workers

View mistakes as an opportunity to learn

Participate in a new activity or go to an event

What activities can I participate in to relieve stress?

Use meditation techniques to re-center and clear your mind

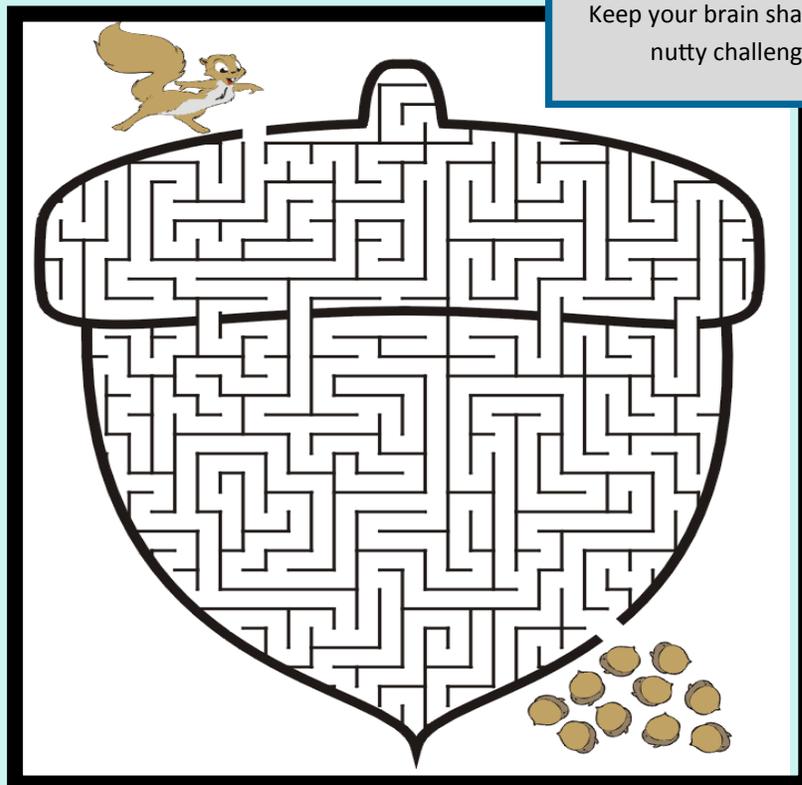
Take a walk either alone or with a friend

Prioritize your time

Participate in a Yoga class or try a new hobby or activity

<http://www.cdc.gov/features/handlingstress/>

<http://www.uwsp.edu/HPHD/Pages/7dimensions.aspx>



Keep your brain sharp by doing this nutty challenging maze!

CREATE HEALTHIER HOLIDAY RECIPES

As the holidays are quickly approaching, you might want to change up your recipes a bit with some healthy substitutes. Give them a try!

Flour and Starch

¼ Cup Nut Flour + ¾ Cup Wheat Flour for 1 Cup Flour

Can be substituted in: Cookies, sweet breads, cakes

1/3 Cup Coconut Flour + 1 extra egg per ounce of coconut flour + a dash of water for 1 Cup Flour

Can be substituted in: Pancakes, cookies, cakes

1 Cup brown rice cereal + 2Tbsp flax meal for 1 Cup Rice Krispies

Can be substituted in: Rice Krispies treats, coating on baked chicken/fish

Sugar

1 Cup unsweetened applesauce (reduce the rest of the amount of liquid in the recipe by 1/4 Cup) for 1 Cup Sugar

Can be substituted in: Many things, especially cookies

½ tsp Vanilla Extract for 2 TBSP sugar

Can be substituted in: Cookies, cakes, brownies

Fat

½ Cup unsweetened applesauce + ½ Cup fat for 1 Cup of oil or butter

Can be substituted in: Banana/zucchini bread, muffins, or boxed mixes

3 Tbsp. flax meal + 1 Tbsp. water for 1 Tbsp. butter

Can be substituted in: Muffins, cakes, cookies, anything nutty

1 Cup mashed bananas for 1 Cup of oil or butter

Can be substituted in: Brownies, cookies



Eggs

1 Tbsp. chia seeds + 1 Cup of water (left to sit for about 15 min.) for 1 egg

Can be substituted in: Pretty much anything

Adapted from: <http://greatist.com/health/healthy-baking-recipe-substitutions-infographic>

Upcoming Events in the Community



40th Annual Frostbite Road Race & Winter Walk

Saturday, December 5th

Get out and active even in chilly weather by participating in this fun event put on by the Stevens Point YMCA.

Healthy Family Night at Central Wisconsin Children's Museum

Thursday, December 10th

Sponsored by Ministry Health, this free program includes dinner and activities for the whole family.

Passport to Paradise at Sentry World

Friday, January 22nd

This fun-filled night includes food, a raffle, silent auction, and a live salsa band!

Visit: <http://stevenspointarea.com/events.cfm>