NEW UAS WELLNESS – ONLIFE
Cynthia Anderson

Onlife Health, a free health and wellness program for UAPB employees and their spouses, kicked off in mid-October 2012. The program is offered to employees and spouses who are insured under the UA System health plan. It includes self-directed educational programs, access to a health coach, trackers and more.

The University's wellness program, administered by OnLife Health, can help you improve your health through small changes that will become a new, easy to maintain, positive lifestyle. Whether your goals is to lose a few pounds, get rid of cigarettes, run a 10K or just get off the couch and start moving, OnLife Health can get you there.

The starting point is for you to complete an initial health assessment questionnaire at www.OnlifeHealth.com. Click on GET STARTED. Type in UAS as the key code. Follow the online instructions to create your username and password. (Keep these, as you’ll need them each time you access the site.) Or you can call Onlife at 1-877-369-0285.

The health coach will be available to provide personalized assistance for achieving wellness goals such as losing weight, quitting smoking, improving nutrition, increasing physical activity or dealing with chronic health problems like diabetes or high blood pressure.

The program includes incentives for achieving goals. You can earn points by taking actions through the year to improve your health and be eligible to win a $250 gift card each quarter. You track your progress through an online portal.

OnLife Wellness alone with Fit and Bold Wellness should start your new year off to healthier lifestyles. Please utilize all resources available to you, go to OnLife portal for your customized wellness plan rand join the physical activities offered to you through Fit and Bold.

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Black Gold Fit&Bold
Health Tips//whole living

1. Go Fish
If you suffer from dry eyes, up your seafood intake. Salmon, sardines, and mackerel contain omega-3 fatty acids, which the body uses to produce tears, among other things. Research suggests that people who consume higher amounts of these fats are less likely to have dry eyes.

2. Embrace Bitters
Combat a yen for sugar by following a Chinese medicine approach: Eat foods such as endive, radicchio, cooked greens, and olives.

3. Get a Good Pair of Sneakers
Is your energy lagging? Though it may be the last thing you feel like doing when you’re tired, exercise—even a brisk walk can be more effective than a nap or cup of coffee at fighting fatigue.

4. Eat Bananas
People whose diets are rich in potassium may be less prone to high blood pressure. Beside reducing sodium and taking other heart-healthy steps, eat potassium-packed picks such as bananas, cantaloupe, and oranges.

5. To ease stress and prepare for bed, soak in a hot bath spiked with a few drops of lavender essential oil. Play soothing music while you bathe to unwind further.

6. Keep Capsaicin Cream on Hand
For sore muscles and joints, apply a cream or ointment that contains capsaicin, the active ingredient in Chile peppers, two or three times a day. The heat from the peppers has been shown to help relieve pain.

7. Get a Massage
Certain trigger points—spots of tension in musculoskeletal tissue—can cause back pain. Ask a massage therapist of other body worker who specializes in myofascial release or neuromuscular therapy to focus on these points during a massage.

8. Go for Garlic
Adding raw or lightly cooked garlic and onions to your meals may help keep you healthy this winter. Both foods appear to possess antiviral and antibacterial properties and are believed to boost immunity.

9. Try Tea Tree Oil
For athlete’s foot, reach for tea tree oil an extract of the leaves of an Australian tree. It appears to have antiseptic properties and May work as well as or better than over-the-counter antifungal product. Apply a light coating of the oil to affected areas two to three time a day; continue for a day or two after symptoms disappear.

Returns for 2nd Season
By: Lekita Goins

The Fit & Bold television show will be returning to UAPB-TV in Mid-March 2013. The show covers a wide variety of health topics that affect our community. Fit & Bold raises awareness through talking with doctors and other professionals, discussing food and giving Fit & Bold Recipes, and exercising with various teams on campus and people in the community.

The upcoming season will have a wide variety of physical and mental health topics such as Alzheimer’s, Migraines, Digestive Issues, and Sexual Abuse. There will also be an array of doctors and nurses who will be sharing their knowledge. We look forward to the new season and the partnerships it will build. This show gets the campus and the community involved in healthier habits.

If you practice healthy cooking, exercise regularly, or can contribute to the Fit & Bold show in anyway please contact fitandbold@uapb.edu.
Miso Steak with Green Beans and Baby Potatos

Makes: 4 servings

Ingredients

- 1 pound baby potatoes
- 12 ounces steam-in-the-bag green beans
- nonstick cooking spray
- 1 pound skirt steak, trimmed and halved crosswise
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon white miso
- 1 tablespoon rice wine vinegar
- 1 teaspoon minced fresh ginger
- 1 teaspoon sugar
- 1/2 teaspoon toasted sesame oil
- 2 tablespoons vegetable oil
- 1/3 cup thinly sliced scallions
- 1/2 teaspoon sesame seeds, toasted (optional)

Directions

1. Pierce each potato a few times with a knife, place in a microwave-safe dish and loosely cover with plastic wrap. Microwave on high 5 to 6 minutes or until potatoes are fork-tender. Microwave green beans according to package directions.

2. Heat a grill pan over medium-high heat. Coat with cooking spray; season steak with salt and pepper and cook 2 to 3 minutes a side or until desired degree of doneness. Transfer to a cutting board to rest.

3. While steak is cooking, combine miso, vinegar, ginger, sugar and sesame oil in a small bowl. Whisk in vegetable oil.

4. Cut potatoes in half, then cut steak into 1/4-inch slices. Divide potatoes, steak and beans among four plates; drizzle with dressing. Sprinkle scallions over steak and sesame seeds over potatoes, if desired.

By Andrew McCaul
Recipe Fitness
Recipe Center