SAFHS Employees Take Advantage of Opportunities for Workplace Wellness

Rita Conley

Barbara Maeweather, Asst. Extension Specialist in the School of Agriculture Fisheries and Human Sciences started walking around the grass track constructed for the UAPB cross country track team during the noon hour in March. Kellye Luckett, Asst. Extension Specialist with the Small Farms Project and other employees saw her walking and joined her. The walking group has included as many as six people on some days. The team soon added walking around the UAPB stadium to their routine. The stated benefits from the walking regimen include: “I feel more relaxed and less stress”, “I have lost five pounds just walking – Dr. English has lost 10 pounds!”

SFS makes wellness an asset

Cynthia Anderson

Wellness has become a part of the Student Financial Services (SFS) department. When staff members band together in creating a healthful culture at work, they can help each other achieve positive results and this is one of the objectives of this group. Uniting for a particular cause has built teamwork for this department. The department is stepping forward in boosting morale, improving health and fitness and increasing productivity in the workplace.

The Kickoff began April 2010 when the staff members received pedometers and water bottles from the UAPB Wellness Program. Ms. Tomie Johnson, coordinator for the departmental wellness, began with giving the staff a tour of UAPB’s walking trail along with a map and a schedule of the activities offered through the Wellness program.

Incentives were given for the staff members with the most steps by the end of the week as well as the highest weight loss. Incentives range from tokens of achievement such as t-shirts, water bottles, portfolios, etc. To aid in healthy choices, fruits are replacing donuts given to the staff by Ms. Smith.
SAFHS

Although the summer heat has forced the group indoors they are still exercising. Some are attending the “Walking Away the Pounds” exercise class at noon on Mondays, Wednesdays and Fridays and others are walking indoors where space is available.

Workplace wellness can exist in many forms, individual or in groups. Catch the bug and start today to take advantage of the workplace wellness opportunities at UAPB.

EXERCISE CLASSES

*From 5/24/2010 thru 7/12/2010

Walking Away the Pounds™
MWF • 12:00 Noon
Pennymon Room

Thursday • 5:30-6:30 pm
Pennymon Room

Tae Bo™
Tuesday/Wednesday • 5:30-6:30 pm
Pennymon Room

SFS

During peak time of the year when the staff must take abbreviated lunches, healthy food choices are available to the staff.

Ms. Carla Smith, Vice Chancellor of Student Financial Services states, “It is important for the staff to feel the best they can, first for themselves and then for the unit. Working in Student Financial Service can be stressful in assisting students, parents, agencies. Knowing how to deal with this stress, rather it is through healthy choices or exercise, can be beneficial to all.” Ms. Smith is also receiving assistance from UAPB’s Employee Assistance Program counselor in coordinating various sessions to aid in the well being of her staff. Hand sanitizer will also be installed in the work area for the students, staff and visitors use.

After speaking to the staff, this is what they said. Shanta Calhoun says, “It is encouraging and it is nice to know someone else is concerned about our health as much as we are.” Jennifer Murray says, “It has motivated me to walk after hours and some Saturday mornings. It’s a good thing, it’s something we can do together”. Jillian Warren says, “It’s a productive influence on my quality of life and helps me to be more productive.” Kendrick Jones says,” It is always good for us to stay healthy and the obvious benefit of teamwork opportunities makes it a win-win situation.”

As we work to make our quality of life better through exemplary exercise and dietary habits, we influence all that see the positive results. Come grow with us as we work to improve one life at a time.

EATING OUT

If your food isn’t prepared as you requested, send it back. Equally important is the portion size. Help control your weight by asking for smaller portions, sharing entrees with a companion, or putting half of your meal in a to-go box to enjoy another time.

• Fried, au gratin, crispy, escalloped, pan-fried, sautéed or stuffed foods are high in fat and calories. Instead, look for steamed, broiled, baked, grilled, poached or roasted foods. If you’re not sure about a certain dish, ask your server how it’s prepared. You can request that visible fat be trimmed from meat and skin be removed from poultry before cooking.

• Request that your meal be prepared with vegetable oil (made from canola, olive, corn, soy, sunflower or safflower) or soft margarine instead of butter. Ask for soft margarine for your bread.

• High-sodium foods include those that are pickled, in cocktail sauce, smoked, in broth or au jus or in soy or teriyaki sauce. Limit these items. Ask that your food be prepared without added salt or MSG.

• Have gravy, sauces and dressings served on the side, so you can control the amount you eat or skip them completely.

• Ask if the restaurant has fat-free or 1 percent milk instead of whole milk.

• Even if they aren’t on the dessert menu, many restaurants can offer you fruit or sherbet instead of high-fat pastries and ice creams.

Sunscreen Myth: I can skip it.

Maybe you think you can pass on sunscreen because you don’t bask in the sun. But sunscreen is not just for sun worshippers. “If you’re going to be outdoors, you should wear sunscreen, even when it’s cloudy outside. You can still get sunburn through cloud cover,” Stein says.

Or if you think your naturally dark skin doesn’t need sunscreen, think again. “People with darker skin are definitely less like to burn, but they can still burn and should wear some form of sunscreen that protects against UVA and UVB,” Stein says.

Sunscreen Myth: The SPF in my makeup is enough.

Many women may rely on sunscreen in their makeup. But you might need more than that. “If you use [foundation], a few spots of sunscreen on your face isn’t going to be enough out in the sun,” Stein says. “You should wear at least an SPF of 30,” Stein says. “The easiest approach is to use a facial moisturizer that already has sunscreen in it.” It’s not bad to have sunscreen in your makeup, but consider it an extra layer, not your main safeguard.

Sunscreen Myth: All sunscreens are the same.

Not so. Sunscreens can differ in the way they protect your skin. Some are physical sunblocks, which use zinc oxide or titanium dioxide to block UVA and UVB rays. Others use chemicals such as avobenzone to do the job. Newer active ingredients include Helioplex and Mexoryl SX. “Dermatologists like Helioplex and Mexoryl because these ingredients are photostabilized, which means they give you good UVA and UVB protection, and they’re more stable so they won’t break down as quickly,” Stein says.

Sunscreen Myth: A little sunscreen will see me through the day.

“The general principle is to reapply every two to four hours,” Spencer says. “Sunscreen does go away with time.” Don’t be stingy when you’re putting it on yourself or your children. “To cover your whole body, you would have to fill a shot glass,” Stein says. “A good way to conserve sunscreen is to cover up with clothing. Clothes are more reliable than sunscreen – you don’t have to worry about forgetting about it or reapplying it.” If you get into the water, you may need to reapply more often. “Water-resistant” sunscreen maintains its SPF level after 40 minutes in the water and “very water-resistant” sunscreen maintains its SPF level after 80 minutes, according to the University of California at San Francisco.

Sunscreen Myth: I put sunscreen on my face, arms, leg, back, and neck — so I’m set.

Not so fast. You may have overlooked some key areas. “The ears and the back of the neck are commonly neglected,” Stein says. “There are no real major differences; these are just vehicles for the sunscreen and it depends on what the consumer likes,” Spencer says. “You can actually get sunburn on your scalp, so wearing a hat is a good way to get shade on your face and that will give you good face protection.” Don’t forget about your lips. The American Academy of Dermatology recommends wearing a lip balm with an SPF of at least 30.

Sunscreen Myth: Lotions, sprays, or stick sunscreens work differently.

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Sunscreen Myth: Last year’s bottle is still OK.

“You should use enough so that you’re not using the same bottle summer after summer. If you’re doing it right, you’re not going to have leftovers next year,” Stein says. Check the expiration date on your sunscreen bottle. “Some sunscreens break down quickly, especially the ones that give you UVA protection. So it shouldn’t sit in your bathroom cabinet for too long,” Stein says.