Preventing for the Road Ahead

by Lawrence A. Davis, Jr., PhD

I hope you had a relaxing and enjoyable holiday season and are looking forward to a prosperous and healthy new year at UAPB. If you are one of many who made a resolution to become more health conscious and physically fit, please consider the UAPB Black & Gold, Fit & Bold Wellness Program.

The purpose of the Black & Gold, Fit & Bold Wellness Program is to promote a healthy lifestyle among our benefit employees and has been designed with you in mind. Currently, Tae Bo classes are being offered free to all benefit eligible employees on Tuesdays thru Thursdays from 5:30 p.m. to 6:30 p.m. in the Pennymon Room in Golden Lion Stadium. Markers outlining the UAPB walking trail are expected to be in place by late March 2010. Other fun and physical activities will be announced later. Take advantage of the Black & Gold, Fit & Bold Wellness Program. You will be glad you did.

Be Fit and Bold for Life!

by William Torrence, PhD

As we all embark on the New Year, let us take time to reflect on one of the more important things in life. Health and Wellness! Without “health”, there is no “life.” Health is more than just physical fitness and absence of disease and disability. It is life! Health is omnipotent. It is the integration of the “mind, body, and spirit.” There are various dimensions to one’s health: physical, emotional, spiritual, social, intellectual, and environmental. Life itself must include these dimensions, if not, quality is diminished. One might ask, “How do I become fit in all aspects of my personal health?” Wellness is the key. It is the purposeful, enjoyable, lifestyle changing, conscience choice, characterized by personal responsibility, to enhance one’s physical, emotional, and spiritual health. Wellness is not an end, but a means to high quality of life. It is not static, but dynamic and ever changing.

Health and wellness leads to a richer, more balanced and satisfying life. In fact, wellness is a way of life!

Homestasis: harmonious function of all systems of the body

As we enhance our physical fitness through increases in cardio-respiratory function, muscular strength, endurance, and flexibility, and body composition, let us not forget about our dietary and emotional needs. Although the body is the vehicle to good health, our diet supplies the caloric energy needed for homeostasis function.

The Significance of a Healthy Attitude

by Letsie Bass, RN

Does your attitude affect your health? Does a positive, happy one keep you healthier or does a negative one keep you unhealthy? The answer to all these questions is yes. The mind and body are snugly interwoven, and this connection affects you in more ways than you might be aware of.

The mind and the immune system act as a single unit. Feeling stressed, for example, can make you more susceptible to whatever virus is going around.

On the other hand, when you feel joyous and lighthearted, your immune system has a better chance of protecting you from the virus.

Your expectations also play an important role in your life. If you expect to be healthy, you increase your chances of enjoying good health. If you expect to be ill, you increase your chances of becoming sick.

Attitude influences your overall well-being. Try to keep a good attitude about life and life’s issues. Walking and exercising can help. See you on the Walking Trail.

Letsie Bass is the director of Health Services at UAPB.
Life

Diet and exercise greatly reduce the impact of hypokinetic diseases that plague us such as hypertension, heart disease, diabetes, and obesity.

These debilitating conditions are fueled by inadequate diets, lack of physical activity, and risky lifestyle choices. Emotional well-being is also greatly affected by physical activity. The lack of proper energy expenditure leads to an underutilization of the body’s functions that fight against stress, depression, and other emotional disorders. Through proper physical activity and exercise, the body’s neurons and hormones are regulated in an effort to maintain proper function and decrease one’s risk of hypokinetic diseases.

So, as we reflect on all aspects of our life, remember that “all” can be enhanced by our commitment to good health and wellness. The process of achievement and principles of success that we strive for in our personal life is the same process utilized for personal success. Good judgment and sound decision-making are the cornerstones for living a higher quality of life. Living physically, emotionally, and spiritually fit and bold is the monarch of our house. It is with this bold commitment to life that the UAPB Wellness Program challenges you. Your physical, emotional, and spiritual well-being is of high priority. Our goal is to assist you in enhancing these dimensions of your life. Our charge is to deliver programs that enhance one’s “mind, body, and spirit” in an effort to increase the quality of life for all Golden Lions. Go ahead, be “Fit and Bold” for life.

Dr. Torrence serves as Chair and Associate Professor of the Health, Physical Education and Recreation Department at UAPB.

UAPB Walking Trail

DISCLAIMER: Exercise is not without its risks, and this or any other exercise program may result in injury. They include but are not limited to: risk of injury, aggravation of a pre-existing condition, or adverse effect of over-exertion such as muscle strain, abnormal blood pressure, fainting, disorders of heartbeat, and very rare instances of heart attack. To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions.

The exercise instruction and advice presented are in no way intended as a substitute for medical consultation. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

Stretching Exercises

1. Stretches side of neck
   1. Sit or stand with arms hanging loosely at sides
   2. Tilt head sideways, first one side then the other
   3. Hold for 5 seconds
   4. Repeat 1-3 times

2. Stretches back of neck
   1. Sit or stand with arms hanging loosely at sides
   2. Gently tilt head forward to stretch back of neck
   3. Hold for 5 seconds
   4. Repeat 1-3 times

3. Stretches side of shoulder and back of upper arm
   1. Sit or stand and place right hand on left shoulder
   2. With left hand pull right elbow across chest toward left shoulder and hold 10 to 15 seconds
   3. Repeat on other side

4. Stretches tricep shoulders, waist
   1. Keep knees slightly bent
   2. Stand or sit with
   3. Hold elbow with
   4. Pull elbow backward slowly to side as felt

“We put everything on our schedule except ourselves, take time to exercise, plan nutritious meals, and more.”

-- Susan Taylor, former Editor
Essence Magazine
**Baked Lemon Chicken**

From USDA

**Serving Size:** 2 pieces  
**Yield:** 5 servings  
**Time:** 30 minutes

**Ingredients:**
- 3 1/2 pounds chicken - skinned and cut into 10 pieces
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 1/2 thinly sliced cloves of garlic or 1 tsp garlic powder
- 4 fresh thyme sprigs or 1 tsp dried thyme
- 3 cups thinly sliced onions
- 1 1/2 cups chicken stock or water
- 1/4 cup lemon juice
- 1 lemon sliced into 10 slices, seeds removed

**Instructions:**
1. Combine salt, pepper, garlic, and thyme.
2. Lay chicken pieces into a 11x13 baking pan. Sprinkle seasonings over chicken.
3. Combine onions, stock, and lemon juice in a sauce pan. Heat to a boil.
4. Pour hot lemon mixture around chicken. Top each chicken piece with a lemon slice.
5. Bake for 30 minutes at 400 degrees until golden brown and juices are clear colored.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total Fat</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/5 of recipe (621g)</td>
<td>450</td>
<td>10g</td>
<td>15%</td>
<td>21%</td>
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**Exercise Classes**

**Free Tae-Bo™ Classes**

Location: Pennymon Room | Golden Lion Stadium  
**January 19 - March 9**  
**5:30 - 6:30 PM**  
**Tuesdays - Thursdays**

**Steps, top of list**
- Arms overhead
- Hands opposite arm
- Stand while seated

**Stretches middle back**
1. Stand with feet pressed straight ahead, a little more than shoulder width apart  
2. Bend right knee slightly and move left hip downward toward right knee  
3. Hold 10 to 15 seconds  
4. Repeat on other side  
5. If necessary, hold on to something (chair, etc.) for balance

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Wellness Wednesdays Coming Soon!

by Rita Conley

The Department of Human Sciences, UAPB Cooperative Extension and the Watson Memorial Library are collaborating to host “Wellness Wednesdays”, workshops to encourage nutrition and financial wellness. The free workshops will be held during the lunch hour from 12noon to 1 p.m. in the Library, starting the week of February 17 through April 14.

Most often, our nutrition/health and money management habits are 30% knowledge and 70% behavior. Therefore, information and activities presented will focus on encouraging positive behaviors that lead to wellness. The program will use the “Small Steps to Health and Wealth TM curriculum designed by the Rutgers University Cooperative Extension Program. Workbooks, though not required, will be available to all preregistered participants for half price $4.75 while quantities last! A $5,000 Jefferson Regional Medical Center Healthy Lifestyles Grant from the Pine Bluff Area Community Foundation funds this program. Dr. Therthenia Lewis and Mrs. Rita Conley are the Co-project directors.

Preregistration forms may be obtained by email at conleyr@uapb.edu or by calling 575-8805/7211.

A healthy attitude is contagious, but don’t wait to catch it from others- be a carrier.

- Anonymous

Links

2010 Women’s Health Calendar
http://www.womenshealth.gov/pub/calendar/index.cfm

HEALTHY Ways Program
Sponsored by the National Institutes of Health | (Find out if you are eligible to participate and learn more)
(501) 526-6654 (anytime) | healthyways@uams.edu

QualChoice’s QCARE Health Programs: QCARE is designed to help our health plan members be the healthiest they can be. It benefits members with chronic conditions, such as diabetes, hypertension and asthma. Our Care Managers and Health Coaches work with each member and their family to improve understanding of the illness and what it means to the member’s lifestyle.

American Cancer Society
http://www.cancer.org/docroot/home/index.asp