

May, 2015

Wellness Events this Month!



May is National Physical Fitness and Sports Month

Information from: <http://www.foh.hhs.gov/>

It's Time to Get Moving!



Physical activity is an essential part of a being health. The U.S. Department of Health and Human Services (HHS) recommends that adults get at least 2½ hours of moderately to vigorously intense physical activity each week. You can spread this activity out over easy 30-minute increments, five days a week. Or you can choose from many activities and can accumulate activities in bouts of 10 minutes. The HHS also advises doing muscle-strengthening exercises two or more days a week. The health benefits of regular physical activity can be remarkable.

Regular physical activity can:

- ❖ Help you maintain a healthy weight
- ❖ Lower your cholesterol
- ❖ Lower your blood pressure
- ❖ Strengthen muscles and bones
- ❖ Reduce your risk for heart disease, diabetes, some cancers, and obesity

Regular physical activity can also *help your mental health*. Often, when you're low, regular physical activity can pick you up; or, if you're anxious, physical activity can calm you down as you recover from your fitness return.

Things You Can Do:



Get Your CRP. A cardiac risk profile—or CRP—gives you information about some of the factors that can put you at risk for heart disease—things like elevated blood levels of cholesterol, triglycerides, and glucose.



Complete your personalized online health assessment. It takes just fifteen minutes to complete and you will immediately see your “wellness score” and confidential results that can help you better understand your health opportunities. (Click [HERE](#) to get started).



Get Moving

- ❖ Take a dance or aerobic exercise class to get your body moving and your heart pumping
- ❖ Start a walking club in your neighborhood
- ❖ Take the stairs rather than the elevator
- ❖ Ride your bike or walk to do errands, like light grocery shopping, going to the pharmacy, or picking up dry cleaning
- ❖ Go for a hike with friends and family
- ❖ Go swimming
- ❖ Play with your kids or your grandkids

May is American Stroke Month

Information from: www.strokeassociation.org www.stroke.org

40
SECONDS
EVERY 40 SECONDS
someone has a stroke

ONE OUT OF SIX
people will suffer
a stroke in
his or her lifetime

STROKE IS THE
leading cause of
disability in the U.S.

#5
STROKE IS THE
No. 5 cause of
death in the U.S.

Recognize the Symptoms



SUDDEN numbness or weakness of face, arm or leg, especially on one side of the body

SUDDEN trouble seeing in one or both eyes

SUDDEN severe headache with no known cause



SUDDEN confusion, trouble speaking, or understanding

SUDDEN trouble walking, dizziness, loss of balance or coordination

Women may report symptoms that are different from the common symptoms. They can include:

- Loss of consciousness or fainting
- General weakness
- Difficulty or shortness of breath
- Confusion, unresponsiveness or disorientation
- Sudden behavioral change
- Agitation
- Hallucination
- Nausea or vomiting
- Pain
- Seizures
- Hiccups



Know the Risks

- **Age** — the chance of having a stroke approximately doubles for each decade of life **after age 55**.
- **Heredity (family history)** — your stroke risk may be greater if a **parent, grandparent, or sibling** has had a stroke.
- **Race** — **African-Americans** have a much higher risk of death from a stroke than Caucasians do. This is partly because blacks have higher risks of high blood pressure, diabetes and obesity.
- **Sex (gender)** — each year, **women** have more strokes than men, and stroke kills more women than men. Be sure to discuss your specific risks with your doctor.
- **Prior stroke, TIA or heart attack** — the risk of stroke for someone who has already had one is many times that of a person who has not. Transient ischemic attacks (TIAs) are "**warning strokes**" that produce stroke-like symptoms but no lasting damage. A person who's had one or more TIAs is almost 10 times more likely to have a stroke than someone of the same age and sex who hasn't. **If you've had a heart attack**, you're at higher risk of having a stroke, too.

Food for Thought: Heart-healthy Diet is Also Good For Your Brain

The foods you eat can help by lowering your risk for stroke and improve your overall health. Research shows a brain-healthy diet is rich in:



- Fruits*
- Vegetables*
- Fish* (Salmon, albacore tuna, mackerel, herring or trout, which are rich in omega 3 fatty acids)
- Whole-grain, high-fiber foods
- Dairy: Fat-free and low-fat (1%) products
- Beans
- Lean meats like skinless poultry

* Research shows these “brain foods” can reduce your risk of stroke.

Get a variety of these foods so your whole body gets the important dietary building blocks it needs, including the nutrients your brain needs to stay healthy. Try to avoid saturated and trans fats, sodium and added sugars.



Wellness Champion of the Month!

LaShonda Allen, Security and Information Officer (DPS)



The one area that motivates me about wellness is spiritual.

Physical fitness at one point in my life was of great importance and very much of vanity. I remember having a mindset of seeking a body defined with beautiful toned curves , until one day I read 1Timothy 4:8, “*For bodily exercise profit little: but godliness is profitable unto all things...*” That spoke to the heart of my soul with a deep conviction. I believe God began to deal with me about my devotion to exercise and about physical appearances that seem important by worldly standards. I believe the scripture is true when it says, “...man looks at the outward appearance, but God looks at the heart.”

I believe God was not impressed with my outward appearance, but He was looking at my heart that lacked discipline. In other words, I can be finest on the outside and badly built on the inside. You know that saying, “Beautiful on the Outside but Ugly on the Inside.” *While there’s nothing wrong with wanting a healthy and fit body, I needed to make sure it’s in balance.* I now would rather have people see me exercise becoming a Virtuous Woman on the inside. The lesson that I have learned is that *we should put as much effort into the exercise for spiritual wellness as we exercise our bodies.* I believe God expects us to stay in shape spiritually by reading, praying, and practicing those things that will be profitable for the life to come.