

Hello, everyone!

I'm excited to release the new Fall 2007 MC Wellness Schedule of Activities and Fall Fitness Center hours. Attached you will find 6 documents - the new activity schedule, fitness center hours, class descriptions (all 3 in one document); instructions for signing up for Fall classes; EAP form and waiver; reimbursement for gym memberships instructions; Ask A Nurse Fall 2007 Flyer; and the Fall schedule of Lunch and Learns. I hope that you will take time to look at each!

Here's what's new for Fall:

An Outdoor Walking Program! This class meets every Tuesday and Thursday morning at 7am at the track, beginning Thursday, 9/6/07. Your leader, Jerry Hart, is adjunct faculty in PE and a certified fitness trainer. Each walk will include fun fitness goals, logging your steps via a pedometer, socializing, and stretching. Although you'll meet at the track, your walks will take you all over the campus and the community!

30-Minute Classes! Sometimes, getting away from the office/classroom for an hour is not possible--so we now have "bite-sized" 30-minute classes so you can pop in, get your workout done, and be back in the office before you know it. Or, you can combine two back-to-back 30-minute classes for an "hour of power"!

Specialized Classes for Specific Body Parts! Check out our new 30-minute Abs/Core Workout and our 30-minute Legs/Arms Workout.

Women and Weights! Resistance training for both sexes is important, but for women, particularly as we age, it is critical! Resistance training will help prevent sarcopenia, a condition of age-related loss of muscle mass (by age 75, 75% of women can't lift 10 pounds due to muscle and strength loss). Resistance training will also help manage weight and reduce body fat.

More Hours in the Fitness Center! We're now open EVERY morning at 6:30am for your convenience!

6 Lunch and Learns for Fall! Topics such as "Weight Management" "Blood Pressure: Know Your Numbers" "Stroke Prevention" "Avoiding Holiday Blues" and more, presented by Kim Crilly, R.N. and other wellness staff. (See the attached flyer for details)

Fall Fitness Promo: "Explore the New Pyramid" This 12-week fitness event begins mid-September and runs through the end of November. This is a nutrition and activity program that gets us on the right track of healthy eating and increasing activity--ultimately improving our health! We'll have fun with weekly incentives such as: "The City of Cheeza" (learning about dairy); "Denial: It's Not Just A River In Egypt" (facing the facts about fats, oils and sweets); "Shop Like an Egyptian" and "Mummy Knows Best" (always eat your breakfast). You'll win prizes, too, as we explore the new pyramid together. (The details of the promo are not included as an attachment; you will receive this in next week's newsletter!)

Part-Time Faculty with a full semester assignment may now participate in Wellness Offerings! Please see the attached "Instructions for signing up for Fall 2007 Wellness Activities" for full details.

New Wellness EAP Registration Procedure and New Fees

Please review carefully the attached document re: registration and our new fee structure. You may sign up for classes beginning today, if you like. A reminder: we must have your EAP or receipt of payment + waiver **before** you participate in the Fall activities. Please don't hesitate to contact me if you have any questions.

Fitness Facts: Body Composition - What it is and Why it's important

The human body can be divided into fat-free mass (all the body's non-fat tissues, like bones, muscle, connective tissue, organ tissues, teeth) and body fat (essential fat, or lipids that are incorporated into nerves, brain, heart, lungs, liver, etc. and non-essential fat, which is storage fat, located just below the skin and around major organs).

More than 60% of Americans have too much non-essential fat! This becomes a problem because of the associated illnesses and reduction of life expectancy from having too much body fat...obesity reduces life expectancy by up to 20 years, and causes more than 100,000 premature deaths a year. **Obese Americans do not live as long as non-obese Americans.** Too much body fat is linked to a variety of serious health problems, including cardiovascular diseases, cancer, and type 2 diabetes.

In the past, we relied on height-weight tables based on insurance company mortality stats to define obesity. These tables, however, are highly inaccurate for most people. For instance, 2 women may both be 5'5" and weigh 130 pounds. But one woman, a runner, has only 20% of her body weight as fat, and the other, a sedentary non-runner, has 40% body fat...yet the height-weight chart (and the scale) says they are the same. However, the runner, weighing the same as the non-runner, wears a size 6 clothing, and the non-runner wears a size 12...their bodies are not the same! If we were to look more closely at these two women, we would also find differences in resting heart rate, maximal oxygen consumption (a measure of cardiovascular fitness), blood lipids, possibly blood glucose levels, metabolism rates, and more.

Do you know how much non-essential fat you have? This easy and fast assessment is confidential, and we will determine if your body composition is in the healthy range, or if you need to employ strategies to reduce body fat. Contact me if you'd like an assessment--I look forward to your email.

I hope you don't mind the homework assignment--review the Fall schedule and read the "instructions for signing up" document carefully. If you have questions, please don't hesitate to contact me--email is best. And, look for details on "Explore the New Pyramid" in next week's email!

In good health,
Brenda Salas
Wellness Coordinator