

# New Options for Wellness news



Stanford Linear Accelerator Center

Published by the SLAC Medical Department

January/February 2007

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## Wellness Activities

- **Volley Ball:** Nicolas Berger sets up the volleyball net on front lawn Tues. & Wed. 12-1:00 PM & Thurs. 5-6:00 PM. Call Nicolas Ext.3434 for more info.
- **Healthy Back Cross Training:** Taught by HIP instructor on site. 3/30-6/3/05 Wed. & Fri. 11-11:55 AM in Bldg. 27. STAP fund: Yes
- **Smoking Cessation:** A free consult by P. L. Sachs, M.D. Questions? Dr. Gherman Ext. 4382.
- **Body Sculpting & Step Aerobics:** Taught by Ziba Mahdavi, this stretching class is offered on Tues. & Thurs. 12-1PM in Bldg. 27. Questions? Please call Ext.4458 or 2281.
- **Ballet/Lyrical Jazz:** Taught by Vicky Brey, Friday 5:15-6:30 PM in Bldg. 27. Questions? [olga@SLAC.Stanford.EDU](mailto:olga@SLAC.Stanford.EDU)
- **Aerobics:** Taught by Cecilia Glower, Mon. & Wed. 12-1PM, Tues. & Thurs. 5-6 PM in Bldg. 27. Questions? Michelle Steger @ x.3011 or Bette Ferandin @ x 2601.
- **Stress Counseling:** Rosan Gomperts & Kevin Carr, Stanford Help Center counselors at SLAC on Tues. 10 -4 PM, Thurs. 8-11AM in the Medical Dept. Call Ext.2281 for an apt. at SLAC, or (650) 723-4577 for an apt. at the Stanford campus office.
- **Massage:** Mer Baldoza, CMT, is at SLAC medical Tues., Wed, Thurs., and Fri., 3:30 PM. Call Ext. 2009 to schedule an appointment.
- **Gym:** weights & equipment in NW corner of Bldg. 34. Call Diane Jenkins to join or for more info Ext. 2215.
- **Soccer:** On the front lawn Mon. & Thurs. at noon. Call Rafael Miranda x 4471 or Tu Ly x 4442

## Better Health and You: Tips for Adults

A balanced diet and regular physical activity are the building blocks of good health. Poor eating habits and too little physical activity can lead to overweight and related health problems. By eating right and being active, you can stay at or reach a healthy weight. Do it for yourself and your family!

### What is a healthy eating plan?

A healthy eating plan is one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Includes lean meats, poultry, fish, bean, eggs, and nuts.
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.



For more specific information about food groups and nutrition values, visit:

[www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines).

### Tips for Healthy Eating

- **Eat breakfast every day.** People who eat breakfast are less likely to overeat later in the day. Breakfast also gives you energy and helps you think and learn.
- **Choose whole grains more often.** Try whole-wheat breads and pastas, oatmeal, brown rice, or bulgur.
- **Select a mix of colorful vegetables each day.** Vegetables of different colors provide different nutrients. Choose dark, leafy greens such as kale, collards, and mustard greens, and reds and oranges such as carrots, sweet potatoes, red peppers, and tomatoes.

- **Choose fresh or canned fruit more often than fruit juice.** Fruit juice has little or no fiber.
- **Use fats and oils sparingly.** Olive, canola, and peanut oils, avocados, nuts and nut butters, olives, and fish provide heart-healthy fat as well as vitamins and minerals.
- **Eat sweets sparingly.** Limit foods and beverages that are high in added sugars.
- **Eat three meals every day** instead of skipping meals or eating a snack instead of a meal.
- **Have low-fat, low-sugar snacks on hand** at home, at work, or on the go to combat hunger and prevent overeating.

## Quick Breakfast Ideas

- low-fat yogurt sprinkled with low-fat granola
- oatmeal with low-fat or fat-free milk, or soy-based beverage
- whole-wheat toast with a thin spread of peanut butter
- fruit smoothie made with frozen fruit, low-fat yogurt, and juice
- low-sugar cereal with soy-based beverage

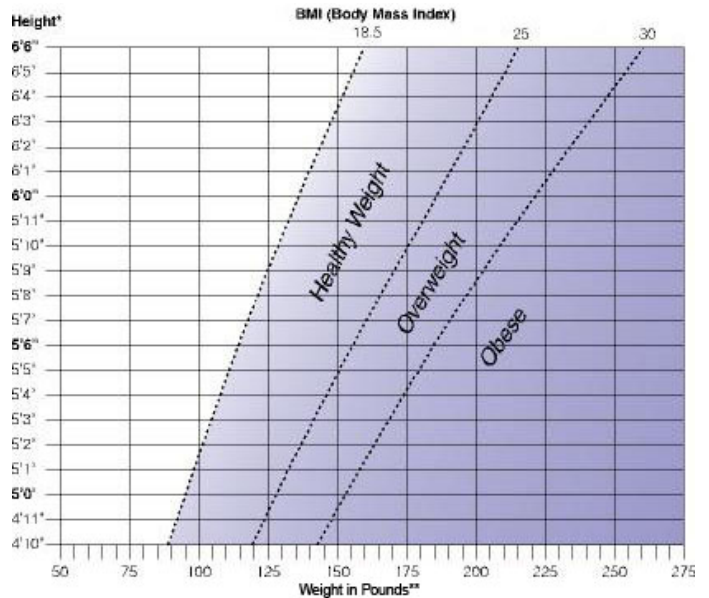
## Easy Snack Ideas

- low-fat or fat-free yogurt
- rice cakes
- fresh or canned fruits
- sliced vegetables or baby carrots
- dried fruit and nut mix (no more than a small handful)
- air-popped popcorn sprinkled with garlic powder or other spices
- low-sugar cereal

## What is a healthy weight?

Body mass index (BMI) is one way to tell whether you are at a healthy weight, overweight, or obese. It measures your weight in relation to your height. A BMI of 18.5 to 24.9 is in the healthy range. In the chart below, find your height in

the left-hand column and move across the row to find your weight. If you are in the overweight or obese range on the chart, you are more likely to have certain health problems.



### Sources

George Bray, M.D., Pennington Biomedical Research Center.

National Heart, Lung, and Blood Institute's *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*.

*Find your weight on the bottom of the graph. Go straight up from that point until you come to the line that matches your height. Then look to find your weight group.*

Another way to find out if you are at risk for health problems caused by overweight and obesity is to measure your waist. If you are a woman and your waist is more than 35 inches, or if you are a man and your waist is more than 40 inches, your risk of disease is higher.

## What are the health risks of being overweight?

Extra weight can put you at higher risk for:

- type 2 diabetes (high blood sugar)
- high blood pressure
- heart disease and stroke
- some types of cancer
- sleep apnea (when breathing stops for short periods during sleep)
- osteoarthritis (wearing away of the joints)



# Getting Active

You do not have to be an athlete to benefit from regular physical activity. Even modest amounts of physical activity can improve your health. Start with small, specific goals such as walking 10 minutes a day, 3 days a week, and slowly build up from there. Keep an activity log to track your progress.



Try these activities to add more movement to your daily life:

- Take the stairs instead of the elevator. Make sure the stairs are well lit.
- Get off the bus one stop early if you are in an area safe for walking.
- Park the car farther away from entrances to stores, movie theaters, or your home.
- Take a short walk around the block with family, friends, or coworkers.
- In bad weather, walk around a mall.
- Rake the leaves or wash the car.
- Visit museums, the zoo, or an aquarium. You and your family can walk for hours and not realize it.
- Take a walk after dinner instead of watching TV.

## Are you ready to be even more active?

As you become more fit, slowly increase your pace, the length of time you are active, and how often you are active. Before starting a **vigorous** physical activity program, check with your health care provider if you are a man and over age 40 or a woman and over age 50, or have chronic health problems.

For a well-rounded workout plan, combine aerobic activity, muscle-strengthening exercises, and stretching. Do at least 30 minutes a day of moderate physical activity on most or all days of the week. Add muscle-strengthening activities to your aerobic workout two to three times a week.

To reduce the risk of injury, do a slow aerobic warm-up, then stretch before aerobic or strengthening activities.

Follow your workout with a few more minutes of stretching.

**Aerobic activity** is any activity that speeds up your heart and breathing while moving your body at a regular pace. (See below for examples.) If you have been inactive for a while, you may want to start with easier activities, such as walking at a gentle pace. This lets you build up to more intense activity without hurting your body.

Regular aerobic activity can help:

- **Control weight.** Aerobic activity burns calories, which may help you manage your weight.
- **Prevent heart disease and stroke.** Regular aerobic activity can strengthen your heart muscle and lower your blood pressure. It may also help lower cholesterol, a type of fat in your blood.
- **Maintain strong bones.** Weight-bearing aerobic activities that involve lifting or pushing your own body weight, such as walking, jogging, or dancing, help to maintain strong bones.
- **Improve your outlook.** Aerobic exercise relieves tension and decreases stress. As you get fit, it can help to build confidence and improve your self-image.

**Choose aerobic activities that are fun.** People are more likely to be active if they like what they are doing. It also helps to get support from a friend or a family member. Try one of these activities or others you enjoy:

- brisk walking or jogging
- bicycling
- swimming
- aerobic exercise classes
- dancing (square dancing, salsa, African dance, swing)
- playing basketball or soccer

**Strengthening activities** include lifting weights, using resistance bands, and doing push-ups or sit-ups. Besides building stronger muscles, strengthening activities may help you to:

- **Use more calories.** Not only does the exercise burn calories, but having more muscle means you will burn more calories—even when you are sitting still.
- **Reduce injury.** Stronger muscles improve balance and support your joints, lowering the risk of injury.
- **Maintain strong bones.** Doing strengthening exercises regularly helps build bone and may prevent bone loss as you age.

Strengthening exercises should focus on working the major muscle groups of the body, such as the chest, back, and



legs. Do exercises for each muscle group two or three times a week. Allow at least 1 day of rest for your muscles to recover and rebuild before another strengthening workout. (It is safe to do aerobic activity every day.)

## Be Good to Yourself

Many people feel stress in their daily lives. Stress can cause you to overeat, feel tired, and not want to do anything. Regular physical activity can give you more energy. Try some of these other ideas to help relieve stress and stay on track with your fitness and nutrition goals:

- Get plenty of sleep.
- Practice deep breathing and relaxing your muscles one at a time.
- Take a break and go for a walk.
- Take short stretch breaks throughout the day.
- Try taking a yoga or tai chi class to energize yourself and reduce stress.
- Try a new hobby, like a pottery class or any activity that sparks your interest.
- Surround yourself with people whose company you enjoy.

A balanced eating plan, regular physical activity, and stress relief can help you stay healthy for life.

## Tips for Adults

- Eat breakfast every day. People who eat breakfast are less likely to overeat later in the day.
- Choose whole grains more often. Try whole-wheat breads and pastas, oatmeal, brown rice, or bulgur.
- Select a mix of colorful vegetables each day. Vegetables of different colors provide different nutrients.
- Have low-fat, low-sugar snacks on hand at home, at work, or on the go, to combat hunger and prevent overeating.
- At restaurants, eat only half your meal and take the rest home.
- Visit museums, the zoo, or an aquarium. You and your family can walk for hours and not realize it.
- Take a walk after dinner instead of watching TV.
- Get plenty of sleep.

## Additional Reading

### *Dietary Guidelines for Americans*

U.S. Department of Agriculture and U.S. Department of Health and Human Services, 2005

Phone: 1-888-878-3256



Internet:

[www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)

### *Exercise and Weight Control*

The President's Council on Physical Fitness and Sports

Internet: [www.fitness.gov](http://www.fitness.gov)

### *Healthy Weight, Healthy Living*

Shape Up America!

Internet: [www.shapeup.org](http://www.shapeup.org)

### *Walking...A Step in the Right Direction*

Weight-control Information Network, 2001.

Phone: 1-877-946-4627

Internet: [www.win.niddk.nih.gov/publications/walking.htm](http://www.win.niddk.nih.gov/publications/walking.htm)

Internet: [www.win.niddk.nih.gov/publications/caminar.htm](http://www.win.niddk.nih.gov/publications/caminar.htm)