

START Where You Are

Special points of interest:

- *Start Where You Are*
- *ASK-an-RD*

A number of employees requested the "Start Where You Are" walking program recently. So it is back by popular demand, **September 25 through November 6.**

Start Where You Are is a walking/fitness initiative designed to support employees in sustaining and improving their health and well-being.

You can take steps towards achieving a healthier lifestyle by joining your co-workers and striving for 10,000 steps a day. We encourage you to track your steps or other aerobic activity on our Fitness Journal Page www.fitnessjournal.org or call 765-285-9355 for a paper log.

When you log your activity, you contribute to your departmental team points. The department with the most points at the end of the program wins the coveted "Working Well Traveling Trophy". The trophy currently resides in the Miller College of Business.

By participating you'll not only feel better, reduce stress, and burn calories, but you will be contributing to your team's participation goal. For more information and a map of the McKinley mile go to: www.bsu.edu/workingwell/media/pdf/start-where-you-are.pdf.

2000 STEPS = 1 MILE



Don't forget your health assessment!

Knees, Shoulders, Hips and Wrists

As much as we don't want to admit it, as some of us age, the joints just don't perform the way they did in the past. Joint replacement, knee scopes and shoulder pain sometimes limit the activities of daily living. As counter-intuitive as it seems, the "right" kind of exercise is critical to maintain or improve your overall health and fitness, as well as your arthritis symptoms. Exercise can:

- keep joints moving
- strengthen muscles around joints
- keep bones strong and healthy
- help you complete daily activities more easily
- improve your overall health and fitness, including increasing your energy, improving your sleep, controlling your weight, strengthening your heart and improving your self-esteem and sense of well-being.

Regular exercise can also help you effectively manage pain. The www.bsu.edu/apfp/ Ball State Adult Physical Fitness Program (APFP) can assess, recommend and monitor an exercise program specifically designed for you. The APFP offer exercise equipment designed to be easy on the joints. The program allows you to build strength, flexibility and endurance without pounding on the joints. Integrating range of motion exercises is also an important part of keeping your joints flexible.

Some experts think alternative exercise, such as yoga and tai chi, can be beneficial for people with arthritis. These forms of exercise can improve flexibility, increase muscle strength and help you relax. A list of mind/body exercise and definitions can be found on page three.

Expressions of a Health Coaching Participant

We recently received this wonderful letter from one of our employees enrolled in the iCAN thrive program. She outlines coaching exquisitely.

I have been working with Jenni for several months now and it all started with a call from her. She had reviewed my health assessment and wondered if there would be anything she could help me do to be healthier. I answered with a resounding "yes!" I have tried several diet programs, but I had difficulty committing to them with my busy schedule since I am a full-time employee and part-time student. I have always felt that I could do better if I was accountable to someone. Since I live alone, I had to reach out for assistance. It was like she heard my plea and she called at a perfect time! Each time we talk, we set up a time for her to call the next time or I could go in and speak with her, whichever was easier for me. This is usually every three weeks, but she will call more often if I ask her to do so. We review progress and pitfalls from the last time we spoke and she gives me lots of suggestions for reading materials as well as encouragement. I have seen progress. I did not go on the diet program, but on the "I can Thrive" program which emphasizes overall health. That

*means diet, exercise, and making good health decisions. I've thoroughly enjoyed it and for the most part feel a whole lot better. I'm walking at least an hour every night with my dog and have learned to make better decisions at the grocery store. **I'm not perfect and never will be, but I can now stop and think before I put something in my grocery cart.***

If you are thinking about or need a life coach, contact the Working Well program. They're here for us, the Ball State employees, and I think it's a great addition to my benefits here at Ball State.

If you are interested in health coaching, call Jenni Flannigan, Ceridian Health Coach, at: 765-285-3023.

iCanRelax

iCanQuit

iCanThrive

iCanChange

Upcoming Class: Health Coaching and the Life Health Assessment

Help for High Cost of Health Care

No one needs to tell you the cost of health care is out of control. The Ball State Employee QuickClinic (QC) can be one source of assistance. With convenience at the core, the QuickClinic is located in the Amelia Wood Health Center, Room 008. The QC provides care for minor injuries and illnesses for Ball State employees, family members over the age of two, and retirees. For a menu of services go to bsu.edu/workingwell/media/pdf/quick-clinic-services.pdf or call 765-285-1106.

No co-insurance or deductible is required for employees using the clinic who have the Ball State low deductible or high deductible wellness option PPO as their primary health plan (**no out of pocket cost to you!**).

Even if you are not covered under the Ball State health plan, the QuickClinic has very competitive prices for eligible patients. Call 765-285-9355 for an estimate of cost.

All employees, spouses, dependents and retirees who are not covered under a Ball State plan are welcome but must pay in full at time of service.

Mind Body Exercise

Mind Body Exercise is a form of exercise that combines body movement with mental focus and controlled breathing to improve strength, balance, flexibility, and overall health. Examples of mind/body exercises are yoga, tai chi, and qigong. Below are short descriptions of common mind body exercises. For more information visit The National Institute of Health's Center for Complementary and Alternative Medicine at <http://nccam.nih.gov/>.

Tai chi, which originated in China as a martial art, is a mind-body practice in complementary and alternative medicine (CAM). Tai chi is sometimes referred to as "moving meditation"—practitioners move their bodies slowly, gently, and with awareness, while breathing deeply. To find more information on tai chi and suggested sources go to <http://nccam.nih.gov/health/taichi/>.

Yoga is a mind-body practice in complementary and alternative medicine (CAM) with origins in ancient Indian philosophy. The various styles of yoga that people use for health purposes typically combine physical postures, breathing techniques, and meditation or relaxation. The following link provides a general overview of yoga and suggests sources for more information <http://nccam.nih.gov/health/yoga/introduction.htm>.

Qigong (or *chi kung*) is an internal Chinese meditative practice which uses slow graceful movements and controlled breathing techniques to promote the circulation of blood flow within the human body, and enhance a practitioner's overall health. Although qigong is often confused with martial arts or tai chi, qigong is usually much slower and focuses on the "qi" aspect to a much greater degree. With more than 10,000 styles of qigong and 200 million people practicing, there are a variety of methods.

Pilates is great for building core strength and stability because the focus is on muscular balance and using your deep, stabilizing muscles that act directly on your spine, pelvis, and shoulder blades. Keep in mind that there is a learning curve with Pilates; it is essential to take the time to learn the basics. Give yourself 4 or 5 times of trying it before you decide if it's for you; it often takes that long before it all comes together and you start to feel like your body is actually doing what you want it to do.

Ball State offers Yoga and Pilates. For more information and to register go to http://recreation.iweb.bsu.edu/fit_instruct/fit_instruct.html.



Our Vision

Working together, we at Ball State University will create a campus culture that encourages employees, retirees, and their families to lead healthy lifestyles while optimizing health care resources.

Contact Information

Working Well Program
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Muncie, IN 47306
Phone: 765-285-9355
Fax: 765-285-8136
E-mail: workingwell@bsu.edu



Individual Nutritional Counseling is available for employees and their family members at no cost. Call 765-285-9355 to schedule an appointment at the Health Center or 765-285-4846 for an appointment in the Nutrition Lab Applied Technology Building, room 203



NEW Ask-an-RD SERVICE

If you have questions about foods, we have the answer for you! The NEW service provided by the Nutrition Assessment Lab will respond to your questions like:

- My doctor told me to get more fiber in my diet—what the heck is fiber and how do I get it in my diet?
- Will I get enough protein if I become a vegetarian?
- I want to lose weight, but don't want to do too much to make it happen—what the easiest thing I can do?

E-mail your questions to: askanrd@bsu.edu.

Upcoming Nutrition Chats:

Tasty Tips for Smarter Snacking

Holiday Feast on a Budget

“Ask-an-RD” is a service of the Ball State University Nutrition Assessment Lab and Working Well. Responses to your questions are given by a registered dietitian (“RD”) or RD-eligible master’s degree candidates in dietetics from the Department of Family and Consumer Sciences. All responses are reviewed by Carol Friesen, RD, PhD. “Ask-an-RD” is a voluntary program and the information and responses provided are not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding your health or any medical conditions. Reliance on any information provided through the “Ask-an-RD” service is solely at your own risk. Responses to questions will be sent to the e-mail address from which the question originated. Your personally identifiable information obtained via “Ask-an-RD” will be treated as privileged and confidential health