

Physical Wellness

Experts agree that exercise can help keep your body healthy, as well as ward off diseases such as heart disease, stroke and diabetes. It is recommended that



you engage in moderately intense physical activity for at least 30 minutes on most, if not all, days of the week. Your exercise program should include three types of exercise – aerobic, strength training and flexibility. The benefits of regular exercise include decreasing risks for cardiovascular disease, aiding in osteoporosis prevention, increasing socialization, decreasing stress and providing outlets for fun.

Resources:

Blomeyer Health Fitness Center
LA Fitness
Woodruff PE Center
Student Activity & Academic Center
Faculty Staff Assistance Program

For a complete list of fitness center facilities and discounts offered to Emory employees, as well as contact information, visit the fitness section of www.stepup.emory.edu.



Nutritional Wellness

Stave off disease by eating a healthy diet! Diets rich in fruits, vegetables and whole grains reduce the risk of many diseases, including heart disease, type 2 diabetes and certain cancers.

A nutritious diet includes foods that are good sources of fiber, which is important for weight management and cholesterol control.

Diets high in fat are associated with an increased risk of some diseases, including heart disease and certain cancers. Reduce the amount of saturated and trans fat in your diet. Unsaturated fats, found in fish, nuts, seeds and plant oils, may actually help lower cholesterol.

Moderation is the key when eating both “healthy” and “not-so-healthy” foods. Watch your portion size, avoid high-calorie beverages and consume alcohol in moderation.

Resources:

Faculty Staff Assistance Program
Emory Weight Management Center
Weight Watchers @ Emory
Intervent (www.interventusa.com)

Mental Wellness

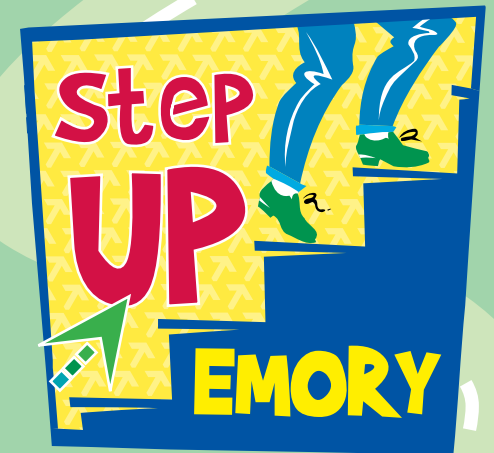
Daily life can be stressful and challenging. Take care of your mental well-being by taking time out for yourself. If you need assistance, get in touch with one of the helpful counselors available to Emory employees.



Resources:

Faculty Staff Assistance Program
(www.emory.edu/fsap)
United Behavioral Health
1-877-237-8575

Prevention: *the Road to* Wellness



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EMORY HEALTHCARE

Emory Faculty Staff Assistance Program

www.stepup.emory.edu

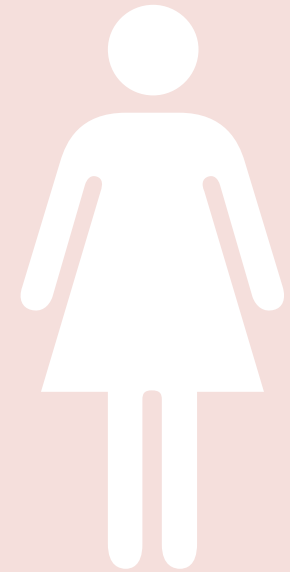
Prevention: the Road to Wellness

Wellness is more than a state of mind – it is a state of being. We all know how to be healthy, but getting there is another matter. Prevention is the key. When we take care of our health and prevent illness and injury, we take one more step on the road to wellness. But how can you get – and stay – healthy? Keep reading to learn tips on healthy living. To get more information on the wealth of prevention and wellness resources available to you at Emory, visit www.stepup.emory.edu.



General Wellness

Females ages 18-39	Fasting lipid profile..... Every 5 years Blood pressure Every 2 years Dental checkup Annually Tetanus booster shot..... Every 10 years Influenza vaccine Annually Pelvic exam with Pap test Annually Self breast exam..... Monthly Vision screening Every 5 years
Females ages 40-49	All of the above, plus: Mammogram Annually Digital rectal exam..... Annually
Females ages 50-59	All of the above, plus: Bone density scan At physician's request Baseline hearing exam At age 55 Flexible sigmoidoscopy..... Every 3-5 years
Females ages 60+	All of the above, plus: Pneumococcal vaccine..... At age 65 Vision & hearing..... Every 1-2 years



Males ages 18-39	Fasting lipid profile Every 5 years Blood pressure..... Every 2 years Dental checkup Annually Tetanus booster shot..... Every 10 years Influenza vaccine Annually Vision screening..... Every 5 years Self testicular exam..... Monthly
Males ages 40-49	All of the above, plus: Digital rectal exam Annually Prostate specific antigen (PSA) blood test..... Annually
Males ages 50-59	All of the above, plus: Baseline hearing exam..... At age 55 Flexible sigmoidoscopy..... Every 3-5 years Glaucoma screening..... Every 2-3 years
Males ages 60+	All of the above, plus: Pneumococcal vaccine..... At age 65 Vision & hearing..... Every 1-2 years



Prevention:

The Road to Wellness

Prevention is all about being proactive. It means taking steps to reduce the likelihood of developing a disease or to minimize the progression of an existing one. It's an ongoing process that involves your overall wellness – general, physical, nutritional, mental and social. Because Emory cares about your health, we are providing the necessary tools to take control of your overall well-being. Follow the prevention road to learn how to live a healthy life.

General Wellness

General wellness is defined as the continuous, active process of becoming aware of the different areas in one's life, identifying the areas that need improvement, and then making choices that will facilitate a higher level of health and well-being. Wellness is a process rather than a goal. Areas of general wellness to consider:

1. Fitness
2. Safety
3. Rest
4. Nutrition

Physical Wellness

Begin your road to a healthier you by developing a fitness plan* to include:

1. **Aerobic (Cardiovascular) Exercise** – In aerobic exercise you continually move large muscle groups. This action causes you to breathe more deeply and your heart to work harder to pump blood, thereby strengthening your heart and lungs. Examples of aerobic exercise include: walking, jogging, running and swimming.
2. **Strength Training (Resistance) Exercise** – Strength training builds lean muscle mass, which increases your physical strength and bone mass. Examples include: weight lifting, weight-bearing activities and calisthenics.
3. **Flexibility (Stretching) Exercise** – Stretching increases freedom of movement and improves posture. In addition, it releases muscle tension and soreness, enhances relaxation and reduces your risk of injury during exercise. Examples include: yoga, tai chi, Pilates, ballet and general stretches.

**Before getting started, check with your doctor about any possible medical problems you may have that would limit your exercise program.*



Nutritional Wellness

What you put on the inside affects how you look and feel on the outside. Do not skip meals. Keep the following tips in mind when meal planning:

1. Control portion sizes.
2. Reduce the amount of saturated and trans fat, as well as salt. Use healthy fats such as olive oil, avocado and nuts.
3. Eat a variety of foods each day, focusing on fruits, vegetables and whole grains.
4. Choose lean meats and avoid poultry skin.
5. Choose fat-free or low-fat dairy products.
6. If you drink alcohol, do so in moderation.

Mental/Social Wellness

Mental/social wellness affects your ability to enjoy life, achieve a balance between life activities, and deal with and overcome life challenges. People with healthy relationships and social support suffer from less physical and mental illness. Keep the following in mind:

1. Focus on maintaining positive relationships.
2. Get in tune with your spiritual side.
3. Avoid unhealthy social habits, such as nicotine, drugs and excess alcohol.
4. Keep your stress in check.
5. Keep your work and family life in balance.

