

HEALTHY U

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"Not everything faced can be changed, but nothing can be changed until it is faced."—James Baldwin

Editor: Marilyn Kile

GROCERY SHOPPING TIPS

✓ Plan quick healthy meals. Then make a list based on your meals for the week and staples you need to have on hand. Don't forget fruit, vegetables, whole grain bread/crackers, nuts, milk, tuna, low fat cheese, eggs, lean meat/tofu, high fiber cereals, peanut butter, oatmeal, low sodium soups, olive oil, etc. Only purchase the items on your list with the exception of nutritious foods you will eat that are on sale that week.

✓ Don't go shopping hungry. If you do you are much more likely to make impulsive choices based on your cravings of the moment. Shop after a meal or eat a small snack first.

✓ Read labels and compare to make the best choices.

Store brands may give you equal quality for a lower price. Analyze the amount of saturated fat, sugar, sodium and fiber you will be consuming based on the serving size you will actually eat. Next look at the ingredients. They are in descending order with the main ingredient is listed first. Limit animal fat, hydrogenated fat, tropical oils, sugar, evaporated cane juice, high fructose corn syrup, refined enriched flour.

✓ Frozen fruits and vegetables are best when U.S. varieties are not in season. Vegetables come bagged, precut and in interesting mixtures. Frozen fruit is best bagged in pieces and not in syrup. Frozen shrimp is easy to add to salads and pasta.

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WHAT'S NEW

Nor*mal

Tuesday, February 26, 7 pm, Hamilton Center - UC, FREE

Free Relaxation Break

Thursday, February 28, 12:30 – 1:30 pm, in room 2023S (rocker room) of the Ambrose Health Center.

Counseling Corner

Conquer Anxiety! Friday, March 14, 1:00 – 2:00 pm, Rocker Room, 2nd Floor of Ambrose Health Center.

[More Information on Page 3](#)

STRESS MANAGEMENT

One of the stressors in your life right now might be the long harsh winter. Even if you can afford a week away to a gentler climate, you still have to come back and finish out the winter. On the other hand, you can "get away" for mini breaks in your mind everyday.

Guided imagery is more than just watching a DVD in your head. It involves using all of your senses to experience being in a different situation.

Try the following to help with the winter irritability and blues many people seem to be having these days.

Once per day, take 10-30 minutes to sit or lay in a comfortable posture.

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FAQ FOR HEALTHY TRAVELING

Traveling can be an enriching experience with wonderful life-long memories. But making your trip a **safe and healthy trip** instead of a one you'd like to forget **takes pre-planning**. A travel consultation with a health-care provider can go a long way to-

wards a safe, healthy trip. **Why should I meet with a health-care provider to discuss my travel plans?**

- Different countries, and sometimes areas within a given country, have different health issues. Many health-care providers can

help you sort out what vaccines you need and precautionary measures you need to be aware of to travel safely.

Who should consider see a health-care professional

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VALUABLE LINKS

[InteliHealth](#) (Provides credible information from trusted sources including Harvard Medical School and University of Pennsylvania School of Dental Medicine. The health information includes health news and content as well as access to tools and risk assessments.)

[Mayo Clinic](#) (Provides useful and up-to-date information and tools through access to the experience and knowledge of the more than 2000 physicians and scientists. Various searchable databases include Diseases and Conditions, Health Living, Drugs and Supplements, Treatment Decisions, Health Tools, and Slide Shows, Video, Blogs, Podcasts and Ask a Specialist)

[WebMD](#) (Good overall site for a wide variety of health and wellness information. Featured articles change frequently)

[Medline Plus](#) (Extensive information from the National Institute of Health and other trusted sources on over 600 diseases and conditions. There is also a medical encyclopedia with pictures and diagrams, a medical dictionary, extensive information on prescription and nonprescription drugs, and interactive tutorials)

"Did You Know...?"

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WELLNESS RESOURCE CENTER

There are several CD's to help you maintain a healthy weight and relationship to food.

Freeing Yourself from Excess Weight: A combination of self hypnosis, imagery and affirmations to help you desire healthy food, pure water and exercise. CD

Weight Loss: Designed to reduce the craving for food; increase confidence and self esteem; encourage body acceptance; safely speed up the body's metabolism; help the body convert fat into energy; reinforce positive behavior change; teach relaxations skills. Guided imagery and affirmations. CD

Weight Loss Hypnotic: Use self hypnosis to support your goal of healthy eating and an active metabolism. Also includes subliminal messages embedded in relaxing music. CD

The Wellness Resource Center is located in the lobby of the Ambrose Health Center. These materials are available for check out for free for 2 weeks. They are located on a library cart under the brochure holders. The center is open Monday – Friday, 8:00 – 4:30.

This newsletter is not meant to replace the advice of a health care or counseling professional. You should not rely on any information on these pages, or links, to replace consultations with qualified professionals regarding your own specific situation.

Grocery Shopping Tips, Cont.

Carefully read the labels of all frozen dinners to find the healthiest for you.

✓ Buy only small packages of those foods you are trying to eat in small quantities. For example, purchase pure dark chocolate in bite size pieces rather than a large milk chocolate bar with caramel.

✓ Beware of the items at the check out and special displays. They are often high in calories, saturated and trans fat, sugar and sodium.

FAQ Traveling Tips, Cont.

for a travel consultation? Travelers who:

- are going to Africa, Asia (including India), Central and South America, Eastern Europe, the former Soviet Union, and the South Pacific (except Australia and New Zealand) require advanced travel planning
- are traveling in the U.S. or other parts of the world who need an update on their vaccines or are uncertain of their vaccine status
- have a chronic medical condition
- who are pregnant

When should I make an appointment for a travel medicine consultation?

- Ideally you should meet to discuss your travel plans **2 – 3 months** before you travel. Some vaccines and preventive medications need to be started well in advance of your travels in order to be fully effective by the time you reach your destination.
- If you aren't able to plan that far ahead, schedule the appointment as soon as possible.

What information do I need to bring to my visit?

- Specific information as to where you will be traveling including:
 - Country, city names, areas of the country including if you'll be traveling in rural, coastline, or urban areas
 - Activities you are planning
 - Detailed list of your **previous vaccinations/ immunizations**
 - The original pill containers for all prescription or over-the-counter medications you take
 - Name of any medication you are allergic to and the type of reaction you have
 - Details of any allergies you may have (foods, insects, etc.)

Where can I find a health care provider who offers travel medicine consultations?

- UW- Whitewater Health and Counseling Services : telephone 262 472 1300 (for appointments)
- Some public health departments
- Your health care provider may offer travel consults or refer you to another travel clinic
- Many larger clinics have Travel Medicine Specialists

What are some reputable on-line resources for travel information?

- Centers for Disease Control and Prevention: wwwn.cdc.gov/travel/
- Comprehensive source of up-to-date information offering region and disease specific information and travel advisories
- World Health Organization: www.who.org
 - Provides information of disease outbreaks around the globe and provides country and disease specific information
- U.S. Department of State: www.travel.state.gov
 - Supplies country and region specific travel warnings and information on crime and how to obtain assistance should trouble occur while visiting another country
 - International Association for Medical Assistance to Travelers: www.iamat.org

Questions? Call the Health Center for an appointment at 262-472-1300.

By Linda Lamont, APNP
Nurse Practitioner

What's New

Nor*mal

Tuesday, February 26, 7 pm, Hamilton Center - UC, FREE

NORMAL is a humorous, hip, rock musical based on the true story of Yvonne Adrian and her family's struggle with a life-threatening eating disorder. It is an award-winning musical about stress management, body image, self confidence and love. Following the performance, a "talk-back" session will occur with a panel of experts and a person in recovery on stage for the audience to question. Co Sponsored by UHCS, Residence Life, Recreation Sports, Student Life and First Year Experience, Psychology, HPERC, Social Work, College of Arts and Communication, Athletics, Rogers Memorial Hospital, Fort Health Care, Mercy Health System

Free Relaxation Break

For Students, Staff and Faculty
The last Thursday of every month – February 28, March 20, April 24, 2008
12:30 – 1:30 pm, in room 2023S (rocker room) of the Ambrose Health Center.
Come once or all year.

Unwind, soothe and reenergize your body and mind. Leave in a state of relaxed alertness. Experience a combination of breathing exercises, tai chi, stretching, meditation, and guided imagery.

Counseling Corner

Conquer Anxiety! Friday, March 14, 1:00 – 2:00 pm, Rocker Room, 2nd Floor of University Health & Counseling Services.

Stress Management, Cont.

Play nature sounds, quiet music or white noise to drown out distractions. Then imagine the place you would most like to be right now. It can be a place you have actually been to in the past or a place you have only dreamed of. Engage all of your senses to make the experience vivid and engaging. What does it smell like? An ocean breeze or piney forest? What does it feel like? Warm and dry like the desert or thick and humid like the tropics? What does it sound like? A crackling fire or the lapping of the lake shore? What does it taste like? An ice cream cone just consumed or salty sea air? What do you see? Wide open spaces or a cozy cabin? Who else is there? Are you enjoying wonderful solitude or are you surrounded by people who love you or make you laugh? Enjoy this experience. Make it real. When you are ready gradually readjust your awareness to your current location, but bring your refreshment back with you.