

HEALTHY U

Volume 4, Issue 3
October 5, 2007

Editor: Marilyn Kile

"Worry gives a small thing a big shadow."
Swedish Proverb

EXERCISE OPTIONS ON CAMPUS

Want to feel better, have more energy, and reduce the risk of many health conditions? **Exercise!**

The benefits of exercise extend far beyond weight management. Research shows that regular physical activity can help reduce your risk for several diseases and health conditions and improve your overall quality of life. Regular physical activity can help protect you from the following health problems:

- Heart Disease and Stroke
- High Blood Pressure
- Non-insulin-dependent Diabetes
- Obesity

- Back pain
- Depression, self esteem issues

Williams Center

The Williams Center is available for all current UWW students, faculty, and staff. There is no charge for the use of the indoor track and swimming pool. A fitness membership is needed for the use of the weight room and group classes. [More information](#) regarding membership, hours, group classes, and facilities.

A fitness membership also includes the use of the Fitness Center located in the basement of Wells Hall.

Both Williams Center and Wells Hall fitness centers are

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WHAT'S NEW

Flu Vaccination Walk In Clinic

8 AM - noon, \$18
Thursday, October 11, High risk students only
Friday, October 12, any students, staff or faculty

Drunk And Depressed

Monday, October 15 from 12-1 pm in the Rocker Room (2023S) Health Center
Amy Margulies. LPC

Relaxation Break

Thursday, October 25, 12:30-1:15 pm in the rocker room (2023S) Health Center.

More info on Page 3

STRESS MANAGEMENT

Do you feel a constant sense of urgency and feel angry, frustrated and resentful a lot of the time? You may have a type A personality. Type A people are often stressed out and stress the people around them. The hostility aspect in particular has been associated with an increased risk for heart disease. Here is a quick [quiz](#) you can take to assess yourself.

If you are a Type A person here are some strategies to develop different behavior patterns.

- Purposely slow down your speech, your walk and your driving.

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LABORATORY SERVICES

The UHCS laboratory at UW-Whitewater provides meaningful test information to aid in the diagnosis and treatment of Health Services patients. Testing is performed by qualified Medical Technologists, who also oversee and supervise other health

care personnel who may perform less complex testing.

The medical laboratory at UHCS has met all criteria for Laboratory Accreditation by COLA, a national healthcare accreditation organization.

Accreditation is given only to laboratories that apply rigid standards of quality in day-to-day operations, demonstrate continued accuracy in the performance of proficiency testing and pass

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Laboratory Services, Cont.

a rigorous on-site survey. UHCS has earned COLA accreditation as a result of a long term commitment to provide quality service to UWW students.

The UHCS laboratory processes a wide variety of test requests. Some tests are performed in the UHCS laboratory and some are sent out to reference laboratories. Common tests performed in the lab are

- Blood glucose testing
- Complete blood counts
- Monotests
- Pregnancy tests
- Rapid strep tests
- Screening for STD's
- Urinalysis

Most laboratory testing is done during a UHCS visit as a diagnostic aid to the health care provided. Laboratory results are conveyed to the ordering provider. The health care provider notifies students if results are abnormal. A few laboratory tests are available by student request, these include:

- Anonymous HIV testing/counseling
- Cholesterol screening
- Rapid strep tests
- Strep culture
- Urine pregnancy tests

Courtesy Lab is a service provided by the UHCS which allows a student to have laboratory testing done with written orders from his/her personal physician. After a brief visit with a provider at Health Services, at which time a "courtesy lab agreement" is signed, the laboratory will process the lab request. Results are conveyed to the ordering physician according to the information provided by the student in the "courtesy lab agreement".

There is a nominal fee for most of the laboratory tests. Fees can be paid at the time of the visit (cash, check or Purple Points) or can be added to the student's bill. Submission of receipts for insurance reimbursement is the responsibility of the student.

*Specializing in
the Unique
Needs of
College Students*



WELLNESS RESOURCE CENTER

There are several exercise tapes and DVD's in the Wellness Resource Center.

Pilates Complete for Everyone – 35 routines for beginner, intermediate and advanced students. DVD

Yoga for Every Body – 45 workouts for beginner, intermediate and advanced students. DVD

Qigong: This movement meditation is an ideal way to cultivate a peaceful mind and a healthy body, especially for those who do not like the idea of sitting still for meditation. Easy to follow 4 part workout. DVD

Meditation in the Zone: Combine your exercise routine with enhanced awareness, relaxation and flowing performance. 2 tape set teaches how to use workout time as mindfulness meditation training. Audiotape

Healthy Exercise is one in a series of 5 video tapes in the *Making Healthy Choices* series. Each has a workbook.

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

To unsubscribe write to kilem@uww.edu

equipped with state-of-the-art weight lifting and aerobic conditioning equipment; along with trained staff ready to assist you in developing an effective fitness program and healthier lifestyle.

Walking

Exercise doesn't have to mean joining the gym. Walking can also provide health benefits. How does one fit this into a busy class and work schedule?

- Use the stairs instead of the elevator
- Plan a walking meeting
- Walk to classes, dining halls, downtown
- Park farther away from stores, buildings, etc.

Walk during breaks and lunches

Put on a pedometer and see how far you walk on a typical day. Start slowly and increase the number of steps/activity gradually. The goal is to reach 10,000 steps a day.

The Prairie

Another convenient option on campus for walkers, hikers, and joggers is the prairie and woodlands, located across from the Lawcon shelter. This peaceful nature preserve has prairie flowers, grasses and is just a short walk/drive from most buildings on campus.

- Paths and boardwalks through Friar Woods, prairie and wetlands
- A 23 Vita Exercise course

Additional Exercise Options

- Softball fields
- Volleyball courts
- Basketball courts
- Soccer fields
- Tennis courts
- Ultimate Frisbee
- Disc golf

By Jane Fischer, BSN, RN,C

Stress Management, Cont.

- Take 15 minutes a day to meditate and do nothing.
- When stuck in traffic or waiting in line, relax and think of something pleasant.
- Make time for social pleasantries.
- Treat yourself and others with compassion and forgiveness.
- Smile at others and pay compliments.
- Be playful.
- Ask so what? Who cares? Will it matter 5 years from now?
- Listen carefully to others without judging or criticizing.
- Look at all disagreements from the other person's point of view.
- Learn to differentiate between what is important and what is not.
- Admit when you are wrong.
- Laugh at your own mistakes.
- Be grateful for all the people and opportunities in your life.

What's New, Cont.

Drunk & Depressed: Have you, or anyone you know, ever ended up feeling worse than ever after a night of drinking? Sometimes people get drunk, thinking it will give them a break from their depression or a difficult life situation, only to discover that it makes things worse. Did you know that people are more likely to harm themselves - or others - after they've been drinking? This Counseling Corner workshop will identify ways to help prevent a tragic outcome for either you or someone else who drinks under stressful circumstances. Students, faculty and staff are all welcome to attend.

Facilitator: Amy Margulies, LPC

Relaxation Break: 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. Free of charge. Call 262-472-1300 X2244 for more information.

Facilitator: Marilyn Kile, LCSW