

Wellness Newsletter

December 2022/ January 2023

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Healthy Habits to Help Protect Against Flu

The single best way to reduce the risk of seasonal flu and its potentially serious complications is to get vaccinated each year, but good health habits like avoiding people who are sick, covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like flu. There also are flu antiviral drugs that can be used to treat and prevent flu

The tips and resources below will help you learn about actions you can take to protect yourself and others from flu and help stop the spread of germs.

Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk.

Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

Avoid touching your eyes, nose or mouth.

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Practice other good health habits.

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

*Centers for Disease Control and Prevention
Protecting against the flu*



It's Time to Say Goodbye to Cigarettes

Smoking is the leading cause of preventable death in the United States. About 70 percent of smokers want to quit. If you're ready to kick your butts to the curb, here's what you can do:



Talk with your doctor about tobacco cessation and counseling options. When you combine medication and counseling to kick the habit, you triple your chances of quitting for good.

Check with your health insurance provider to see if tobacco cessation services are covered. Smokers who enroll in a tobacco cessation program are more successful at quitting than those who try to quit alone.

Keep trying. Few people quit smoking forever on their first try. More than half of all Americans who ever smoked have managed to quit. If you quit smoking before age 50, you cut your risk of early death by 50 percent. Even just a few weeks after you quit, your circulation and breathing will improve.

Remember that your life is at stake. Smoking causes cancer, heart disease, and lung disease. Smokers also suffer from asthma, cataracts, and an increased risk of bone fractures and infections.

Making the decision to quit is your first step to kicking the habit for good.

*Centers for Disease Control and Prevention
National Cancer Institute*

Four Ways to Reduce Your Risk for a Stroke

In the time it takes you to wash your hands, you could have a stroke – from a burst artery or a blood clot that cuts off blood flow to the brain. In the United States, someone has a stroke about every 45 seconds. A stroke often causes physical, mental, and emotional problems. While many people recover from the effects of a stroke with therapy, strokes also claim the lives of about 137,000 Americans each year.

Here are four ways you can reduce your risk of a stroke:

- 1. Lower your blood pressure.** You can lower your blood pressure by eating more fruits and vegetables and less processed foods. Exercising 30 minutes a day and losing weight will help too. You'll feel better and your heart will be healthier.
- 2. Lower your cholesterol.** High levels of LDL "bad" cholesterol can clog your arteries. Medication is one option. Eating fish, nuts, and foods high in fiber can also lower your cholesterol.
- 3. Quit smoking.** If you smoke, you can quit with the help of a smoking cessation program or medication. In addition to its link to cancer, smoking limits blood flow in the brain and kills about 467,000 people in the United States every year.

- 4. Take aspirin.** Aspirin reduces your blood's ability to clot. Studies show that aspirin can effectively prevent a stroke in high-risk people. Talk with your doctor before you try this to see if you might benefit.

Other risk factors include diabetes, stress, drinking alcohol, lack of exercise, and a family history of a stroke or heart attack. If you think you may be at risk for a stroke, talk with your healthcare provider.

Center for Disease Control and Prevention

Know Stroke. Know the Signs. Act in Time

The symptoms of stroke happen quickly. If you see or have any of these symptoms, call 911 immediately.

- Sudden numbness or weakness of the face, arm, or leg (especially on one side of the body)
- Sudden confusion, trouble speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

Stroke.NIH.gov

Vitamin D & Bone Health

The benefits of vitamin D shouldn't be underestimated: This hormone-like nutrient is essential to how our bodies function, including helping maintain bone health and strength. And with few reliable food sources and the impending grey season, many people choose to take a daily supplement to help assure they are getting enough. But the benefits are in question if your levels are already in the safe zone.

A recent study conducted by a team at Harvard Medical School found that people over the age of 50 likely won't reap the bone-strengthening benefits from supplementing with vitamin D if they aren't already deficient in it.

Published in *The New England Journal of Medicine*, over 25,000 volunteers above the age of 50 participated in the study. The aim was to determine if 2,000 IU of vitamin D3 supplementation daily alone would limit risks of bone fractures in comparison to supplementing with a placebo. The scientists observed the participants over 5 years and found that the vitamin D supplements did not result in a significantly lower risk of total fractures or hip fractures than the placebo among those older adults who were not deficient in the nutrient or who did not have low bone mass.

These findings suggest that healthy adults who are not deficient in vitamin D or who don't have a weak skeleton likely won't benefit from popping a pill for an extra dose when it comes to bone health and strength. But the outcome of this study doesn't necessarily apply to people who have risks for osteoporosis, who have low bone mass or who have poor vitamin D status.

Also, there are other functions of vitamin D in the body including immune regulation and this study did not address whether supplementation aids in those even if not deficient.

*Matthew Kadey, MS, RD
New England Journal of Medicine*



Oranges: A Weapon For Healthy Living

If you're in the northern city of Ivrea, Italy, in February, watch out for flying oranges. Thousands of people will fill the streets for the Battle of the Oranges. It's the biggest food fight in Italy. The event dates back to the Middle Ages when villagers overthrew a tyrant. Instead of wielding clubs and swords, today's participants will throw oranges as weapons to remember the victory. About 500,000 oranges are used in the annual battle, and it's a juicy mess.

Don't worry, there are plenty of oranges for everyone. In the United States alone, orange growers produce about 8.9 million tons of oranges a year. The average person consumes 34 pounds of oranges a year. You can peel an orange and enjoy the fruit. Squeeze your own citrus-flavored orange juice to drink. They taste great, and they are a good source of vitamin C and fiber. One orange contains about 116 percent of the daily value of vitamin C you need. Vitamin C can help strengthen your immune system, lower the risk for heart disease and stroke, and help prevent certain types of cancers. Oranges are also a good source of fiber. One orange contains about 12.5 percent of the fiber your body needs every day. Fiber can help lower bad cholesterol

levels, regulate blood sugar levels, and even reduce the risk for certain types of cancer.

Pick up an orange the next time you're at the grocery store, but refrain from throwing it. It's better for your health to eat the fruit or drink the juice. For best health, aim to eat about two cups of fruit a day.

*Agriculture Marketing Resource Center
U.S. Department of Agriculture
American Journal of Clinical Nutrition
Harvard School of Public Health*



Happiness Helps Prevent Heart Disease

Even when faced with problems, some people are still happy, but does looking on the bright side of things have any impact on your health? Yes. A positive outlook can help prevent heart disease or slow its progression.

Researchers have found that being happy can lower the risk for heart disease, and the finding was the same regardless of a person's age, income, body weight, or whether or not they smoked. In fact, the happiest people were 50-percent less likely to have heart problems. They were also more likely to have lower blood pressure and normal body weight. It's an important finding. That's because heart disease is a major problem in the United States. About 600,000 people die from heart disease each year. Exercise, healthy

foods, and medication can help prevent the disease. However, it appears an optimistic, happy outlook on life can also reduce your risk for heart disease.

Here are some things you can do to be happier:

- Identify your character strengths
- Recognize your successes
- Be grateful
- Write down your achievements
- Identify things you do well
- Talk to yourself positively
- Help other people
- Ask for help
- Laugh more

*Harvard School of Public Health
Psychological Bulletin
Centers for Disease Control and Prevention*



Take The Stairs for Better Health

Take the Stairs!



Burn calories,
NOT electricity

You walk into an office building or hotel and need to get to an upper floor. Do you look around for the elevator or head for the stairs?

Most people choose the elevator, even though using the stairs would not take much longer. If you do choose to take the stairs, you'll be adding some exercise to your outing, and your heart will reap the benefits.

In a recent study by the American Council on Exercise, people who climbed a few flights of stairs for a total of 13.5 minutes a day over six weeks lowered their resting heart rate and increased their good cholesterol level. Taking the stairs instead of the elevator can also help you lose weight. Walking up the stairs burns three times more calories than riding the elevator, and you don't need any special equipment or gym membership to do it.

*American Council on Exercise
American Journal of Preventive
Medicine*

Find out how
many calories
you can burn by
taking the stairs!
tinyurl.com/94ym7



Earlham College
ATHLETICS & WELLNESS CENTER

**WINTER BREAK
HOURS OF
OPERATION**

Saturday, December 17, 2022
to
Sunday, January 8, 2023

Monday - Friday	7:00 AM - 8:00 PM
Saturday	9:00 AM - 1:00 PM
Sunday	1:00 PM - 5:00 PM

**** Closed on December 25th / 26th and January 1st ****

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**Earlham College Athletics
& Wellness Center**



T: 765-983-1734

W: Earlham.edu/Wellness

For rental information, Group Fitness times, business hours, and more, please visit our website.

**AWC Winter Break Hours
December 17, 2022 – January 8, 2023**

Monday – Thursday	7:00 AM – 8:00 PM
Saturday	9:00 AM – 1:00 PM
Sunday	1:00 PM – 5:00 PM

**Closed on
December 25th, 26th & January 1st**

Please see Wellness Website for Pool Hours

Do you have any pictures of yourself in the Wellness Center participating in an activity?

If so, post it on our Facebook page
www.Facebook.com/EarlhamAWC



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ATHLETICS & WELLNESS CENTER

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