

Wellness Made Simple

Employee Wellness Newsletter

February 2016

FEBRUARY

HEART AWARENESS MONTH



According to The American Heart Association, heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. Heart disease can often be prevented when people make healthy choices and manage their health conditions.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.



Stroke Warning Signs (F.A.S.T.)

- Face drooping: does one side of the face droop or is it numb? Ask the person to smile.
- Arm weakness: is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- Speech difficulty: is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?
- Time to call 9-1-1: if the person shows any of these symptoms, even if the symptoms go away call 9-1-1 and get them to the hospital immediately.

Heart Attack Warning Signs

- Discomfort in the chest and other areas of the upper body.
- Shortness of breath.
- Other signs may consist of breaking out in a cold sweat, nausea or lightheadedness

Important Message

Open Enrollment is coming soon!

February 15, 2016 - February 26, 2016

Mark Your Calendars!

Source: www.heart.org

Message from Healthy Lifestyles Guided Self-Change Program

A New Year — A New You!



You Can Never Be Too Healthy!

Every year the Healthy Lifestyles Program offers complimentary services for university faculty, staff, and students on NSU's Fort Lauderdale/ Davie campus. Lifestyle coaches are available for a variety of lifestyle issues:

- Learning how to eat healthier, and make better food and lifestyle choices.
- Exercise regularly.
- Become goal-directed.
- Smoking cessation.

New interactive groups offered on Saturdays for parent(s) and their kids to learn about eating healthy!

Both day and evening appointments are available.

For free healthy lifestyle services call or email us for an appointment or more information: **(954) 262-5922** or gsc@nova.edu.

Healthy Lifestyles Guided Self-Change Program web page: <http://www.nova.edu/gsc>

Personal web page: <http://www.nova.edu/~sobell>

iSelfChange™ Free evidence-based app for changing your drinking available at the iTunes store.

<https://itunes.apple.com/us/app/iselfchange/id761033899?ls=1&mt=8>

Healthy Recipe of the Month



Baked fish with garbanzo beans and spinach

<http://www.publix.com/recipes-planning/aprons-simple-meals/easy-baked-fish-with-garbanzos-and-spinach>



Have a happy and wonderful Valentine's Day!

For wellness related questions contact your Employee Wellness Program Administrator:

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Visit our website at <http://www.nova.edu/hr/wellness/index.html>.

