



FROM: Human Resources
DATE: February 27, 2009
SUBJECT: Health Promotion and Wellness Newsletter

Top Health Newsletter and the Top Health Memo from Human Resources are coming to you in a different format again this month. If you are an Office Assistant receiving multiple copies of Top Health Newsletter, please place the copies throughout your building where you feel it will be convenient for employees to read the newsletter. Supervisors receiving a copy, please let your staff know where you will post the newsletter. As always, we welcome your input concerning this process.

Heart Health: The Ups & Downs of Cholesterol If you have high LDL blood cholesterol, you are more likely to develop heart disease. The excess LDL builds up on the walls of your arteries as plaque, which reduces blood flow and set the state for heart disease. Did you know that there's one type of cholesterol of which more is better? Cholesterol screening profiles your total cholesterol, including HDL, LDL and triglycerides. Aim high for healthy HDL, which helps protect against heart attack by slowing the buildup of plaque in the arteries. Here are **Cholesterol Control Tips**

Eat foods that boost healthy cholesterol levels: Choose plant-based foods such as fruits, vegetables, beans, peas and whole-grain breads, cereals and pasta.

Limit saturated fat: Fatty meats, shortening, butter, cheese and whole-fat dairy products are primary sources.

Cut out trans fats: These are common in processed products such as snack foods, margarine, French fries and doughnuts. Check labels; choose foods with 0g trans fat.

Get moving and lose excess weight: Both changes will help raise healthy HDL and lower unhealthy LDL levels.

Weight Control Quick Tip: How to lose one pound per week: Cut 500 calories daily—250 burned in extra activity and 250 fewer calories consumed.

Don't Forget: Quitting smoking and getting regular checkups are also keys to keeping your cholesterol on track for heart protection.

WSC Campus Opportunities . . .

Mindful Breathing is a stress reduction practice that is offered every Thursday from 4:00 - 4:45 p.m. in the Goldenrod Room of the Student Center. For more information, contact Karen Granberg, kagranb1@wsc.edu.

Aerobics will be offered from 5:15 to 6:15 p.m. Mondays and Wednesdays on the Rice stage

YogaFit Level One will be offered from 5:15 to 6:15 p.m. Tuesdays and Thursdays in the Elkhorn Room of the Student Center. For information on YogaFit, please contact Marilyn Mudge mamudge1@wsc.edu, 7554 OR Charissa Loftis chlofti1@wsc.edu, ext. 7729.

If you have any questions or comments, please give us a call at 375-7403.

Enjoy.

