

February 2015

From your Wellness Taskforce:

We hope all of you have had an excellent start to your new year! Also, we hope that those of you who established New Year's resolutions are standing firm on your intentions to perhaps reduce some bad habits and gain some new, favorable ones.

This quarter's newsletter will feature some inspiring stories from members of our community here at U of L and ULP, a list of important dates worth saving, handling seasonal allergies and a list of resources for helping you along your path to wellness.

Also, please let us know if you would like to get involved with any of our subcommittees which are being formed right now. A listing of those subcommittees is available if you contact us.

Sincerely,

Your Wellness Taskforce

Take 20 to Relax!

Get Healthy Now is coming to the HSC campus every few weeks to facilitate a 20 minute session focused on rejuvenating you! Take a look at their calendar and we hope to see you there!

[Click here!](#)

Dress is Blue Day!

March 6, 2015

March is National
Colorectal Cancer
Awareness Month

Please wear blue on 3-6-15
to raise awareness

March Madness at GHN

It's almost that time! Are you ready to play...? Here are here are the rules:

Teams must consist of five (5) players

Earn points by participating in classes and overall time spent at the Wellness Center

Compete head-to-head with other teams and earn points with weekly games.

Winners will receive a grand prize!

[Click here to register](#)—[Tip off is March 16th](#)

Feeling inspired?

Every day efforts are being made by those around us to lead a healthier and happier life. Please take moment and share another's success with us by reading the following...

*"I took up running in April 2013 after attending a UofL women's heart health lecture (it opened my eyes) and I stopped drinking sodas cold turkey (I was an avid Coke Classic drinker –now I just drink coffee when I wake & then water all day) and I've incorporated MUCH more fruits & vegetables into my diet. Gradually I added yoga (from home) and now I've even joined a Facebook fitness group. I lost 20 lbs last year and ran my first half marathon in January of this year (my 40th year of life). Currently I'm training for a race weekend in February 2015 at Disney World where I will **run 22.4 miles in under 72 hours.**" - Lana Metzler*

If you happen to see Lana Metzler, with Family and Geriatric Medicine, around campus in the coming weeks please give her the recognition she deserves for her hard work and dedication that has allowed her to spend some of these cold winter days in Orlando, Florida running through the "happiest place on Earth".

Congratulation Lana!

Seasonal Allergies

As we start working our way out of a record-cold winter, we move towards a season of tissue paper, Pseudoephedrine and neti pots. Every year, 35 million Americans face sneezing, wheezing, runny nose, and itchy, watery, red eyes. These symptoms stem from exposure to pollen from trees, grass, flowers, and plants that makes it way into the air.

There are many remedies you can use as a first line of defense against allergies including HEPA filters to reduce allergens in the space you occupy and showering if you spend time outside to remove pollen from your body and clothes. If you have already fallen victim to the above symptoms you can try using a neti pot, saline spray, or eating spicy foods like horseradish to help get things moving. Some research indicates that using [butterbur extract](#) or [eucalyptus oils](#) can help reduce symptoms. Remember to make an appointment with your primary care physician if over-the-counter drugs are not helping, you develop related problems like sinus or ear infections, experience shortness of breath

SAVE THE DATE!

<u>Date</u>	<u>Time</u>	<u>Session</u>	<u>Location</u>
March 6th	12:30p—12:50p	Mini Bootcamp	HSC Fitness Center
March 6th	11am—12pm	Depression: How it happens and how you can help	TBD
March (TBD)	TBD	How to eat healthy?	TBD
April 1st	11am—11:20a	Healthy Meals on the go!	City Café,
April 3rd	12:30p—12:50p	Puppy Therapy	Kornhauser Library courtyard
April 17th	12:30p—12:50p	NIA	HSC Fitness Center
April (TBD)	TBD	Staying healthy through the milestones	TBD
April 25th	6am—?	KDF Marathon and Half Marathon	Downton
May 7th	11a—11:20am	RIPPED	HSC Farmers Market
May 21st	11a—11:20a	Play!	HSC Farmers Market
May (TBD)	TBD	Time management seminar	
May 18th	10am	Waggin' Trails Walk for the Kentucky Humane Society	Big Four Lawn Downtown, Louisville