

Feeling Well at Xavier

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COUNSELING & WELLNESS

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From the Desk of the
Director of The Counseling
& Wellness Center



The "Who Dat Nation" did some celebrating during the month of February. We celebrated the Saints' victories, Valentine Day, and Mardi Gras. There were parties with great food and drinks. Even though we knew they did not meet the standards of our healthy diet, we rationalized that this kind of joy was a long time coming and we deserved to celebrate no matter what the consequences might be. Was it worth it? Most Who Dat fans say "YES"!! Well, even if you fall in that category, the month of March will help us all to come back to reality. That means we will now fall back on our age old methods of getting back to our wellness lifestyle. In the March '08 "*Top Health*" Newsletter, *five weight-loss strategies* were emphasized:

- **EAT BREAKFAST.** It was suggested that skipping breakfast often results in binge eating later in the day. Eight out of 10 persons, who successfully lose weight, eat breakfast as well as smaller meals and snacks throughout the day.
- **"EAT A HIGH CARB, LOW-FAT DIET.** Rather than follow the low-carb craze, it is better to get most of your calories from the right carbohydrates, fruits, vegetables and

other high-fiber foods. Fat should be limited to one-fourth of the total calories.

- **COUNT YOUR CALORIES.** The formula is simple: you need to burn more calories than you take in. Reading nutrition label on food will help you know how many calories equal each serving.
- **EXERCISE.** Building up your exercise routine to 60 to 90 minutes a day is a sure receipt to losing weight. Walking is the most commonly participated activity.
- **KEEP TABS.** Weighing yourself daily or at least weekly has proven to be helpful in keeping focus and counting calories. Keeping a food journal helps with this process.

We have heard from some individuals, who are not interested in being in the Biggest Loser Contest at this time, but who are still interested in receiving support to lose weight. In that case, we would like to extend an invitation to those persons to come to the Counseling and Wellness Center to weigh-in and to obtain the educational materials.

The opportunity to get started is right now!!

Be Well,
Eloise Doxie Dixon,
LCSW/ACSW

**MARCH IS NATIONAL NUTRITION
AWARENESS MONTH-LET'S
ADOPT A HEALTHY LIFESTYLE!!**

In honor of **NATIONAL NUTRITION AWARENESS MONTH**, we should become committed to adopting a healthy way of life. During the month of March, we have the opportunity to look within and assess our commitment to good health and well-being.

Approximately 45 % of African American women and 43% of African American men in the U.S. are living with hypertension¹. In addition, approximately 26% of African-American men and women in the U.S. are living with diabetes¹. With the increase of diabetes and hypertension in our minority communities, it is important to make better choices with our dietary habits and physical activity. These two lifestyle models play a significant role in delaying and preventing health problems. When it comes to losing and maintaining a healthy weight, small changes can add up! Start by reducing 100 calories from your daily caloric intake². For example, use non-fat milk and sugar-free syrup with your favorite latte or coffee. When cooking, remove the skin and fat from poultry. Between classes, enjoy eating raw vegetables with a light dipping sauce instead of chips and cookies.

If you're one of many Americans who suffer from diabetes or hypertension, it is imperative that healthy food choices are incorporated into your daily routine. Decrease your sodium intake to less than 2,300 milligrams per day, or about 1 teaspoon of salt per day³. In addition, the DASH (Dietary Approaches to Stop Hypertension) diet is a great way to lower blood pressure and lose weight. Dash diet includes adding lots of fruits and vegetables, incorporating fat-free or low-fat milk products, whole-grain products, fish, poultry, and lean

nutrition continued from previous page

meats. The dash diet eating plan also includes small amounts of fats and oils and decreasing sweets and beverages that are high in sugar. You do not have to be diagnosed with hypertension or diabetes to use these strategies and dietary tips!

For patients with diabetes, it is important to monitor your sugar intake. Decrease the amount of sugar consumption. Instead of consuming 100% grape juice that contains 32 grams of sugar, try an alternative such as unsweetened iced tea which only contains 5 calories⁴. Food labels tell you what you need to know about choosing and preparing the right foods that are low in calories and sugar.

Commit yourself to becoming physically active. The recommendation to maintain your health is 30 minutes of moderate to vigorous activity each day. Try to set new activity goals such as increasing your exercise to 60 minutes or more². A 15 minute brisk walk across campus helps to burn calories, maintain a healthy heart, and relieve stress. Studies have shown that physical activity can improve your mood and self-esteem².

Take the pledge today and commit to a new and improved you.

Sources:

1. American Heart Association. Heart Disease and Stroke Statistics-2010 Update. Dallas, Texas: American Heart Association; 2010. American Dietetic Association (1995-2009). *Food and Nutrition Topics*. Retrieved from <http://www.eatright.org>
2. National Heart, Lung, and Blood Institute. (2007). Help Your Heart: Control Your High Blood Pressure. In *With Every Heartbeat is Life Manual* (pp83-120). Washington, D.C.: U.S. Department of Health and Human Services
3. National Heart, Lung, and Blood Institute. (2007). Protect Your Heart: Take Good Care of Your Diabetes for Life. In *With Every Heartbeat is Life Manual* (pp 203-247). Washington, D.C.: U.S. Department of Health and Human Services

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WELLNESS AWARENESS DAY

Wednesday, March 10, 2010

(10 a.m. - 2 p.m.)

Participants are invited to enjoy

Free Health Screenings

Health Exhibits

UC-2nd floor

HIV Screening

UC - 2nd Floor

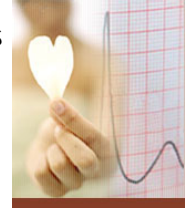
Jump Rope Contest

Wii Fun, Tap Dancing

Prizes

(Gift cards giveaways -every
15 minutes)

Sponsored by the: Counseling Center, Health Services, Recreational Sports, Student Activities, Pharmacy, Residential Life and Sodexo Dining.



Congratulations to the Biggest Loser group winners, Sandra Langlois, Ericka Jackson and Brenda Jeanjacques from Fall 2009.