



Bates College

Bates Wellness

Bates College

Volume I, Issue I

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Striding to the Top of Maine!

On Monday, July 16th, Bates College employees will set foot en route to the tip top of Maine; Fort Kent. No, employees are not literally going to be walking over mountains and through potato fields to the state's northern most town, however, they will be attempting to walk that very distance. It is 300 miles exactly from the Bates campus to Fort Kent.

Employees will be forming teams of five people with the goal of collectively walking the 300 miles. The teams will have until August 10th (4 weeks) to reach this milestone. This means each team member must be walking an average of just over two miles per day! This is more than just a walk in the park. To add variety to the program, a conversion chart will be established so that other forms of physical activity can count towards miles. So kayakers, bikers, hikers, etc can properly record their mileage also.

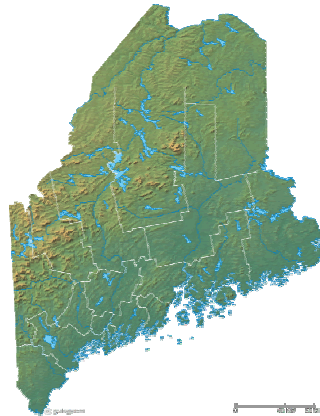
Walking maps around campus

are currently being constructed for participants. These maps will have distances of various loops at Bates which will make for simple recording.

The program is based on a physical activity initiative through the American Heart Association called "START! Moving". The Heart Association has an online activity tracking tool which these striding Bobcats may find useful. The website also offers a plethora of exercise tips and facts as well as nutritional and other general health bits.

At the conclusion of the program on August 10th, there will be an awards ceremony luncheon celebrating each participant's commitment to physical activity regardless of whether or not one's team has made it to Fort Kent. There will be prizes awarded including gift certificates to L.L. Bean!

If you are interested in assembling a team, you can pick up a registration form at the Human



Employees at Bates will form teams of five people and attempt to accumulate 300 miles of walking in a four week pe-

Resources Office at 215 College Street. You may also email Mike Milliken at mmillike@bates.edu. If you are interested in doing the program but don't have a team, email Mike and he will put you on a team.

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- **Acronym of the Month: POOL**
- **Positive**
- **Outlook**
- **On**
- **Life**

Be sure to cool off in your POOL this summer!

Party Season Reminder

As many of us know, July tends to be a month associated with higher drinking rates. Many people are on vacation and the weather is nice. Here are some tips from the U.S. Department of Health and Human Services on alcohol consumption. If you choose to drink alcohol, do so in moderation. Moderate drinking

means up to 1 drink a day for women and up to 2 drinks for men. Twelve ounces of regular beer, 5 ounces of wine, or 1½ ounces of 80-proof distilled spirits count as a drink for purposes of explaining moderation. Remember that alcoholic beverages have calories but are low in nutritional value.

Generally, anything more than moderate drinking can be harmful to your health. And some people, or people in certain situations, shouldn't drink at all. If you have questions or concerns, talk to your doctor or healthcare provider.

<http://www.health.gov/dietaryguidelines/dga2005/document/html/brochure.htm>

Rise and Shine at the Davis Fitness Center

For those of you who have not yet heard, the Davis Fitness Center now opens its doors at 6 AM on Tuesdays and Thursdays! The early opening began on June 12th and will remain in effect through August 16th. This is a great opportunity for faculty and staff to get a workout in before going to work or during a lunch break.

A weight lifting circuit has been established to cover all six major muscle groups. In other words, there is a great total body workout that can be completed in less than 30 minutes! With a knowledgeable supervisor in the gym, employees can ask for assistance in doing exercises as well as guidance in setting up an exer-

cise program.

Staff member Terry Baillargeon from the office of College Advancement has taken full advantage of this opportunity.

"Bates has provided us an excellent opportunity to improve our health and fitness." said Baillargeon. "He [Mike Milliken] has been so helpful in teaching the proper way to lift weights and has designed a personal program for me that I'm convinced is working!"

Terry is among a growing crowd who have become regulars at the fitness center. Economics Professor Maggie Maurer-Fazio has also graced the gym in the morning hours.

"I think it is often too warm in the afternoons. I'd rather exercise early in the day than later" said Maurer-Fazio.

Maurer-Fazio brings up a good point. It is much cooler in the morning hours which can make for a more comfortable workout. This certainly is a great chance for faculty and staff to increase their physical activity and feel better!

If you would like to learn more about the hours at the Fitness Center or have questions about setting up a strength program, please contact our wellness intern Mike Milliken. He can be reached at (207) 753-6936 or by email at mmillike@bates.edu.



Employees are becoming more physically active at Davis Fitness Center thanks to the new hours of 6 AM-Noon, Tuesdays and Thursdays.

"Bates has provided us an excellent opportunity to improve our health and fitness."

*-Terry Baillargeon
On Davis Fitness
Center's morning
hours.*

About 50 Bates employees have signed up to for the Get Fit and Win program through the Healthy Androscoggin coalition. Get Fit and Win challenges those who dare to increase their physical activity levels consistently throughout a 10 week span. At the conclusion of the 10 weeks, participants will be entered into a drawing to win up to \$500 or additional prizes through Healthy Androscoggin. On top of being entered in the prize drawings,

each person who signed up has received a copy of a resource guide which provides recreational opportunities in Androscoggin County. The guide provides maps and description of various places to enjoy physical activity such as hiking, walking, swimming, kayaking, and more.

We hope that this program will motivate employees to get into habits of being physically active. Environmental Health and Safety

Assistant Jim Guzelian has found that the program has helped him get into an exercise routine.

"I really started committing myself to an exercise routine, and I feel great when I exercise, I look forward to it. It's a feeling of accomplishment," said Guzelian about the program.

Congratulations to Jim and the rest of you who signed up to Get Fit and Win!

Brainerd Lectures at Wellness Lunch

Central Maine Conditioning Clinic's Bob Brainerd lectured a full house in Chase Lounge on Tuesday, June 19th on men's health issues. The well known speaker spoke about measures to prevent heart disease and cancer through exercise, nutrition and screenings. Brainerd identified leading risk factors to be high blood pressure, diabetes, high cholesterol and family history. He offered ways to de-

crease some of these risk factors through a balanced diet and exercise routine.

For the diet guidelines, he suggested eating good carbohydrates and combining meals with protein to avoid spiking the blood sugar which could lead to type two diabetes. Type two diabetes (also known as adult onset diabetes) is a contributing risk factor to heart disease and cancer. He encourages men to

receive screenings for prostate and colon cancer from their physician.

Exercise was another preventative measure that has been proven to reduce risks for disease. Brainerd says that men should exercise aerobically for at least 20 minutes 3-5 times a week and strength train at least twice a week. So men, remember to get those screenings, eat well, and exercise!



Hot Sun, Safe Fun!

Central Maine Conditioning Clinic's Pam Edgecomb will be educating employees on Sun Safety and preventing skin cancer at noon on July 17th in Muskie. Edgecomb, a health and wellness coach, will speak about the dangers of over exposure to the sun, skin cancer, and ways to prevent it from happening to you and your loved ones.

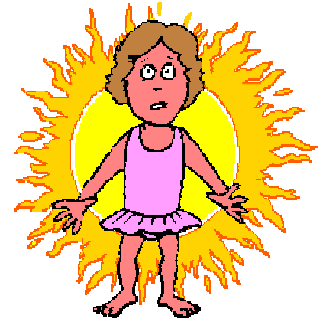
Over one million Americans are diagnosed with skin cancer each year and it is predicted that one in five people will get skin cancer at some point in their lifetime. This statistic alone is a reason to come and learn about ways to prevent damage from the sun.

Topics involving prevention will cover sun screen use, times to avoid sun exposure and eye protection.

There are several different risk factors that make some people more susceptible than others. Some of these factors include hair color, skin complexion, and family history. If you or someone you love falls into these categories, it is especially important to educate yourself. Edgecomb will be identifying ways to catch skin cancer in the early stages. Early detection is one of the most important factors in treating skin cancer successfully.

She will speak about the three different types of skin cancer; melanoma, basal cell, and squamous cell. In addition, she will review the ways that the cancer is treated.

If you are interested in attending the wellness lunch, please contact the wellness intern Mike Milliken by email at mmilike@bates.edu or by phone at (207) 753-6936. All staff and faculty are welcome to come, eat a healthy lunch for free, and learn some important lessons on safety in the sun. In the summer months, everyone should get the chance to enjoy the sun. Why not learn how to do it wisely?



July is one of the few months when the sun is dangerous in Maine.

Stability Balls Offer Great Results!

One of today's most versatile pieces of exercise equipment looks more like an overgrown beach ball than a useful fitness tool.

The stability ball, an extra-large, inflatable orb designed to improve balance while targeting specific muscle groups, has grown in popularity since its mainstream introduction in the late '80s and early '90s.

The stability ball can be adapted

for many uses, including developing core strength, improving posture and facilitating stretching, among others. Its application is particularly widespread in the physical therapy industry, where it was first put to use nearly 30 years ago.

Thanks to fitness professionals' interest in the stability ball and its numerous benefits, there have been several exercise programs developed over the past few years for just about every

need, desire and body part.

Besides providing balance training, stability balls work the trunk in almost every exercise that is performed. By concentrating on the abdominal section, your posture will improve and you will find that you are generally more balanced and aware of your body movements. Your core will be more prepared to support the rest of your body in whatever activity you choose to do.

"By concentrating on the abdominal section, your posture will improve and you will find that you are generally more balanced and aware of your body movements" -about stability balls.

How Much Should I Exercise?

The American College of Sports Medicine (ACSM) recently updated its position stand on the quantity and quality of exercise for healthy adults. For improvement of cardiovascular fitness and body composition, the ACSM recommends performing physical activity three to five times each week for 20 to 60 minutes at a time. The activity should involve the large muscle groups (e.g., walking, running,

cycling, and swimming). The level of intensity (target heart rate) for this physical activity should be at least 55% to 65% of your maximum heart rate. (You can estimate your maximum heart rate by subtracting your age from 220.) You can quickly determine if your intensity is too high by taking the "talk test"; if you cannot maintain a conversation with your exercise partner while exercising, then your in-

tensity is too high. The ACSM also recommends that you include muscular strength and flexibility training in your exercise program. If you are not currently exercising, please consult your physician before beginning any exercise program. Consistency is the key to success in any exercise program; choose an activity that you enjoy and are likely to continue throughout your adult life.



ACSM suggests performing aerobic exercise 3-5 times per week at no less than 55-65% of your maximum heart rate.

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"Wellness is a way of life"



Bates College

www.bates.edu

Dear Bates College Employees,

As the wellness intern here, I am committed to improving the quality of life for those faculty and staff that choose to do so. I believe that good health is a key to creating a strong working environment in every department! If we have not yet met, please feel free to get in touch with me via email (mmillike@bates.edu) or phone (ext. 6936). I can be found at the Human Resources Office on Monday and Wednesday, from 9-5, and Friday from 8-noon or at the Davis Fitness Center on Tuesdays and Thursdays from 6-noon. Come in and see me!

Sincerely,

Mike Milliken

Wellness Intern



Potato & Artichoke Salad

This is a recipe I got from a cousin who is a phenomenal cook. It is a lower fat, more wholesome potato salad that is quite tasty if you enjoy artichokes. It's a great dish for summer time and can be a hit at a pot-luck!

Ingredients:

3 lbs - Red Bliss Potatoes, whole
(2) 14 oz cans - Quartered Artichokes (Cento or Pastene are good)
1 - Red Bell Pepper, Large Dice
1/3 cup - Apple Cider Vinegar
1/4 cup - Dijon Mustard

1/4 cup - e.v.o.o. (extra virgin olive oil)
2 tbsp - Capers
1 - Lemon, juiced
S & P
Parsley, Basil, or whatever fresh herbs you have around.

Method:

Boil the potatoes whole until just cooked through. Drain the water, and cool the potatoes at room temp - they should be cool enough to handle in 20-30 minutes. When the potatoes have cooled, quarter them into large bite sized pieces. I find it easy to put

the cut potatoes back in the same pot they were boiled in, and use it as the mixing bowl.

Important step: Add only the cider vinegar first. Mix well with the potatoes, preferably with your hands. Squeeze a few potatoes to help "mash" them a bit. This will create a coating that will soak up any excess liquid, and make for a potato salad that is not watery.

Then: Add everything else, and toss together. Adjust seasoning to taste. If you want more zip, add

more mustard or vinegar (or lemon juice). It should be pretty great the first day, and even better the next.