

10-1992

## UA12/12 Your HealthStyle

WKU Wellness Center

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# YOUR HEALTHSTYLE™

## Health-Toppers Steppin' Out for the 90's

Western Kentucky University is pleased to announce the new **Health-Toppers ... Steppin' Out** Health and Fitness Program.

With the opening of the Raymond B. Preston Health and Activities Center, faculty and staff will have the opportunity to participate in a great variety of exercise, sports and general wellness programs for your health and enjoyment.

**Your HealthStyle** will be sent to you each semester, as a part of the new focus on wellness at Western. In it you will find interesting and helpful news items on key topics which effect your health: nutrition, stress, exercise, alcohol, smoking, getting the most out of your healthcare dollar, and more. Be sure to share this information with your family; they may also find items of interest.

By now you will have received information about the Faculty/Staff Health Screenings being sponsored by the University Wellness Committee, November 2-6. Don't forget to pre-register soon! Get your Personal Wellness Profile — and the price is right.

Remember, your health is in your hands — take a hold! Your comments about the newsletter and suggestions for future programs are welcome.

Nancy Givens, M.S.P.H.  
Wellness Programs Director

## This Is Your Life...Does It Fit?

**D**oes your personality match your lifestyle? You're probably lots healthier if it does.

Experts used to simply say that the driven, Type A person, who thrives on lots of stimulation, had a much higher risk of disease than the calmer Type Bs. But now they say the health and personality connection goes deeper. It's not hard work, a hectic schedule or challenging jobs that ruin your health, but rather the emotional struggles you may suffer when your personality doesn't fit your surroundings.

This match between lifestyle and personality may be what gives some people the edge over others when it comes to being healthy rather than falling prey to illness. It doesn't matter whether you can't sit still for a minute or are easy-going. You're probably healthier if you feel you have choices in your life, enjoy your job and hobbies, express your emotions and are friendly and enthusiastic about life.

### WHAT ABOUT YOU?

The following questions may help you learn more about your personality. There are no right or wrong answers. They're simply a starting point to help you see if

you have the personality to respond suitably to your surroundings.

**▲ DO YOU FEEL YOU HAVE CHOICES IN YOUR LIFE?** If not, who or what keeps you from having them? What could you do to change the situation?

**▲ DO YOU HAVE A SENSE OF PURPOSE?** This can be a hobby, area of expertise or your religion. If you don't feel purposeful now, when have you? Identify when and ask yourself if that situation would benefit you today. Are you bored? What are you doing in your daydreams? Do those activities at all match your real life?

**▲ ARE YOU COMMITTED TO A GOAL?** Is it YOUR goal or someone else's? Make an uncensored list of everything you've ever wanted to do. Put down little things, as well as "out-of-character" things. Are your goals consistent with your purpose in life?

**▲ IS YOUR JOB OR CAREER CONSISTENT WITH YOUR STRENGTHS, ABILITIES AND PURPOSE?** If not, can you help counter that by finding other opportunities (like with a hobby or volunteer work) to find enrichment?

Source: *The Self-Healing Personality*, Howard S. Friedman



# HOW THE PATCH WORKS

**H**ave you wanted to quit smoking, yet not known how? Well, there's good news. Wearing a *transdermal* (skin) *nicotine patch*, especially if you couple it with behavior modification counseling, may help you stop smoking once and for all.

Nicotine in cigarettes causes a powerful addiction. The skin patch works by delivering a steady, low dose of nicotine through your skin to your bloodstream. Then, the dosage is gradually reduced to wean you off of it. This helps prevent physical withdrawal symptoms.

A study reported in the *Journal of the American Medical Association* showed that 26 percent of those who used the patch AND counseling to help them quit weren't smoking six months later. Only 12 percent of the group who used counseling alone weren't smoking in six months.

The patch isn't guaranteed to make you a nonsmoker. You still must have the drive and commitment to stop. And stopping won't necessarily be easy.

Although some insurance policies cover the patch, it costs between \$3.50 and \$4 a day. But wouldn't it be worth that if it helps you prevent cancer and heart disease?

**WARNING:** Don't smoke while wearing the nicotine patch. In several cases, people who did so have had heart attacks. <sup>TM</sup>

## Going Cold Turkey

**E**xperts say "cold turkey" can be one of the easiest ways to quit smoking because you just get it over with. While you may have intense withdrawal symptoms, they stop once the nicotine works its way out of your system.

Give yourself short-term goals you can live with. Tell yourself, "I won't smoke for a week. After that I'll decide what to do." Anyone can quit for a week. When the week is over, set another short-term goal. <sup>TM</sup>

## UP IN SMOKE

**T**he number of people who smoke in the United States is lower than it's been in 37 years. The Centers for Disease Control estimates that only 25.5 percent of Americans smoked in 1990. Yet cigarettes will kill one in five people in industrialized countries in the 1990s. That's more than the population of the United States. <sup>TM</sup>

## Helping Teens Quit

**E**ver wonder why so many teenagers begin to smoke even though they hear so much negative information about its effects? Often it's because their friends, family or co-workers smoke.

It does seem that anti-smoking campaigns are having their effect on young people, though. The percentage of 17- and 18-year-olds who smoke every day was down from 29 percent in 1976 to about 19 percent in 1991. But statistics are no comfort if your child smokes.

Kids aren't always motivated by what's good for them, so telling



## You've Come A Long Way?

**E**very day 1600 American teenage girls smoke for the first time.

Women smokers already outnumber men in many states. And predictions from the World Health Organization (WHO) say the number of women worldwide who die from smoking-related illnesses will double in the next three decades.

Women, according to researchers, suffer more health hazards from smoking than men. It can cause premature birth, spontaneous abortion and infant death. That's why WHO is especially critical of cigarette companies that produce cigarette brands for "women only." <sup>TM</sup>

your teenager to stop smoking probably won't have an effect. Teenagers believe they're immortal, that they can't get sick from cigarettes. What you can do is set a good role model, and stop smoking yourself.

Research shows that if you smoke, your kids are more likely to. If you give it up, they're likely to give it up, too.

Help your kids find reasons to quit something that mean something to them. They might quit when they realize it gives them bad breath, for example.

Remember, smoking is addictive. Your child needs your support to quit smoking. <sup>TM</sup>



## Make Them Do It Anyway

**T**he federal report "Healthy People 2000" says many of our kids are out of shape. Why? Junk food, TV, video games, latchkey lifestyles and budget cuts in school physical education programs among other reasons. So how can you help your kids get and stay in shape?

■ **BE A ROLE MODEL.** Remember, sedentary (inactive) parents usually raise sedentary children. Emphasize participation and fun — not competition.

■ **HELP THEM FIND OTHER GOOD ROLE MODELS.** Point out athletes who have succeeded without drugs. Identify a neighbor who rides a bike to work. Find a coach who's more interested in helping kids be fit and have fun than in winning.



■ **HELP YOUR KIDS FIND ACTIVITIES THEY ENJOY, AND SEE TO IT THEY HAVE A WAY TO GET THERE.** Simply encouraging them to be active won't necessarily make them be active.

■ **LIMIT YOUR KIDS' SEDENTARY ACTIVITIES.** Limit the time they spend in front of the TV or video games without an "active" break.

■ **CREATE OPPORTUNITY FOR YOUR KIDS TO BE ACTIVE.** Tell your parent-teacher organization you want physical education classes where all kids can be active most of the time. Help buy sports equipment, if necessary.

■ **CHOOSE A FITNESS-ORIENTED DOCTOR.**



**I**t's October, and you've already got your first cold of the season. Should you still run or work out?

Sure, doctors say, if your cold symptoms are above your neck, and you don't have a fever. Symptoms such as nasal and head congestion may evaporate with exercise. Of course, when you don't feel well, shorten your sessions and stop altogether if exercise makes you feel worse. Symptoms below your neck can be more serious and should signal you to stop in your tracks until you get better.

## Those Thin, Flaming Thighs

**T**hose padded, spring-like devices that offer you thin thighs in 30 days may only produce inflamed tendons. So doctors say be careful not to overdo it in your quest for less flabby thighs. Remember, special exercises only tone muscles in the area being exercised; they can't make the fat disappear. Only aerobic exercise helps you burn fat. But, the calories burned are pulled from fat deposits throughout the body — not just from one spot.

## A Knee-Jerk Reaction





**Y**ou were lifting a box into your closet or twisting as you bent to get in your car when you heard the soft "pop" coming from your knee, and now it hurts like crazy.

If your knee becomes swollen, tender, discolored and hurts when you move it, you may have torn the cartilage or overstretched a ligament. So what should you do? Put your knee on ice and stay off it as much as possible. If you're unable to walk normally without pain the next day, see your doctor immediately.

## THE \$90 PORTABLE GYM

**I**f your budget is as tight as your slacks, you're probably looking for ideas that will help you tone up without spending much money. Around \$90 will outfit you with an effective "gym" that has the added advantage

of going anywhere you go and not taking up much storage space. This simple equipment will give you a regular opportunity to tone up your body and, when combined with aerobic exercise, give you all-around fitness.

-  A padded vinyl mat for stretching and exercising. The mat can be folded and stored under your bed or in a closet.....\$30
-  A heavy-duty jump rope.....\$10
-  A set of 5-pound ankle weights and 5-pound dumbbells for toning (not aerobic exercise).....\$30
-  An adjustable pull-up bar designed to be installed in a doorway. Make sure it comes equipped with safety catches.....\$20

**\$90**

**I**f fish you've caught begin to smell "fishy," it's best not to eat them. Bacteria that can cause food poisoning (symptoms may include vomiting, diarrhea and stomach cramps) begin to grow when fish haven't been iced and gutted as soon as possible. As the fish skin gets warmer, the bacteria produce that "fishy" odor.

So if you're lucky enough to catch fish, here are some other things you should know about handling and storing them:



**KEEP THEM ALIVE IN THE WATER YOU CAUGHT THEM IN UNTIL YOU CAN CLEAN THEM.** Then clean

## A Gift from the Sea

You can get nutritional information and tips about buying, storing, and preparing fish from the American Seafood Institute's toll-free consumer line: 1-800-EAT-FISH.



# FISH STORY

them as soon as possible and bed them down in ice.



**EAT FISH OR FREEZE THEM AS SOON AS POSSIBLE AFTER YOU BRING THEM HOME.** Don't store them more than six months in your freezer.



**FISH THAT WILL BE EATEN**

**SHORTLY SHOULD BE KEPT IN THE COLDEST PART OF YOUR REFRIGERATOR.** This is usually toward the back of it.



**DON'T THAW FISH IN WARM WATER OR AT ROOM TEMPERATURE.** Let them thaw in your refrigerator.

## PEAK S



Even though summer's over, you can still buy fresh fruit and vegetables in season. Maybe not the same ones you bought in August, but a variety of fruits and vegetables are available to help satisfy your vitamin, mineral and fiber requirements. Fruit and vegetables are high sources of fiber in low-calorie doses.

### VEGETABLES IN SEASON OCTOBER, NOVEMBER, DECEMBER

	calories	grams of fat
Broccoli (1 stalk, cooked)	47	.3
Cauliflower (1 cup, cooked)	28	.3
Mushrooms (1 cup, raw)	20	.2
Winter squash (1 cup, baked)	103	.2
Sweet potatoes (1 baked)	161	.4

# 13 Ways to Control Overeating

1. Commit to healthy eating — from now on.
2. Eat lots of complex carbohydrates such as fruit, vegetables, bread and pasta.
3. Don't skip meals.
4. Eat only at scheduled times and places.
5. Try eating five to six small meals a day rather than three large ones.
6. Leave the table as soon as you finish.
7. Make a list and only buy what's on it. Also, shop for groceries when you're full.
8. Get rid of the high-calorie "treats"

you have stashed away and replace them with healthy snacks.

9. Make yourself eat more slowly. Chew each bite at least 10 times. Put your fork down between bites.
10. Drink at least eight glasses of water each day.
11. Find a substitute for alcohol. Alcohol is high in calories and may stimulate your appetite.
12. Plan activities for times when you are most likely to snack.
13. Condition yourself to say "No, thanks," when someone offers you food.

## PRETTY AS A P

**E**ver wonder why grocers wax fruit and vegetables? They're waxed to slow shriveling and dehydration and some say to make them look better. Not much wax is used. Just one gallon will protect and polish five tons of apples, and just six drops are needed for one orange. The Food and Drug Administration tells us the wax is

# RIGHT SEASON



If you want to be a good vegetable cook, let your menu be guided by what's freshest and best. But don't buy more fruit than you need. Most fruit deteriorates in a few days.

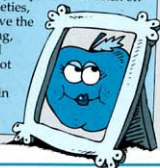
The American Cancer Society suggests eating at least five servings of fruit and vegetables a day to decrease your risk of cancer. Let these charts guide you to the freshest sources.

## FRUIT IN SEASON OCTOBER, NOVEMBER, DECEMBER

	calories	grams of fat
Apple (1 large)	81	.5
Cranberries (1 cup raw, whole)	44	.2
Grapefruit (1/2 medium)	37	1
Concord grapes (1 cup)	102	.5
Orange (1 large)	87	.2
Pear (1 raw)	100	.7
Pineapple (1 cup diced, raw)	81	.7

## PICTURE

completely safe to eat, but not everyone agrees. If you prefer to munch on unwaxed varieties, you can remove the wax by soaking, scrubbing and rinsing with hot water or by peeling the skin or rind.

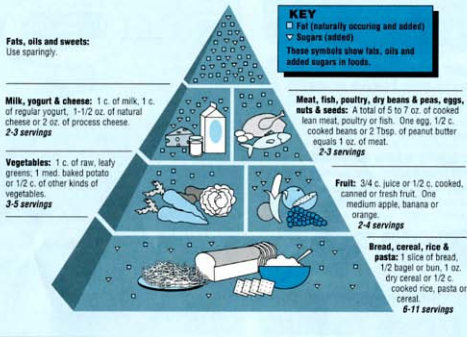


# PYRAMID SLIPS

The new Food Guide Pyramid replaces the Basic 4 Food Groups we used to eat by. It's a good start toward getting people to eat healthier, but it doesn't tell the whole story.

It doesn't describe the differences between skim and whole milk or meat and poultry. A cup of skim milk has 88 calories compared to 160 in a cup of whole milk. One ounce of boneless

beef has 70 to 100 calories, while an ounce of boneless chicken has only 50 to 55. The pyramid also doesn't tell you that fats, oils and sweets can be unhealthy. And while it tells you how many servings of each food to eat a day, it doesn't specify how much a "serving" is. So note the pyramid below with sample serving sizes added to it.



*"Never work before breakfast; if you have to work before breakfast, get your breakfast first."*

— Josh Billings

## LEAVE OFF THE EXTRA



## An Even Better Hamburger Helper

Here's one method for reducing the fat in regular-fat ground beef when you're using it for casseroles, chili or spaghetti. Start by browning the meat in a non-stick pan. Then drain off the fat, rinse with hot water and drain it again. While there will still be fat left, this process can cut it substantially.

## Listening When You Disagree

It's not always necessary to express your opinion. Sometimes your friends, boss or co-workers may be sorting out thoughts and just want you to listen. They don't want you to "solve" their problems or give them advice.

But listening can be tricky, especially when you have a strong opinion. Use these tips to help you keep from saying the wrong thing when support is all that's called for.

▲ **BE ATTENTIVE.** Concentrate on what your friend is saying.

▲ **DON'T INTERRUPT.** Don't ask too many questions or fill in with stories of your own.

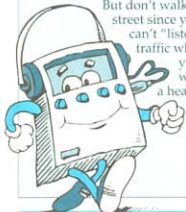
▲ **DON'T PASS JUDGMENT.** Let your friend know you care by saying things like "I can see why you feel that way," or "No wonder you're upset."

▲ **TELL YOUR FRIEND YOU'LL BE AVAILABLE TO "TALK" AGAIN.** Then make sure you are.

## LISTEN TO THIS

If you're walking to reduce stress, that's great. But there may be a way to make this activity even better. Researchers at the University of Massachusetts Medical Center found that exercisers who listen to relaxation tapes while they walk reduce their stress more than those who just walk.

But don't walk in the street since you can't "listen" for traffic while you're wearing a headset.



## Two Different Languages?

Men, if you often think women are impossible to understand, you're part of a large group. And, women, if you can't seem to get your ideas across to men, you're not alone either. Men and women often communicate differently. And sometimes it takes a strong sense of humor, as well as a dose of patience, to get beyond those frustrating differences.

A lot of men, for example, don't tend to express casual thoughts out loud. Many women, on the other

hand, seem to feel that if you're not saying anything, it means you're not thinking anything either. Unfortunately, misunderstandings caused by differences such as these can leave you feeling confused or even hurt. Sometimes our communication

styles differ a lot, while other times they're not so far apart. But if you seem to be caught in a frustrating communication gap, take note of the following gender-related tendencies. They may just keep your communication lines clear.

ATID&%(#)?  
L)YX#4FEL(!)N  
GIBB\*+2WKLB  
7%\$-+UVH

"I'm going to be late."  
"I'm not!" "I should be late!"  
"I'm going to be late!" "I'm not!" "I should be late!"



### Men Tend To

- Focus on independence.
- See the ability to express disagreement as a sign of intimacy.
- Use conflict for negotiation.
- See talk about troubles as unnecessary.
- Be more inclined to give information than praise.
- Let their achievements be known.

Source — *You Just Don't Understand: Women and Men in Conversation* by Deborah Tannen, Ph.D. (Ballantine, 1990)

### Women Tend To

- Focus on intimacy.
- See disagreement as a threat to intimacy.
- Avoid conflict when possible.
- Talk about their troubles as a bid for understanding and rapport.
- Be more inclined to give praise than information.
- Hide their successes.

## GET OFF MY SIDE!

Okay, you may be grown up, but do you still have a knot in your stomach every time you deal with your siblings? It's common and probably inevitable, but it doesn't mean you don't love one another.

Setting these ground rules may help you iron out your differences in the future.

- You're each equally responsible for any disruption the conflict causes the family.
- Don't tell on each other. Keep your

parents or other siblings out of your disagreements.

• Don't use your words as weapons. Try to keep discussions objective. Don't "attack" your sibling.

• Try to see one another as adults rather than as bickering kids. Give one another at least the same respect you'd give a co-worker.

• Take time to keep the relationship current. All relationships take effort and energy — including those with brothers and sisters.

# MAKE CAVITIES HISTORY



## STAYING WELL

**I**f your children don't already have cavities, they need never get any. It's possible for kids today to be cavity-free for a lifetime if they brush and floss regularly and take advantage of the protection dental sealants and fluoride offer.

Sealants are plastic coatings painted on the pits and fissures of your teeth. Ninety percent of cavities develop in these crevices where food particles tend to collect and combine with cavity-causing bacteria. Fluoride helps eliminate cavities on the smooth surfaces of your teeth by strengthening tooth enamel and making it more resistant to acids.

Ask your dentist if you or your child are candidates for these treatments. ▽

# FOR MEN ONLY

**I**f you're male and 45 or older, you're a good candidate for an enlarged prostate gland.

Known as *benign prostatic hyperplasia* (BPH or non-cancerous, enlarged prostate gland), this is a very common problem associated with aging.

One of the initial symptoms of BPH is that you may have a sudden urge to urinate, but then have difficulty getting the flow started. Then after the flow does start, it may be so weak that you're not able to empty your bladder. You may also experience frequent nighttime urination, painful urination or ejaculation or have blood or pus in your urine.

If the symptoms are mild, your doctor may take a wait-and-see attitude before recommending any specific treatment options. Surgery isn't the only treatment. Talk with your doctor about other new options.

Unfortunately, prostate cancer symptoms are very similar to BPH. The key is to catch any problems EARLY. That means that men over 40 should be tested annually.

The American Cancer Society recommends a three-step exam for the best chances of early detection:

**1.** **Digital-rectal exam.** The doctor inserts a finger into the patient's rectum to feel for lumps, tenderness or swelling.

**2.** **Prostate-specific antigen (PSA) blood test.** This test can detect a cancer-related protein in the blood.

**3.** **Transrectal ultrasound (TRUS).** Sonar waves give doctors a picture of the prostate. This generally is recommended if either the digital exam or PSA is suspicious.

## Carpal Tunnel Problems

**I**t's a common problem among some types of workers, but you needn't be among those who suffer. The more you know about *carpal tunnel syndrome*, the more you can do to help prevent it.

Answer the true/false statements below to see how much you do know.

**1. Carpal tunnel syndrome only affects people who type at a keyboard all day.**

*False.* Regardless of their occupation, it could affect people who use their hands in repetitive motions for extended periods of time. Meat cutters, cashiers, data processors, musicians, assembly line workers and truck drivers are just a few of the workers who are at risk.

**2. It doesn't matter how high my work area or keyboard is as long as my hands feel comfortable when I'm working.**

*False.* Carpal tunnel syndrome results from constant pressure on the nerve that passes sensory messages to your thumb and first two fingers. To avoid this pressure, keep your hands and wrists as straight as possible when you do activities such as typing or driving. You may need to adjust your chair or the height of your work area.

**3. The harder you press the keys on your keyboard (chop meat and so forth) the more strain on your wrists and fingers.**

*True.* Gentler movements put less strain on your fingers and wrists. Use only the amount of force necessary to complete the movement.

**4. One sign of carpal tunnel syndrome is that your wrist will make cracking or crunching sounds when you move it.**

*False.* That's more likely a symptom of arthritis. See your doctor to check it out.

**5. The main symptom of carpal tunnel syndrome is an aching wrist.**

*False.* If your thumb, index and middle fingers are numb, tingling and painful, you may have carpal tunnel syndrome. It can affect either or both of your hands and may get worse at night.

**6. Carpal tunnel syndrome can be treated.**

*True.* Resting your hands and wrist, wearing a wrist brace and making sure your work area is adjusted properly can put you back on the road to pain-free hands and fingers. In more severe cases, injections of corticosteroid drugs or surgery may be necessary. ▽





# OTC Side Effects

**J**ust because over-the-counter drugs are easy to buy, don't assume they're harmless. Read the label of any medicine you take, and if you have questions, ask your pharmacist or doctor.

Note this advice about common OTC medications and their side effects.

▲ **Antihistamines** — May make you drowsy and cloud your thinking, so you shouldn't drive. They also may cause complications for people with an enlarged prostate or urinary-tract problems.

▲ **Decongestants** — May raise your blood pressure and heart rate. You could feel nervous or have trouble sleeping.

▲ **Cough suppressants** — Most doctors say coughs should not be suppressed. These medicines can make you drowsy. Some are addictive.

▲ **Aspirin and Ibuprofen** — These may irritate your stomach lining.

▲ **Laxatives** — Your bowels may become dependent on laxatives, and your intestines and bowels can be damaged.



## FIRST AID FOR BURNS

**M**ost burns are preventable, but when someone does get burned, the right first aid can shorten the recovery period or at least help make it less painful. Let these basic guidelines help you.

### WHAT IS A MINOR BURN?

If only the top layers of the skin are burned, it's a first- or second-degree wound. Sunburn is usually a first-degree burn. Second-degree burns go deeper and often cause blisters. Both types usually heal without scarring unless they cover large portions of your body.

### HOW TO TREAT MINOR BURNS.

Bathe the burned area in cold, running water for up to 30 minutes or hold a clean towel soaked in cold water over the area until the pain lessens. Take off any rings, watches or tight

clothing before the area begins to swell. Don't put medicine on the wound, especially not butter or ointments. They keep the wound from draining. Cover the burn with sterile gauze, never with adhesive bandages or fluffy material, and don't break blisters.

### WHAT IS A MAJOR BURN?

Second-degree burns covering over 10 percent of your body are major, as are third-degree burns, which damage the full thickness of your skin. These burns may be life-threatening, so get emergency help. Any burn on your face, eyes, hands, feet or genitals may also be serious and require a doctor's care.

### HOW TO TREAT MAJOR BURNS.

If the person's clothes are on fire, put it out by dousing the person with water or wrapping him or her in a blanket. Don't take off any clothing that sticks to the wound. Protect any exposed, burned areas with a clean sheet. Then get emergency hospital care as quickly as possible.

### TREATING FOR SHOCK.

Victims with serious burns will usually go into shock. It's caused by a reduction of blood flow throughout the body that can lead to collapse, coma or death. To prevent this, make them lie flat and cover the protective sheet with blankets if it's cold. Reassure them, and don't give them any food or liquid because it might make them vomit.

Your HealthStyle is carefully reviewed by a board of medical, health and fitness experts to provide accurate health information for our readers. However, this publication is not intended as a substitute for the advice or care of medical professionals. Consult your doctor or other healthcare professionals for personal health problems.

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