



Happy Thanksgiving!



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November is..

- American Diabetes Month
- Lung Cancer Awareness Month
- National Healthy Skin Month



If taking vitamins doesn't keep you healthy enough, try more laughter. The most wasted of all days is that on which one has not laughed.
--Nicolas-Sebastien Chamfort



Diabetes

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a vital hormone that is involved in converting sugar, starches, and other food into energy. Genetics, obesity, and lack of exercise play key roles in diabetes.

Currently there are 20 million Americans who have diabetes and while an estimated 14 million of them have been diagnosed; another 6 million or nearly one third are unaware they have the disease.

Type 1 diabetes is usually diagnosed during childhood or young adulthood. In Type 1 diabetes, the body does not produce insulin.

Type 2 diabetes is the most common form of diabetes and can be diagnosed at any age. In Type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin. When insulin is not absorbed into the blood, glucose builds up instead of going into the cells and producing energy. This process can cause two problems:

- ❖ In the early stages, your cells may be starved for energy.
- ❖ Ultimately, high blood glucose levels may negatively impact your eyes, kidneys, nerves or heart.

Before people develop Type 2 diabetes, they almost always have pre-diabetes.

Pre-diabetes occurs when blood glucose levels are elevated but not high enough to be diagnosed as diabetes. Statistics show that 54 million Americans currently have pre-diabetes.

Diabetes often goes undiagnosed because many of its symptoms seem harmless. Recent studies indicate that early detection of diabetes symptoms and treatment can decrease the chance of developing the complications associated with the disease.

Some diabetes symptoms include:

- ❖ Frequent urination
- ❖ Excessive thirst
- ❖ Extreme hunger
- ❖ Unusual weight loss
- ❖ Increased fatigue
- ❖ Irritability
- ❖ Blurry vision

If you have one or more of these symptoms, talk to your doctor about your risk for diabetes or visit the American Diabetes Association website at www.diabetes.org to learn more.

- Nicole Logan and Paola Ball, Health Enhancement

Source: www.diabetes.org



Skin Health



Your skin is your body's first defense against disease and infection, and protects internal organs from injuries. The largest organ in the body, skin helps regulate body temperature, prevents excess fluid loss, and it helps your body remove excess water and salt.



Here are a few of simple tips to keeping your skin healthy and soft during the winter months.

- **Wear sunscreen** during the winter months – its just as important as it is in the summer. Especially if you are visiting the snow – snow is highly reflective and can intensify the suns rays.
- **Bathe or shower in lukewarm-not hot water.** Hot water removes natural oil from the skin, making it dry and itchy. Limit your showers to 10-15 minutes.
- **Add bath oils** to your water if you must take a hot bath.
- **Use mild soaps.** Try to avoid deodorant soaps, as they can be more drying to the skin.
- **Apply moisturizers** to skin immediately after a bath or shower while your skin is still wet. Putting on cream, ointment or lotion helps trap the water in the upper layers of the skin and decreases dryness and itching.
- **Shave using lotion or hair conditioner** instead of shaving foam.
- **Dab petroleum jelly on problem areas** to seal in moisture.
- **Apply hand cream to seal in moisture** immediately after washing your hands.
- **Consider purchasing a humidifier** to keep the humidity in your home higher during the winter months.
- **Avoid overusing products containing alpha-hydroxy acids.** They exfoliate the top layer of the skin, while leaving the new layer of skin unprotected from bitter winds and sunlight.
- **Don't forget to protect you lips.** Look for a lip balm with an SPF in it to help prevent chapped lips.

Try this relaxing blissful bath recipe:

Blissful Winter Bath

Mix equal amounts of oatmeal with dry milk powder (you can display in a nice glass jar in your bathroom). For each bath, add ½ cup of oatmeal/dry milk powder to your bath. The starch in the oatmeal is a super skin softener and the milk contains lactic acid, which smoothes away dull skin.



-April Styles, Aerobics and Silver Sneakers Coordinator

Source: Unknown

The Great American Smokeout

Every year, **The Great American Smokeout** takes place in November. The event grew from a couple of communities in Minnesota and Massachusetts who wanted to encourage their friends, family and neighbors to **stop smoking**, even if it was just for the day. After thirty years and becoming a nationally recognized event, the heart of the Great American Smokeout remains the same, those who don't smoke want the ones we care about to try quitting, just for the day.

Some may ask, how can quitting for a day help? There are immediate and long term benefits associated with quitting. The table below explains the benefits and with the corresponding timeframe.

Time Since Quitting	Beneficial Health Changes That Take Place
20 min	Blood pressure and pulse rate return to normal
8 hrs	Nicotine and carbon monoxide levels in blood reduce by half, oxygen levels return to normal
24 hrs	Carbon monoxide will be eliminated from the body Lungs start to clear out mucus and other smoking debris
48 hrs	There is no nicotine left in the body Ability to taste and smell is greatly improved
72 hrs	Breathing becomes easier Bronchial tubes begin to relax and energy levels increase
2 – 12 wks	Circulation improves
3 – 9 months	Coughs, wheezing and breathing problems improve as lung function is increased by up to 10%
1 yr	Risk of heart attack falls to about half of that of a smoker
10 yrs	Risk of lung cancer falls to half of that of a smoker
15 yrs	Risk of heart attack falls to the same as someone who has never smoked

Helpful Tips for Supporting Friends and Family who Plan to Quit

- **Encouragement** – smokers often attempt to quit several times. Let them know that quitting is something they can practice and get better at.
- **First Few Days** – offer to help them out. Consider what you can do to help reduce their stress level.
- **No Nagging** – let them know how much you admire them for quitting.
- **Give Praise** – let them know how proud you are that they made it the day, or week without smoking.
- **Offer To Do Things Together** – make sure the activities you choose are tobacco free and in tobacco free environments.
- **Offer Healthy Snacks** – low fat foods or sugarless gum.
- **Remind Them** – that the cravings will subside in a couple minutes.
- **Be Prepared** – for some unfriendly behavior from your friend. Let them know you understand.

The Great American Smokeout

Cont'd

There is help! Maricopa County offers free quit classes. If someone attends the classes they may be eligible for 50% off of the nicotine patch, nicotine gum, etc. Please call 602-372-7272 for more information.



Hello Faculty and Staff,

With the State of Arizona becoming Smoke free in the coming year, I thought this would be a great opportunity to introduce IGNITE (Influence Guide and Network for Intercollegiate Tobacco Education) to Phoenix College.

IGNITE is something I would love to spread across your campus. What I mean by this, is that IGNITE could become a student club or IGNITE activities could become part of an existing club. An IGNITE group could work on changing tobacco policy on campus, education and awareness on campus and IGNITEing discussion of tobacco related topics.

Please feel free to contact me for more information.

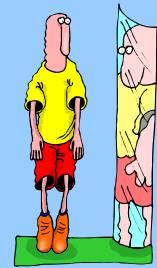
Thanks,

Julie M. Knost, MSW
Maricopa County
Tobacco Use Prevention Program
602-372-8401
julieknost@mail.maricopa.gov



*-Julie Knost, Maricopa County
Tobacco Use Prevention Program*

Childhood Obesity



Obesity in children has become an **epidemic** in the United States. Too much TV and fast food and too little outdoor activity and home cooked meals have become strong contributors in recent years. A strong correlation exists between childhood obesity and several severe health and social consequences that often continue into adulthood such as **heart disease, diabetes (Type 2), and poor body image.**

Body Mass Index (BMI) is a common measurement used to identify obesity in children and adolescents. According to reports generated by the Centers for Disease Control and Prevention (CDC), **approximately 30% of children and adolescents are overweight and 15% are obese.** The dramatic increase in the obesity of youth over the past two decades is shown below:

Table 1. Prevalence of Obese Children (Ages 6 to 11) at the 95 th percentile of Body Mass Index (BMI)		Table 2. Prevalence of Obese Adolescents (Ages 12 to 19) at the 95 th percentile of Body Mass Index (BMI)	
1999 to 2000	15.3%	1999 to 2000	15.5%
1988 to 1994	11%	1988 to 1994	11%
1976 to 1980	7%	1976 to 1980	5%

Table 1 and 2: 2000 CDC Growth Charts for the United States: Methods and Development. Series Report 11, No. 246. 201 pp

Contributing Modifiable Risk factors include:

- **Physical inactivity**-lack of regular exercise.
- **Sedentary behavior**-high frequency of TV watching, computer usage, and similar behavior which takes up the majority of the child's time.
- **Socioeconomic status**-low family income.
- **Eating habits**-over-consumption of high fat, high calorie foods. Eating while watching TV or doing homework is not recommended.
- **Environment**-lack of healthy eating options, recreation opportunities and overexposure to junk food advertising.

Contributing Non-Modifiable Risk Factors Include:

- **Genetics**-Children are at greater risk of becoming obese when their parents are obese and overweight.

For **prevention ideas**, please see the article "Give the Gift of Play and Movement to your Child".

-Nicole Logan, Fitness/Wellness Programs Assistant

Source: American Obesity Association and the Centers for Disease Control (CDC)



Give the gift of play and movement to your child

Did you know that by the time they reach high school, 63 percent of children are no longer physically active? They are too busy watching TV or playing with various forms of technology. This is why it is extremely important to be a physical role model for your child. By showing them, biking instead of watching TV or playing tag instead of playing with computer games you can teach them that exercise is fun! Studies show that physically active children experience fewer chronic health problems and better at meeting the demands of physical activity than their inactive counterparts. In addition, physically active children have a stronger self-image, greater self-confidence and they tend to perform better in school and on physical fitness assessments.

So, how do we get our kids started? It's easy! It is called Play! A family that plays together also burns calories together and enjoys the many benefits associated with participating in regular physical activity.

Creative Play Ideas:

- Playing a simple game of chase or tag.
- Jump rope challenges improve both coordination and stamina.
- Running around with your child at the park burns many calories.
- Kicking a soccer ball around helps improve skill and movement.
- Swimming is a great full body workout.
- Riding a bike gives you the pleasure of enjoying nature and breathing.
- Dancing in the house encourages children to be creative and move their bodies freely.
- Setting up an outdoor obstacle course at the park using playground equipment or other items, such as jump ropes, balls and cones will give them cross training fun.
- Creating a challenge using your child's sidewalk chalk can incorporate a lot of movement just by drawing circles, squares, roads, letters and numbers.
- Hiking challenges your family's legs and lungs.



Tips to Helping you and your Child Achieve and Maintain Better Health

- Be consistent.
- Avoid prolonged rest periods between exercise bouts.
- Try to do something on a regular basis and remember that you are your child's role model. He or she will learn from you and your family.

The gift of exercise through movement and play will stay with them throughout their lives when it is instilled in them at an early age. If you show your children how important it is to you, then it will become equally important to them. Plus, you too will reap the benefits of being fit, mobile and happy!

-Terri Hurley, Fitness Center/Aerobics Instructor

★ Star Athlete



Trivera Jake, Phoenix College student and women's basketball starting point guard

Against All Odds

After living in a trailer on the reservation with no electricity, no running water, and none of the typical teenage gadgets like video games, ipods, or cell phones, 18 year old Trivera Jake is a true example of how perseverance helps you triumph. During difficult times, Trivera had to travel four miles to take a hot shower at her grandmother's home and spent most of her free time at the local recreation center playing basketball.

Her talent for basketball began to shine at Monument Valley High School, where she was a starting point guard on their state championship team. In addition, last summer Trivera was one of only 10 woman basketball players selected to represent Arizona in the Indigenous Games, where Team Arizona won the gold medal.

Now Trivera shares her athletic talent as a starting point guard for the PC Bears and her hard work and perseverance have allowed her to rent a studio apartment on her own in central Phoenix. She rides her bike to and from school each day so that she can attend Phoenix College and play basketball. Congratulations Trivera you are a Star and a true inspiration!

Nomination submitted by Samantha Ezell, Phoenix College head women's basketball coach

Workshop Planning a career Choosing a major



- Learn more about your interests and how they relate to choosing a college major and career.
- Complete a career assessment and receive your specific results.
- Learn how to plan for your next semester.
- Meet with career counselors.

When: Tuesday November 28th
Time: 1:30-3:30 pm
Where: Career Center @ PC
Counselor: Loman Clark

Please call (602) 285-7392 to register for the WORKSHOP or for more information.

FITNESS/WELLNESS STAFF


HEALTH ENHANCEMENT

Liz Ligon, Health Enhancement Department Chair
Marty Minton, Department Secretary

 Contact Marty Minton on (602) 285-7295

CAMPUS FITNESS/WELLNESS

Paola Ball, Fitness/Wellness Manager
Nicole Logan, Fitness/Wellness Programs Assistant

 Contact Paola Ball on (602) 285-7160

FITNESS CENTER

Marty Welter, Fitness Center Coordinator
Allen Jackson, Fitness Center Technician
Ceci Saenz, Fitness Center Technician and ESL Coordinator

 Contact Marty Welter on (602) 285-7147


AEROBICS

April Styles, Aerobics Program Coordinator

 Contact April Styles on (602) 285-7173

SENIOR WELLNESS

Allen Jackson, Senior Wellness Coordinator
April Styles, Silver Sneakers Coordinator

 Contact Allen Jackson on (602) 285-7225
Contact April Styles on (602) 285-7173

LOCKER ROOM MANAGEMENT

Rosie Alvarez, Women's Locker Room Attendant
George Holusha, Men's Locker Room Attendant

 Contact Rosie Alvarez on (602) 285-7595



PC Fitness Center and Aerobics

The **Fitness Center** provides quality service and valuable instruction to those enrolled. Services include: personalized exercise plans, blood pressure checks, and body composition testing.

A comprehensive **Aerobics schedule** is also offered including Pilates, Yoga, Kickboxing, Cycling, Dance, and so much more!

Our **Fitness Center and Aerobics program** work together. Once enrolled in one you automatically gain access to the other.

Faculty/Staff

Begin your journey to a healthier you today! Simply follow these steps:

- Obtain tuition waiver from your department chair.
- Go to A&R and enroll in **PED115 4161**
- Bring the schedule A&R gives you to the Fitness Center
- Complete the Health Status Questionnaire in the Fitness Center

***NOTE:** a medical release may be required

Students:

Belonging to the Fitness Center is easy, just follow these steps:

- Go to Admissions and Records (A&R) and enroll in a class.
 - 2 credits **PED 115 4171**
 - 1 Credit **PED 201IH 4221**
- Bring the schedule A&R gives you to the Fitness Center
- Complete the Health Status Questionnaire in the Fitness Center

***NOTE:** a medical release may be required

If you have any questions please contact Nicole Logan on x57708 or alternatively via email at nicole.logan@pcmail.maricopa.edu

Maricopa



Moves 3

Brought to you by:



Phoenix College Hoy Field

Saturday Jan 27th

8:00am-1:00pm

"FUN WALK" CHECK-IN: 8:00 AM

Join us with your family for our third annual **"Maricopa Moves"**! Celebrate a day full of wellness and fun with your extended MCCCDC Family. The event will begin with a 1-mile fitness walk followed by **FREE** fun filled activities including:

- Carnival Games
- Golf Pro Station
- Mascot Challenge
- Relay Races
- 24 ft Climbing Wall
- Fitness Demos
- Chair Massages
- Health Information
- Raffle Prizes and lots more!

For more information contact: **Paola Ball**, on X57160 or via email at Paola.Ball@pcmail.maricopa.edu



Beat the Turkey Blues!



Every year the anticipation builds as the holidays approach. Along with the anticipation comes the anxiety associated with thoughts of gaining weight. There are numerous social events and festivities that offer plenty of temptation. Once people give into temptation, the guilt can be so overwhelming that people lose confidence in getting back on track or can become discouraged from starting a lifestyle modification program.

The ANSWER??

Don't be so hard on yourself! Making smart choices can make a huge difference. Below are some easy tips that will help you maintain your waistline.



Tips to maintaining your waistline

- ◆ **Eat slow**-truly experience your food by allowing the flavors to develop in your mouth and take in the many aromas.
- ◆ **Portion control**-you can always count on leftovers so enjoy healthy portions and know you can enjoy more later.
- ◆ **Plan a family neighborhood stroll after dinner**-this will help fight the need to sink into your sofa while you loosen the clothes around your waistline.
- ◆ **Drink plenty of water.**
- ◆ **Plan a hike or another form of active fun the day after.**
- ◆ **It is okay to enjoy and eat a variety of foods, just don't over do it!**
- ◆ **Don't fall into the guilt trap** that leads you to letting go and eating more.

-Paola Ball, Fitness/Wellness Manager



**Thank You
to
This Issue's
Contributors**



- Athletics
- Health Enhancement
- Maricopa County Tobacco Use Prevention Program

We want to hear from you!

Phoenix College is rich with outstanding resources and programs that we can all benefit from. The intent of this newsletter ("PC Pulse") is to increase awareness about wellness, inform people about wellness related seminars, activities and events and feature articles from our extended network of talented and knowledgeable faculty and staff.

We also hope to share stories about your Department and the little things you do to enhance your work environment and promote team work.

To submit an article, please contact:

Paola Ball
Fitness/Wellness Manager
(602) 285-7160

Email: Paola.Ball@pcmail.maricopa.edu



Wellness Hero



Each month, we want to recognize someone who demonstrates a commitment to wellness. This month **Jesse Mireles**, Industrial Technology Chairman, has been selected as the "Wellness Hero".

Jesse was very instrumental in encouraging fellow employees to "get active" and join this semesters' cycling class. His motivational emails sparked a wellness cord in several of the Phoenix College faculty and staff.

Jesse, thanks for being our hero!



Jesse Mireles, Industrial Technology Chairman



**Nominate a
"Wellness Hero"!**



Submit the person's name and a brief description about how they demonstrate a commitment to employee or student wellness.

Submission Deadline: Friday Dec 8th