



liveWELL: A Better Choice

New Year; Healthier You; and **\$50** too! If you took your liveWELL Health Risk Assessment in 2006, you will receive **\$50** for taking it again in 2007! New Health Risk Assessment participants will receive \$30.00 in 2007. Each month, there will be a drawing for \$500 that will include all persons who took their HRA in 2007. Take your HRA in January for more chances to win throughout the year! See some of the \$500 winners at www.uiowa.edu/livewell.



Health Coach C.S.I.—New in 2007!

Join liveWELL Health Coach clients and their coaches for **Continued Support and Inspiration (C.S.I.)!** These FREE seminars are open to all and will address topics that we hear are important to you:

Goal Setting: Making Your Resolution Realistic
 Wednesday January 24 12:00-1:00 PM IMU – Purdue (341)
 Wednesday January 31 12:00-1:00 PM UIHC Atrium A&B
 Facilitator: Erin Litton, MA, CHES

Maintaining Motivation: Ugh! Six more weeks of winter?
 Thursday February 22 12:00-1:00 PM UIHC Atrium A&B
 Wednesday February 28 12:00-1:00 PM IMU – Purdue (341)
 Facilitator: Megan Moeller, MS, ATC, CHES

National Nutrition Month: 100% Fad Free
 Wednesday March 28 12:00-1:00 PM IMU - Miller (259)
 Thursday March 29 12:00-1:00 PM UIHC Atrium A&B
 Facilitator: JoAnn Daehler-Miller, MS, RD, LD

Planning to attend? Please register through the liveWELL office by calling 353-2973. Walk-Ins Welcome!



Make Colorful Choices in 2007



Eating a variety of fruits and vegetables every day increases the colorfulness of our diets, but did you know it also helps to fight cancer, heart disease and the effects of aging? Including a mix of fruits and vegetables of different colors can help maintain a healthy heart, memory function, vision health, strong bones and teeth, and lower risk for some cancers.

Here is how The University of Iowa stacks up to state and national data, based on the percent of HRA participants who reported eating five or more servings of fruits and vegetables daily:

UI	51% ¹
State of Iowa	20% ²
United States	23% ²

¹ liveWELL Health Risk Assessment (2006)
² Behavioral Risk Factor Surveillance System (2005)

For more information on eating fruits and vegetables visit www.MyPyramid.gov or www.5aday.org.

Congratulations if you are one of the more than 50% of UI faculty and staff eating your 5 fruits and veggies a day!

Between now and February 1, sign up for UI Wellness' "Colorful Choices" program at www.uiowa.edu/hr/oe/worklife/wellness/. Participants who report eating at least 100 servings of fruits and vegetables from February 1-20 can earn a colorful water bottle (that's just 5 a day).

Newsletter design provided by Bethany Kaplan





Do You Suffer from Migraines?

- Do you have frequent or intense headaches?
- Do your headaches usually last more than 4 hours without treatment?
- Do you usually suffer from nausea when you have a headache?
- Does light or noise bother you when you have a headache?
- Do your headaches limit any of your physical or intellectual activities?

(Láinez MJA, Dominguez M, Rejas M, Palacios G, Arriaza E, Garcia-Garcia M, Madrigal M. Development and Validation of the Migraine Screen Questionnaire (MS-Q). Headache 2005;45:1328-1338.)

If you answered yes to any of the questions above, you may be suffering from migraines.


Many headache/migraines can be prevented with healthy lifestyles. Often poor health can trigger a headache or migraine. Prevention plans regularly involve improvement in daily lifestyle behaviors including:

- regular sleep patterns
- regular exercise
- proper nutrition
- adequate water consumption
- limiting caffeine
- stress management/reduction
- relaxation

Migraine Prevention
Migraine/Headache Triggers:

1. Alcohol
2. Chocolate
3. Aged cheese
4. Citrus fruits
5. Cured meats
6. MSG
7. NutraSweet(r)
8. Skipped meals
9. Nuts
10. Onions
11. Salty foods
12. Excess caffeine
13. Stress
14. Fatigue
15. Missed medication
16. Eyestrain or other visual triggers

(American Council for Headache Education)

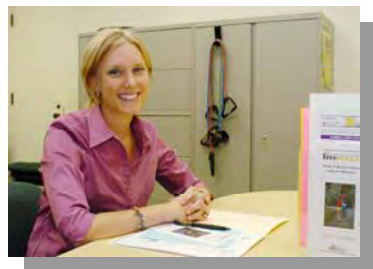



Clients are encouraged to keep a Headache Diary, where you evaluate severity of pain, triggers, and relief. This process can provide insight into common headache triggers and relievers. Try to keep a Headache Diary (see www.uiowa.edu/livewell/resource) for one month and share the results with your doctor.

For further assistance in developing positive health behaviors to support headache/migraine prevention, please contact liveWELL at 353-2973 for an appointment with a Health Coach.

Health Coach Spotlight: Megan Moeller

Megan is the Coordinator for UI Wellness; she is a Certified Athletic Trainer and Certified Health Education Specialist, who is passionate about the concept of employee wellness and health promotion. Megan works with clients to help them set attainable, realistic goals that are unique to their wants and needs. "Hearing how one of UI Wellness' programs - whether it be Weight Watchers, an online incentive program, or the liveWELL Health Coach service - assisted someone in completely changing their lifestyle is extremely inspirational. There are many UI employees who have made tremendous improvements in their well-being; the fact that I can provide some support is very gratifying."





Healthy Resolutions for 2007

Year after year, you read about New Year's Resolutions and how they rarely stick. Crowded fitness clubs until the end of January (or until there is a big snowstorm); no candies or desserts (until Valentine's Day candy shows up in the aisles); you get the idea!

Perhaps this year, when setting your New Year's resolution, you can ask yourself a few key questions:

- Why do I want to *insert your resolution here*?
- Who can help me meet my New Year's goal?
- What roadblocks might come up to keep me from getting to my desired outcome?

The Why

Being intrinsically motivated - for example, wanting to be able to run and play with your grandchildren - is linked with successful outcomes. A strong, personal motivator - something concrete that you want to get out of your resolution indicates that you are ready. A great technique to help you focus is to visualize - close your eyes and think about who you want to be in one, two, or five years. What does this person look like? What do you value? How do you feel? What is your mindset?

The Who

Having a partner to provide encouragement and accountability to your New Year's resolution can assist you in meeting your long-term goals. Not everyone has this luxury, but if there are people around whose positive support you can enlist, tell them about your New Year's resolution and how they can best help you.

Planning for Setbacks

Procrastination, family demands, work projects, and lack of energy are only a few culprits that derail a well-intended New Year's resolution. Make a list of things that are going to pose challenges to meeting your goal; in a column next to it, write out possible ways to overcome these obstacles. Review your list on a regular basis.



When you think about changing or adopting a behavior, questions to ask yourself are:

- Why do I really want to change the behavior (the "pros")?
- Why shouldn't I try to change the behavior (the "cons")?
- Do my "pros" outweigh my "cons"?
- What would it take for me to change the behavior and overcome my "cons"?

To move forward, your "pros" must outweigh your "cons" and you need realistic strategies to overcome your "cons".

(Adapted from the American College of Sports Medicine Wellcoaches News Column)

liveWELL

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We welcome you!

Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires a reasonable accommodation in order to participate in this program, please contact UI Wellness at 319-353-2314.