

**SPECIAL
POINTS OF
INTEREST:**

- All about the paleo diet
- 15-minute workout
- Happiness is good for your health!
- Sleep: It's good for you
- Wellness Center Services

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The Healthy Balance

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Welcome to The Healthy Balance!

Welcome to the first issue of The Healthy Balance! As employees and students of Louisiana State University Health Science Center, we are all working and learning to ensure the health of others in the community. Some of us are directly involved in the care and treatment of patients, while others work on advancing the field of medicine through research; others may focus on educating the next generation of doctors, nurses, physical therapists, physician assistants or public health care workers. Our goal with *The Healthy Balance* is to spread the message of health and wellness on the LSUHSC campus and throughout New Orleans. We want to advocate health and wellness to all of you who advocate health and well-

ness in our community. In each issue, we will cover topics relating to physical, mental and emotional health. In this issue we discuss the importance of daily



Remember to keep balance in your life!

activity, learn about the paleo-diet in the first of a series of articles highlighting different diet types, take a fitness quiz, learn how to step-up your workout

routine, see what services the Wellness Center has to help meet your fitness goals, talk about the importance of a good night's sleep and talk about the link between happiness and health! So as you work to advocate health in our community, remember to keep a healthy balance in your own life!

-The Healthy Balance Staff



Stand Up for Your Health By John Maxi

Your desk chair is killing you. Researchers across the country and right here in Louisiana have found that long periods of sitting can lead to a host of long-term health problems such as heart disease, diabetes and obesity. Researchers at Pennington Biomedical Research Center found that people who sit for most of the day are 54% more likely to die of cardiovascular dis-

ease. Additionally, researchers at the American Cancer Society found that sitting for most of the day can undo the health benefits of working out. What can you do to lessen your risk for these diseases? Sit less! Researchers at the University of Missouri found that people who moved more throughout the day had lower risk of mortality.

Try standing up at your desk every 30 minutes, or walk to a co-worker's desk instead of emailing to reduce your sitting time. Katzmarzyk 2009, *Med Sci Sports Exerc.* May;41(5):998-1005. Hamilton 2007 *Diabetes.* Nov;56(11):2655-67

Introducing the Paleo Diet By Maggie Coleman



Inspiration for the paleo diet.

“Squeeze the orange over the chicken breast and place the orange in the pan.”

In this issue, we feature the Paleo Diet. Our goal is not to persuade you to adopt any given diet, but to provide you with information to help guide your choices. The term “diet” is not only defined as eating to lose weight. Merriam-Webster defines diet as “food or nourishment regularly provided or consumed.” So, all of us *are* on a diet. The Paleo Diet refers to a diet consumed by our Paleolithic era ancestors who ate lean meat, non-starchy vegetables, fruit, nuts and other foods

available prior to agricultural practice. Allowed foods are nutrient-dense and include soluble fiber, omega-3 fats, and low glycemic index carbohydrates. Eating such foods is more satiating and can foster weight loss. Grains, beans, dairy, potatoes, refined sugar/oil, or other processed foods introduced relatively recently in history are not allowed which helps to avoid high, or rapidly fluctuating blood sugar. This is important in the management and prevention of

diabetes. The Paleo diet recommends a larger proportion of daily calories to come from protein and fat than the U.S. Department of Health and Human Services macronutrient recommendations. This means athletes or individuals limiting protein intake for medical reasons may need to consume more carbs or less protein than the Paleo diet recommends. For more information and recipes, visit <http://thepaleodiet.com/>

Butternut Squash and Chicken Mash By Rebecca Crawford

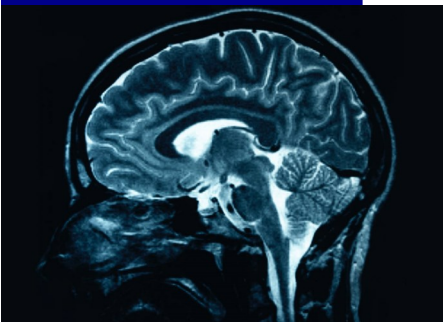
Ready to try the paleo diet? Here is a tasty recipe to get you started. What you need: 1 medium butternut squash, halved; 2 chicken breasts; 1 orange; 6 cups baby spinach; 50g hazelnuts; coconut cream.

What to do: 1) Place chicken and squash face down in a shallow baking sheet. 2)

Squeeze the orange over the chicken breast and place the orange in the pan. 3) Cover with aluminum foil. 4) Bake 30-35 minutes. 5) While chicken and squash are cooling, wilt the spinach and toast hazelnuts. 6) When cool, shred chicken. 7) Spoon meat out of squash. 8) Mix in chicken,

spinach and hazelnuts. 9) Place mixture in an oven-safe container, broil for 2-3 minutes. 10) Garnish with coconut cream. Serves 2. Adapted from: The Paleo Home

Sleep: It's Good for Your Brain By Elena Khoutorova



A good night's sleep seems to always make you feel better, but did you know, new research finds that sleep is important for another reason? Brain health. A study published in *Science*, reveals that the brain has a unique way

of removing waste products during sleep by increasing the flow of cerebrospinal fluid through the brain tremendously. This is possible due to the shrinkage of the cells by 60% which occurs only during sleep, allowing the fluid to circulate easier. On a daily basis, a person's

concentration of beta-amyloid plaque increases, and therefore, sleep is crucial for one's health to prevent these toxic plaques from accumulating which contribute to disease. Xie 2013, *Science*, 342:6156 pp. 373-377

15 Minutes to Fit By John Maxi



Keep head and chest up for squats and good mornings! (Photo by M. Coleman) modify this workout to suit your own needs and fitness level by changing the amount of repetitions or by modifying the exercises (e.g., push-ups from your knees instead of feet).

Here is a quick workout designed to get all your muscles moving in only 15 minutes. This workout does not require any equipment and can be done just about anywhere! You can

Warm-up: 60 jumping jacks
Set 1 (repeat 2x): 10 squats, 10 push-ups, 10 bicycles, 10 supermans, 30 second hamstring stretch

Set 2 (repeat 2x): 10 lunges, 10 wide push-ups, 30 seconds plank, 10 good mornings

Cool Down: 60 jumping jacks
 Remember to keep your weight on your heels and your back straight when performing squats. Good mornings are performed with a straight back, bend at the waist till back is 90° relative to thighs, then slowly return to starting position.

“Stay off the scale and try on some old jeans. This is the best measure of success!”

Get Intense: Get Results in the Gym! By Nijel Baron

Working out only works when you put in some effort! Here are 5 ways to know if you are challenging yourself. **1.** When you are walking or doing any type of cardiovascular exercise, you should have a challenging time talking. If you can still talk comfortably, speed it up! **2.** After working out you feel a bit euphoric. This means that those

endorphins are kicking in and you are feeling great! **3.** The day after your workout you feel sore. This does not mean you cannot move due to soreness, but you feel your body responding to being worked. **4.** After about a month of beginning a new workout, it feels like it is getting easier. That is a sign that you pushed through and

now need to change the intensity of the workout again! **5.** Your clothes start to feel loose! Stay off the scale and try on some old jeans. This is the best measure of success! Remember, muscle is denser than fat, so even if you do not lose weight you can see results this way!

Test Your Fitness IQ By Nijel Baron

How well do you know your fitness facts? Take this brief fitness quiz to find out!

- 1lb is equal to how many calories? A) 1500 B) 2500 C) 4500 D) 3500
- _____ physical activity is the best predictor of long-term weight maintenance. A) Intermittent B) Yearly C) Regular D) Quarterly
- A healthy, ideal weight loss program should set a goal of _____ pounds/week. A) 10 B) 3-5 C) 1-2
- Which one of the following fitness evaluations is the least accurate? A) Body mass index B) Waist-to-hip ration C) Body composition analysis D) Height/weight tables
- True or false: working out for 40 consecutive minutes is better than working out in four 10-minute increments?

Answers on page 4.



Burn 500 more calories a day than you consume to lose a pound a week!



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Be healthy, be fit, be balanced!

The LSUHSC Wellness Center is located on the 3rd and 4th floors of Stanislaus Hall. Both floors are accessible with a valid ID upon checking in on the 3rd floor. On the 3rd floor there are two spacious locker rooms with separate saunas, as well as the group exercise room and a lounge equipped with a microwave and a refrigerator. Comprised of 3 rooms, the 4th floor is outfitted with selectorized, cardio and free weight equipment. The selectorized room includes an assortment of exercise machines and a core area. Across the hallway you will find cardio equipment, ranging from Precor treadmills to Concept II rowers, and a free-weight area with dumbbells and plate loaded equipment. Our fitness assessment office and our pilates reformer studio are located between the cardio and free-weight rooms. In addition to equipment and group exercise classes, we offer fitness assessments, exercise orientations, TRX and personal training sessions. Please feel free to contact us for further information or to set up an appointment for a full fitness evaluation.

Answers: 1) D 2) C 3) C 4) D 5) False How did you do? Do you have fitness questions that need to be answered? Please stop by our fitness assessment office and visit Whitney for a fitness evaluation or exercise orientation. Whitney can be contacted via email wwilco@lsuhsc.edu or call 504-568-3723.

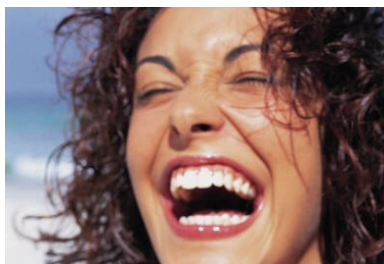
[www.lsuhs.edu/
administration/wellness/](http://www.lsuhs.edu/administration/wellness/)

Happiness for Good Health By Denise Capps

Can happiness prevent you from getting sick this winter season?

Researchers working in the field of psychoneuroimmunology are trying to answer this very question. In a recent news feature in *Nature* (November 27, 2013), Jo Marchant explores the topic of how mood influences the immune system. He describes the ongoing research of Dr. Steve Cole at UCLA who is working to understand genome-wide changes that occur when a person is happy and how these changes affect the immune system. Many studies have indicated the converse; negative mental states such as stress and loneliness have been shown to modulate the immune system. These negative affective states shape our ability to fight disease, including not only the seasonal common cold, but also chronic illness including, but not limited to, the progres-

sion of HIV to AIDS, and cancer. What Cole is working on, as Marchant describes, is to help us better understand how those people who are happy manage to dodge illness -- on a transcriptional level. Although there is much evidence that being sad and stressed can make us more sus-



Give your body a boost, be happy!

ceptible to illness, there is a dearth of research studying the converse. Despite this, Cole is so convinced that happiness supports a robust immune system that he even advises against getting the seasonal influenza vaccine if you happen to be sad or stressed; wait until you're happy to get a vaccine, he says, or else your efforts will all be for naught. So, this new year, we at *The Healthy Balance* challenge you to make happiness one of your goals...if not for anything else, to help prevent a bout of the nasty common cold!