



HEALTHY YOU

January 2008

UK Health & Wellness Program
116A Seaton Center • Lexington, KY 40506-0219
www.uky.edu/HR/wellness • (859) 257-WELL (9355)

Ask the Expert: Good foods for brain fitness



Q What foods are recommended for brain fitness? I am aware of fish & omega-3 but what else do you recommend? — John

A Great question! Yes, omega-3 fatty acids, such as those found in fatty fish, are highly recommended for folks who want to improve or maintain cognitive functions. In fact, recent research indicates that just three servings of fatty fish a week can cut Alzheimer's risk in half and enhance learning and memory. Try to consume three 4-ounce servings of fatty fish per week, such as salmon, herring, or mackerel. To limit your exposure to mercury and PCB's, try to choose wild varieties instead of farmed fish.

In addition, research suggests that the same lifestyle factors that improve heart health also improve brain fitness! This means keeping your cholesterol and blood pressure under control, preventing or managing diabetes, maintaining a healthy weight, and engaging in regular exercise. We recommend following a diet that focuses on fruits and vegetables, whole grains, lean meats and beans, and monounsaturated fats, such as olive and canola oils and nuts. This also means limiting highly processed foods that contain large amounts of sugar, sodium, and saturated and trans fats, such as those found in red meats, high fat dairy products, and fried foods.

We also recommend staying fueled and well-hydrated throughout the day. Your brain needs glucose and water for optimal functioning, so be sure to eat at regular intervals and drink lots of water. — Karen Bryla McNees, Ed.D., R.D.

You can be healthier in 2008!

Are you taking full advantage of the UK Health & Wellness Program? You should. After all, it is part of your UK employee benefits package. Whether you want to stop smoking, lose weight or get fit, Health & Wellness can help. Here are just a few programs to help you be healthier in 2008:

- Be HIP offers health coaching over the telephone and at your own pace.
- Weight Loss Matters is a 10-week program run by registered dietitians.
- Body Shop Fitness offers reasonable gym membership rates and fun group fitness options.
- Wellness on Wheels is a free mini health screening during which you can get those all important numbers: cholesterol, blood pressure, weight, and BMI.

For more information, call (859) 257-9355 or visit the Web site at www.uky.edu/HR/wellness.



Have a fitness or nutrition question? Ask our experts! We'll feature selected questions and answers in the newsletter. E-mail us at healthandwellness@email.uky.edu.



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Coming soon:

• Jan. 16, Wellness on Wheels

WOW is a free mobile health screening provided by the UK Health & Wellness Program. The next WOW is Jan. 16, from 8:00 a.m. to noon, at the KY Clinic South. Call 257-9355 for more information.

www.uky.edu/HR/wellness/healthscreening.html

• Jan. 16, Walking Wednesdays

Why walk alone when you can walk in a group! The UK Health & Wellness Program and UK VIP Center offer a simple way for UK faculty and staff to meet and network, while supporting health and wellness. Plus, we give you a punch card and punch it each time you walk with us -- for every five walks, you get a prize! Meet fellow walkers at the corner of Rose and Washington every Wednesday at 12:10. Walking Wednesdays, formerly known as Walking Women Wednesdays, is now open to ALL faculty and staff. It runs through March 19.

www.uky.edu/HR/wellness/Walking.html

• Feb. 1, Treat yourself to a chair massage

The cost is just \$5 for 10 minutes or \$10 for 20 minutes (no refunds). Reservations required. The next chair massage is Feb. 1, from 11 a.m. to 3 p.m., at Kentucky Clinic South. To make an appointment, call (859) 257-9355.

• Feb. 9, 5K Run/Walk

The run/walk starts at 9:30 a.m., at Coldstream Park (Newtown Pike/I-75, Embassy Suites Parking Lot). Entry fee is \$15. The first 200 entrants will receive a free pair of winter running gloves.

www.uky.edu/HR/wellness/5k.html

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The UK Health & Wellness Program is part of UK's employee benefits package and is available to all UK employees, retirees, spouses and sponsored dependents.