



HEALTHY YOU

July 2009

UK Health & Wellness Program
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How to Make Exercise a Habit



1. Remember the ultimate goal!

In order to gain health benefits, all you need is 30 minutes of moderate exercise 5 or more days per week OR 20 minutes of vigorous exercise 3 or more days per week. These minutes can be accumulated a little bit at a time. So every minute counts. Keep the long-term goal of good health in mind.

2. Let go of your expectations!

Breaking a sweat during a 30-minute walk on the treadmill counts, but so does a 10-minute walk from the parking lot to your office. Don't be so hard on yourself. If all you have time for is a short walk, don't skip it just because it's not something that requires a shower afterwards. Do it! Those walks to and from the parking lot can add up!

3. Plan ahead!

Be prepared and it will be easier to exercise and harder to make excuses.

- Put your walking shoes in the car.
- Pack your gym bag the night before.
- Schedule a babysitter.
- Put the appointment on the calendar and keep it!

4. Partner up!

The alarm blares at 5:30 a.m. You could hit snooze, BUT your workout partner is waiting for you! An accountability partner can do wonders for making exercise a habit. Even if you don't workout with someone, have someone call and check on your progress or e-mail to make sure you got your workout in today.

5. Use a script!

When you start making excuses, be ready with some excuse-busting mantras.

- "Every little bit helps."
- "I will feel better afterward."
- "My health is my priority."

6. Start now!

What are you waiting for? Start today. I've heard it said that if you repeat something 21 times in a row, it becomes a habit. Make today day 1 of 21!

— *Carrie Davidson, ACSM HFI, Wellness Coordinator*

Disclaimer: This information is not intended to replace advice from your physician. You should always check with your physician before making major changes to your diet and/or physical activity schedule.

KNOWLEDGE + ACTION = WELLNESS



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Calendar

UK Healthtrac Rewards Refresher

Beginning July 15, a new version of the UK Healthtrac Rewards program will be available. Get to know the updated program by attending a “refresher course” and learn step-by-step instructions for earning your full reward of \$180 per fiscal year. Light refreshments and giveaways provided.

Refresher Schedule:

- July 8, Noon – 1 p.m., Student Center Room 206
- July 14, Noon – 1 p.m., Wethington Bldg Room 127
- July 20, Noon – 1 p.m., W.T. Young Library Gallery Room
- July 29, 7:30 – 8:30 a.m., Hospital Auditorium HG611

Lose weight the realistic way: Weight Loss Matters

Weight Loss Matters is a 10-week program that allows you to set your own realistic weight loss goals and work toward achieving them with the help of registered dietitians. New classes begin Tuesday, July 21 or Thursday, July 23. Registration deadline is July 17. To register online, visit <http://www.uky.edu/HR/wellness/weightlossmatters.html>.

Grocery Store Tour: The Truth behind the Label

Learn how to outsmart common food marketing gimmicks. Join us July 23, 5:30-6:30 p.m., Chinoe Rd. Kroger. Space is limited! To register online, visit <http://www.uky.edu/HR/wellness/CookingClass.html>.

WOW Fall Schedule

Wellness On Wheels (WOW) is a FREE mobile health screening. Ten-minute appointments consist of tests for cholesterol (fasting optional), glucose and triglycerides, height, weight, blood pressure, body fat percentage, and waist circumference. To make an appointment, visit <http://www.uky.edu/HR/wellness/healthscreening.html>.

Farmers Market Bus Rides

UK Health & Wellness is going to the Farmers Market during lunch each Thursday in July, August, and September, and we want you to come along. The bus ride is free, and you can't beat the market for the freshest fruits and veggies in town. For more information, visit <http://www.uky.edu/HR/wellness/farmersmarket.html>.

Quick & Healthy Recipe

Garden Pasta Salad (6 servings, 1 cup each)

Ingredients

- 2 cups whole-wheat rotini (6 ounces)
- 1/3 cup reduced-fat mayonnaise
- 1/3 cup low-fat plain yogurt
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon red-wine vinegar or lemon juice
- 1 clove garlic, minced
- 1/8 teaspoon salt, or to taste
- Freshly ground pepper to taste
- 1 cup cherry or grape tomatoes, halved
- 1 cup diced yellow or red bell pepper (1 small)
- 1 cup grated carrots (2-4 carrots)
- 1/2 cup chopped scallions (4 scallions)
- 1/2 cup chopped pitted Kalamata olives

1/3 cup slivered fresh basil

Directions: Bring a large pot of lightly salted water to a boil. Cook pasta, stirring occasionally, until just tender, 8 to 10 minutes, or according to package directions. Drain and refresh under cold running water. Whisk mayonnaise, yogurt, oil, vinegar (or lemon juice), garlic, salt and pepper in a large bowl until smooth. Add the pasta and toss to coat. Add tomatoes, bell pepper, carrots, scallions, olives and basil; toss to coat well.

Nutrition Facts: Calories 205; Carbohydrates 29 g; Protein 6 g; Fat 9 g; Saturated Fat 2 g; Cholesterol 1 g; Monounsaturated Fat 5 g; Dietary Fiber 4 g; Sodium 291 mg; Potassium 269 mg. Exchanges: 1 starch, 1 vegetable, 2 fat.

<http://www.foodnetwork.com/healthy-eating/index.html>

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.



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