Wellness News

Boot Camp
Walking Boot Camp combines the high-energy calisthenics, strength, and agility drills with walking intervals. It combines muscle-sculpting strength moves and fat-burning cardio, plus age-defying agility and flexibility drills. Each “station” is approximately 1.5 minutes and then you move to the next. It energizes attitudes toward exercise, because you are constantly switching gears from one type of exercise to the next. Held every Monday & Wednesday from 5:30-6:30 PM. Contact Penny Robinson Ext. 5900

Couch Potato to 5K
More than one-hundred UTHSCT employees are participating in the Couch Potato to 5K – The UTHSCT Way program. Many employees have already shared personal commitments to improve their health, including checking their blood pressure regularly, quitting smoking, reducing portion sizes of meals and getting regular exercise. Way to go!

Remember, the program will conclude on Saturday, April 10th at 9am when we meet at UT Tyler for the Annual UT Fun Run. The 5k is a walk/run through the nature trails on the UT Tyler Campus and is open to all. This year, we have invited students and faculty from local East Texas colleges to join us in this event. Employees are encouraged to wear their UTHSCT t-shirts the day of the 5k and be ready to have some fun!

Walking Wednesdays – they’re back!! Join us for “Walking Wednesdays”, every Wednesday at NOON from February 24th through April 7th, 2010. Whether you are a runner, power walker or you just need some fresh air, join us for this quick nature trip. Participants will meet at the entrance/exit of ‘C’ building near the retail pharmacy. Participant Responsibility: course may cover uneven walking/running surfaces; participation requires supervisory approval; depends on weather conditions.

For more information, contact one of these members of the UTHSCT Wellness Committee: Chris Taylor (x7575); Caryn Vorsas (x7924); Dr. Matt Nonnenmann (x5448).

Yoga Classes
Yoga is a great wellness tool for the mind and body. The Yoga Class is taught by Debbie Tompkins. Classes are held on Tuesdays & Thursdays from 5:15PM to 6:30PM. The cost is $30 a month.

Contact Caryn Vorsas for more information at ext. 7293

RETIRED MANAGER
UT Retirement Manager enables you to enroll and make changes to your Retirement Account and provides excellent financial tools. UT System Retirement Programs Website: http://www.myretirementmanager.com/?utsystem
Contact your Benefits Office at ext. 7741 for your unique identification number
April is National Foot Health Awareness Month


Did you know that the average person walks enough in a lifetime to go around the world over 5 times? That’s more than one hundred, twenty-five thousand miles. Feet are a crucial part to a health, functioning life. Feet give us the ability to be mobile and to be balanced. From our first steps to our last, our feet need to be taken care of. April is National Foot Health Awareness Month. Podiatrists from around the world come together to promote healthy feet.

The first step to maintaining healthy feet is good hygiene. Simply making sure your feet are clean and cutting your nails will help to keep them in good condition. However, if you were to experience a foot illness you should seek medical attention from a doctor immediately.

Some symptoms that occur in feet can be a sign of a common or even more severe medical condition. Here are a few things you should keep in mind if you start seeing symptoms in your feet. Something so simple as hair loss on your toes could mean much more. Losing hair on your toes is a sign of poor circulation. You should seek a doctor soon as the condition could get worse. Usually elevation will help the circulation. However, sometimes the condition could be worse and require a specialist.

We have all had hard days at work which can lead to tired, achy and swollen feet. But did you know that swollen feet can be a sign of heart or kidney problems. If you have swollen feet you should contact your family physician or a podiatrist as soon as possible. Cracked heals can mean more than just dry skin. Cracked heals can be a sign of a severe thyroid problem and should be brought up to your physician. Many people over look the fact that it could be more than dry skin. Sloughing a jar of Utter Cream on your heals to soften them could merely be overlooking a serious problem.

Corns and blister can also mean a serious underlying problem. Signs and blisters can be a sign of diabetes. If you have corns and blisters along with severe thirst or other diabetic symptoms you should seek medical attention immediately. The majority of the time Corns and blisters are caused by shoes being worn too tight. Try getting a half size bigger and treating your feet with the corn and blister medications.

Take care of your feet by cleaning them daily. Use an exfoliating foot bar like the one from AVON. Moisturize your feet daily and trim your toe nails often. If you have a problem with ingrown toe nails then you should try filing them instead of cutting them. By filing them you can ensure that you aren’t going to close the cuticle or the edges of the nail bed which can irritate your nails and cause ingrown toe nails.

April is National Foot Health Awareness Month and is also the best time to get those piggies in shape for your favorite, summer sandals.
Laughter is the Best Medicine
(April is National Humor Month) www.Webmd.com

The Health Benefits of Humor and Laughter

Humor is infectious. The sound of roaring laughter is far more contagious than any cough, snuffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. In addition to the domino effect of joy and amusement, laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use.

Laughter is strong medicine for mind and body

“Your sense of humor is one of the most powerful tools you have to make certain that your daily mood and emotional state support good health.”

~ Paul E. McGhee, Ph.D.

Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health.

Laughter is good for your health

- **Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- **Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
Laughter is the Best Medicine cont’d.

- **Laughter triggers the release of endorphins**, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.
- **Laughter protects the heart**. Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

The Benefits of Laughter

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<tr>
<th>Physical Health Benefits:</th>
<th>Mental Health Benefits:</th>
<th>Social Benefits:</th>
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<tr>
<td>Boosts immunity</td>
<td>Adds joy and zest to life</td>
<td>Strengthens relationships</td>
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<tr>
<td>Lowers stress hormones</td>
<td>Eases anxiety and fear</td>
<td>Attracts others to us</td>
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<tr>
<td>Decreases pain</td>
<td>Relieves stress</td>
<td>Enhances teamwork</td>
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<tr>
<td>Relaxes your muscles</td>
<td>Improves mood</td>
<td>Helps defuse conflict</td>
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<tr>
<td>Prevents heart disease</td>
<td>Enhances resilience</td>
<td>Promotes group bonding</td>
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Laughter and humor help you stay emotionally healthy

Laughter makes you feel good. And the good feeling that you get when you laugh remains with you even after the laughter subsides. Humor helps you keep a positive, optimistic outlook through difficult situations, disappointments, and loss.

More than just a respite from sadness and pain, laughter gives you the courage and strength to find new sources of meaning and hope. Even in the most difficult of times, a laugh—or even simply a smile—can go a long way toward making you feel better. And laughter really is contagious—just hearing laughter primes your brain and readies you to smile and join in on the fun.

The link between laughter and mental health

- **Laughter dissolves distressing emotions**. You can't feel anxious, angry, or sad when you're laughing.
- **Laughter helps you relax and recharge**. It reduces stress and increases energy, enabling you to stay focused and accomplish more.
- **Humor shifts perspective**, allowing you to see situations in a more realistic, less threatening light. A humorous perspective creates psychological distance, which can help you avoid feeling overwhelmed.
Healthy Egg & Sausage Casserole

http://www.eatingwell.com/recipes/egg_sausage_casserole.html

A dozen for brunch? No problem with our delicious makeover of a classic egg casserole. Assemble the casserole the evening before you plan to serve it.

Ingredients

- 5 ounces turkey breakfast sausage, (4 small links), casings removed
- 1 teaspoon canola oil
- 1 onion, chopped
- 1 red bell pepper, chopped
- 4 large eggs
- 4 large egg whites
- 2 1/2 cups low-fat milk
- 1 teaspoon dry mustard
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2/3 cup shredded extra-sharp Cheddar cheese, divided
- 10 slices white bread, crusts removed

Preparation

2. Cook sausage in a skillet over medium heat, crumbling with a fork, until browned. Transfer to a bowl.
3. Add oil, onion and bell pepper to skillet; cook, stirring occasionally, until vegetables soften, about 5 minutes. Add sausage and cook, stirring, until vegetables begin to brown, about 5 minutes more. Remove from heat and set aside.
4. Whisk eggs and egg whites in a large bowl until blended. Whisk in milk, mustard, salt and pepper. Stir in 1/3 cup Cheddar.
5. Arrange bread in a single layer in prepared baking dish. Pour egg mixture over bread and top with reserved vegetables and sausage. Sprinkle with remaining 1/3 cup Cheddar. Cover with plastic wrap and refrigerate for at least 5 hours or overnight.
6. Preheat oven to 350°F.

Nutrition

Per serving: 144 Calories; 7 g Fat; 3 g Sat; 2 g Mono; 87 mg Cholesterol; 10 g Carbohydrates; 10 g Protein; 1 g Fiber; 344 mg Sodium; 115 mg Potassium

1/2 Carbohydrate Serving

Exchanges: 1/2 starch, 1/2 lean meat, 1 fat

Tips & Notes

- Make Ahead Tip: Prepare through Step 5; cover and refrigerate overnight.
**HR/Benefits Staff:**

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<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Extension</th>
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<tbody>
<tr>
<td>Georgia Melton</td>
<td>Assoc. VP of HR</td>
<td>7022</td>
</tr>
<tr>
<td>Jeanette Turner</td>
<td>HR &amp; Benefits Manager</td>
<td>7749</td>
</tr>
<tr>
<td>Sherry Shipley</td>
<td>Benefits Specialist II</td>
<td>7741</td>
</tr>
<tr>
<td>Tammye McCollum</td>
<td>Benefits Analyst</td>
<td>7784</td>
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Office Hours: Monday – Friday 8am – 5pm

**UT Health Science Center at Tyler Benefit Provider Numbers:**

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<tr>
<th>Provider</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>UT Select/Blue Cross Blue Shield</td>
<td>1-866-882-2034 or <a href="http://www.bcbstx.com/ut">www.bcbstx.com/ut</a></td>
</tr>
<tr>
<td>Medco Health Prescription Plan</td>
<td>1-800-818-0155 or <a href="http://www.medco.com">www.medco.com</a></td>
</tr>
<tr>
<td>UT Flex</td>
<td>1-866-887-3539 or <a href="http://www.utflex.com">www.utflex.com</a></td>
</tr>
<tr>
<td>Dearborn National (Long Term &amp; Short Term Disability)</td>
<td>1-866-628-2606 or <a href="http://www.fdl-life.com/ut">www.fdl-life.com/ut</a></td>
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<tr>
<td>Teachers Retirement System of Texas</td>
<td>1-800-223-8778 or <a href="http://www.trs.state.tx.us">www.trs.state.tx.us</a></td>
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<tr>
<td>Delta Dental Premier</td>
<td>1-800-893-3582 or <a href="http://www.deltadentalins.com/universityoftexas">www.deltadentalins.com/universityoftexas</a></td>
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<tr>
<td>Superior Vision</td>
<td>1-800-507-3800 or <a href="http://www.superiorvision.com">www.superiorvision.com</a></td>
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<tr>
<td>Long Term Care</td>
<td>1-888-825-0353 or <a href="http://www.ltcbenefits.com/uts">www.ltcbenefits.com/uts</a></td>
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<tr>
<td>Dearborn National (Life Insurance)</td>
<td>1-866-628-2606 or <a href="http://www.fdl-life.com/ut">www.fdl-life.com/ut</a></td>
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<tr>
<td>WebMD</td>
<td>1-866-628-2606 or <a href="http://www.fdl-life.com/ut">www.fdl-life.com/ut</a></td>
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