

The Healthy Balance

VOLUME 1, ISSUE 2

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LSU HEALTH SCIENCE
CENTER WELLNESS
CENTER

SPECIAL POINTS OF IN- TEREST:

- Fun spring activities to do outdoors!
- Learn the pros and cons of veganism
- Learn the benefits of pull-ups and how to start doing them
- LSUHSC students in the community
- Get tested at the Wellness Center to determine your optimal heart rate during exercise

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Welcome to Spring!

Welcome to the second issue of *The Healthy Balance*! We have been working hard to bring you interesting stories and information to help you get, be and stay healthy this spring. As part of that effort, *The Healthy Balance* and *Wellness Wire* have combined forces to bring our campus one comprehensive health-focused newsletter. Spring is the perfect time to rededicate yourself to healthy living (especially if you haven't been keeping up with those New Year resolutions!). There are so many great ways to be active and enjoy the beautiful spring weather. Head out to City Park to take a stroll or play some

tennis. Alternatively, now is a great time to try out the fitness course at Audubon Park. Or, check out



Now is the time to get outside and enjoy the weather!

the front page story for opportunities to be active and meet new people. Lots of delicious produce is coming into season now, try new fruits or vegetables; you might find a new favorite! Can't find anything

at the store? Check out the article inside on Good Eggs to find out how you can have fresh, locally grown produce delivered to your door. We continue our series on diet types, this time exploring veganism and offer up a recipe to try. We will also highlight mental health by giving information to assess your stress level and provide some information on meditation, one available technique to help reduce your stress. Once again, we remind you to keep a healthy balance in your life, so take care of your body, take care of your mind and enjoy the New Orleans spring!

-John Maxi, Editor

Put a Spring in Your Step Britta Baynes and Jacques Mayeux

Because I'm Happy: Happy's Running Club By Britta Baynes
It might seem crazy what I'm about to say...but there's a bar that helps you exercise! Happy's Irish Pub, located on Poydras in downtown NOLA, is the home to the popular Happy's Running Club. By providing an innovative way to meet new people, get some exercise in and maybe enjoy a local craft beer, Happy's Running Club has become a weekly tradition for many LSUHSC students. Every Wednesday runners and non-runners alike meet at Happy's Bar and run, jog or walk a 5K. Following the workout, members of the club

meet back at Happy's Pub to enjoy some good company and maybe a craft beer. I am by no means a runner, but on April 29th, I will be trying out Happy's Running Club for the first time and I'd love to have some fellow LSUHSC students/faculty/staff join me! If you are interested, send me an email at brittabaynes@gmail.com and I will arrange a meeting time at LSUHSC in the MEB and we can all walk over to Happy's as a group and sign up (the first time is free for anyone interested in joining)! So, jog along if you feel like happiness is the truth, because were Happy('s Running Club), jog along

if you feel like that's what you want to do!

Let the Good Times Roll

Looking for another fun outdoor activity in this great spring weather? Come bike riding with us! We plan weekend outings and ride different trails around the city, such as the levee trail uptown, city park and lakefront area, and sometimes the Tammany Trace on the north shore. These are fun, leisurely rides so beginners are welcome! Email me, Jacques Mayeux, at jmaye2@lsuhsc.edu if you want to ride!

Introduction to Veganism By Maggie Coleman



Everyone can always eat more veggies!

In this issue, we feature the vegan diet. Dietary vegans refrain from eating any food that comes from animals. Not only do vegans not eat meat and fish, but vegans also abstain from milk, eggs and other animal-derived products. A vegan diet consists of fruit, vegetables, grains, legumes and seeds. It can be surprising what doesn't qualify as vegan food; many processed foods have ingredients that first appear to be animal-free but are actually made from dairy, egg or fish products. For example, bread often contains whey, casein, ghee (which are all dairy-derived) and lecithin (which can be egg-derived). Other

examples include candy, jelly and marshmallows, all foods that may contain gelatin, which is made from animal collagen. Some people practice veganism because they don't like the way animals are treated on commercial farms. Others believe eating solely plant-derived foods is the healthiest way to eat, as it avoids saturated animal fats which have been linked to many diseases, such as cardiovascular disease, diabetes and obesity. Those who follow a vegan diet must add vitamin B12 to their diet because B12 is only found in animal products. Over time, vitamin B12 deficiency can lead to nerve damage and dementia. Supplements

are available that provide B12 synthesized by bacteria. Vegans are also at risk for taking in insufficient omega-3 fatty acids, which are important for developing healthy cell membranes, keeping cholesterol levels under control and decreasing inflammation. Often, foods that say "omega-3 enriched: may use fish sources, so check packaging. Good sources of vegan omega-3's include flax seeds, chia seeds, seaweed, mangos and leafy greens. Even if eating completely vegan is not for you, replacing animal fats with plant-based fats such as avocados and flax seeds in a few meals per week may make your diet more balanced.

Vegan—It's What's for Dinner By Rebecca Crawford

What you need: 1 sweet potato, cubed; 1 tbsp. olive oil; 1 tsp cumin; 1/2 tsp salt; 1 tbsp. chili powder; 1 tsp cayenne powder; 1 large, ripe (black) plantain; 2 tbsp. vegetable oil; 1 can black beans, rinsed and drained; 2 cups cooked brown rice; your favorite salsa.

What to do: 1. Preheat oven to 450°F. 2. Toss sweet potato in olive oil, cumin, salt, chili powder and cayenne. Place mixture on an aluminum-foil lined baking sheet and roast for 20-30 minutes or until soft. Turn every 10 min. to prevent burning. 3. Peel the plantain, slice on an angle into bite-sized pieces. 4. Heat the vegetable oil in a large skillet over medium heat. 5. Fry the plantain until golden,

place on a paper towel to drain and cool. 6. Once sweet potatoes are finished, assemble the bowls: rice, beans, sweet potatoes and fried plantains topped with salsa. 7. Enjoy this amazing meal! Seriously, it's delicious!

Serves 2

Adapted from: The Wanderlust Kitchen

Pack Lunch Like a Pro By Rebecca Crawford

Packing lunch has its benefits. Packed lunches can often be cheaper, healthier and better suited to individual tastes than buying lunch out. Need some tips for packing a great lunch that is healthy and delicious? Start here! Make some time to plan and prepare, time spent prepping on Sunday makes all the difference.

1. There are some delicious pre-made salads in the produce section. They come in bags or bowls. Literally grab and go!

- Wraps are great, add plenty of veggies like carrots, edamame, cucumbers or bell peppers, as well as hummus or guacamole to make it filling and delicious. Try wrapping it all with collard greens, Boston Bibb lettuce or your favorite deli meat as a low carb option.
- Pack a bunch of snacks you like: crackers and cheese, veggies and hummus, edamame or apples and peanut butter.
- Make your own soup! Try black bean, chicken and rice or chili.
- Quinoa salads. One suggestion: rainbow chard and asparagus.
- Don't forget protein—it will keep you full and energized for the afternoon.
- Keep it simple, combine veggies and protein for a delicious, healthy and filling lunch!

Sweet potatoes and fried plantains!



"Packed lunches can be cheaper and healthier than eating out"

Good Eggs: Delivering Real Food from Real Locals By Britta Baynes



A sample of the great offerings from Good Eggs!

Breaking onto the scene in New Orleans is an online grocer that supports the local food system by connecting local bakers, grocers, kitchens, warehouses, farmers and fishers to

local consumers with a one-stop shop to all things foodie. The dedication to buying and selling local, in addition to having local, fresh groceries delivered to your doorstep with the single click of a mouse is what makes Good Eggs revolutionary. Traditionally it has been difficult for local farmers and producers to connect with the local population on a larger scale, but with the development of Good Eggs all that has changed. The new Good Eggs website provides photos of their products and producers, the prices, farm locations and

biographies—often including a brief history of the providers and their dedication to bringing local food to local people. The products available for purchase change daily, based on what is in season and available. The current local New Orleans market includes products like: spring fruits (strawberries!) & veggies, dairy & egg products, meats & seafood, baked good and sweets, pantry staples & drinks (pastas, preserves, spices, coffees, teas and much more). Check out their website and take a look for yourself. With the emergence of companies like Good Eggs, we can have a larger impact on the growth and sustainability of our local food system.

www.goodeggs.com/nola

Marketing Matters for Breakfast By Denise Capps

A new study may give insight into the lure of sugary breakfast cereals to children. A recent study published in April's issue of *Environment and Behavior* (Musicus 2014) shows that the cartoon characters of popular breakfast cereals are posed on the cereal boxes with their eyes positioned in a way that allows them to have direct eye contact with children. The cartoon characters' pupils have a negative inflection so that when the cereal box is placed on the appropriate shelf in the grocery store, a four-foot child will perceive that the character (for

example, Cap'n Crunch) is actually looking at them. Although this is eerie enough on its own, the researchers further concluded that this eye contact resulted in a 16% greater trust and confidence in the brand and leads to greater sales. Although regular breakfast-eating in children is associated with positive outcomes, there is growing concern about the balance of macronutrients in the breakfast. The authors indicate that on average, kids' cereals contain 33% sugar. They also found that breakfast cereals marketed to children have 56% more sugar, 52%

less fiber, and 50% more sodium than cereals marketed to adults. Some implications of this research, which originates from Cornell University's Food and Brand Lab in New York (part of the School of Applied Economics), include better consumer awareness of brand marketing. The report also suggests possible mechanisms by which health-promoting food companies could better market their product. For example, adopt a friendly character and change the artistic rendition of their eyes.

"...cereals marketed to children have 56% more sugar..."

Fitness Quiz By Nijel Baron

1. Which of the following is a complex carbohydrate that is not digestible by the body and passes straight through the digestive system?

- A) Fats B) Proteins
- C) Sugars D) Fibers

2. Glucose, fructose and sucrose are commonly referred to as

- A) Proteins B) Complex carbohydrates
- C) Simple carbohydrates D) Fats

3. Which of the following is the only nutrient that contains nitrogen?

- A) Fats B) Proteins
- C) Simple carbohydrates
- D) Complex carbohydrates

4. Carbs, proteins and fat provide which of the following amounts of energy (kcal/g)?

- A) 2, 4 and 6 B) 4, 6 and 8
- C) 6, 8 and 9 D) 4, 4 and 9

5. An ideal weight-loss program should set a goal of _____ pounds per week?

- A) 10 B) 3-5
- C) 1-2 D) None of these

Answers: 1. D 2. C 3. B 4. D 5. C



See if you know these fitness facts!

Get Pumping: What's Your Optimal Heart Rate? By Nijel Baron



Everyone knows the heart is always beating to keep blood flowing. But did you know that monitoring your heart rate is a great tool to use during workouts to determine if you are getting the most out of a workout? If you Google heart rate, you will probably get a multitude of information about heart rate monitors. Heart rate monitors are great but they can be pricey. Here are a few techniques that will not cost you a penny but will help your workouts! The key to truly understanding heart rate is to get a cardiorespiratory fitness test—available for free at the Wellness Center. We test cardiovascular fitness by having you walk or run on a treadmill at

different grades and speeds. Everything is done according to your fitness level. After 12-18 minutes, we will be able to give you your target heart rate range. The 10 second heart check is commonly used in group exercise classes. You simply palpate the carotid artery, count the number of pulses in 10 seconds and then multiply that number by six. This will give you your heart rate in beats per minute (BPM). If that is too cumbersome, try the "Talk Test." This is easily monitored by keeping your workout at a level where it is not easy to speak. In other words, you should not be able to talk while on the treadmill. If you have any questions pertaining to your heart rate, please do not hesitate to contact Whitney Wilcox

(wwilco@lsuhsc.edu) or Nijel Baron (nbaron@lsuhsc.edu)

Special Event:

Wellness Center Push Up Contest!

Think you can do more push-ups than your classmates or coworkers? Prove it!

Friday, April 25th, in the Wellness Center Lobby. Come anytime between 8:30am and 8:30pm.

Prizes will be awarded to top male and female participant. No need for prior sign-up, just show up and push up!

Check your heart rate to get the most out of your workout!

"Doing pull-ups allows one to work up to ten muscles at once!"

Pull-ups—A Beginner's Guide By John Maxi

Often times, gym-goers get caught up in how much weight they can bench press, but this article is about an exercise that is often forgotten about: pull-ups. Pull-ups are a great exercise in so many ways. They workout many muscles in the back and arms, can be done with only bar, ledge or branch to hang from and they are a functional exercise. Doing pull-ups can prepare you for real life situations, such as falling overboard from a boat and having to pull yourself back in. Pull-ups are a compound exercise, meaning that multiple joints are moving and lots of muscle groups are

working together to complete the movement. Pull-ups work primarily the latissimus dorsi and the biceps brachii but also work the trapezius, brachioradialis, deltoids, teres major, rhomboids, obliques, pectoralis major and the triceps brachii. Doing pull-ups allows one to work up to ten muscles at once! This is especially important for those of us who don't have a lot of time to spend in the gym. In fact, a pull-up bar only costs about \$20, and can save a trip to the gym. So, how can you train to do pull-ups? If you can already do one or more, simply try to do 3 or 4 sets of as many pull-ups

as you can with a minute break in between sets. If you can't do a pull-up yet, try using an assisted pull-up machine, a lat pull-down machine, or put a chair under the bar and use your legs to help you get your chin over the bar. Pull-ups are hard, don't get discouraged; stick with it and you will see your strength increase after a couple weeks. With pull-ups you can get a full body workout in only about 10 minutes a day! For more information, pictures and videos, visit www.pullupszone.com.

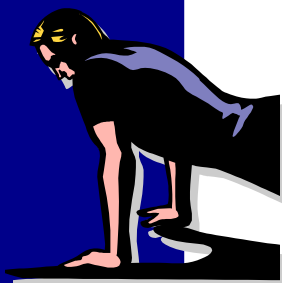
Body-weight Circuit Training By John Maxi

Circuit training utilizes strength training, but requires performing the exercises in quick succession. This increases the heart rate and helps burn calories while also building strength and toning muscles for a fit look. Here is a full-body, circuit training workout. This workout is composed of three body weight exercises to keep it simple and fast! Start by performing as many pull-ups as you can. Use the lat

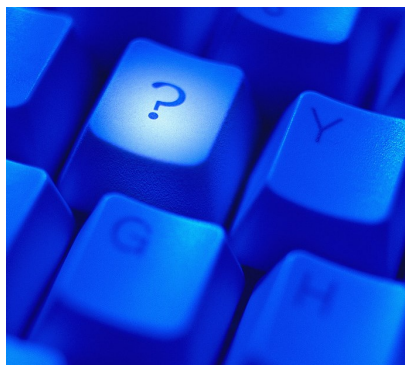
pull-down machine or pull-up assist machine if you can't do any pull-ups yet (you'll get there!). Without taking a break, perform body weight squats; the number you do will vary based on your current fitness level. Start by doing 10-15 if you have never done them before. Try to increase how many squats you do, set a goal so you have something to aim for! After squats, assume the push-up position. Again, the number of push-ups performed will vary on individual fitness level. Perform enough push-ups so that you are tired, but could still do more. If need be, perform push-ups from your knees instead of your feet.

Once you have completed all three exercises, take a quick break (about two minutes), get some water and get ready to do it again. Perform each circuit three times (pull-ups, squats and push-ups). In only 10-15 minutes you can get through a full-body workout that will help burn fat and build muscle. Try to perform this exercise 3 or 4 days each week. Set some goals for yourself. Keeping track of how many repetitions you can do is a good way to stay on track!

Try combining push-ups, pull-ups and squats for a full-body workout!



The Campus Assistance Program



The Campus Assistance Program (CAP) is a free service provided by LSU Health Science Center at New Orleans (LSUHSC-NO) to assist faculty, staff, residents, students, em-

**Need help?
CAP is here
for assis-
tance.**

ployees and immediate family members in the resolution of personal problems. The Health Science Center recognizes that everyone occasionally needs a helping hand. CAP provides assistance for both simple and complex problems. CAP can help you deal with problems in the following areas: family and marital, interpersonal, behavioral health, alcohol and drugs, workplace conflict, legal referrals and financial referrals. Personal problems can have a negative impact on your job and school performance; these problems can affect

your concentration, morale, energy level, as well as the overall effectiveness of your role as an employee or student. It is CAP's mission to prevent problems from affecting your job or school performance. CAP is available to help, not to pry. Early attention to such personal problems can often avoid costly, burdensome consequences. You can reach the Campus Assistance Program by calling (504) 568-8888.

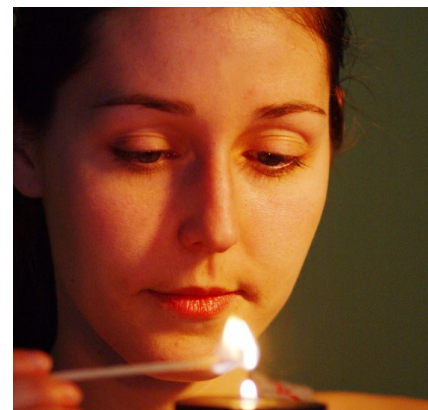
Please see <http://www.lsuhsoc.edu/orgs/campushealth/cap.aspx> for more information.

Assess Your Stress By Scott Embley

Stress is our body's response to change within our environment. All of us go through periods of increased stress from time to time. We expect heightened stress when "bad" events occur such losing a job or a death in the family. We have to remember that even good things can heighten stress, like a promotion or even a new baby. Stress is part of our life as much as breathing and eating. The key to living well with life's stressors is making sure to balance out periods of stress with relaxation. When faced with one stressful period after another, the

stress can impact our physical and mental well-being. We need to recharge our batteries to prevent this from occurring. Some common symptoms of too much stress and not enough relaxation include fatigue, sleeplessness, irritability, anxiety, feelings of sadness, change in appetite, headaches, backaches, chest pain, negative attitude, feeling overwhelmed, poor concentration, frequent crying, constipation or diarrhea and difficulty controlling your temper. Do any of these sound familiar? If you are experience any of these symptoms, try some simple stress reduction techniques such as meditation, deep

breathing, relaxation techniques or exercise. If you are experiencing many of these symptoms, consider asking a professional counselor to assist you in identifying and dealing with stressors in your life. The Campus Assistance Program is available to faculty, employees, residents, students and immediate family members for assistance or guidance.



Remember to take time to relax to balance out stress.

Meditation—A Healthy Habit By Lauren Garnier

It's not always possible to avoid stress, but we have control over how we respond to it. Numerous studies have been done about the benefits of meditation, a stress management technique that has been utilized across many different cultures for thousands of years. An article by Belle Beth Cooper reviews what the research says about the benefits of meditation. Scientists have discovered that meditation expands areas of the brain associated with calmness, compassion and self-awareness and shrinks the areas associated with stress. Studies also show that regular practice can have lasting

effects, even during times when not meditating: increasing attention span, decreasing levels of anxiety and depression, improving memory and reducing the negative cognitive effects of aging. Health benefits have also been documented for hypertension, heart disease, pain management and an overall healthier immune system. One of the most popular types of meditation is called mindfulness meditation. There are many different options for beginners who want to develop a meditation "habit." If you have never meditated before, start small—just a few minutes per day can help

you develop a routine. Choose a quiet area and sit in a comfortable, upright position. Choose a soothing word or "mantra" and repeat this to yourself while breathing deeply and naturally. Focus on your thoughts, feelings and bodily sensations. If you notice your mind wandering, gently return your focus to your breath or mantra. Having difficulty maintaining your focus? There are many online videos and apps that provide guidance for developing this new, healthy habit. See last page for more info.

"Meditation ... has been utilized across many different cultures for thousands of years."



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Be healthy, be fit, be balanced!

The Healthy Balance is a student run newsletter with the goal of providing information intended to promote health and wellness to students and employees of LSUHSC as well as throughout the New Orleans area. We are comprised of graduate and medical students, as well staff from the Wellness Center and the Campus Assistance Program who are passionate about good health.

If you are interested in submitting an article for publication, have an idea of something you would like to see covered in an upcoming issue or just want to give some feedback please contact John Maxi (jmaxi@lsuhsc.edu).

For more information on meditation see <http://blog.bufferapp.com/how-meditation-affects-your-brain>, <http://www.helpguide.org/harvard/mindfulness.htm> or contact the Campus Assistance Program at (504) 568-8888



SMART CAFÉ: LSUHSC in the Community By Elena Khoutorova

A proper diet has always been one of the main ways to prevent conditions such as obesity, heart disease and cancer. According to the CDC, “childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years.” To combat the rising rates of obesity and cardiovascular disease, the SMART CAFÉ program (Student Mentors Advising Real Time Choices About Food & Eating) was created in 2012 through a partnership between LSUHSC School of Medicine and ReNEW Sci Tech Academy. SMART CAFÉ is part of an Inter-Professional Student Alliance (IPSA). This student-run initiative to address health disparities in New Orleans is considered to be a main leader of the student-run component of the quality enhancement plan. A group of students from various professional LSUHSC schools such as nursing, pub-

lic health and medicine interactively teach nutritional lessons to elementary school students (K-



LSUHSC first-year medical student, Julie Cronan, teaches elementary students about healthy food choices. (Photo courtesy of Kate Howe)

2nd grade) during lunch. For example, colored blocks are used to represent different food types. The students can use these blocks to literally build a healthy lunch while relating the blocks back to the food on their tray. Some of lessons have included topics on the various food groups, how to read a nutrition label and self-empowerment. The goal of this program is to increase healthy food choices and decrease junk food consumption among young children, with the hope that these changes in food choice will carry into adulthood, contributing to a healthier generation of New Orleanians. In the future, the goal is to establish this program at multiple schools throughout New Orleans, creating a healthier cafeteria culture. If you are interested in getting involved, or have questions about the program, please contact Katherine Howe at khowe@lsuhsc.edu.