

- Learn about the benefits of the Mediterranean Diet and try it for yourself!
- Try a personal trainer, or some new equipment to stay motivated in the gym.
- LSUHSC students are giving back to the community in multiple ways.

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Welcome Back to School!

Here we are again at the start of another school year! I would like to extend a warm welcome to all the new incoming students, as well as any new faculty and staff. We have some wonderful information in our third issue of the Healthy Balance, for everyone on campus! First and foremost, starting September 1st and running through November, LSUHSC will start a pilot recycling program. The pilot will take place in the MEB. Look for recycle bins in the cafeteria and near elevators. The recycling program will accept anything accepted by the City of New Orleans recycling program, including all plastics that are marked as recyclable (numbers 1-7), cans, and paper.

Please refrain from placing any food-contaminated containers in the recycle bins. Read [here](#) for more



information on what is acceptable for recycling on campus. As classes get under way again, students and faculty can start to feel the stress of lectures and exams. Look inside for information on the Campus Assistance Program, which is available to

help deal with stress. Anatomy professor Dr. Casey also provides information on the stress relieving benefits of massage therapy. Exercise can also help relieve stress. Inside are articles on the benefits of using a personal trainer and incorporating a Bosu ball into your routine. Previously, we explored the Paleo diet and veganism. We continue the diet series by learning about the Mediterranean Diet. Included is a delicious recipe so you can try it out for yourself! Lastly, football season is here! Try out the recipe for sweet potato skins this season in order to keep a balance of nutritious and delicious at your next tailgate.

This fall, remember to be fit, be healthy, and be balanced!

-John Maxi, Editor

7-minute Fitness By John Maxi

Recently, "7 minute" workouts have become a new trend in fitness. Many of these routines are available for free via many different apps for both iOS and Android phones. Some even claim to be "scientifically proven." I decided to put the Johnson & Johnson 7 Minute app to the test. This app has been featured in the New York Times and Good Morning America, and is highly rated in the Google Play store. Upon starting the app for the first time, I watched the included video "Science behind the workouts." The video explains that the workout was created

for those who do not have lots of time or access to equipment. All that is needed is some floor space and a chair. It is recommended that beginners check with their doctor before beginning the 7-minute workout routine. The workout itself consists of both aerobic and resistance exercises (such as push-ups, squats, lunges, and sit-ups). The 7-minute routine is somewhat of a misnomer, as the routine is meant to be completed three times per session. The basic routine is certain-

ly a good start, especially for those who don't yet have fitness routine. Additionally, the app provides various other workout routines of varying difficulty, and allows for users to provide feedback about how hard a particular workout is. Thus, the app actually adapts to the users fitness level. During the routine, the app keeps track of time, prompts the user when to start the next exercise, and shows video of the proper form for each exercise. I believe this app is worthwhile for beginners or anyone looking for a change from their normal routine.

The Mediterranean Diet By Maggie Coleman



Choose fresh fruit over refined sugar.

This issue features the Mediterranean Diet. Although the dietary habits of people in the Mediterranean region date back much longer, it was during the 1950s that their dietary habits were first studied. Observational studies showed that there was a correlation between what the people in these areas ate and longer lives, decreased incidence of chronic disease (cardiovascular disease and dementia), and fewer cancers. The Mediterranean Diet is based on the principal that one should pay attention to both the quantity and quality of the food consumed. In

other words, eat everything in moderation and choose minimally processed foods over highly processed foods. The largest source of calories comes from unrefined grains, legumes, nuts, fruits, and vegetables. Unrefined grains contain the germ, endosperm and bran, while refined grains have had the bran and germ removed. Fish and mono-unsaturated fat (usually olive oil) should be regularly consumed as well. Finally, moderate to low consumption of dairy products, meat, and red wine are encouraged. The people of the Mediter-

anean region celebrate food and meal times. Thus, the diet is not just about what is eaten, but *how* it is eaten. Try to savor at least one home-cooked meal per day in the presence of others. Choose herbs and spices over salt and fresh fruit over refined sugar. Indulge in the flavors of whole, locally-grown foods and realize that the people of the Mediterranean region have known for centuries — food is meant to be both nutritious and enjoyable. For more information in the Mediterranean Diet, visit <http://oldwayspt.org/>

Mediterranean Eggplant By Rebecca Crawford



Try a yummy new dish tonight!

Here's a delicious side dish inspired by the Mediterranean diets. Serve with baked chicken or fish for a healthy, delicious, Mediterranean-inspired meal.

What you need:

- 1) 1 eggplant, cubed
- 2) 1 large shallot
- 3) 3 cloves garlic
- 4) 2 tbsp. walnuts, chopped
- 5) 1/2 cup plain Greek yogurt

gurt

- 6) 2 tbsp. fresh dill
- 7) 8 Kalamata olives, chopped
- 8) salt and pepper
- 9) Olive oil.

What to do:

Preheat oven to 400F. Toss eggplant in olive oil, salt, and pepper. Place on baking sheet, and add unpeeled shallot and garlic cloves. Bake for 30

minutes. Add walnuts and bake for an additional 8 minutes. Remove from oven and allow to cool. Once cooled enough to handle, squeeze garlic and shallots out of peels and chop. Toss everything together and serve.

Serves 4.

Adapted from: Food Network

Sweet Potato Skins By Rebecca Crawford

Football season is upon us and so are the football parties with delicious appetizers, dips, BBQ, fried food and team-themed desserts. Protect yourself from overindulgence by making sure you put food on a plate, rather than eating right out of the bowl, add some veggies for dipping into those dips and add some veggie-centric appetizers, like the one below.

Sweet Potato Skins, serves 4

What you need:

- 1) 4 medium sweet potatoes

- 2) 3 tsp. olive oil
- 3) Salt and pepper
- 4) Garlic powder
- 5) Chili/cayenne powder (to taste)
- 6) 8 slices of turkey bacon (cooked and crumbled)
- 7) 1 cup shredded cheddar cheese
- 8) 1 jalapeno
- 9) Greek yogurt

What to do:

Preheat the oven to 450°F. Cut sweet potatoes into 1/4 inch slices

and then toss them in olive oil. Season the potatoes with salt, pepper, garlic powder and chili/cayenne powder to taste. Place the skins in a single layer on a baking sheet. Bake for 20 minutes, flipping halfway through. Remove the potatoes and sprinkle with cheese and bacon pieces. Return potatoes to oven for 2-3 minutes to melt the cheese. Serve the skins hot with jalapeno and Greek yogurt. Enjoy this yummy appetizer while your cheer on your favorite team this season!

“Add some veggies for dipping into those dips!”

Students: How Do You Know If You Need CAP? By Lauren Garnier



Points, exams, clinical rotations, e-mails, and labs. And maybe the CAP brochure is buried under a sea of binders and coffee-stained class notes. The important thing to remember is that—no matter if it is your second day or second-to-last day in school — CAP has licensed, Master's-level

CAP has Master's level counselors available to provide assistance.

counselors available to provide assistance for any and all types of personal or school-related stressors. The most common issues experienced by students who visit CAP are test anxiety, concerns about school performance, and a general feeling of being stressed and overwhelmed. Since these issues are fairly common for any student popula-

tion, how do you know if you need to visit CAP? You can begin by asking yourself three questions: Is the issue affecting my functioning at school, work, or home? Am I coping with this issue in unhealthy ways? And most importantly, do I need a little extra support to deal with this issue? If you answer yes to any of those questions, you may benefit from visiting CAP for an assessment. Even if you answer "Hmmm.. I'm really not sure." to any of these questions, CAP staff is available to help you find your way on the path to success. Call (504) 568-8888 for more information about CAP and other resources available.

Some of you may remember all of the information on orientation day. Some you may even still have the brochure for the Campus Assistance Program (CAP) that explains the details of this important resource. Or, maybe orientation day is barely a speck on your radar of lectures, Power-

"The body dedicates more to the perception of touch... ..and for good reason"

The Anatomy of Massage By Gregory Casey, PhD

As a new school year begins, students face new classes, unfamiliar teachers, and critical examinations. In the gross anatomy lab, students employ the hunchback study position as they hover over the cadaver tanks. The long hours of studying lead to headaches and immoderate consumption of caffeinated drinks. Their sense of touch is overloaded by the varying textures of bony landmarks, muscles, nerves, and other soft tissues of the cadaver. By the time exams come around, tension, pain, stress, and fatigue have exacted a serious toll on their

bodies, driving a wedge between the psyche and the soma. Touch is therapeutic. Every culture in the world has a developed some form of touch therapy or massage, and for good reason. The body dedicates more to the perception of touch than to any other type of sensation. By manipulating the soft tissues of the body, the massage therapist can induce muscles to relax, cause heart rate to drop, and alleviate headaches. Stress melts away, enabling the brain to function more efficiently. Massage therapy promotes good health and helps

maintain good physical condition. By recognizing the warning signs of stress and mental fatigue, students are able to maintain their mental and psychological health through outlets such as massage to work through the challenges of the new school year. Students who do best in their studies have a healthy balance of physical and psychological outlets. Massage is therapeutic for both. You can find legitimate massage therapists at labmt.org and amtamassage.org.

High-fat Diet Produces Learning Deficits in Mice By Denise Capps

In a recent issue of the Journal of Neuroscience, Thiebaud and a team of researchers at FSU reported that their experimental mice that were fed a diet consisting mostly of fat (60% lipids) had an eventual deterioration of their olfactory sensory neurons and that this led the mice to develop learning deficits. By eating a diet of mostly fats, young mice eventually lost their sense of smell. Scent is inextricably linked to learning and memory, so the researchers then tested the ability of these mice to learn new patterns of behavior. They found that the mice that ate mostly lipids were not

able to learn as well as the mice that ate a normal diet. Interestingly, their findings were independent of BMI. The researchers further showed that the cognitive alterations in the mice due to a fatty diet were similar to those changes seen in mice addicted to cocaine. Thiebaud et al extrapolated their data to indicate that perhaps the well-documented struggle of a cocaine-addicted person to avoid drugs could be similar to the difficulty that morbidly obese people struggle with in regards to their food choices. This cognitive change was shown to be due to a special

sense deterioration from a dietary pattern of behavior. As a basic science research article, it's difficult to truly say if a research in mice mimics what happens in people, but perhaps Thiebaud and his colleagues have taken some good steps toward uncovering the mechanism of people's continued poor food choices despite ample evidence of their deleterious effects. Thiebaud N, et al. *J Neurosci.* 2014 May 14;34(20)





New Orleans Adolescent Reproductive Health Project

NOARHP

By Elena Khoutorova



LSUHSC students come together to improve public health

The New Orleans Adolescent Reproductive Health Project (NOARHP) is a program made up by an inter-professional team of LSUHSC students from allied health, medicine, nursing, and public health that work together to deliver evidenced-based reproductive health curriculum. The long term measurable goals of NOARHP is to decrease STI prevalence and delay the age of onset of sexual activity in the Greater New Orleans area by teaching high school students

about making safer, more responsible reproductive health decisions. Jake Quinton, the Schweitzer Fellow leading the project, says that students also learn about maintaining healthy relationships, communicating with their peers, and information about where to see a doctor. One exciting aspect of this project is the inter-disciplinary nature of the team. As Quinton put it, "Doctors and nurses work together every day in the hospital, but we don't normally get to

do that as students. This project allows students in different programs to work with each other and build relationships before entering the workforce." Quinton said he has been impressed by the unique perspectives that each team member brings to the group. If you are interested in getting involved with NOARHP, please email Madeline Dubas (mbaay@lsuhsc.edu).

For more information on Schweitzer Fellows, their projects, or how to apply for a

LSUHSC Students Lend a Helping Hand By Britta Baynes

Just steps outside the LSUHSC campus exists a tireless organization dedicated to providing resources and opportunities to help those in need from all corners of our beautiful New Orleans. The Rebuild Center, located on Gravier St., provides resources to those in need. The services of the Rebuild Center include: daily lunches, financial help (to local residents), showers, toiletries, laundry services, restroom facilities, in addition to select legal and medical services. As part of a long-standing cooperative agreement, LSUHSC graduate students have partici-

pated bi-monthly at the Rebuild Center, serving lunches to upwards of 240 local homeless at a time. Not only do almost each and every recipient at the Rebuild Center smile and say thank you to every meal you hand out, but the ability to feed and support those in need is an amazing gift, one that each and everyone of us is capable of giving. Many graduate students are frequent volunteers, dedicated to the cause and always willing to donate a lunch hour once or twice



a month. A special thank you to each and everyone one of our past volunteers. If you are interested in volunteering, please send your name and email address to bbayne@lsuhsc.edu and you will be added to the email mailing list that contains the upcoming dates and times for volunteer opportunities at the Rebuild Center. Help LSUHSC give back to the community around us and join me at the Rebuild Center for one of our upcoming dates.



"LSUHSC graduate students participate bi-monthly at the Rebuild Center"

Good “Pho” You? By Van Ninh



Pho can be a nutritious meal, but watch out for unhealthy ingredients.

Are you *phomiliar* with Vietnamese cuisine? CNN Health named it as one of the top ten healthiest ethnic foods back in 2010. The most popular dish is a beef noodle soup combination, commonly known as pho. Now, before you become a *phonantic* and pick out your favorite noodle hut, let’s discuss ingredients and what to look for in

a quality soup. Different recipes vary from restaurant to restaurant, and caloric content can range from 600-1000 calories per bowl. Since most places prepare their broth from simmering bones, there are plenty of electrolytes such as potassium, sodium, and chloride. However, like a lot of soup dishes, there is a very high amount of sodium—about 384 mg per serving on the low end of the spectrum. The soup also contains many aromatic spices including ginger, star anise, and cinnamon; these spices have long been thought of as powerful antioxidants. Additionally, star anise is used to extract shikimic acid to produce the active ingredient in flu medication, Tamiflu. Now, in

discerning between a well and ill prepared pho dish, the broth should contain very little fat and oil. If you can see a layer of oil, it is a good sign that you should pick a different venue. The beef provides a good source of protein, and most places will offer you a few different options of cuts. The eye round will have the least amount of fat, whereas the more fatty options will be beef balls or well done brisket. Also, be forewarned that if you pick the very traditional version of pho, it will contain tendons and tripe, but you can politely ask to omit these ingredients. The dish is also served with a side of vegetables including bean sprouts, basil, cilantro, and the rice noodles can serve as your starch or carbs for the day. You can try it “pho” yourself.

Three Easy Ways to Use a Bosu Ball By John Maxi

Have you ever been at the gym and wondered what those half-medicine ball things are? They are called Bosu balls; they are a great way to up the intensity of any workout, and stave off the boredom of repeating the same workout over and over again. Bosu balls can be utilized for a variety of core exercises, as well as push-ups, squats, and a variety of other exercises. What makes Bosu balls great is that they create an unstable surface, forcing the stabilizing muscles to constantly adjust in order to keep the body balanced. Here are a few fun a

simple ways to incorporate a Bosu ball into your next workout: 1. Push-ups. With the flat part of the Bosu ball facing upwards, hold the sides of the Bosu ball while doing push-ups. 2. Twist crunches. Sit on the dome of the ball, balancing with your feet off the ground. Clasp your hands together; rotate your core to touch the dome on either side of you with your fists. 3. Lunges. Perform lunges by stepping one foot forward onto the dome of the Bosu ball. Push off the heel of your forward foot and return to the starting position. Switch legs and repeat.

If you would like some more ideas for exercises that incorporate a Bosu ball check out phillymag.com for 43 exercises that can be done, along with videos on how to perform them properly.



“Bosu balls... create an unstable surface, forcing the stabilizing muscles to constantly adjust”

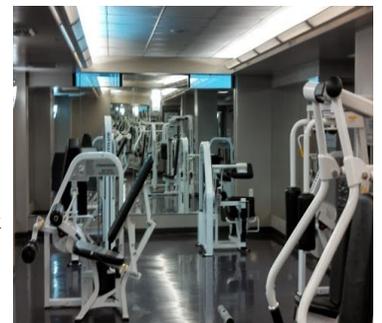
Benefits of Personal Training By Nigel Baron

As a fitness professional, I have to admit that I slack off on my workouts occasionally. The kicker is that I love to workout — it is literally in my DNA. But I can be the world’s biggest workout procrastinator. Fortunately, I can time my behavior. One week of the month I can find one million excuses why I should “Take a day off.” When this happens, I take advantage of the resources available at the Wellness Center — I hire a personal trainer! Yes, I con-

fess... I hire a trainer because I need motivation and the fresh perspective. It really helps me dig myself out of a rut. Personal trainers can provide that extra motivation. Our trainers are here to make your workout fun, challenging, and effective. Personal trainers can also assist you in making, and keeping, workout goals. Our trainers can work with you to develop workout routines personalized for your own fitness level and goals. So if you need some extra encouragement,

need some help getting your routine going or just want to have someone challenge you, call us. We also offer TRX training which can help develop strength, balance, and flexibility. We are all ACSM certified personal trainers that are eager and excited to work with you!

Please contact me, Nigel Baron, by phone (504-568-3700) or email (nbaron@lsuhsc.edu) for rates and any information that you may need.



Our trainers are available to help LSUHSC faculty, staff and students get a great workout!



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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).



Wellness Wednesday at the Wellness Center!

On August 27th the Wellness Center will be holding *Wellness Wednesday Welcome Back Event* from 10am—5pm at Stanislaus Hall Field. Stop by to meet and make new friends, enjoy refreshments and learn how to do burpees! Burpees are a great exercise that get all the body's muscles working for a high intensity workout. Mike Rowe of *Dirty Jobs* fame, performs burpees to stay fit while on the road. Burpees require no equipment, which means you can do them anywhere! The Wellness Center will be holding a burpee contest September 26th to see who can do the most burpees in the allotted time. Leading up to the contest, check out the burpee challenge issued by the Wellness Center. The idea of the challenge is to build up the amount of burpees one can do over the course of a month by doing

a few burpees the first day, and doing a few more each day thereafter. For more complete challenge details, check out the flyer available in the Wellness Center.

How to do burpees:

Start standing up, squat down with your palms on the floor and then jump back to a push-up position. For extra exercise, perform a push-up before reversing the motion and returning to the starting position. For extra intensity, jump off the ground when standing back up.

An illustrated burpee guide!

